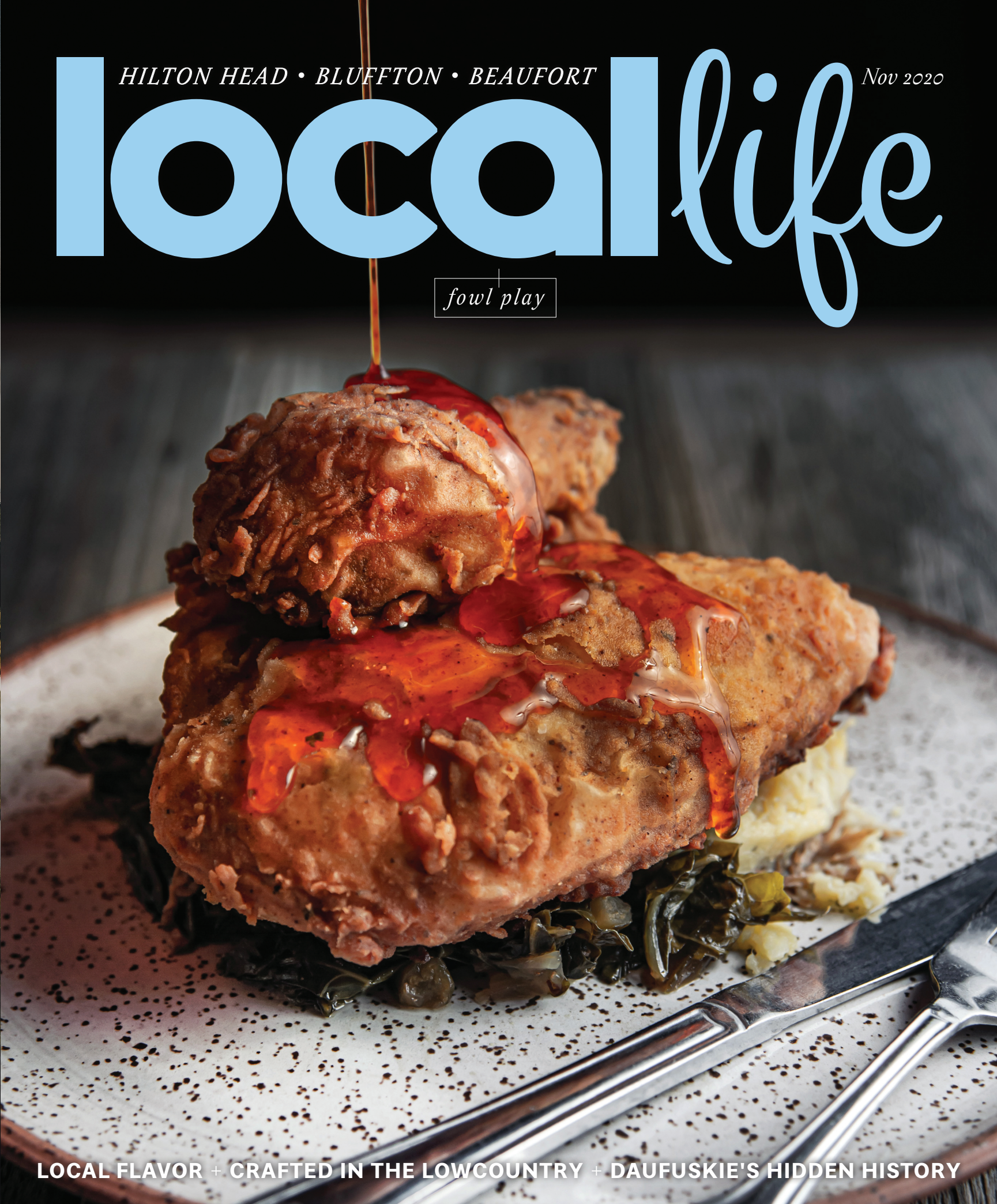
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Nov 2020

local life

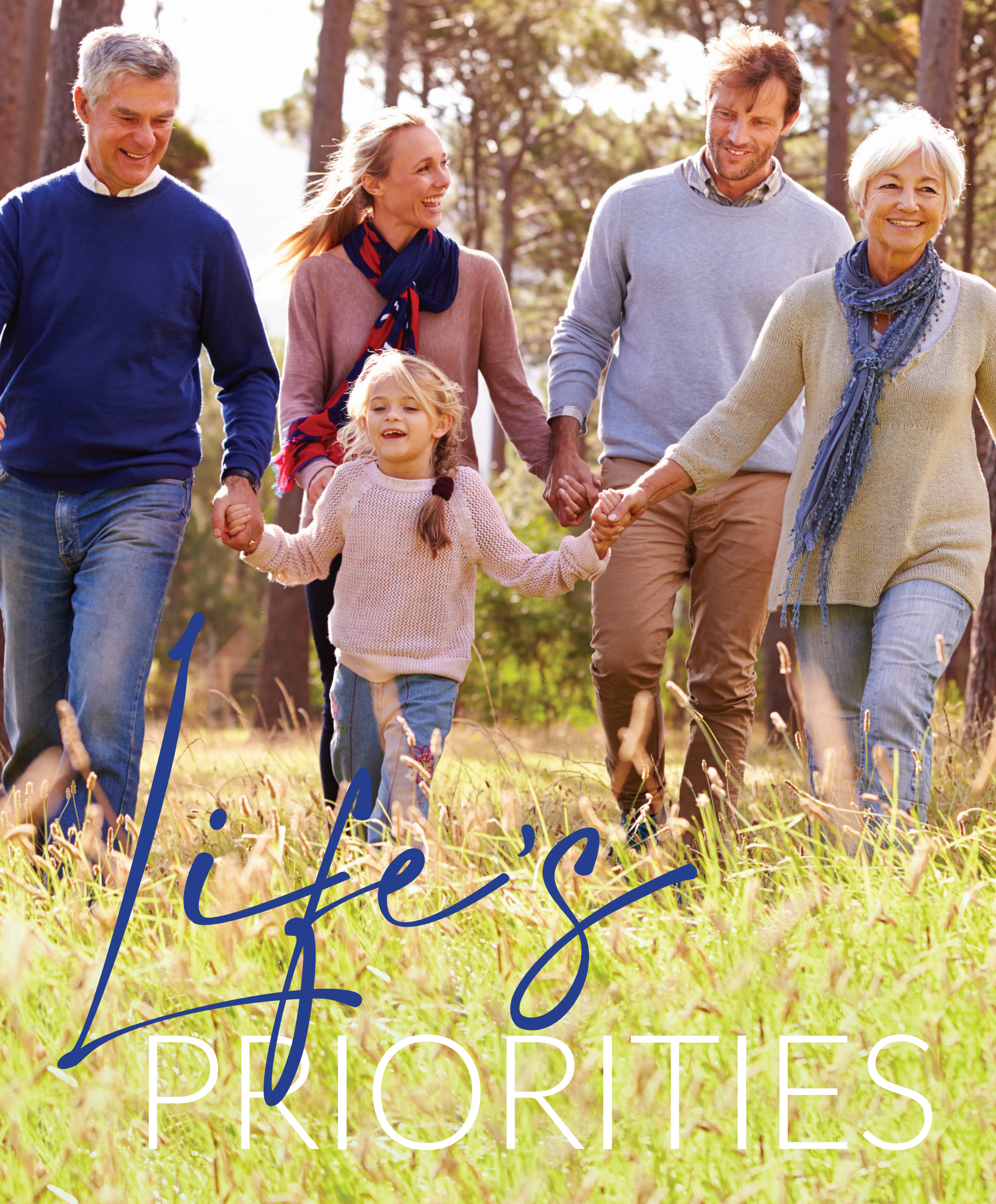
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com·mu·ni·ty *{ noun, often attributive }*

pronounced [kah-luh-wa-see]

Definition of *community*

1) a group of people living in the same place or having a particular characteristic in common. "the Callawassie Island community"

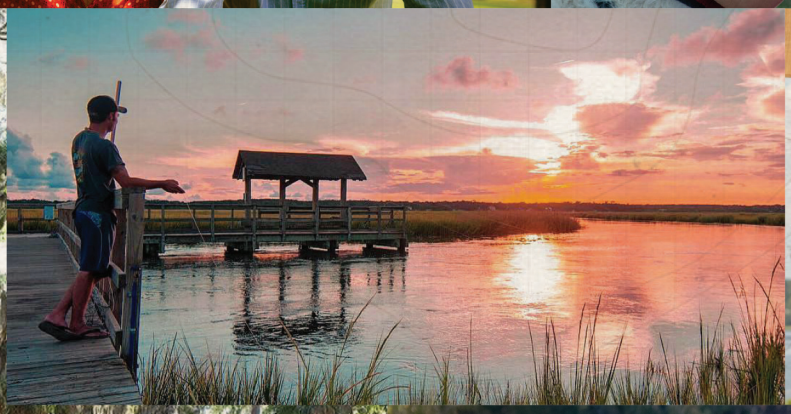
2) a feeling of fellowship with others, as a result of sharing common attitudes, interests, and goals. "the sense of community that Callawassie Island can provide." a similarity or identity. "people who shared a community of interests across the causeway"



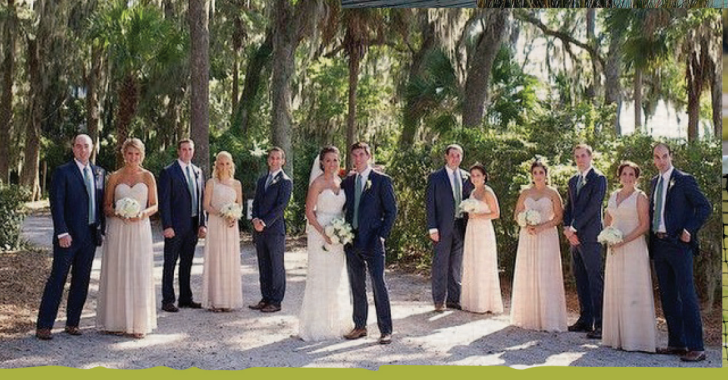














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FAITH'S HERITAGE

One Heritage Classic Foundation Scholar's Story

Faith Shupard was born in Nags Head, North Carolina but moved to Bluffton when she was two years-old. She is the oldest of three girls who live with their parents, two guinea pigs, a rabbit and a multitude of fish. It was these pets that sparked her love of animals and her interest in becoming a veterinarian. From a young age, Faith knew the years of schooling needed to reach her goal would be costly and she was going to need financial help to fulfill her dream.

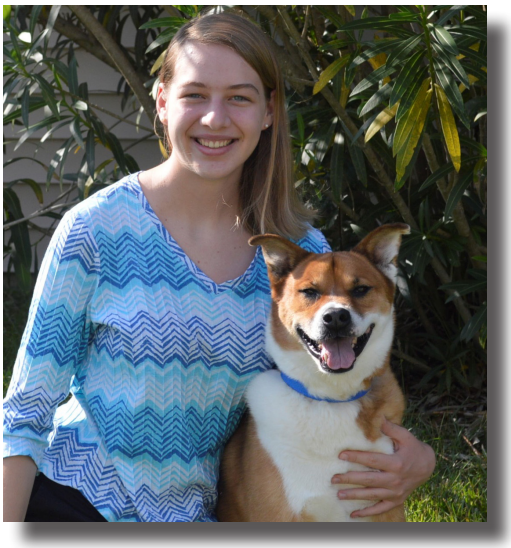
Heritage
CLASSIC FOUNDATION

"I have always understood that college is a large investment, especially when considering additional graduate school expenses," said Faith. "Thus, I wanted to help defray the cost as much as possible for my undergraduate education."

During her senior year of high school, she applied to numerous scholarships and received several, including the 2019 Heritage Classic Foundation Grant and the National Merit Scholarship. She was chosen to receive a Heritage Classic Foundation Grant for her outstanding grades, her involvement at May River High and non-profits like the Palmetto Animal League, Palmetto Pride and the Neighborhood Outreach Connection. Faith received a $16,000 grant that will be spread over her 4 years of undergraduate education.



Faith was accepted into Clemson University's Honors College and is majoring in Animal Science with a concentration in Pre-Veterinary Medicine. "Scholarships and financial aid were both large factors in my college decision," explained Faith. "By offsetting the cost of my undergraduate education, I am better prepared financially to afford graduate school and to achieve my lifelong dream of becoming a veterinarian."



She excelled in her freshman year and shares some of the credit. "The Heritage Classic Foundation Scholarship has made my college experience easier by lessening the financial burden of my undergraduate education," said Faith. "As a result, I have not had to work during the school year which has given me more time to focus on my coursework and being involved in a variety of extracurricular activities."

As Faith finishes the first semester of her sophomore year, she is looking forward to her future and is proud to be one of the 342 Heritage Scholars. "It is an honor and a privilege to be awarded the Heritage Scholarship," said Faith. "The title itself represents a culmination of great academic achievement and community engagement."

You can help young adults like Faith in Beaufort and Jasper County attend the college of their dreams by becoming a member of the Heritage Classic Foundation's Tartan Club.

Visit heritageclassicfoundation.com for more information.

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"Steamed crabs with lots of Old Bay, drawn butter and a side of new potatoes."
- LORI



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"Three Little Pigs with Slow Burn sauce at Bullies BBQ."
- LANCE



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"Pulled pork and collards. Top it with hot slaw and stick a fork in it!"
- JEREMY



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"Cheese grits with a side of fried chicken."
- CHARLES



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"Fresh steamed shrimp will forever be a favorite."
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Nov features



Local Flavor

For lovers of big, bold flavors, there's no place like home. While Lowcountry cuisine shares similarities with Southern cooking, our geography, economics, demographics and culture have pushed our culinary identity in a unique direction. This special holiday issue savors the regional flavors of Hilton Head, Bluffton, Beaufort and unincorporated Beaufort County.

©LISA STAFF

DYNAMIC DUO Dips and spreads are a great way to enhance any charcuterie board. The house-made porter truffle mustard and fig jam are a highlight of the locally sourced, well-appointed boards being made at Porter & Pig. Find it and many other unique, one-of-a-kind local items in our ***Crafted in the Lowcountry Gift Guide*** on page 102.
Pro tip: *Cheese should be served at room temperature. Take it out of the fridge 30 minutes before serving. Learn more tips from a charcuterie pro on page 134.*

26
Fresh market flavor
Hot spots for local produce and products

27
Flavor flops
Notable food and beverage failures from yesteryear

44
Faces of flavor
Locals who are expanding the Lowcountry's palate

114
Time-tested flavor
Sallie Ann Robinson shares Daufuskie family recipes

118
Local holiday flavor
Thanksgiving done the Lowcountry way

128
A big dill
A step-by-step guide for the best bread & butter pickles

130
Flavor Star
Use our handy chart to get your flavors right

138
Mead to order
Taste local flavors at S.C.'s first commercial meadery

D A N G E R H A R T Z



Dan Gerhartz | *Awakening* | 36" x 36" Oil

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Nov contents

20
Publisher
It doesn't matter if your glass is half empty or half full. We should be grateful that we have a glass and there is something in it. I got a little Tito's in mine.

22
Contributors
Meet the locals behind this issue

24
Links
Special content you can find online at locallifesc.com



64
The PB effect
This elegant and smart Hilton Head Island home is a mash-up of two residences in Palmetto Bluff.











28
Blend
Cool products and accessories to help enhance your local life

33
Mensa Quiz
Challenge your brain with a new set of questions

52
Celebrity
Robert Irvine dishes on flavor and his future

56
Business
Five business tips from the president of Aetna Health

60
Wellness
Jump into plyometrics for fun and effective workouts

70
Living
Maximize your party potential with a drink station

94
Style
Outfits inspired by fall colors and flavors

102
Shopping
2020 Crafted in the Lowcountry Gift Guide

110
Eats
Get creative with collard greens

144
Community
Ridgeland retreat opening for veterans

158
Outdoors
Rice trunks a forgotten feature of local iconography

160
Culture
Discovering Daufuskie Island's hidden history

168
Happenings
See what's happening this month around the Lowcountry

174
Real Estate
Million-dollar dream homes new to the market

176
Parting shot
Lucy Rosen shares an amazing nature photo

Johnny Ganem - Savannah, GA

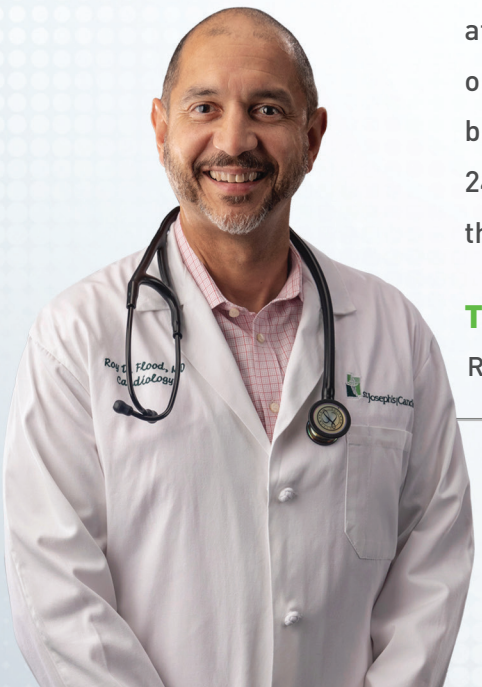
HEARTFELT CARE YOU CANNOT BEAT.

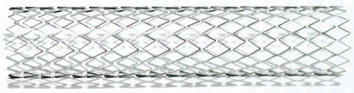






As an avid walker and jogger, Johnny Ganem knew something was wrong when he started to get winded faster than normal. With his family history of coronary disease, he knew it was best to go to the St. Joseph's/Candler emergency room. It was determined a procedure was needed, and fast.





The Cardiac Cath team at The Heart Hospital at St. Joseph's Hospital worked with Dr. Flood on a complex procedure to put in two stents through his wrist to open the blockage. After the procedure, Johnny was up and walking in less than 24 hours. Through smart diagnostics and quick action from Dr. Flood and the team at St. Joseph's/Candler, Johnny was back on his feet in no time.

THAT'S WHY I CHOOSE ST. JOSEPH'S/CANDLER

Roy Flood, M.D. - Cardiologist

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Savor the flavors

The Lowcountry is sweet and salty with just enough heat.



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CAROLINA FLAVOR
LOCAL Life publisher Lori Goodridge-Cribb (right) is shown with Vivian Howard, a chef, author and PBS personality from Deep Run, North Carolina. Howard was on Hilton Head Island in 2019 for a book signing and a pop-up dinner with local chef Clayton Rollison. Pre-order her next book, "This Will Make It Taste Good," at vivianhoward.com.

"People who love to eat are always the best people."
- JULIA CHILD

The fourth Thursday in November is one of my favorite days of the year. I always look forward to Thanksgiving and all of the family, friends and gratitude it brings. I'm a bit of a foodie who loves to cook, so it's kind of like my Super Bowl. While my Southern husband keeps an eye on the turkey in the fryer, I like to get to work in my favorite room of the house — the kitchen.

I love every step of the process, from peeling the potatoes to serving the last slice of pumpkin pie. My can't-miss tradition is enjoying a Bloody Mary while watching the Macy's Thanksgiving Day Parade. It's a day full of fabulous food, bursting with local flavor. That's the focus of this tasteful issue — local flavor.

We share where to go for Lowcountry delicacies like Schley pecans, aromatic rice and pasture-raised chickens. We highlight all of the local markets and detail what makes each unique. We introduce you to local flavor masters and unveil the inspiration behind their creations.

Want to cook like celebrated Gullah chef Sallie Ann Robinson? Recreate her family recipes for blackberry dumplings, Gullah chicken gumbo and her famous 'Fuskie shrimp and blue crab burger. Speaking of legendary recipes, learn to make the egg-stravagant strata casserole at Palmetto Bay Sunrise Cafe. It's easy to put together and can solve your "what do I serve a crowd before noon?" dilemma.

From seafood and meats to veggies and cooking techniques, we've collected advice from local chefs guaranteed to take your holiday cooking to the next level. Learn to build the ultimate holiday charcuterie board, mix the perfect holiday cocktails and more.

We take the "Local Flavor" theme beyond the kitchen with a fashion shoot inspired by fall colors and flavors. Find the perfect holiday outfit. Get your holiday shopping done early and support local artisans and businesses with our one-of-a-kind "Crafted in the Lowcountry Gift Guide," made possible by Hargray. Give a locally crafted gift, support a local business or just treat yourself. After the year we've had, you deserve it!

With the stress of the pandemic, a divisive election, protests in cities around the country and other trials, many are ready to forget about 2020 and start fresh in the new year. But to quote the famous African proverb, "Smooth seas do not make skillful sailors." We don't grow when things are easy, we grow when we face challenges.

It doesn't matter if your glass is half empty or half full. We should be grateful that we have a glass and there is something in it. I got a little Tito's in mine :) Happy holidays!

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



Hot potatoes

Homemade scalloped potatoes are a holiday favorite at my house. This creamy, no-fail recipe is so easy, you'll want to make it for every special occasion. Make it ahead of time, then simply pop the dish into the oven when ready to serve.

INGREDIENTS
2 pounds russet potatoes, sliced thin
1 1/2 cups heavy cream
Half onion, sliced thin
Salt and pepper
1/2 cup grated parmesan cheese

DIRECTIONS [1] Heat oven to 400 degrees. Heat cream on stovetop. As it heats, butter a casserole dish. **[2]** Pour half of the heated cream into a large bowl with the potato and onion slices. Mix gently to coat. Dust half of the parmesan over the potatoes. Season the mix with a little bit of salt and pepper. **[3]** Spoon the potato mixture into the casserole dish. Pour in the remaining cream and top with the rest of the parmesan cheese. Bake for about 40 minutes. Enjoy!



FLOSS IS BOSS Have you seen the LOCAL Life Jeep around town? This month, we rolled up next to members of ***ROC Dental Group*** on Hilton Head Island. Pictured from left are Jordan Haire, Matthew Mastrorocco, Jessica Post and Claudette Stewart. Their office now uses top-of-the-line air purifiers to destroy infectious airborne particles and viruses. Learn more at rocdentalgroup.com.


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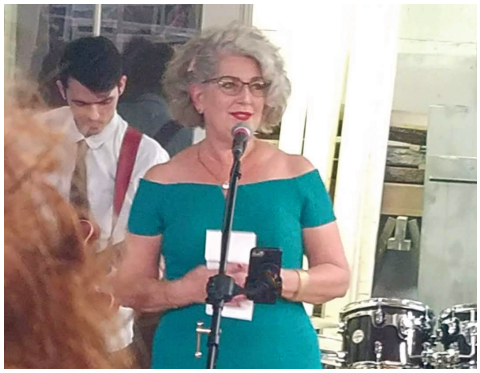


Libby O'Regan *President, Libby O Marketing, Inc.*

OTHER CREDS: Founder, The Celebration Projects – a nonprofit organization. **FOR THIS ISSUE:** Before/After with Group 3, Traditional Events, Decorating Traditions **HOMETOWN:** Winchester, Massachusetts **CURRENT HOME:** Hilton Head Island **LOCAL SINCE:** 2003 – hard to believe I have been here for 17 years! **HOBBIES:** Photography (mostly of my kids), writing, growing my business, time spent with my kiddos **FAVORITE FLAVORS:** Tomato, mozzarella and basil – really, is there anything better? **FAVORITE THANKSGIVING MEMORY:** A tradition! We create a "thankful" tree. The kids and I add paper leaves that say what we are thankful for. It grows all November and helps us practice gratitude. **WHAT ARE YOU SURPRISINGLY GOOD AT?** Organizing. I've never met a junk drawer I didn't want to whip into shape or a container I didn't want to buy. **HOW HAS THE PANDEMIC CHANGED YOU?** Aside from the 12 pounds? It is cliché but the slower pace made me appreciate time with my family and reevaluate my priorities. It also set the course to resurrect my marketing business and start a nonprofit.

Elizabeth Robin *Poet and solo camping queen*

OTHER CREDS: Island Writers' Network, open mic emcee **FOR THIS ISSUE:** Selected local poetry **HOMETOWN:** McLean, Virginia **CURRENT HOME:** Hilton Head Island **LOCAL SINCE:** 2009 **HOBBIES:** I don't believe in hobbies. I take on a new interest each decade—I've been a college golfer, a ranked tennis player, a motorcycle-riding mama and a world-traveling hiker. Right now I camp with my dog, Byron, in a bed-in-a-box trailer. **FAVORITE FLAVORS:** Lobster and dark chocolate **FAVORITE THANKSGIVING MEMORY:** 1974, heading to HHI for my brother's wedding at the old Harbour Town Clubhouse on my college break, squeezed in between my toddler (and screaming) half sisters and doling out bananas and fig newtons. For eight hours. Good times! **WHAT ARE YOU SURPRISINGLY GOOD AT?** Introvert skills, like dodging overzealous men. Or asking the revealing question, getting you to talk and learning all your secrets. **HOW HAS THE PANDEMIC CHANGED YOU?** Why would it? Life is all about taking on new challenges and finding ways to enjoy the ride until it's over. I put on a mask and go!





Emma Quinn *Designer & illustrator*

FOR THIS ISSUE: Local Love, Flavor star illustration, stargazing story & illustration **HOMETOWN:** Columbus, Ohio **CURRENT HOME:** Hilton Head Island **LOCAL SINCE:** 2020, but since there are so many Ohioans on Hilton Head, I feel right at home here. **HOBBIES:** I love to go on long runs, bike rides, rollerblade, paint and cook. **FAVORITE FLAVORS:** I have been loving everything spicy, especially a good jalapeño margarita. But since it is the fall season, I have been enjoying all of the pumpkin and pecan flavors that this time of year brings. **FAVORITE THANKSGIVING MEMORY:** Every year my extended family gets together for a few days, and this is the one time of year we all get to be in the same state. Since we all live so far from each other, I look forward to this time of year to get to see everyone. **WHAT ARE YOU SURPRISINGLY GOOD AT?** Being able to make up a recipe on the fly, using what I have in front of me and having it turn out well. **HOW HAS THE PANDEMIC CHANGED YOU?** It has taught me to look forward to the seemingly small events in life. When sports were allowed back, my friends and I were able to play in our sand volleyball league again, and it was such a highlight of my week. Now I will never take things like that for granted, and I enjoy each moment a little bit more.

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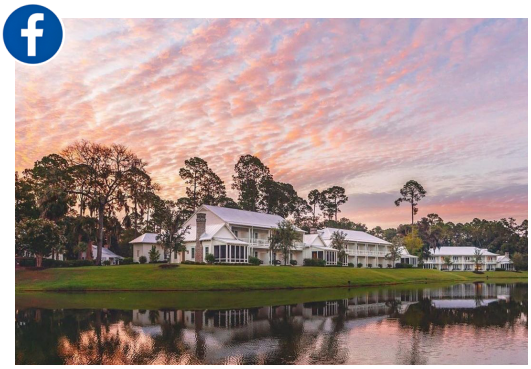
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Last month's top performers



MOST POPULAR
Congratulations to Montage Palmetto Bluff for being a Forbes five-star hotel recipient.



MOST LIKED *#PartingShot*



MOST PINNED
Think Outside: Shots outside the box



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

About the Cover

The cover image features local ***chef Clayton Rollison***'s famous fried chicken on a bed of collard greens, drizzled with honey hot sauce. **Fun fact:** Did you know there are more chickens on earth than humans? For frying, Rollison recommends finding an organic one, preferably from ***Springer Mountain Farms*** in northeast Georgia. Order online at springermountainfarms.com. The image was captured by photographer ***Michael Hrizuk***. It is his fifth LOCAL Life cover. *Find more of his work at hrizukcreative.com.*







As a result of Karen's marketing efforts, this property was featured in *Southern Living*, and Sold for $1,425,000.

The real estate market is hot and inventory is low. If you're thinking about selling, now is the time!

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©MARISSA PAYKOS

Fresh market flavor

HOT SPOTS FOR LOCAL PRODUCE AND PRODUCTS

Find local flavor almost every day of the week at the awesome recurring markets around the Lowcountry. Stockpile a variety of dairy products, meats, vegetables, fruits, seafood and fresh baked goods. Each local market has its share of unique surprises as well, like fresh popsicles, dog treats and microgreens. ***Here are a few of our favorites.***

Just wing it

LOCAL PASTURE-RAISED CHICKENS

Where to get them: Hilton Head Farmers Market, Coastal Discovery Museum

When: 9 a.m.- 1 p.m., Tuesdays

Unique flavor: The fresh poultry provided by Whippoorwill Farms is unlike anything you've tasted. Unlike factory farms and most other farms boasting "pastured poultry," this Ridgeland family farm allows its birds to grow out at their leisure with their diet heavily reliant on the forage they find instead of grain. As a result, their chickens are older, their bones are denser and their taste is more rich and flavorful. Order ahead and pick up at the market.

Other market highlights: Fresh produce, free-range rabbit, pork sausage, seafood, salsa, cookies, bread, She-Crab soup, knife sharpening

Frequent market vendors: Whippoorwill Farms, Three Sisters Farm, CS Chocolates and Sweets, Sh' That's Hot!, Grind Roasters, Cappys Farm Fresh Food



Have a rice day

LOCAL AROMATIC RICE

Where to get it: Farmers Market of Bluffton, Carson Cottages
When: Noon-5 p.m., Thursdays
Unique flavor: Carolina Plantation Rice comes from the only colonial plantation in the Carolinas to grow rice for commercial sale: Plumfield Plantation on the Great Pee Dee River. This special grain has an aroma and taste that you won't find in any normal grocery store variety. Farmer Campbell Coxe says the high quality of his rice is the result of rich soil, good water and an ideal climate.
Other market highlights: Fresh produce, spices, chocolates, dumplings, kettle corn, bread, pizza, knife sharpening
Frequent market vendors: Carolina Plantation Rice, Tuten Farms, Sharper Edges, Rio Bertolini's Fresh Pasta Co., Will's Produce, Chocolates & Sweets

Go nuts

LOCAL SCHLEY PECANS

Where to get them: Port Royal Farmers Market, Heritage Park
When: 9 a.m.-noon, Saturdays
Unique flavor: Of the many pecan varieties you'll find around the Lowcountry, the most sought after is the Schley, grown by Brickyard Point Farms on Lady's Island. The paper shell pecan has a very high oil content, resulting in superior taste and flavor. They are the most delicate variety and should be kept in the refrigerator or freezer to keep from spoiling.
Other market highlights: Seasonal produce, seafood, eggs, dairy products, meats, flowers, plants, barbecue, crab cakes, coffee, dumplings, coffee
Frequent market vendors: Brickyard Point Farms, Sprout Momma Breads, Two Smart Cookies, Hank's Lowcountry She Crab Soup, "Buddy Roe" Shrimp, Walnut Hill Acres, HD Farm

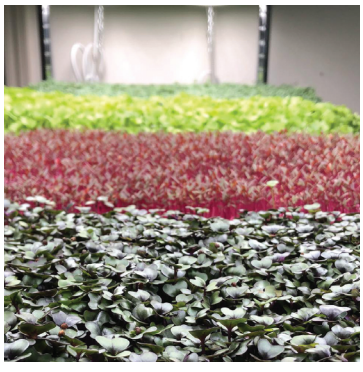




Love you oolong time

LOCAL TEA

Where to get it: Bluffton Artisan Market, Buckwalter Plaza
When: 1-6 p.m., Saturday, Nov. 14
Unique flavor: Bluffton Tea Co. makes small batch artisan blends of loose teas with herbs, fruits and flowers that taste and smell amazing. Its Watermelon Oolong Fruit tea is made with papaya pieces, plum and safflower petals. Place a teaspoon of loose tea in a strainer of boiling water for 1-3 minutes. Pour over ice and stir briskly.
Other market highlights: Custom furniture, glass art, candles, ceramics, jewelry, soap, stationery, cupcakes, macaroons, dog treats
Frequent market vendors: Bluffton Tea Co., Cottonwood Soap Company, Meg's Sweet Treats, Palmetto Kettle Corn, Underground Burritos, House of Jerky, Cupcakes 2 Cakes, Lowcountry Made



Great and small

LOCAL MICROGREENS

Where to get them: Forsythe Park Farmers' Market, Savannah
When: 9 a.m.-1 p.m., Saturdays
Unique flavor: Angie and Chris Mee, the couple behind Ebenezer Greens, grow microgreens vertically within the confines of their Savannah-area home and sell them to individuals and businesses throughout the area. Put them on sandwiches, in salads, on tacos, pizza, soups, anywhere you'd put lettuce or sprouts or cook them in stir fry.
Other market highlights: Meats, produce, pecans, seafood, cheese, honey, baked goods, mushrooms.
Frequent market vendors: Ebenezer Greens, Savannah River Farms, Readee's Bees, Living Greens Organics, Hunter Cattle, Billy's Botanicals

Infamous flavor flops

Notable food and beverage failures from yesteryear.



NEW COKE *Few had a smile after tasting Coke's revamped recipe. The classic formula quickly returned to shelves following months of protests, petitions and phone calls.* ***Shelf life:*** *1985-2002*



MIXED VEGETABLE JELL-O
There's always room for Jell-O, unless it is this gross flavor. Other questionable Jello-O offerings over the years were maple syrup, celery, tomato and coffee.
Shelf life: *1961-1965*



LAY'S WOW CHIPS
While they didn't have any fat, these chips had plenty of Olestra — a fat substitute that caused abdominal cramping, diarrhea and "leakage." WOW indeed!
Shelf life: *1998-2000*



CRYSTAL PEPSI *All of the Super Bowl commercials and marketing hype couldn't steer the public to this "clear alternative." It was weird, even for the '90s.* ***Shelf life:*** *1992-1993*

ORBITZ *This fruit-flavored beverage was said to be "texturally enhanced" with small floating edible balls. Some compared the experience to sipping a lava lamp.* ***Shelf life:*** *1997-1997*





CHEETOS LIP BALM *For those times when you want to look like you ate a bag of Cheetos without actually enjoying them.* ***Shelf life:*** *2005-2005*



SATISFRIES
The public was not impressed with Burger King's pricey and disappointing fry alternative, resulting in the nickname "the saddest fries."
Shelf life: *2013-2014*



ARCH DELUXE
McDonald's reportedly spent $200 million developing this "burger with grown-up taste" in an attempt to be classy. Unfortunately, even the Hamburglar hated it. It was discontinued after two years.
Shelf life: *1996-1998*

hot tech

Cool products and accessories to help enhance your local life.

Robo-bar

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Craving the taste of a good cocktail but wanting to spend the night at home? The Bartesian cocktail and margarita machine allows you to have the best of both worlds. Enjoy a carefully crafted cocktail from the comfort of your home. *bartesian.com. $350*





Look good, sound great

BOSE BLUETOOTH AUDIO SUNGLASSES

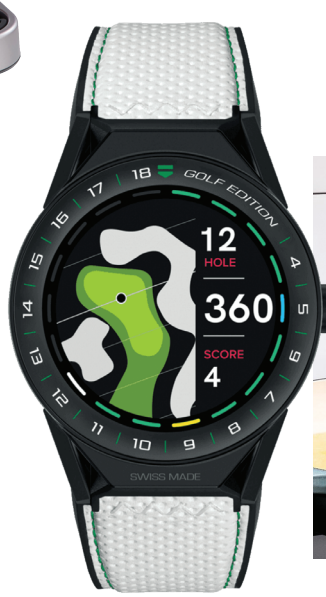
Your favorite music, and your favorite sunglasses? Seems like the perfect pair! These sunglasses from Bose have Bluetooth speakers built into the sides to provide you with a great new way to stay on the go with your tunes. *Bose.com. $200*



Some like it hot

PROSCENIC T21 AIR FRYER

Air fryers have been a popular kitchen appliance for a while now, but this one comes with a twist. This product can be controlled through its app and Alexa. With scheduled timing abilities, your air fryer will help you cook to perfection. The app also provides recipes to help you stay inspired. *Proscenic.com. $119*





Stir it up

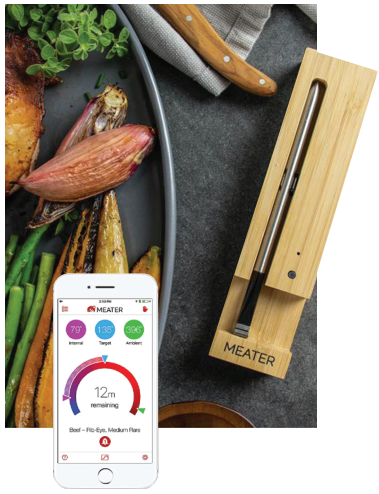
AUTOMATIC PAN STIRRER WITH TIMER

We all know what it is like to be multitasking while trying to cook, but this automatic pan stirrer will give you one less thing to worry about. With a built-in timer, it will continuously stir back and forth to ensure your recipe is mixed to perfection. *Uncommongoods.com. $25*

Wi-fry

THE SMART WIRELESS MEAT THERMOMETER

Take the guesswork out of cooking with this smart thermometer. This thermometer, along with the app on your phone, will help you navigate the perfect temperature when you select what you are cooking and how you want it cooked. It will also calculate how long it will take it to cook, so all that is left for you to do is enjoy. *Meater.com. $69*



Cheat with style

TAG HEUER CONNECTED GOLF EDITION SMARTWATCH

Golfers, get ready to upgrade your game and your smartwatch. The Tag Heuer golf edition smartwatch is not only stylish for everyday wear but when it's time to hit the links, it is prepared to help you play your best. Its 3D renderings of the course will help you measure distances to the ball, trees, bunkers and other hazards. It will even give you club recommendations, keeps a virtual scorecard and keeps statistics. *Tagheuer.com. $2,485*



Upgraded greens

HARVEST BY AERO GARDEN

Want to grow amazing herbs and produce in your own kitchen? The Harvest allows you to have the freshest ingredients to help spice up all of your favorite recipes. Its LED lights help them grow five times faster than in soil, and now you can grow all year long. *aerogarden.com. $100*



Keep it cozy

THE EMBER TRAVEL MUG

This mug has quickly become a hot product on the market, no pun intended. Through the touch display on the mug, or via your smartphone, set your perfect temperature that will last for up to three hours. Now you can enjoy your drinks perfectly made for you. *ember.com $180*



Stay stable

OSMO POCKET

The Osmo Pocket is small but powerful. With a 4K camera and stabilization, this camera helps you capture clean and crisp video on any adventure. store.*dji.com. $369*



Sip safely

LARQ BOTTLE

Cleanliness has never been more on the mind than it has been in 2020, and this LARQ Bottle brings sanitization with you wherever you may go. This self-cleaning water bottle uses UV-C LED light to kill 99.9999% of germs, and only needs to be charged about once a month. *Livelarq.com. $95*

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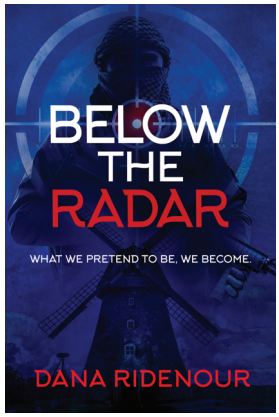
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Local lit | *READ UP ON THE LOCAL FLAVOR BY THE WRITERS AMONG US, YOUR NEIGHBORS!*

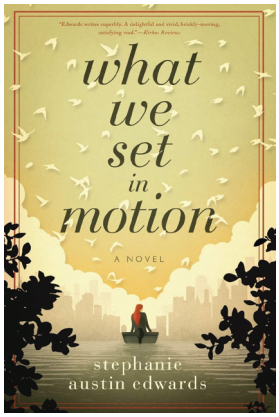
SELECTIONS BY DENISE FRIDAY



BELOW THE RADAR

BY DANA RIDENOUR

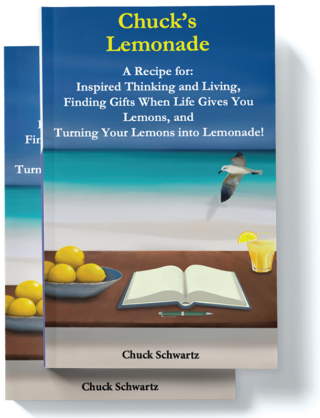
The third book in a series after Behind The Mask and Beyond The Cabin, former FBI agent Dana Ridenour writes what she knows. This series follows FBI Special Agent Lexi Montgomery in her undercover assignments. Ridenour illustrates the complexity of gaining the trust of suspected illegal groups while trying to not sympathize with their causes when working undercover. In Below the Radar, Lexi struggles to balance keeping her cover while keeping her new partner from questioning her loyalties when she infiltrates an extreme environmental group in search of a missing person. Ridenour lives, writes and fishes in Beaufort.



WHAT WE SET IN MOTION

BY STEPHANIE AUSTIN EDWARDS

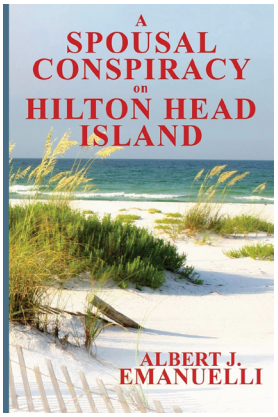
Starting in Beaufort in 1969, a young college student forsakes her father's wishes to join his Lowcountry business in order to pursue her dream of dancing in New York. After losing a baby and her boyfriend, she is determined to follow her path even when large obstacles are thrown in her way, Nadine settles into the foreign environment of Greenwich Village, embracing its diversity and opportunities. Her determination and tough choices gradually lead her to the fulfilled life she longs for and the family she never thought she would have. A journey of perseverance, forgiveness and acceptance. Edwards lives in Port Royal, South Carolina.



CHUCK'S LEMONADE

BY CHUCK SCHWARTZ

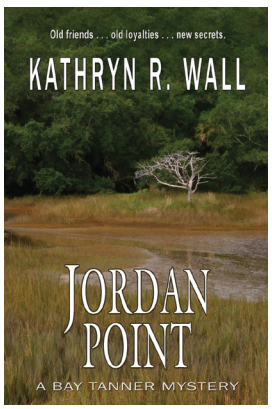
"You can't control how other people behave. You can't control everything that happens to you, but you can control how you respond to it all, And your response is your power." Hilton Head resident Chuck Schwartz has written an inspirational book on being happy each day and focusing on what you are grateful for in your life rather than the challenges you may face. His recipe includes developing habits that get you through bad times and making good times even better for you and those around you. In a world of so much uncertainty, we could all use some of Chuck's Lemonade! Can be purchased at By Hand, Ink in the shops at Sea Pine Center, Coastal Treasures in Harbour Town, Eggs 'n' Tricities in Bluffton as well as at several area restaurants and Barnes & Noble.



A SPOUSAL CONSPIRACY ON HILTON HEAD ISLAND

BY ALBERT J. EMANUELLI

An intriguing story about a wife that is bored with her physician husband, but has a scheme to get more than what a divorce would produce by setting the good doctor up in a malpractice lawsuit. Emanuelli, a retired New York State Supreme Court Judge, describes the court proceedings with intimate detail, and provides historical background for various places around Beaufort County, including the county courthouse, Port Royal Plantation and even an Italian family feast and the family's origins from Parma, Italy. A quick and entertaining read especially for fans of courtroom procedures. His rescue dog, Baci, even has a bit part in the book. Emanuelli and Baci live on Hilton Head Island.

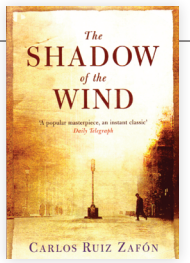


JORDAN POINT | BY KATHERYN WALL

The 13th book in the series, Bay Tanner is a Hilton Head private investigator whose adventures started in Wall's first book, In for a Penny. My suggestion is to start there and enjoy the ride, but each book also can be read as a standalone. In Jordan Point, Bay meets up with her old high school friends in an effort to help one of their own who may be involved in domestic violence. The friends all fear for Mrs. Stuart's life, but when Mr. Stuart disappears from his boat in Skull Creek Marina, events start to turn ugly and complicated. Bay needs to figure out if her friend is capable of killing her husband, or if he is setting her up to torture her even more. You'll love the local references, from Jump & Phil's and the Island Packet, to Mangiamo's and up and down 278. Wall has been a Hilton Head resident since 1994.



LOCAL BOOK CLUB: *Next Chapter Book Club*



This month's featured book club is a mix of 12 open-minded, professional women. The club was established in 2016. In October, the club discussed "Eleanor Oliphant Is Completely Fine" by Gail Honeyman. The November selection is "Shadow of the Wind" by Carlis Ruiz Zafron.
Local suggestion: *"Paradise: Memories of Hilton Head in the Early Days" by Nelle and Ora Smith.*







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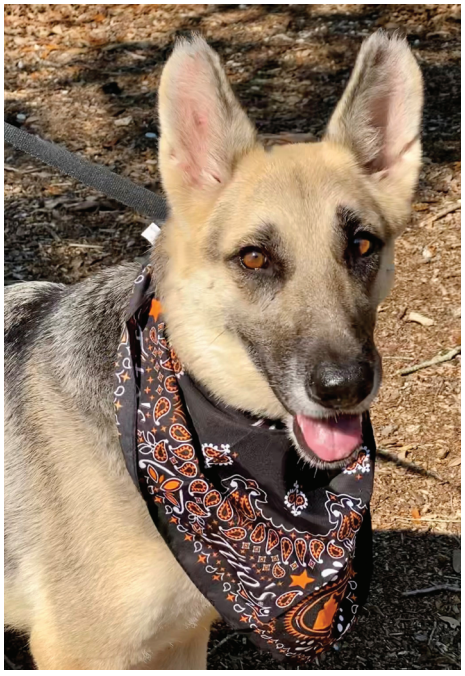
SPONSORED BY TITO'S VODKA

Adopt this Pet: LUCY

THIS DISPLACED GERMAN SHEPHERD MIX IS AS SWEET AS PIE.



The holidays are filled with delicious food, fun, and most importantly, family. Whether you're traveling or hosting, you most likely will be spending time around those you love. But not everyone can be so lucky, especially shelter animals. While you're enjoying quality family time, shelter dogs and cats are sitting alone in their kennels, waiting for their forever homes. One dog particularly down on her luck is this 5-year-old, 63-pound German shepherd mix named Lucy. She was evacuated to the Hilton Head Humane Association after her home shelter in Louisiana was decimated by Hurricane Laura. She just finished heartworm treatment and is hoping to celebrate Thanksgiving with a new family. With everyone in the festive spirit with lots of time and love to give, welcoming her into your pack could be a great way to make the holidays extra special.

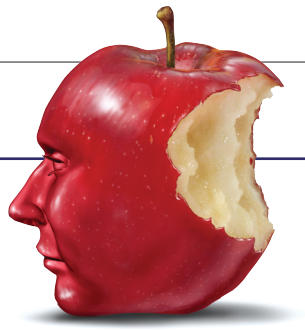


MORE ABOUT LUCY

Color: Black and tan
Age: 5 (37 in human years)
Weight: 63 pounds
Likes: Holiday leftovers, turkey trots and most of the giant balloon characters in the Macy's Thanksgiving Day Parade. "Underdog, Scooby Doo and Snoopy are my favorites. I could live without Garfield and Felix the Cat, though." ***— Lucy***
Dislikes: Black Friday, the Pillsbury pop and watching the Detroit Lions play on Thanksgiving. "I know it's tradition, but shouldn't we open this coveted spot up to a better team? It might not be the tryptophan making everyone so sleepy!" ***— Lucy***
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



Hungry for more Mensa questions? Take a bite out of this quiz!

1. Fill in the blanks to complete the names of three North American cities.
_I__I__G _N_A__L__ _A__S__A

2. Fill in the missing letter.
15, 8 S 9, 6 T 2, 1 O 7, 5 T 11, 3 ?

3. Start with the number of fiddlers who serenaded King Cole, add the number of jurors on a traditional jury panel (no alternates, please), then add the number of moons revolving around the third planet from the sun. What number did you get?

4. Rachel is now twice as old as Ryan will be in one year. Two years ago, Rachel was four times as old as Ryan was then. In two years, she'll be twice as old as Ryan will be then. Neither is a teenager. How old are Rachel and Ryan now?

5. A simple substitution code has been used to conceal a "quote." Work out the code to decipher the original words.
King Arthur: 23-18-23 2-12-6 13-12-7-18-24-22 7-19-26-7 24-26-14-22-15-12-7 24-26-13 25-22 26-13-26-20-9-26-14-14-22-23 18-13-7-12 14-26-15-22 24-12-7?

[LAST MONTH'S ANSWERS]

1. *Each can be anagrammed into a word that names an occupation: TAILOR, BAKER, TEACHER, COBBLER.* ***2.*** *WHERE THERE'S A WILL, THERE'S A WAY.*
3. *mastered, streamed* ***4.*** *31 (A = 6, X = 7, Y= 8, Z = 9)* ***5.*** *brides, debris*

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

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Give the gift of home care

Are you having an aging parent or someone else who requires assistance over for the holidays?

Home care is a great gift to give to those who need an extra hand or care during the holidays, or anytime, really.

Why it's important to plan now

As the holidays approach, you're thinking about how to make all your plans come together. Sometimes, this means giving the gift of home care to your loved ones who you would otherwise have to manage while you're busy preparing for the holidays.

Let us do the caring while you do the preparing.

Make this holiday season the best with the gift of home care.

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Nonprofit Spotlight

Technical College of the Lowcountry Foundation

MISSION

To provide the Technical College of the Lowcountry with the financial support not available through public funding so that it can deliver exceptional community-based education.







HISTORY

The TCL Foundation was established in 1983.

Board members are strong advocates of community college, workforce training and economic development. TCL empowers all Lowcountry citizens to build a healthy future here in the Lowcountry to live, work, and worship in our community, all the while taking courses and graduating with marketable, in-demand skills. The College has three campuses and offers more than 80 programs. Since 1968 TCL's faculty and staff have welcomed more than 85,000 students from Beaufort, Jasper, Hampton, Colleton and beyond.



CLASS ACT The Culinary Institute of the South at Technical College of the Lowcountry is now under construction at the Buckwalter Place Commerce Park in Bluffton.

WHOM IT HELPS

The TCL Foundation helps to match caring people with satisfying and meaningful opportunities to make gifts that have an impact on the College. Through the Foundation donors provide support for student scholarships, equipment, facilities, academic programs and faculty. Since the start of the pandemic, generous donors have supported 354 students. Donor have bought laptops for students who do not have access to computers, established scholarships and paid tuition balances for students who lost jobs and income.

HOW TO HELP

Make a gift to the Technical College of the Lowcountry. The TCL Foundation accepts contributions in a variety of ways.

FOR MORE INFORMATION ABOUT THE TCL FOUNDATION
Visit tcl.edu/foundation or contact Mary Lee Carns at 843-470-5962 or by email at mcarns@tcl.edu

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LETTER TO THE EDITOR
LOCAL Life asked Hilton Head Island resident ***Nannette Pierson*** to share her thoughts on what it means to be local. Pierson, an ordained minister in the African Methodist Episcopal Church, serves at Campbell Chapel AME. She started the Sandalwood Community Food Pantry in 2009. 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*

Living out my purpose in paradise

STORY BY NANNETTE PIERSON

My family's first visit to Hilton Head Island was over 30 years ago when we arrived with friends for a summer holiday. We realized on our departure that the most memorable vacations are the ones that you never want to end and can't wait to return to. And so we returned for the next 18 years until I decided to finally make Hilton Head Island home. Why? Because I was certain that this was where I would live out my purpose in life. Many depart this world never knowing what they were called to do or question whether their living made a difference in the life of another. Hilton Head Island called out to me, and I heard and answered that call and continue to be blessed abundantly living in this beautiful and beloved community.





Amidst all the growth and expansion on the Island, the Lowcountry still remains a heaven on earth for me. Its beauty overwhelms me at times, whether on a quiet walk at Pinckney Island National Wildlife Refuge, or paddling my kayak on Skull Creek. I'll reach a spot and stop for a moment, then suddenly, without even realizing it, I'm tasting salty tears that have fallen from my eyes, hitting the corners of my lips from simply standing or floating in the sheer beauty of the Lowcountry. Tears have always been my soul's ability to express what words cannot when beauty overwhelms me.

While this Island remains a paradise for me, at times it also can be a paradise lost for too many of our neighbors in need who are trying to survive. Yet, this knowledge has never dampened my desire to do all I can to live out my purpose and make a difference in the lives of those hurting and hungry. People filled with poverty and sickness, often hidden and tucked away in a paradise, all too often are unable to see past their pain to the beauty that also exists in the midst of the suffering. And so, once again, I decided to do a small thing with great love and opened the doors of Sandalwood Community Food Pantry on February 17, 2009, feeding five hungry families at the island's Sandalwood Terrace Apartments. Today, nearly 12 years later, we are serving hundreds of families throughout the year on Beach City Road. Why? Because I believe that passion, vision, innovation, collaboration and cooperation are the necessary ingredients to enhance the communities where we live, work, and play. With the support of this beloved community, we are making a difference in the lives of many. Seeing beauty, even when it's not so pretty, when it's not what one may have expected, and still doing all one can to empower a people to believe that hope is possible.

While an ordained minister in the African Methodist Episcopal Church serving at Campbell Chapel AME, I find the people I serve at the pantry are the ones who continue to teach me much about humility. They grace me with their friendship, gratitude and powerful witnessing, reminding me that people, even more than things, have to be restored, renewed, revived, reclaimed and redeemed, but never thrown out. There are no throwaways! Hilton Head Island, a place I have been blessed to live out my purpose in paradise, has a healing presence that allows me to see beauty, even when it's not so pretty, and gain enormous strength as its magnificence sustains me from the inside when all else falls away. LL



LOCAL SINCE 2008
Nannette Pierson is shown with three of her five grandchildren at Campbell Chapel AME, with pantry volunteers Elizabeth and Ana, and working at Sandalwood Community Food Pantry.



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Images of the Lowcountry

MEET THE WINNERS FROM OUR PHOTOGRAPHY CONTEST

In search of the best images from around the Lowcountry, LOCAL Life partnered with Outside for the inaugural **"Images of the Lowcountry"** photography contest. Photographers were asked to submit their very best #ImagesoftheLowcountry for a chance to win $250 in Outside store credit and publication in LOCAL Life. Photos were judged by local pros Lisa Staff and Marge Agin. ***Find all of the entries here (scan QR code):***

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JUDGES' CHOICE, PROFESSIONAL

TRISH COSENTINO

Image: *I Spy*

Description: *Can you see me? Captured in my backyard in Moss Creek.*

About the photographer:

Lives in Moss Creek

Got serious about photography in 2012

Became a full-time resident in 2016

Operates Trish Cosentino Photography

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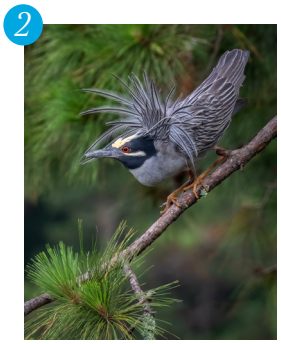
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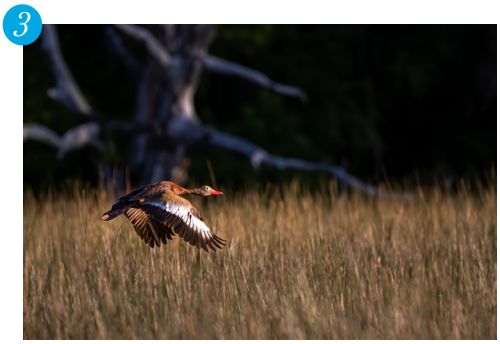
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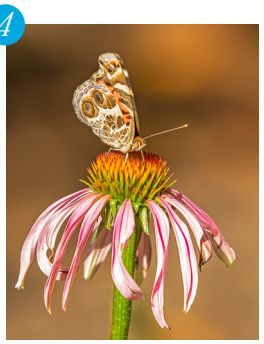
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Here are four of Trish's favorite photos:

1. Summer Dress: *The Lowcountry marsh in summer dress with an evening light show.* ***2. The Pose:*** *A male yellow-crowned night heron performing a neck-stretching display for females, showing off his long shoulder plumes.* ***3. Solo Flight:*** *A black-bellied whistling duck flying solo across the golden pond grasses.* ***4. Coneflower Perch:*** *The echinacea flower providing a resting spot for the buckeye butterfly.*



"Living on the marsh and witnessing the tidal and seasonal changes is fascinating. As a photographer, I am often chasing the light and attempting to catch the colors and light angles as they cross over and illuminate the marsh grasses and sky."

— TRISH COSENTINO

JUDGES' CHOICE, AMATEUR

CYNDI HESS

Image: *Stargazer*

Description: *This great blue heron was right outside my back door in the lagoon. It's as if it was sitting for a portrait. That's one of the awesome blessings about living in the Lowcountry. There's always a photo opportunity! (Hess wins $250 Outside Hilton Head store credit for use in the store or on an adventure).*

About the photographer:

Lives in the Overlook at Battery Creek in Beaufort.

Mostly self taught. She bought a camera nine years ago.

A full-time oncology nurse with dreams of starting a photography business.

Specializes in nature photography. Birds are her favorite subject. "I love being outside and taking photos of creation."

Inspired by Lowcountry photographer Kelley Luikey.

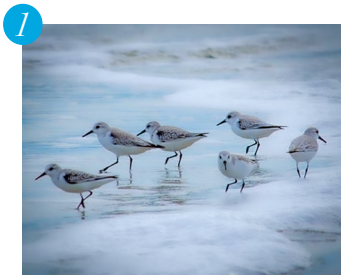


Here are two of Cyndi's favorite photos:

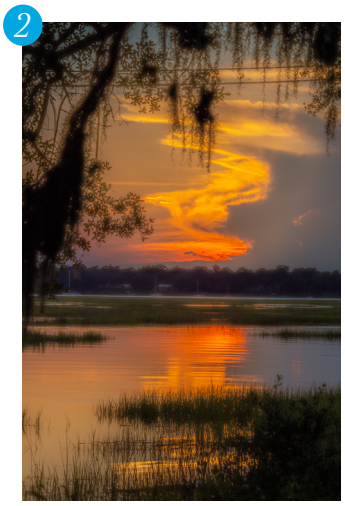
1. Sandpiper: *Taken at Hunting Island. This photo has been gifted to many. It hangs in the home of one grandmother who said it represented her six grandchildren.*

2. Fire Sky: *Taken at Whitehall Park in Beaufort. I was at the right place at the right time but with too little time.*

1



2



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Here is another one of Toni's favorite photos: *Snowy Egret Fishing:* Followed this beautiful egret up and down the shores of Daufuskie as he was hunting for fish.

READERS' CHOICE, PROFESSIONAL

TONI BAIRD

Image: *Lowcountry Tranquility*

Description: *View of the iconic Harbour Town Lighthouse from Daufuskie Island. It doesn't get more Lowcountry than this!*

About the photographer:

Lives at Haig Point on Daufuskie Island

Moved here from Charlotte in 2017

Mostly shoots landscapes and outdoor portraits

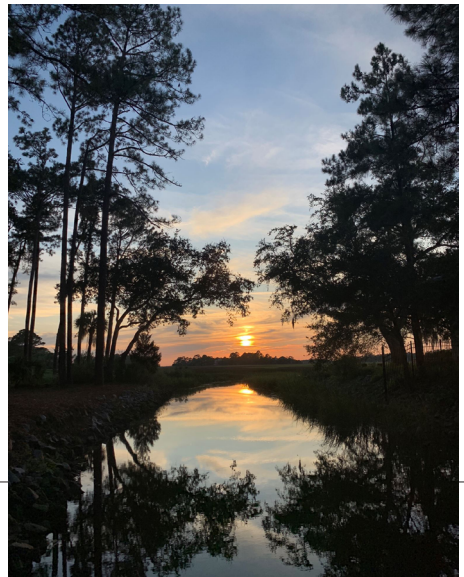
Operates Toni Regene Photography

READERS' CHOICE, AMATEUR

CADE KRISCUNAS

Image: *Reflections at Sunset*

Description: *Serenity on Point Comfort Creek. This photo was taken by 14-year-old Cade Kriscunas, who simply enjoys photography. He took it with an iPhone. Many times he uses filters, but he did not on this one.*





BEST OF THE REST

See all entries online at ***LocalLifeSC.com***. If you've taken a great local photograph, we would love to see it! Email a high-res image and details to *info@wearelocallife.com.*

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

Faces of Flavor

MEET THREE LOCALS WHO ARE EXPANDING THE PALATE OF THE LOWCOUNTRY.

STORY BY BARRY KAUFMAN
PHOTOGRAPHY BY LISA STAFF

Generally, when you hear the phrase local flavor, the term isn't meant to be taken literally. In this context, flavor refers to the general vibe of a place — its people, its culture, etc. However, when you look at the phrase literally, you begin to ask yourself — what is our local flavor?

What epicurean sensations define the Lowcountry? Is it the pulse-pounding fire of hot sauce spattered on a freshly steamed oyster? Is it the briny umami of our official state snack, the boiled peanut? Or is it the warm aroma of fresh-baked bread, made with local ingredients?

Perhaps it's a testament to the vibrancy of our local flavor that it's so hard to pigeonhole. Whatever our local flavor is to you, ***here are three of your neighbors helping to define it.***

Taste
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Jared Jester

THIS APP DEVELOPER IS NUTS ABOUT FRESH GREEN BOILED PEANUTS.

If you were to look at Jared Jester's resume, you'd be forgiven for thinking that somehow three or four different resumes had been shuffled together in some kind of MS Word cut-and-paste mishap.

Trained in the arts at the Savannah College of Art and Design, he launched Jester Communications as a simple graphic design and website building concern. Approaching the then-relatively new worldwide web from the lens of an artist, he learned on the fly how this new technology worked, eventually landing larger and larger clients.

One of those clients, Chaparral Boats, wound up inspiring him to develop an app, and suddenly Jester had gone from artist to app developer. His app Bolster became a darling of not just the marine industry but several other tangential businesses. And when a Minnesota digital marketing firm bought up the rights to his app, Jester found himself with the one thing he'd never had before: free time.

And that brings us to Jester's latest venture, the item on his CV that most likely seems the most out of place. Boiled peanuts.

"I've applied a lot of the things I learned from my previous endeavors toward this… and I've always had a passion for cooking," he said. "It allows me a creative outlet."

He's not just setting up a roadside stand with a crock pot either. His company, Heritage Peanut Company, is the real deal, with a network of shareholder farmers up and down the east coast from North Carolina to Miami for year-round supply. While Jester develops recipes from his test kitchen in Bluffton, a facility in Jacksonville produces 20,000 pounds of boiled peanuts a month.

It may seem like a sharp turn from developing million-dollar apps to boiling peanuts, but for Jester it's more of a









LOCAL SINCE 1997 Jared Jester is chief executive officer of Heritage Peanut Company. In his free time, he enjoys boating, creative photography and creating new recipes.

continuation of a passion. Beyond helping launch Bluffton's Boiled Peanut Festival, he's been selling these delectable legumes (fun fact, they are not actually nuts) as a side hustle for years, starting small with a single vendor in Freeport Marina.

"I've always known there's a market for boiled peanuts," said Jester. "That's just from me tinkering on the side."

The difference in the way Heritage Boiled Peanuts boils their goobers is that they start with a raw, green peanut. Generally, you're eating a peanut that's been allowed to dry and then rehydrated. By cooking them raw, the seal of the shell stays intact, turning the whole thing into a pressure cooker that seals in flavor and nutrition, resulting in a texture like a mini baked potato. (In fact, Heritage Boiled Peanuts has trademarked the phrase "mini baked potato.")

"Cooking green peanuts, that's the key to ours," he said. "Boiled peanuts are the most nutritious form of peanut you can eat."

And if you're not a fan of shells, have no fear. The next product coming down the pike is what Jester calls "Southern Pearls," or shelled boiled peanuts. As long as boiled peanuts have been around, it's an innovation that no one but Jester has really ever tried on this scale. But what do you expect from someone with a resume like his?

"They don't teach you this stuff at art school. You have to figure that out on your own," he said. "There's no book on building a boiled peanut company, either. It's been a frontier, but it's been very fulfilling."

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Jannie Smith

THIS FORMER TEACHER IS THE QUEEN OF HOME-BAKED PIES, BREADS AND CAKES.

If you don't know Jannie Smith by now, just follow the rumbling in your stomach to the Port Royal Farmers' Market. There you'll find her in the same spot she's occupied (more or less) for the last 14 years every Saturday, selling her delectable home-baked bread, pound cakes and pies. If you don't smell the aroma of her cake-like creations, you'll certainly hear her laughing and chatting with her fiercely loyal group of regulars.

"I just love the people. Every time someone buys something, they always come back the next week," she said, the bombastic energy behind her voice palpable even through a telephone line.

The funny thing about Miss Jannie and her home-baked empire of Jannie's Breads is that the whole thing happened completely by accident.

"My son had seafood I would sell at the market, and it would sell out in the first hour they were open, and I would wind up sitting there the rest of the time because we couldn't break down until the market was over," she said. "Kit (farmers market manager Kit Bruce) said, 'Miss Jannie, can't you put something else on that table? Can't you bake?' And I said, 'Oh, I can bake.'"

The next week, she showed up with 10 loaves of banana nut bread. They sold out in just under an hour. The week after saw 10 more loaves disappear in similar haste. "I just said, 'I have to do something different.'"

She expanded, laying out on her table eight different varieties of her signature spongy-soft bread in a dazzling array



LIFETIME LOCAL
Jannie Smith is the owner of Jannie's Breads in Port Royal. Her delicious home-made sweets are a highlight of the Port Royal Farmers' Market each Saturday.



of flavors from apple cinnamon to peaches and cream. The banana nut bread remains the top seller, but her other flavors have each built a cult following of their own to the point they can never be taken out of the rotation.

A true Port Royal native, Smith grew up the eighth of 14 children, learning to cook first at her mother's side and then going pro at 14 in the kitchen at Joe's Spaghetti House. "I was washing pots and pans, then the chef went on vacation. I started cooking and I've been cooking ever since."

The cooking remained a hobby for her while she pursued a career as a special-education teacher with Beaufort County School District, then a side hustle for 12 years working at a variety of restaurants after her retirement. Now, every Saturday, it is both her calling and her passion.

"I work more now than I worked when I was working," she said. "But I like it because it's my own time."

Expansion to other farmer's markets and a partnership with a commercial kitchen in Savannah were on the cards at one point, but for now, Jannie is content to simply sell her wares every Saturday, meeting people and sharing her delightful, calorie-free bread. OK, she says it has no calories, but we're pretty sure she's joking.

"I tell people all the time, there are no calories here. Just love."

©PHOTOS BY ARNO DIMMLING



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Shane Christensen

THIS NAVY VETERAN IS THE BOSS OF HOT SAUCE.

For years, the United States Navy recruited sailors with one simple enticement, encouraging them to "accelerate your life."

It was something Shane Christensen heard before joining, serving in Operation Enduring Freedom and in multiple roles throughout his tenure with the Navy. After ending active duty, he accelerated his life using the G.I. Bill to attend St. Leo University where he earned his MBA.

It was during one of his undergraduate business courses that "Sh' That's Hot" hot sauce was born.

"I had to write a business plan for a fictional company, and my wife suggested I either do a brewery or a hot sauce, since that's what I'm into," he said. As part of his assignment, he had to work up every aspect of a business plan, from a break-even analysis to marketing strategies, all in pursuit of a hot sauce that didn't exist. Yet. "After all this work, I'm looking at all this and said, 'I gotta do this.' I got an LLC and trademarked the name, and we were off."

But first came experimentation, taking the standard hot pepper, vinegar and salt and putting twists on it. One early blend, a beet peach hot sauce, proved to be the breakout hit to the select crew of taste testers. "One of the guys asked me if he could take the rest home with him," he said. "People don't say that unless they really like it."

For his new venture, Shane went with the name Sh' That's Hot, based on his name and his wife Shelli's name, and not the expletive you're probably thinking of. "We're proud to be a family company," he said with a laugh. "But I hear it all the time, 'You don't think that's bad?'"





LOCAL SINCE 2020
Shane Christensen (shown with wife Shelli and daughter Lea) is the flavor master behind Sh' That's Hot. When he's not making hot sauce, he enjoys fishing, looking for shark teeth, camping and everything outdoors.



Starting off with three sauces, Christensen dove into the experimental side of hot sauce. "We were trying to do things that were different," he said. Varieties include the Habanero Hop Infusion with dry hops as a nod to Shane's passion for beer, the Mariachi Ninja which pairs a traditional Verde sauce with Matcha green tea powder and blue agave, and the Carolina Reaper Throat Punch whose name sort of speaks for itself. "A lot of it came from trial and error."

Since then, his business has doubled and tripled in size, thanks to constant experimentation and a devotion to creating partnerships. "Marketing is huge, as is getting the word out," he said. "There are hundreds of hot sauces like mine, and 98 percent of us are friends. We know each other as competition, but we work together."

Shane and Shelli moved from Chicago to the Lowcountry after the pandemic hit, but he still runs his business from afar, including his company's support for Hope for the Warriors. "They were ranked No. 1 for veterans' charities," said Shane. "I'm proud to support them." LL

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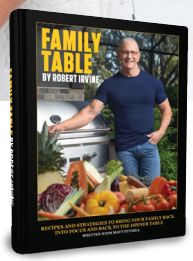












©IAN SPANIER

BRINGING THE HEAT Robert Irvine is shown striking a pose with Anne Burrell on the set of "Worst Cooks in America," working his magic during a "Robert Irvine Live!" cooking demonstration and being recognized by the U.S. Navy as an Honorary Chief Petty Officer, an honor bestowed upon him for his dedication to the Armed Services and commitment to excellence.

Celebrity Connection

Robert Irvine

THE CELEBRITY CHEF AND FORMER HILTON HEAD RESIDENT DISHES ON FLAVOR AND HIS FUTURE.

STORY BY MADDIE BANE

Celebrity chef ***Robert Irvine*** has been involved with a plethora of Food Network shows, including Restaurant: Impossible, Chopped, Guy's Grocery Games, Worst Cooks in America and Food Network Star. Over the years, his brand expanded with fitness-based protein products, a distillery, foundations that support veterans and active military, and, of course, restaurants. He's even got one in The Pentagon that serves the Department of Defense. As a former resident of Hilton Head Island and someone familiar with Lowcountry cuisine, we thought he'd be the perfect person to chat with to discuss all things flavor.

Books

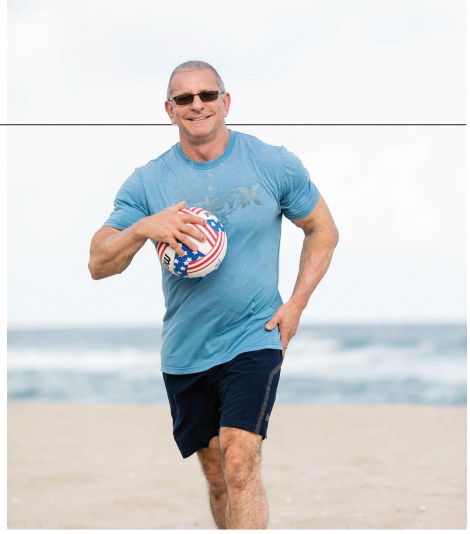
- Family Table
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- Fit Fuel: A Chef's Guide to Eating Well, Getting Fit, and Living Your Best Life
- Impossible to Easy

TV shows

- Dinner: Impossible
- Worst Cooks in America
- Restaurant: Impossible
- Restaurant Express
- All-Star Academy
- A Hero's Welcome
- Chopped: Impossible
- Next Iron Chef
- The Robert Irvine Show

Restaurants

- Fresh Kitchen by Robert Irvine (The Pentagon, Arlington County, Virginia)
- Robert Irvine's Public House (The Tropicana, Las Vegas, Nevada)





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GREAT TASTE Irvine is shown having a ball on Palm Beach and in #TheKitchen with fellow Food Network personality Sunny Anderson. Irvine lived on Hilton Head Island for many years.

[LOCAL Life] What inspired you to become a chef? Was there a certain dish that inspired you? [Robert Irvine] Home economics is where all the girls were! [Laughs] I didn't wind up meeting any girls, but did find out that I had a natural way about the kitchen. I was hooked from there.

[LL] What's one trick to turn an ordinary meal into something gourmet-looking? [RI] I might be the wrong guy to ask this question, because I'm all about taste. Little-known fact, but there are folks called food stylists, and their whole job is to make something look pretty on a plate for magazine and book photo shoots. I don't work with them for my books because I think it's dishonest. I always present my dishes in a way that most home chefs could recreate with reasonable effort. And in all honesty, if you put the love into the dish and don't carelessly plop it onto the plate, it should look plenty appetizing.

[LL] What ingredient can always be added to heighten any flavor profile? [RI] Salt is the oldest and best flavor enhancer in the world, and I'm happy to see that more people are getting wise to the fact that it adds a really interesting layer to desserts — cookies,

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MUSCLE MEN AND WOMAN Irvine is shown with Arnold Schwarzenegger. Irvine's wife, Gail Kim, is a famous professional wrestler. The couple met on the set of Dinner: Impossible, when he came to serve VIPs for WWE's SummerSlam. He proposed two years later with a chocolate diamond. Guy Fieri (right) was best man at their 2012 wedding.

ice cream, pie, brownies — and not just to savory dishes. Salted caramel is a flavor I'm seeing everywhere, and I see they're starting to make salty Reese's Peanut Butter Cups. You can try experimenting with it, but just remember that a little goes a long way. A while back, the editors at Robert Irvine Magazine recommended a Himalayan sea salt grater, and I'm a sucker for things like that — salt from all over the world. Regular table salt has silica added to keep it from clumping, and not everyone's aware of that.

[LL] What's your go-to flavor combination? **[RI]** You'll never pin me down to just one, but if you look at my cooking, you'll see that I really value balance, both when it comes to flavor and texture. Whether that's adding a few crumbles of savory blue cheese to a bright, fresh salad of arugula and grilled peaches or my s'mores pie with its crunchy, salty, buttery crust and gooey chocolate and marshmallow topping. The perfect mouthful is what every chef is after. I don't know if perfection can be achieved, but when you chase balance, you get closer to it.

[LL] Can you walk us through the best meal you've ever made? **[RI]** Well, I think the question of what's my best meal is one best answered by other people. No chef is in charge of how their creations are received. If you asked my daughters, Annalise and Talia, their favorite dish that I made for them when they were little, they'd say it was bacon on a Martin's roll. [Laughs] But for my money, a whole roast chicken with a parsnip puree and roasted veggies — that's very close to perfect. Again, it's about taking the time and putting the love into it, but when you do, that's food that really brings people together and has the power to make them happy.

[LL] What is the future looking like for you? **[RI]** It's bright! Like everyone else who owns a restaurant, the pandemic has been a very rough time for that, but you can't keep this industry down forever, and when the whole country is open again and people are ready to go out to eat, I think you're going to see new boom times for restaurants. In the meantime, I partnered with VirusSafe Pro, a safety checklist app that is helping all kinds of businesses reopen safely. My protein bar company, Fit-Crunch, continues to expand with new flavors and options for every kind of lifestyle. My liquor company, Boardroom Spirits, and Robert Irvine Foods are all humming along quite nicely now, too. I'm also proud of the Robert Irvine Foundation. We support veterans, first responders, and their families, and we've been able to do some great work during the pandemic. We've got to take care of the people who take care of us.

[LL] Are there any things you miss about residing on Hilton Head Island? **[RI]** Certainly! It's a gorgeous place to live, and I'm so happy I got to call it home for as long as I did. The beaches are world-class and so are the people.

[LL] What would your "Last Supper" be? **[RI]** Oh man, that's really tough, and I know it's changed over the years, but I do have a deep love and appreciation for pub food. A full rack of ribs and some crispy golden fries sound like a darn good way to go out. *LL*

AS SEEN ON TV

Making a great meal doesn't have to be impossible. This Italian flatbread was featured in the Restaurant: Impossible episode "Reuniting Family in Missouri." Find more recipes from the show online at chefirvine.com.



©ROBERT IRVINE MAGAZINE

RESTAURANT: IMPOSSIBLE

Piadina sandwich

(Serves 2)

INGREDIENTS (piadina)

6 ounces pizza dough
4 slices hard salami
4 slices spiced ham
4 slices mortadella
3 slices provolone cheese
2 eggs yolks
1/2 cup banana peppers
1 scallion, sliced

DIRECTIONS **[1]** Roll pizza dough into a thin circle. Place cheese, salami, spiced ham, and mortadella in the middle. **[2]** Fold one side of the pizza dough onto the other, creating a pocket. **[3]** Fold edges of piadina, close by pinching using your index finger and your thumb. **[4]** Coat entire piadina with egg wash and top with salt. **[5]** Place in a 450 degree oven for 9 minutes. Cut piadina in half and plate. Serve with chili aioli (recipe below) and sliced scallions.

INGREDIENTS (chili aioli)

1/2 cup mayonnaise
1 tablespoon gochujang
1 tablespoon sriracha sauce
2 cloves garlic, minced

DIRECTIONS In a large mixing bowl, add mayonnaise, sriracha, gochujang and minced garlic. Mix well and season with salt and pepper.



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Six tips from a successful businessman

EXECUTIVE TY WOOLDRIDGE SHARES WHAT 36 YEARS IN THE INSURANCE INDUSTRY HAS TAUGHT HIM.

STORY BY EDDY HOYLE









LOCAL SINCE 2017 Ty and Kelly Wooldridge are shown in St. Andrews, Scotland; at the Traveler's Championship Pro Am in Cromwell, Connecticut; visiting Italy and at the Open in Carnoustie, Scotland.

Ty Wooldridge is the president of Aetna Health and Life Insurance and president of Continental Life Insurance, both now part of CVSHealth. Wooldridge has 36 years of experience in the insurance industry but has never resigned or left a job. Due to mergers and acquisitions, he has maintained continuous employment with many familiar names: First Colony Life, General Electric, Genworth Financial, Continental Life and Aetna. Wooldridge leads the Aetna Medicare Supplement and Ancillary product businesses from Nashville, Tennessee.

Under his leadership, total membership grew from under 140,000 to over 1.3 million policyholders, placing Aetna among the top three carriers in the industry. His successful work history includes actuarial science, independent distribution sales leadership, corporate finance, personnel development, profit and loss management, product development and management, government relations, and mergers and acquisitions. He holds a BS degree in mathematics from Liberty Baptist College and the actuarial designations MAAA and FSA.

Originally from Texas, Wooldridge and his wife, Kelly, live in Nashville and have two grown daughters, Beth and Kim. His family has always loved South Carolina and owned a beach house in Myrtle Beach. Years ago a friend told him about Daufuskie Island, and while on a business trip, he decided to check it out. He fell in love, purchased land, joined Haig Point Golf Club in 2017, and his new house will be completed early next year. He is an avid golfer, and he and Kelly enjoy traveling. ***Here are his tips for success.***

Keys to Success

1. Think like an owner. Wooldridge said it's very important to think like an entrepreneur. "Nobody knows your job like you do," he said. "Disruptive thinking leads to change. When you think like an owner, you think about how to do things better, more efficiently, and how to make the business a success, or even fill in a gap. Great ideas come from everyone."

2. Leaders encourage. "When you're entrusted to lead others, encourage them to think like entrepreneurs," he explained. "If you can get others to think in that way, they share in the success and responsibility, and they should be recognized, even if, for example, their ideas lead to eliminating their own job. A good leader knows he needs people with ideas and that there will always be a place for them."

3. Flexibility. "Be very flexible," Wooldridge said. "The world can change overnight – just as it has with COVID. New work models evolve, and you must be willing to change, to reinvent yourself. We all want security and stability, but to be really successful, that's the very thing you can't rely on. Lead the change; don't passively sit back."

4. Diversity matters. Wooldridge said we are all really good at three or four different things. So find people whose talents are different from yours. A lack of diversity is weakness.

5. Lead from the front. "People follow a leader because they want to," he said. When a leader has a clear vision and others are aligned with the vision, they believe their work is important, and that makes all the difference between having a 9-to-5 job or having a job that they feel makes a positive impact. If they have caught the vision, they will accept that the leader is fallible and can make mistakes, but they will never accept doubt about the vision.

6. Enjoy the ride. "Recognize that your life and work is a marathon, not a sprint," Wooldridge said. "Figure out how to live and enjoy your life so that down the road you don't regret time not spent with enjoyment." LL



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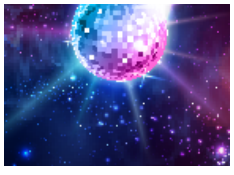
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Power moves

JUMP INTO PLYOMETRICS FOR FUN AND EFFECTIVE WORKOUTS

STORY BY ADAM MAREK + PHOTOGRAPHY BY MIKE RITTERBECK



ON LOCATION Hampton Hall Club's 14,000-square-foot fitness center features a 25-meter indoor lap pool, an array of group classes, and a variety of cardio and strength equipment, along with personal trainers to assist members in reaching their wellness goals. Spa services also are provided for members to relax, rejuvenate and enhance their overall well-being.

Workouts should increase your heart rate, train your muscles and let you have fun. Plyometrics do all three. Plyometrics are exercises where you move or jump in an explosive and energetic fashion. They also provide effective cardiovascular, strength and fat loss benefits. The different movements make the workouts engaging and creative while also helping you become slimmer, fitter and more athletic.

Unlike most exercises that require you to push or pull against resistance from a relaxed or neutral position, plyometric exercises first stretch your muscle and then quickly contract it to release extra strength and energy.

Think about squatting down to load up your leg muscles before expending your energy to jump up as high as you can. When you squat down to stretch and charge your leg muscles, that's called eccentric loading. Plyometrics use the power of eccentric loading to create dynamic and stimulating exercises that make you faster and stronger while burning considerable calories.

Plyometrics can be done indoors or outside. You'll need open space to move around, such as a yard, park, driveway, patio, gym, or a fairly large room. Make sure the surface is safe, solid, and stable and that you can move at least 15 feet straight in one direction. It's best to wear comfortable athletic shoes and clothing.

Most plyometric exercises focus on lower body movements, but you can adapt them to work your upper body as well. Each plyometric movement should be done as quickly and as powerfully as possible without risking injury. ***Here are a few basic plyometric exercises you can try to get started.***

TRY THIS

Skaters

Lunge from one leg to the other in a side-to-side motion like a rollerblader or ice-skater. Jump as far as you can in one direction, load up your leg muscles, and explode to the other side. Be careful to avoid tripping or rolling your ankle.

Tuck Jump

Perform a regular squat jump but bring your knees up to your chest when you're in the air. You can practice partial movements or on grass if you're just getting started.



Sarah Price Bello *(left) has a BS in nursing from Georgia Southern and is a surgery nurse at St. Joseph's/Candler. She loves barre and HITT workouts.* ***Bonnie Price*** *(right) is the sports director at Hampton Hall Club, where she manages the fitness center, coordinates fitness classes and provides personal training. She specializes in exercise modifications to a higher or lower intensity depending on the member's goals. She has a BS in food science from Georgia Southern and has been teaching and training for over 15 years.*





TRY THIS

Broad Jumps

Start from a standing position, squat down, and jump forward as far as possible. Swing your arms forward to generate extra momentum.

TRY THIS

Power Skipping

Skip forward in a straight line jumping up as high as possible each time.



TRY THIS

Squat Jumps

The most common plyometric exercise. Squat down to a nearly seated position and then jump up as high as you can. To incorporate your upper body, lower your arms as you squat down and quickly swing them up and above your head as you jump.





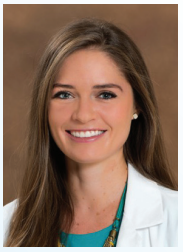
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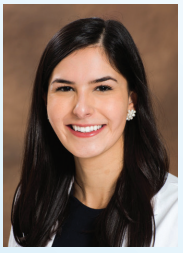
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TRY THIS

Medicine Ball Overhead Throw

Hold a light medicine ball at shoulder height, squat down, and then jump up quickly while throwing the medicine ball as high as possible.



TRY THIS

Chest Pass

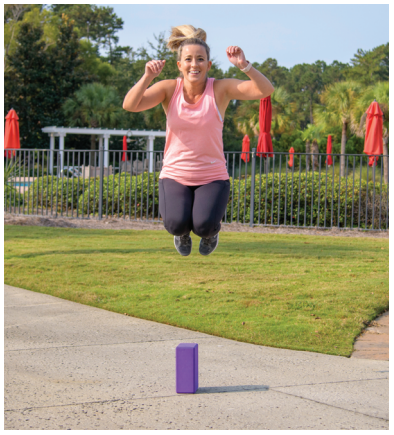
Hold a light medicine ball at chest height, squat down, and then jump forward while throwing the ball in front of you as far as you can.

Medicine Ball Clapping Pushups

This works your upper body muscles and requires a little bit more strength. Start in a regular pushup position and push off the ground hard and fast to lift your upper body into the air. Touch your hands together quickly and put them back into the starting position as you land.



***Beverly Bauman** and her husband Mark moved from Texas to Bluffton and made Hampton Hall their home in 2018. Formerly a junior high science teacher, Beverly now volunteers for Lowcountry Legal Volunteers in Bluffton. "A long-distance runner for many years, I started Tabata as a way to increase strength and speed, as well as for injury prevention. Additionally, Tabata has increased my core and upper body strength, balance, and endurance."*



TRY THIS

Cone Hops

Hop back and forth over a small cone or similarly shaped object. You can do it on one leg or two, and you can hop while moving forwards or side to side.





TRY THIS

Lunge Jumps

Start by standing and then move one leg forward and squat down on it like you were lunging. Then jump high while moving your front foot back and your back foot forward, so you land with your feet in the opposite positions. This is a tricky movement, so start with small lunges first to build up your skill and confidence.

Plyo-Pullup

This is an advanced movement. As you're doing a pullup, pull yourself up as forcefully as you can so that your head goes as high above the bar as possible. When performing any plyometric exercise, try to do 10-20 repetitions of the same movement in a row for a single set. Try to complete each repetition one after another for the best results, but it's okay to rest for a second or two or to reset your stance if you have to. Pick a few exercises you like and try to do one full set of each. You can rest for a minute or so between sets.





TRY THIS

Box Jumps

Find a box or surface that is 12"-36" above where you're standing and jump up onto it.

As you get better, you can try to do more repetitions per set, more exercises per workout, or do several sets in a row for multiple rounds. Moving quicker, using weight vests, or experimenting with more difficult or advanced movements are also great ways to challenge yourself. Plyometrics might seem intimidating at first, but if you start slowly, you'll soon discover a very fun, effective, and exciting new way to exercise. Strengthen your muscles, burn fat, and feel alive; jump into plyometrics for a unique and exhilarating workout. *LL*

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ENJOY THE VIEW Pool features include a tanning shelf, beach entry, cocktail seating, fire and water bowls, a fire trough and custom lighting.



The Palmetto Bluff effect

STORY BY MARIA MARTINEZ + PHOTOGRAPHY BY LISA STAFF

THIS ELEGANT AND SMART HILTON HEAD ISLAND HOME IS A MASH-UP OF TWO RESIDENCES.



GREAT OUTDOORS Outdoor living incorporates the comforts of indoors with a surround sound television, fireplace, seating and eating areas. ***Bonus:*** *The retractable screens (shown up).*

Palmetto Bluff is more than a beautiful community — it is an inspiration for home design in every community. Its exacting standards served as the inspiration for this Hilton Head Island home that incorporates a relaxed and informal style, coastal colors and maximizes outdoor living.

"The homeowner literally asked me for a 'Palmetto Bluff-style home' on the Island," chuckled Mike Kronimus of KRA Architects. "Since I live and design in Palmetto Bluff, I knew what they meant. The lot had a spectacular view so our design started with a large patio that extends across the back of the house, as well as a large upper deck and oversized windows."

It can be a dream or a nightmare to build a new home, and fortunately, in this case, it was a dream for the homeowners as well as the builder, Paragon Construction. Despite two hurricane evacuations during construction, the homeowners moved in less than a year after work started, and the job finished on budget.









EAT WITH YOUR EYES Simple gray cabinetry connects the kitchen and living area. Comfortable seating makes outdoor entertaining easy. ***Pro tip:*** *A fruit jar is a practical and easy way to add color.*

"The owner and designer (Lynes on Design) collaborated with us to build a home that was a combination of two other homes that we had built," said Rick Leach of Paragon Construction. "The owners liked certain aspects of each home and wanted to create what they called 'a mash-up.' We were able to stay within their budget by spending the money on two high-impact areas — the great room and master bath. We used products like porcelain large-plank tile, shiplap and top-of-the-line Hestan appliances. In the other rooms, while still beautiful, we used more budget-friendly products like LVT flooring, standard tile and drywall."

The kitchen is the heart of most homes, and that is certainly true here. This kitchen is intentionally simple and serves as a backdrop to the view and is open for easy entertaining. The Caesarstone Statuario Maximus on both the counter and backsplash gives a classic look of Carrera marble but is more durable and as timeless. The countertop looks substantial, thanks to a 2.5" mitered edge to give it a thicker look without the weight or cost of a thick slab. The cool white of the kitchen stone is offset by the darker wood-look planks that are actually tiles.

"Porcelain planks and tiles have become popular because of their durability, low maintenance and endless styles and shapes that give designers flexibility," said Brian Baltzegar of Stoneworks. "This home is typical in that we now see porcelain floors more popular than travertine, and quartz countertops are becoming as popular as granite. This natural wood-look porcelain tile is a large plank in the Albero line and perfect if you have dogs, which the homeowners did."

Lowcountry living is synonymous with outdoor living. On this large porch, the herringbone Savannah brick pattern and tabby fireplace incorporates Lowcountry natural finishings.

"It was difficult to choose outdoor furnishings because the directions were 'comfort first, simple style and weatherproof. Oh, and watch the budget!'" said interior designer Debi Lynes. "We worked with Casual Living in Bluffton and selected very sturdy furniture and neutral fabrics. Color can be added with pillows and throws, but the simplicity meshes with the brick and casual feel."

"The pool design in this home isn't typical of the Lowcountry but is one that is becoming more popular," said Mark McCabe of A-1 Pool Service. "Many pools in the area are quite small and older. In this case, the homeowner wanted to incorporate newer features like a beach entry but also include the traditional Savannah brick from the porch to accent the water and fire features. Other more popular features we incorporated were the tanning shelf, cocktail seat and the more dramatic water and fire features. Beach entries are becoming more popular in larger pools as are tanning shelves. In this case, the tanning shelf allows more seating to enjoy the view."

Landscape design was as important as the interior design at this home because the view and setting are what attracted the owners to build on the empty lot. Jeramiah Dunn of Greenscape Landscape Services combined real and artificial turfs, landscape lighting to complement the fire features and full-sized trees.

"The palms and magnolias were installed at a mature height of 14 feet, and 60-gallon Wax Leaf Ligustrum provide instant privacy," Dunn said. "We wanted to make it feel like the home has been there for years, so the large plants were a priority. It was also important to incorporate lighting so the beautiful trees would be the heroes at night when the ocean goes out of view." LL



THE HOME TEAM

Designer: Lynes on Design
Architect: KRA Architecture + Design
Builder: Paragon Construction
Pool: A-1 Pool Service
Landscaping & lighting: Greenscape Landscape
Stone & tile: StoneWorks
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Secrets to steal from our featured home:

1. FUNKY FISH The handcrafted fish give a casual and local twist. Go wild and choose the item and colors to fit your room, including crabs, alligators, jelly fish and mermaids. Available at signore-coastalart.com.

2. COMFY SEATING Outdoor furniture can be as, or more comfortable, than inside, like with this weatherproof wicker couch. Add cushions to match your décor or change them up seasonally and cozy up with a LOCAL Life and beverage of choice. Available at Casual Living in Bluffton.

3. RUSTIC LANTERNS Set the mood with lanterns. This wood set ties in with the wood mantle, but lanterns come in all sizes, shapes and styles to fit most decorating styles. These were a steal at Target.

4. REPURPOSE BASKETS Gather towels in a stylish basket or box. Who would have thought towels could enhance the look of an area? Mix and match colorful towels and try rolling for a different look. Basket from J. Banks Design Group.

5. DECORATE WITH LOCAL LIFE Choose LOCAL Life covers that match your décor or theme. This April cover with the boat fits perfectly with the nautical theme of this room.









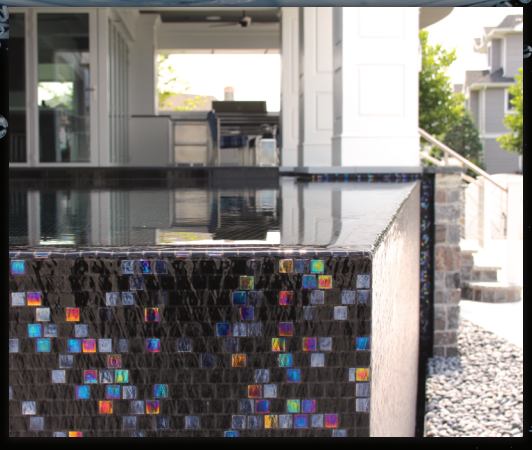


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Raising the bar

Maximize your house's holiday party potential with a dedicated drink station.

Whether you are looking for a fun way to entertain guests or simply want to enjoy a drink or two without the hassle of leaving the house, a home bar is a great addition. For inspiration, we reached out to ***Ann Higgins Interiors at Scout Southern Market***, who shared materials used for this spirited station in Beaufort's historic Point neighborhood. "The client wanted guests to feel they could help themselves to a cocktail as they pleased," Higgins said. "We created a layered room, incorporating traditional and contemporary pieces; mixing silver, gold and brass elements and Lucite and crystal glass." All items available at Scout Southern Market.





1. SELF SERVE
Go beyond a basic bar cart by placing spirits, glassware and bar tools on a beautiful server. The focal point of this living room is this stunning mahogany piece with gold and black accents.

2. CRYSTAL CLEAR
The right lighting design can make your bar cozy, vibrant or inviting. This custom-made chandelier features faceted crystal beads, natural hemp accents and brass hardware.



3. MIRROR EFFECT
Make your bar feel more polished and put together by hanging a mirror. This oversized black convex mirror features antiqued gold detail.

4. NIGHT LIGHT
A bar lamp allows guests to mix their favorite cocktails while the overhead lights are off, creating the perfect holiday atmosphere. This Ivory Porcelain Temple Jar Lamp has an acrylic base and finial.



5. STATE OF THE ART
Give your space a bit of Lowcountry flavor with art from a local artist. This original oil painting was done by Elizabeth Middour. Available at Scout Southern Market.



6. GLASS ACT
When selecting glassware, simplicity is key. This setup includes bourbon glasses, mint julep cups, Jefferson cups and highball glasses.



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HOME TECH

Tech to protect your second home and rental properties

If your Lowcountry home is your second home, or if you own rental properties, you need to think of home technology differently than you would for your primary home. Obviously, you want protection from theft and fire, but you also need to consider the other ways technology can help you manage your home, even if you have a property management company. In fact, technology is the perfect complement to a management company because you will have peace of mind on the ground and in the cloud. ***Here are some things to consider, according to home technology and security professionals.***

1

2

3





1. Access

Your ***door locks*** can be tied into a smart-home operating system like Control 4, so you can not only check the status of your home when you are away, but you can lock or unlock the door. A custom access code can be created and changed from your phone, and you can add specific codes for certain people. This will enable you to let people in and out, such as a repair person, then secure the property again when they leave. If anyone lingers too long, you can send over your property manager to check in because technology is always better with a human touch.

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2. Observation



Security cameras are the first line of defense to deter criminals, prevent theft and catch trouble in the making. You might find this funny, but it could have been serious. An oceanfront home property owner got a notification on his phone that there was motion in his yard. His home was supposed to be vacant at that time, so imagine his surprise when he looked in on the camera only to find some tourists enjoying his pool and outdoor shower. Curt Hubner of Advanced Integrated Controls states, "Ultimately, homeowners are simply looking for peace of mind while protecting their assets and providing a safe, secure environment for friends, tenants, renters and family. In the event of an incident, knowing they are empowered to catch them and prevent damage and bring the offender to justice is something only a video security system can deliver."

3. Control

How many times have you wondered of your renters (or spouse), "did they turn off the lights," "did they leave the AC running on high" or "what if the sprinkler wasn't turned off?" Sandy Benson, owner of Custom Audio Video, told us that her clients want more control. "The ***Intercom Anywhere*** feature of a Control 4 system puts the power in our clients' hands. They can greet guests and allow them to enter even when they aren't home. They can observe and communicate with anyone who approaches the front door or even open a side gate to let a service person in. It's the ultimate in convenience and security." *LL*

PROTECTION TECH TIPS

1. GO WITH PROS

Choose a home automation company that offers installation, service and monitoring. While you will have the control of your devices, unless you are being recruited by The Geek Squad, you should leave the setup and especially monitoring to the professionals.

2. THINK WORST CASE SCENARIO

Hope that the worst case never happens but plan to create a safe outdoor environment for your family, renters and tenants.





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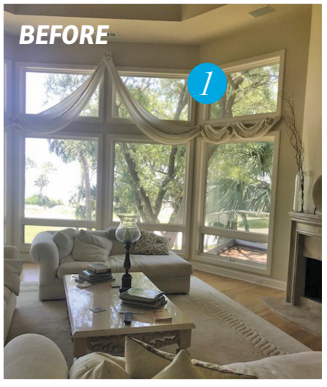
CHECK OUT THIS EXTENSIVE RENOVATION OF AN OCEANFRONT HOME IN SEA PINES PLANTATION

RENOVATION ARCHITECTURE BY GROUP 3 DESIGNS
PHOTOGRAPHY BY JOHN MCMANUS

The word "grand" doesn't do this towering oceanfront home justice. These home owners just completed a two-year renovation that included flipping the dining room into the kitchen, making the kitchen the dining room, adding a wet bar, redesigning the main living space, updating the second kitchen and completely updating the master suite. The result is a space that is fully optimized and updated for 2020 and beyond.

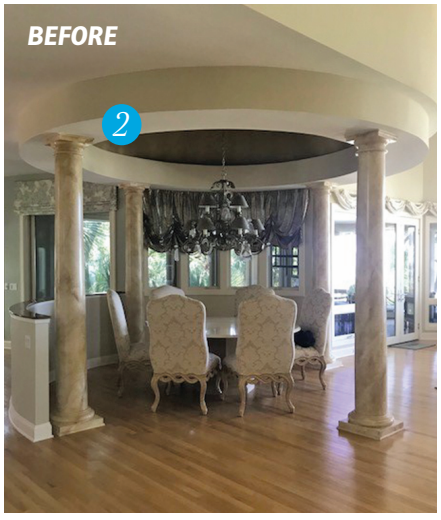
Group 3 Designs shares project highlights.





1. The heavy wood paneling in the great room and ***dated drapes needed a full update***. The room was transformed with Group 3 Design's interior team to modernize the space.





2. What was previously the dining room became a ***deluxe chef's kitchen***. The homeowners wanted to maximize their view of the ocean and the golf course.



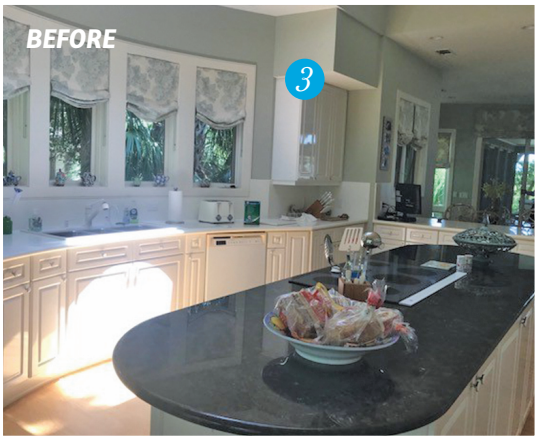
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3. What was previously the kitchen became the dining room with updated fixtures, new lighting, and built-ins for china displays and storage.



4. The master suite was redesigned to pop out and give the owners more space. It also added architectural interest.



5. The downstairs, secondary kitchen was completely renovated to include top-notch appliances and a design refresh.


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This spectacular oceanfront home at ***23 Black Skimmer Road in Sea Pines*** is listed by Mark A. Lynch of Dunes Real Estate for $7,900,000. There is definitely no trouble with the curve in this room. In fact, it is the use of curves that make it so unique. This home can be a primary residence or an income-producing investment. If you're not ready to move in quite yet, maybe it can serve as inspiration for your next remodel.

What we love

- *The **curves** are a unique design element that play off the spectacular floating staircase, used to tie this open space together. The fireplace, kitchen drop-lighting, top of the front door and even accent tables give a modern yet soft look.*
- ***Au naturel** is another design feature that works well. The natural stone, wool rug and rattan side tables make the large room feel cozy. No detail was spared when incorporating wood, from the fan blades to the fireplace mantle trim to the kitchen lighting. This is a brilliant way to accent the staircase and custom kitchen cabinets.*

Just the facts

- *7,800 sq ft*
- *6 bedrooms, 8 bathrooms*
- *Direct oceanfront view and access*
- *Wine cellar, four-seasons room with outdoor kitchen and retractable glass walls, theater, billiard room, office, home gym, wet bar, indoor and outdoor fireplace, pool with waterfall and spa*



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New traditions for Lowcountry events

STORY BY LIBBY O'REGAN





We can agree that 2020 has been anything but traditional. People have had to get creative all year long and generate ideas for new traditions. No exception are the events that you can plan to attend this month in the Lowcountry. What were packed festivals, food tastings, book fairs, and musical events in our area are now opportunities to find alternate plans. ***LOCAL Life has you covered with these safe "event" ideas that you just might find will become new traditions.***

DIY oyster roast

We admit sometimes the best part of attending one of our local oyster roasts is elbowing up alongside new people. There's nothing quite like the camaraderie formed when you're sharing cocktail sauce or crackers with a total stranger. Or screaming, "I got a big one!" amongst people you've just met. But this year, not so much. A DIY oyster roast with your family and bubble friends can be your main weekend event instead. It's easier than you think. Established in 1899 (talk about a tradition!), the Bluffton Oyster Company has been selling bushels of oysters to locals ever since. Demand for fresh oyster, crabs, shrimp and fish is especially high in advance of the holidays, so be sure to reserve your order. ***You will want one bushel (approximately 50 pounds) for every five people eating oysters.*** Follow our online guide for tools you will need and our step-by-step instructions on how to cook them. Be sure to serve with a festive fall cocktail, too!



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A cozy boat trip

If you're lucky enough to have a boat or access to one, consider an outing – even when it's cold. ***The trick to enjoying your day on the water in the fall is to come prepared.*** Checking the weather and dressing accordingly are essential. Lowcountry days can be unpredictable, especially in November, so be sure to layer accordingly. Your favorite T-shirt, long-sleeved shirt, sweater, and then jacket with hat and gloves can ensure you're comfortable all day long. We suggest bringing a few blankets, too. While anchored and having your lunch, you can cozy up. Create a menu for the day that is seasonal and portable. Waldorf Chicken Salad with cranberries on wheat bread, cream of pumpkin soup in a thermos, or grilled cheese sandwiches stored in a traveler work well. Hot apple cider also could be great inside your thermos, or mix up a batch of Pumpkin Spice Moscow Mules before you head out. Find our Pumpkin Spice Moscow Mule recipe online.

Pumpkin spice s'mores





One Friday evening after a long week, make your event a special backyard campfire this November. Grab your portable speaker, select some of your family's favorite tunes, and set the mood. ***No camp fire is complete without s'mores, but this season take your s'mores to the next level.*** Slice pumpkin pie into a small square to fit on your graham cracker. Roast your marshmallow as you would any other s'more and place on top. Drizzle with chocolate sauce and caramel sauce (because why not?). Say hello to your new tradition! This amped up family campfire is sure to make memories and potentially create a tradition that will last forever. Who says 2020 doesn't have perks?

Hot tub party

Pool parties are so summer. ***Hot tub parties are so Fall 2020.*** And by party, we are suggesting a socially responsible get-together with just your family or your bubble friends. If you are fortunate enough to have a hot tub, plan a whole event around it one night. Create a menu that includes warm drinks like hot cocoa for kids, easy to grab snacks, and a seasonal cocktail for the adults. Give a Bullrush Apple Gin Cocktail a try for something unexpected and crisp. Be extra generous and order monogram robes and slippers. Create a playlist that everyone will enjoy, adding in a few singalong favorites. You will want to gaze up at the stars and really take it in. Be sure to have on hand fluffy towels to wrap up in when you are all done so you can make the mad dash inside comfortably. *LL*





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November new & old decorating traditions

STORY BY LIBBY O'REGAN

From a home decorating standpoint, the month after Halloween and before Christmas can fall short, but with some creativity you can make November home décor just as spectacular. A combination of investing in a few new pieces and upcycling items from October will make your home seasonal and warm. ***With these tips, find old and new decorating ideas that may just become your November decorating tradition.***



White pumpkins

Traditionally, people have often decorated with pumpkins, but more and more people are embracing decorating with pumpkins that are white. Find them at your local craft store, or if you are looking for a project, you can paint real pumpkins white and off-white. Displaying white pumpkins adds a festive touch to your design but doesn't detract from other elements. Unlike orange, the white doesn't compete for the eye's attention. Be sure to layer in textures and varying sizes. Look for "bumpy" pumpkins that add visual interest with texture, too.

LED lights

Tiny LED lights have taken the design world by storm and can be used as your new favorite November decorating trick. Look for strands of white LED lights that you can string from your mantel, your buffet table, or wrap into a glass hurricane lantern. When accented with fall blooms or candles, or autumn leaves, the lights emit a warm glow and do not read as "Christmas." This simple accent can add warmth to any home and make it shine.





Buffalo Plaid

Be it the farmhouse trend or a resurgence of a classic design element, Buffalo Plaid is back with a vengeance. From table runners to cloth pumpkins to pillows, the black and white large-checkered pattern can be found in almost any design store now. Best of all, this trend can be used all year. Add a Buffalo Plaid ribbon to a eucalyptus wreath that can be used for many months. Small touches and accents make a big statement.

Cozy blankets & pillows

Going outdoors and enjoying cooler weather is one of the best parts of November here in the Lowcountry but what is also great? Being cozy indoors! There's something to be said for curling up on your couch. Warm up your couch by adding fall pillows and blankets. You can accessorize for the season inexpensively. Look for pumpkin-colored decorative pillows in varying shapes like round or oval and anything with texture.





Inhale November

An important part of setting the mood for the season in your home is paying close attention to what you, your family and your guests will smell. From pecan pie, apple cider to pumpkin, there are so many scents that are distinctly this season. Some of the great ways to add these scents to your home include candles, diffusers and wax sachets. Lesser known are sachets, which are pretty enough to display or work well in a coat closet or in drawers. They create a delightful fragrance that helps set the tone.



Gratitude jar

November is a month of gratitude. But how do you incorporate that theme into your decorating? First, there are plenty of decorative signs available at your local craft/home décor stores. Hand-lettered words of "thanks" or "gratitude" on wooden plaques are widely available and are simple, inexpensive touches that you can incorporate. Then, consider placing a "Gratitude Jar" in a high-traffic area of your home – such as your breakfast nook table or living room coffee table. Buy the original gratitude jar or do it yourself, using a pretty glass hurricane or clear glass jar. Set aside index cards folded in half and grab a pretty pen. Ask your family members (and even friends or visitors) to write what they are grateful for on the card as often as they like. You can watch the jar fill up all month long. On Thanksgiving or at the end of the month, read them out loud as a family. There's something about visually seeing all that you and your family are thankful for that you will find extremely gratifying. Surely that can become a tradition you will cherish forever. *LL*



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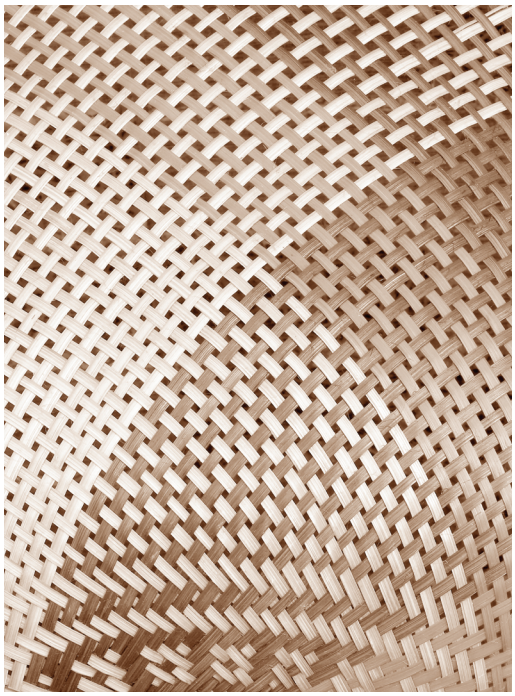
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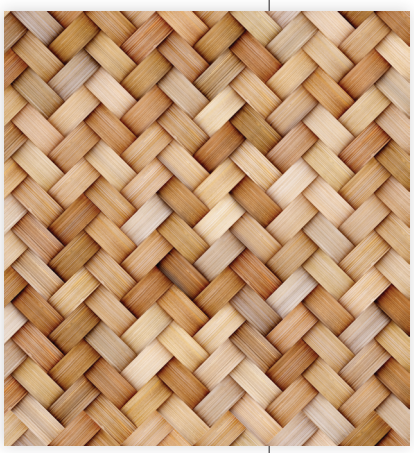
STORY BY MICHAELA SATTERFIELD







Is it considered a trend if it never really went away? Wicker has been around for ages and has clearly never gone anywhere. What we have seen this year, though, is an increase in the use of wicker. It's becoming popular among all age groups. The texture, previously reserved for vintage or outdoor living spaces, is popping up all over the place. It's not just for beach houses anymore – it can be used in any style of Lowcountry home. Find it in the living room, the bedroom, on the walls or even in modern spaces. We'll show you how it's done.



The back story

Just so we're clear, ***wicker*** is technically the name for the type of weaving. ***Rattan*** and cane are the actual materials woven together. It's no secret wicker gives off some strong vintage vibes. Take it way back to the ancient Egyptian civilization, and you would find it in the possession of King Tut. More recently, though, the trend was popular in the 1970s. Today, part of the reason it's making a comeback is because of the comfort it brings. Many people grew up seeing it in their grandparents' home, so it has an air of stability. While visions of matching sets of painted wicker furniture may arise when broaching the topic, the new trend puts a spin on it.



RETRO RATTAN
Wicker and rattan are both enjoying a comeback on the design frontlines. They haved proven to be stylish, safe, low-maintenance, durable, versatile and affordable.



Keep it in style

The key is to use wicker sparingly. Instead of an entire matching set, opt for a wicker piece here and there. Wicker adds interesting texture that stands out. It's a little bit cozy, and a little bit outdoorsy. It's relaxed yet refined – a mix of old and new. Wicker works with Bohemian design styles and tropical design styles. Throw some wicker in with a modern design style to add a pop of character and break up all the clean, straight lines. Steer clear of painted wicker. The imperfect, handmade feel of natural wicker is what everyone is going for today.



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How to incorporate the trend in your home

The rest of the house got jealous of the patio, so now you can use wicker everywhere. There are no rules limiting the use of wicker to certain rooms. In the kitchen, try a buffet cabinet with wicker accents. Wood and wicker work well together, but it's best to keep it monochromatic by making sure the color of the wood is similar to the color of the wicker. Try a wicker light fixture in the dining room. Pull out wicker placemats for entertaining. In the bathroom, use wicker storage baskets. These could be used for organization all throughout the house. Add a wicker lamp in the living room. To keep it modern, choose a modern lamp base and use a wicker shade. The living room is also a great place to incorporate a piece of wicker furniture, such as a chair. A modern chair frame with touches of wicker keeps it contemporary. In the bedroom, use wicker wall art or even a wicker headboard. To incorporate the style without the commitment, use wicker accessories. Wicker vases, trays and baskets are all options.









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Caring for wicker

If you do end up placing some wicker on your patio, keep in mind you'll need to take some extra steps to care for it. Wicker thrives in humid, tropical climates like the Lowcountry. It was designed to withstand the wear and tear of being outside but can still start to look a little worn. Applying a fresh coat of varnish about once a year will keep wicker looking its best. However, even worn wicker has a certain charm that fits the current style.



Getting creative

Wicker baskets are already common in many homes, so how can you take that trend and make it original? One idea is basket shelves. Wicker baskets can be attached to the wall to create a shelf that isn't run-of-the-mill. Alternatively, fill a wicker basket with flowers and hang it up on the wall as a hanging vase. Wicker baskets also can stand alone. Stack a few on the floor to create a makeshift table that doubles as a place to store spare items. A wicker basket of rolled blankets is the perfect cozy touch for chilly days. A small wicker basket placed on the kitchen counter could keep coffee-making supplies organized. Placing them on a shelf is a great way to store items while keeping them out of sight for an even cleaner look. If you're really crazy about wicker baskets, we won't judge you for decorating with empty ones. No one will even notice because they'll be falling in love with the wicker trend, too *LL*





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Flowers that you'll fall for

BRIGHTEN UP YOUR GARDEN IN COOLER WEATHER WITH HYDRANGEAS AND CAMELLIAS.



I have a confession to make. When I got married and moved up north, folks around me would become giddy at the thought of autumn hayrides replete with apples, pumpkins, and scarecrows. I tried desperately to embrace their enthusiasm, but truth be told, I learned to absolutely hate the fall because it foretold the cold, dark winter to follow. I even developed an aversion to orange, yellow and red. The colors of pumpkins and mums haunted my dreams.

Eventually, and luckily for the sake of our marriage, my husband grudgingly agreed to relocate back to the Lowcountry when he retired (bless his heart) – after all, I'd more than taken one for the team enduring decades of bone-chilling cold (bless my heart).

During our first year back, I felt this increasing dread as autumn approached. My mother said it was post-traumatic stress brought on by marrying a Yankee and living with years of ice and snow (bless her heart). Then it dawned on me: Fall is the best time to plant some of the prettiest flowers and plants! I mean plants and flowers that are fabulous and worth falling for — sensational snapdragons, captivating cyclamen, vital violas and valiant violets – oh my! This is also the perfect time to plant hydrangeas and camellias!

Hydrangeas

These flowering plants prefer morning sun and regular watering. This is the one section of my garden where I use drip irrigation because they really don't like to have wet leaves. And while they are not drought tolerant, they will quickly rot and die in standing water, so good drainage is a must. Also, do not mulch close to their stems. Various sources say there are 23 species of hydrangea; others claim there are 49, and still others say there are as many as 80. Regardless of however many there are, only six types are commonly grown in American gardens.

- **Big leaf:** Newer varieties bloom on old and new growth, and older cultivars bloom on old wood. Generally, needs little pruning, just tidying up. Remove dead wood as spring growth begins, being careful of flower buds. There are two flower types: Mophead and lacecap. It is also available in a variegated form.
- **Smooth:** Blooms on new growth. Prune close to the ground every other year in late winter to keep neat and encourage new growth.
- **Panicle:** Blooms on new growth. Cone-shaped flower heads. Prune as needed in late winter/early spring, promotes larger flower clusters. Very often seen in tree form (standards).
- **Oakleaf:** Blooms on old wood. Prune after flowering as needed, cut back winter-damaged stems in early spring.
- **Mountain:** Blooms on old wood. Similar to lacecap varieties, but more compact, with smaller flowers and leaves. Prune after flowering as needed, cut back winter-damaged stems in early spring.
- **Climbing:** These beautiful hydrangeas do best in zones 5-7. Sorry!



Camellias

Rich in history, often referred to as winter's rose lighting up the landscape from November to March, these flowering plants were brought to the Lowcountry in 1786 through Charleston by a Frenchman named André Michaux and presented to his friend Arthur Middleton, (a signer of the Declaration of Independence), whose plantation, Middleton Place, sits just 15 miles northwest of Charleston.

The common camellia is native to Japan and closely related to the tea plant. There are numerous species of camellia (sources range from 250 to over 300) but the two camellia types commonly grown as landscape shrubs are Camellia sasanqua, Camellia japonica, and hybrids of these.

Camellias have shallow roots and need moderate water. Overwatering can lead to leaf and bud drop. They don't need heavy fertilizing but they're acid-loving, so use a fertilizer formulated for azaleas or camellias.

Never ever, ever take an electric hedger to your camelias! Pruning is the biggest cause of their demise. Just do a light shaping, or cut the blooms for arrangements and know when to prune. If you prune in summer, you won't have any flowers next year, so prune after the blooms finish.

So be very careful when selecting a camellia – select one that will grow at maturity to the height you desire – don't try to prune a taller variety to the size you desire. Camellias make excellent container plants, but they need large containers and do especially well in terra cotta containers. With the right selections you can have blooms from October to April. Happy planting! *LL*



- **Sasanquas:** These camellias bloom in the fall, while Japonicas bloom in the spring. I have found that the easiest way to identify them is Sasanquas have smaller leaves and the flowers "shatter" when cut.
- **Japonicas** have larger leaves and the flowers are often cut and floated in water as a center piece in crystal bowls. These plants do best in light shade (No hot afternoon summer sun) and well-drained soil. Importantly, don't plant your camellias too deep in the ground – it's better to plant a little bit high and keep the top of the root ball level with the soil.



Ask & Answer

Dear Accidental Gardener,

I have a large arbor in a shady area that I would like to have covered with a ***flowering vine***. Everything I've tried has died. What can you recommend? ***— Vexed in Wexford***

Dear Vexed,



I'm not sure why all of your vines have died – did you remember to water them? Three good choices that I can recommend are in no order of preference: ***1. Bleeding heart*** *(Clerodendrum thomsoniae)* in white or tri-color red, purple and white flower spring through summer and will want some filtered sun. Semi-evergreen prefers a warmer climate but have found it returns with our mild winters. ***2. Sky flower vine*** *(Thunbergia grandiflora)* is a very vigorous grower with large blue flowers in the spring and fall. Evergreen in mild winters. ***3. Sausage vine*** *(Holboellia coriacea)* with clusters of white flowers that smell better than orange blossoms in late winter to early spring. Probably won't find these locally until next spring unless you go online to purchase. Hope one of these works for you!

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



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FLAVORS OF FASHION

As the seasons turn, not only does fashion change, but foods and flavors do as well. The weather gets cooler, and flavors of the season start to affect everyday attire. Clothes begin to mimic the colors of fall foods. Sweaters and skirts take on radish red and cranberry colors, jackets and purses imitate the warm shades of carrots and freshly baked bread, and dresses and pants reflect the colors of cherry pie and warm pumpkin pie. LOCAL Life stylist ***Roxanne Gilleland*** blended the flavors of fall with the flavors of fashion and showcased them in an Instagram-worthy way. Special thanks to ***Jennifer Gleitsmann at Marmalade Homemade Baking*** for providing the pies, and to ***Sprout Momma*** for providing the breads.



Available at *Outside Hilton Head*

Available at *Palmettoes*



***Available at** SHOP!*



Available at *Cocoon*

Available at *The Back Door*





Available at *Island Child*

Credits

PHOTOGRAPHY
Lisa Staff

STYLIST
Roxanne Gilleland

STYLIST ASSISTANT
Maddie Bane

INSPIRATION
Fall colors and flavors



Lagos High Bar Collection
Sterling silver and 18K yellow gold large oval caviar ring with smooth dome

+

Finishing touches

Complete your summer look with these items available at ***Forsythe Jewelers****.*

+



David Yurman's Chain Collection
Sterling silver and 14K yellow gold graduated oval link necklace, 18" length

+



David Yurman's Pure Form Collection
Sterling silver 42mm 4-row bracelet

+



Lagos Smart Caviar Collection
Stainless steel caviar 38mm link Apple watch band



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Local Love

LOCAL HARVEST With the holidays coming up, we collected some of our local favorites that will help you spice up your home, or even make the perfect gift to bring a loved one. From salt shakers to sculptures, we've got you covered.



LOVELY LINENS

These hand-printed cocktail napkins are a great festive touch to any holiday gathering you may be having this year. Choose from multiple designs to fit any celebration.

Available at Low Country Mercantile



RISING PHOENIX

These l.a.Eyeworks glasses in the color Phoenix transform a traditional silhouette by using a modern mix of intriguing colors and patterns.

Available at Eyeland Optique

SQUASH GOALS

Need a great dish for your Thanksgiving gravy? This adorable pumpkin is perfect!

Available at Pyramids



BIRDS OF A FEATHER

This stunning sculpture is an amazing addition to any home. The birds are sculpted from reclaimed cherry wood, and the base is crafted out of reclaimed dock wood. Marsh grass, made from torched copper, is eye catching and elegant, bringing the whole piece together beautifully.

Available at Signore Coastal Art





LIGHTING THE WAY

These colorful candle holders are a fun way to add a pop of color and light to your home. Light your favorite scent of holiday candles and enjoy the ambiance that these are sure to add to any room.

Available at Spirited Hand

POUR IT UP

Great for any beverage you may be enjoying during the holidays, these YETI double-walled insulated cups will keep your perfect temperature.

Available at Outside Hilton Head





SPICING UP YOUR TABLE

With the holiday season right around the corner, this salt and pepper set from Nora Fleming is a great way to spice up your table. With a spot for a replaceable decoration, your table will always be festive, and this turkey is perfect for the month of November.

Available at Gifted



ALL WRAPPED UP

This stylish rain wrap is a great fall piece for your outerwear collection. It is simple yet sleek, with its classic pops of plaid. Stay warm, comfortable and fashionable this holiday season.

Available at Pretty Papers



HELLO, GOURD-GEOUS!

This Mariposa pumpkin server, made from recycled aluminum, is beautiful to serve your favorite appetizer on.

Available at Coastal Treasures







HOME

Shattuck Clockworks

Large custom hand-carved clocks. etsy.com/shop/*shattuckclockworks*

• LOCAL LIFE PRESENTS •

CRAFTED IN THE LOWCOUNTRY

EST. 2019

GIFT GUIDE

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Get your holiday shopping done and support local artisans and businesses with this one-of-a-kind gift guide, made possible by Hargray. ***The Crafted in the Lowcountry Gift Guide Presented by Hargray*** is a curation of more than 40 locally made items. Give a locally crafted gift, support a local business or just treat yourself.

CRAFTS · STYLE · DRINK · HOME · ART · FOOD



STYLE

The Silver Garden

Tiger's eye pendant handcrafted in sterling silver and 14k gold and features a backdrop of a stingray. A large citrine completes the front. The back is as beautiful with a cutout of a tiger and a pair of tiger eyes. It's finished with a handmade long chain in sterling silver and gold. *thesilvergarden.net*



STYLE

7th and Palm

Everyday art and gifts designed to bring more beauty into your life in a way that's both usable and affordable. This collection by artist Andrea Smith embodies the idea of "art for your every day." Each piece strives to bring joy in simple, unique ways that any art collector - novice, new, or seasoned - can appreciate and includes canvas ornaments, hand-painted leather key chains, bookmarks, bag tags, jewelry, and more. Available online only. *7thandpalm.com*



DRINK

Hilton Head Distillery

Bananas Foster Rum: Celebrate the famous dessert with banana-flavored rum. You'll find heavy notes of caramelized banana and vanilla ice cream with hints of brown sugar and cinnamon. *hiltonheaddistillery.com*



FOOD

Tiger Butter Co.

Tiger Butter is a nut free, seed free, and dairy free treat in a jar that is empowered by nutrition. Tiger nuts are not a nut at all - they are a root vegetable containing loads of fiber, vitamins, and minerals. *tigerbutterco.com*

ART THAT ELEVATES



"Lingering Magic"

Featured Artist | Dottie Leatherwood

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ART

HK Steel Art

Inspired by the Lowcountry where she has grown up, Hailey King's steel creations include fish, crabs, herons, mermaids, oaks, and palm trees. Each piece is hand drawn and hand cut with a plasma torch - no two pieces will be exactly the same. Pieces are ground, torched, or painted and finished with an automotive clear coat to help prevent rusting for indoor or outdoor use. Customized pieces and logos can be ordered with a picture provided - if Hailey can draw it, she can make it. *hksteelart.com*

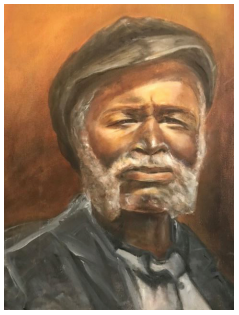


ART

BO ART

"...a guy" - 3" x 40" oil on canvas Available in store only. *boarthhi.com*





ART

BO ART

16" x 20" oil painting of freed slave or Gullah schoolteacher who was one of the early inhabitants of Hilton Head Island. Original by Bobbie Fertig. Available in store only. *boarthhi.com*

ART

BO ART

Locally created art. Gullah portraits of early island settlers. Hand-painted oil on canvas by Bobbie Fertig. Available in store only. *boarthii.com*



CRAFTS

Malak Handmade & Design

Handmade dolls that help parents teach their little ones essential values like love, truth, gratitude, empathy, self-esteem, creativity, and understanding grief, and loss. Every doll arrives in a beautiful package ready to give, and it comes with a value pocketbook, which tells the story about the value gift it came to present. Available online only. *malakhandmade.com*



CATEGORY

Lowcountry Linens

Designer oyster shell vase. *lowcountrylinens.com*

CRAFTS

Signore Coastal Art

Handmade "Lounging Alligators." Perfect to sit over a doorway or on a ledge. Each is individually crafted and can be customized to suit color and size requirements. Made from locally sourced materials. *signorecoastalart.com*





FOOD

Aunt Laurie's

Aunt Laurie's is an award-winning gift basket business driven by a passion to help individuals with disabilities learn job skills. Specializing in Southern, Lowcountry gifts as well as unique BBQ, snack, spa, and several other collections. A build-your-own option also is available to create the perfect gift. Available online only. *auntlauries.com*

ART

Lisa Rivers Gallery

Self-taught artist Lisa Rivers lives on the beautiful island of St. Helena, where she paints on her front porch studio surrounded by the spectacular oak views. Rivers' paintings reflect her love of the Lowcountry with vivid colors of the Southern seasons and images of the South and the charm it exudes. Products inspired by her paintings include note cards, journals, shower curtains, pillows, t-shirts, tote bags, and prints. Available online only. *lisariversgallery.com*





CRAFTS

Island Quilters

Hilton Head Island batiks — designed and exclusively sold at Island Quilters. *islandquilters.com*



FOOD

Porter & Pig

Charcuterie meats and cheeses with luxurious assortments including dark chocolates, honeycomb, and house-made truffle mustard presented on a serving board and beautifully packaged with descriptions of the meats and cheeses. *porter-pig.com*



STYLE

Island Indigo

Island Indigo textiles are individually hand-dyed in an indigo vat on Lady's Island in Beaufort. Each item has its own unique look and is made from 100 percent natural material. Scarves, totes, table linens, hair accessories, and more are available. *islandindigogals.com*



STYLE

Little Fish BOATEAK

The Weekender Bracelet Stack - a combination of three bracelet styles created with a mixture of linen cord, pearls, and hammered metal accents all with a magnetic closure in a range of customizable sizes. *littlefishboateak.com*



ART

Marsh & Light

"Cobalt Sky" - 4" x 6" photo color print in 8" x 10" hand-aged metal frame. Available online only. *marshandlight.etsy.com*

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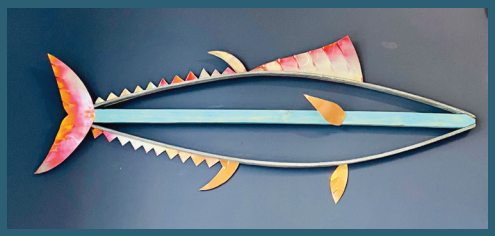
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ART
Studio 14
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CRAFTS
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CRAFTS
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HOME
Coastline Cabinetry
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HOME
BP Carbon Custom Furniture
Custom-made furniture and related items for the home. The unique designs are incorporated with carbon fiber. *bpfabdesign.com*

ART
Blue Bird Washi
Original washi tape art created with local reclaimed wood. *etsy.com/shop/bluebirdwashi*





CRAFTS

My Lowcountry Angels

My Lowcountry Angels ornaments are handcrafted from oyster shells gathered from the South Carolina shores. Each ornament is as unique in personality as you are - created with love to celebrate your special occasion or loved one. *mylowcountryangels.com*

ART

Deb Staub Designs



Original Lowcountry-inspired art. Each piece of stoneware is hand-built and glazed to capture the beautiful and ever-changing colors of the salt marsh. These horseshoe crabs are just a few of the many salt life sculptures and functional art pieces inspired by the ebb and flow of the tide. *debstaubdesigns.com*



ART

Art Hansen, Decorative Artist

Hand-carved and hand-painted fish.



ART

EDifazio Art

"I am an artist and teacher. My work is heavily influenced by the natural world around me. I have been creating artwork all my life based on memories and recollections of spaces and places where I feel most connected. I am surrounded by water on the island I live on. The consistency and peace provided by the water and nature replenish my soul and lift my spirits." Available for purchase at BoArt. *boarthhi.com*



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ART

Preservation Tree Art

This black cherry bowl was created from a section of trunk that had been consumed by "Black-Knot," a disease common in black cherry trees. Available online only. *preservationtreeart.com*



ART

Fire and Pine

Fire and Pine creates custom designed heirloom quality wooden maps uniquely designed to fit any decor. *fireandpine.com*



CRAFTS

Beach Biscuit

Beautiful dog collars and leashes handcrafted in Bluffton, using high quality hardware and marine grade nylon. *beachbiscuit.com*



DRINKS

Bloody Point Mixing Co.

Named after Bloody Point on Daufuskie Island, Bloody Point Bloody Marys are all natural, gluten-free, low sodium mixes created for the consumer who desires quality and depth over unoriginality and simplicity. Bloody Point's award-winning Bloody Marys require no "doctoring up" to create an unforgettable flavor. *bloodypointmixing.com*



ART

MiraMira Studio

"I work in gouache, acrylic, and mixed media, using playful images, grids, and patterns to illustrate stories related to both my youth in Canada and to the surrounding Lowcountry flora and fauna where I now live. The product line inspired by my paintings includes note cards, journals, coloring books, pillows, t-shirts, tote bags, and prints in different sizes." *miramirastudio.com/art*



ART

Julie Jones Artwork

"I am a native of Hilton Head Island, and I love the vibrancy of our Lowcountry. I paint colorful coastal-themed paintings with energizing colors. I gratefully accept commissions regularly and have original paintings, ornaments, and prints available for sale on my Etsy shop. I create and sell pieces as small as three inches tall and as large as six feet wide. I love to create custom pieces, and I love to meet new people." Available online only. *juliejonesartwork.com*

STYLE

Tabby Shell Jewelry

Tabby Shell Jewelry creates timeless pieces capturing over 400 years of unique and alluring architecture. Designed and distributed in historic Beaufort, each creation pays homage to the endangered tabby structure ruins, built by skilled, enslaved Africans that have withstood the test of time. With simple and elegant designs, amazing smooth texture and historic significance, each handcrafted tabby shell piece is unique. Paired with 925 sterling silver, Tabby Shell Jewelry is an exquisite tribute bringing together the historical tabby architecture and natural beauty of the coastal Southeast into wearable art. *tabbyshelljewelry.com*





ART

Fresh Paint by Murray Sease

Fresh, lively original art, note cards, and calendars. *reshpainbymurraysease.square.site*



ART

Old Town Engravers

Monogrammed 50mm Mother of Pearl Dish with sterling silver hammered bail on an 18" 10mm Freshwater Pearl Necklace with sterling silver toggle clasp. Available online only. *oldtownengravers.com*



FOOD

Island Microgreens

Microgreens organically grown on Hilton Head Island. Varieties include: broccoli, red cabbage, peas, sunflower, wasabi, arugula, and daikon radish. Available online only. *islandmicrogreeshhi.com*

BEST OF THE REST

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Find more of our crafted entries online at **LocalLifeSC.com**.

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WHAT'S FRESH IN NOVEMBER?

Collard greens

The Southern comfort food tastes great and can be good for you!

STORY BY MADDIE BANE



Winter is right around the corner, which means collard greens are ready to be devoured. Typically, this produce is offered year round, but purchasing or harvesting it in late fall or early winter has a couple of perks. After the first frost, the vegetable's flavor is enhanced and actually becomes sweeter. Along with that, more nutrients are released, as well. With the endless options of all of the ways you can prepare collard greens, adding a few more nutrients into your meals will be a little easier. They are easy to find at local farmers' markets or at your favorite grocery store this month. Or, if you prefer to eat out, there are plenty of options at local restaurants. Either way, it's worth getting some collard greens in your life in November.



LOCAL LIFE TEST KITCHEN

Creamy collard greens

INGREDIENTS

*2 large bunches **collard greens**, cut into strips with stems removed*
2 teaspoons vegetable oil
2 large shallots, finely chopped
3 tablespoons flour
2 cups whole milk
2 cups heavy cream
Salt and pepper, to taste

DIRECTIONS [1] Blanch the leaves in a large pot of boiling salted water. Once they soften within three to four minutes, transfer to a large bowl of ice water. **[2]** Add oil to a large pot over medium heat and cook the shallots until soft. **[3]** Add the flour and stir for two minutes, and then add the milk and heavy cream. Whisk often. **[4]** Once the liquids are at a boil, stir in the collard greens, while reducing to low heat. The greens should be ready to eat within 30 minutes. Add salt and pepper and serve.

They're magically nutritious

Collard greens do more than just serve as a side dish. They promote bone health, contain a high amount of vitamin A and are a great source of fiber. They also contain choline, which has been shown to help improve mood, sleep, muscle movement and memory functions.

Winter is coming

Collard greens are a cool-weather vegetable, so the ideal time to plant collard seeds in the Lowcountry is around October 1, which makes for a winter harvesting season. These seeds should be planted 18 to 24 inches apart in well-drained soil. In order to grow, it requires full sun and a weekly watering schedule. Once the leaves are dark green and around 10 inches long, they are ready to eat.






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LOCAL LIFE TEST KITCHEN

Turkey stuffed collard greens



INGREDIENTS

8-10 medium sized collard leaves
1 package ground turkey
*3/4 cup **quinoa**, cooked*
1 can tomato sauce
1 medium onion, peeled and chopped
1/2 large red pepper, seeded and chopped
Salt and pepper, to taste
1/2 cup parmesan cheese

DIRECTIONS [1] Cut off the lower part of the leaf and boil for 5-7 minutes in order to soften. Pat dry and set aside. **[2]** Brown ground turkey and cook quinoa based on package instructions. Once cooked, mix together, along with the tomato sauce, onion, and red pepper. **[3]** Place a portion of the turkey and quinoa mixture into the center of the leaf. Roll up from the bottom and fold in the sides. **[4]** Place stuffed leaves in a baking pan, and bake at 350 degrees for 30 minutes and serve.



LOCAL LIFE TEST KITCHEN

Shrimp & cheese grits over collard greens

INGREDIENTS

1 pound shrimp, shelled and deveined
*1 1/4 cups **yellow grits***
1/2 cup Monterey jack cheese
1 bunch collard greens
2 tablespoons butter
1 tablespoons cajun spice
1 tablespoon olive oil
Salt and pepper, to taste

DIRECTIONS [1] Start by making your grits. Once removed from heat, add in the cheese and butter and stir until combined. **[2]** Add olive oil to a pan over medium heat, and put in the collards along with 1/4 cup water. Season with salt and pepper to taste. Stir occasionally for five to seven minutes. **[3]** Add in shrimp and cajun spice into the same pan. Stir occasionally until shrimp are cooked through. **[4]** Place the grits into bowls, and add the shrimp and collard mix on top.



Where to get them

Collards are available for purchase at local grocery stores such as Publix, Harris Teeter and Kroger. You'll also be able to find them at local farmers' markets:

Tuesday: Hilton Head Farmers Market, Coastal Discovery Museum, 9 a.m.-1 p.m.
Thursday: Farmers Market of Bluffton, Carson Cottages, noon-5 p.m.
Friday: Jasper County Farmers Market, Main Street in Ridgeland, 1-6 p.m.
Saturday: Port Royal Farmers Market, Naval Heritage Park, 9 a.m.-noon

Made to order

If you're out and about and craving some amazing collard greens, here are ***a few great restaurants*** where you can order them.

- *A Lowcountry Backyard*
- *Alexander's*
- *Annie O's Kitchen*
- *Big Jim's BBQ*
- *Bullies BBQ*
- *Cahill's Market*
- *One Hot Mama's*
- *Ruby Lee's South*
- *Skull Creek Boathouse*
- *Skull Creek Dockside*

Chilled, chopped or cooked

Collards will keep best in the refrigerator. They can be used raw in salads and sandwiches, or blended in with smoothies and juices. If you steam, sauté or boil them, make sure to do so for no more than 10 minutes. Any longer, and they will start to lose their nutrients. They can also be tossed into the air fryer for a tasty, crunchy snack. LL

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Sallie Ann Robinson's Kitchen

DAUFUSKIE ISLAND'S FAMOUS CHEF, AUTHOR AND CULTURAL HISTORIAN SHARES A FEW TIME-TESTED FAMILY RECIPES

STORY BY CAROLYN MALES



©HILTON HEAD ISLAND VISITOR & CONVENTION BUREAU / CHRIS ROGERS

Open a cookbook by celebrated ***Gullah chef Sallie Ann Robinson***, and you'll find yourself on a culinary journey to Daufuskie. With Robinson as tour guide, we travel back in time to her island roots where she tantalizes us with entries like Braised Beef Short Ribs and Baby Carrots, Sweet Potato Cornbread, and Peach Upside-Down Cake while offering up childhood memories and observations about 'Fuskie folkways. Learn about cast nets as you cook up Island Fried Garlic Blue Crabs or about holiday fare like red peas and rice (guaranteed to bring good luck for the coming year) while you cook up her Momma's Pineapple Bread Pudding.



©HAIG POINT

LOCAL SINCE 1958
Sallie Ann Robinson is sixth-generation Gullah, raised on Daufuskie Island. She is a cookbook author, a celebrated chef and a cultural historian.



© DEBORAH WHITLAW LLEWELLYN

EASY PICKINGS

This is a very special and easy dessert. Momma would make this for us after we spent hours picking blackberries, making all the work worth it.

SALLIE ANN ROBINSON

Blackberry dumplins

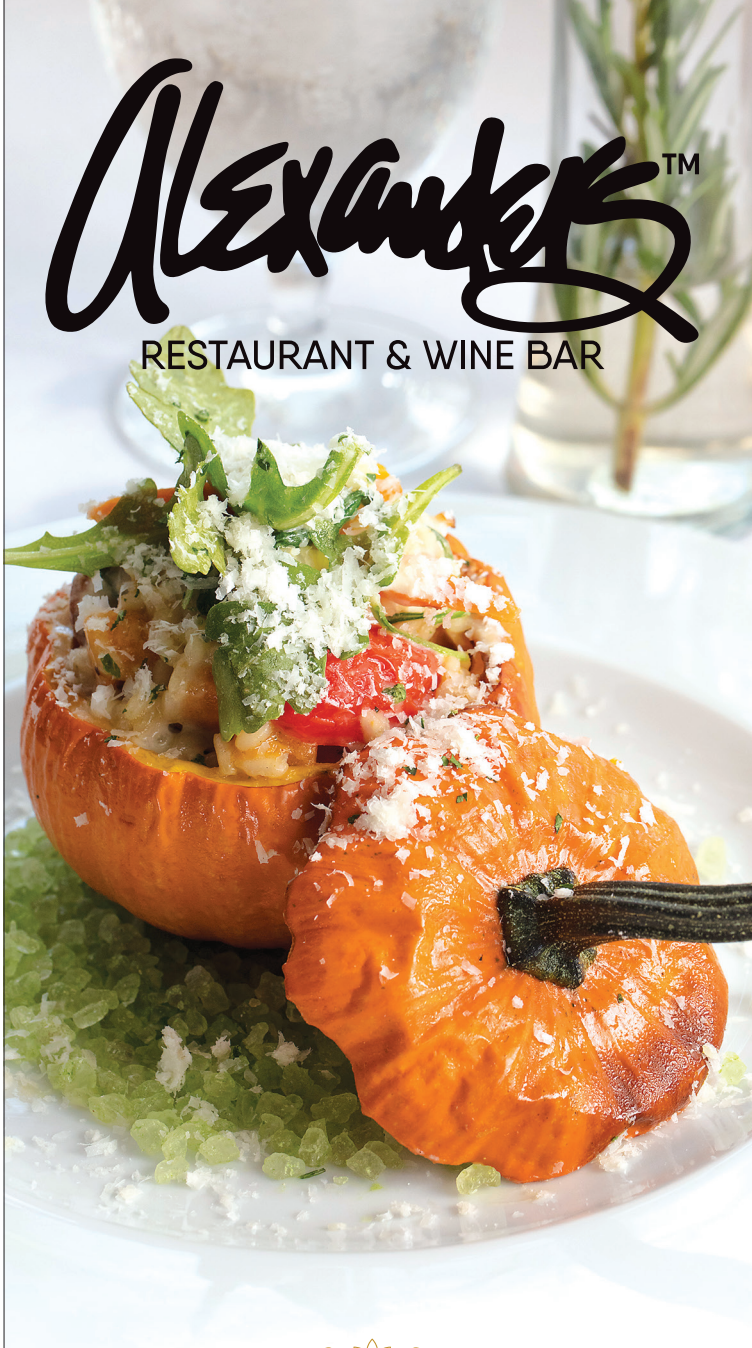


INGREDIENTS (SERVES 4)

*1 pound fresh or frozen **blackberries***
2 cups sugar
2 cups water
Ingredients (dough)
1 cups self-rising flour
1/2 teaspoon salt
1 teaspoon sugar
3 tablespoons vegetable shortening (Crisco or lard, but not oil)
1/4 to 3/4 cup water

DIRECTIONS [1] Place the blackberries and sugar in a medium saucepot with 1 cup water, and bring to a boil over medium heat for 3 to 4 minutes, stirring, until it thickens to a sauce. Reduce the heat to low and keep the blackberries warm as you make the dough. **[2]** In a large mixing bowl, stir together the flour, salt, sugar, and vegetable shortening with ¼ cup water. Add more water, up to ¾ cup, as needed until the dough is loose and soft enough that you can scoop it out with a spoon. **[3]** Increase the heat of the blackberry pot to medium. **[4]** Scoop 1 teaspoon dough at a time and drop it into the saucepot of blackberries. When the dough rises to the top of the blackberry sauce, use a tablespoon to turn it so the dough cooks evenly as it hardens. Drop in as many teaspoons of dough as you can at the same time, but leave a little room between them for the dough to swell. When all the dough is turned and has the consistency of a doughnut, the blackberry dumplings are ready to eat.

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SHRIMPLY THE BEST

You can eat these tasty burgers on buns or just by themselves with a little tartar sauce.

SALLIE ANN ROBINSON

'Fuskie shrimp and blue crab burger

INGREDIENTS (SERVES 8)

1 1/2 cups vegetable oil
1 pound small raw shrimp, peeled and deveined
1 pound lump crabmeat, loosened or picked through
*1/2 **onion**, finely diced*
1-2 teaspoons salt
1-2 teaspoons pepper
1-2 teaspoons garlic powder
2 tablespoons melted butter or vegetable oil
2 tablespoons self-rising flour
Ingredients (for serving):
Lemon wedges
8 hamburger buns
Mayonnaise or tartar sauce
Pickles, tomatoes, and cheese

DIRECTIONS [1] Heat the oil in a large skillet over medium-high heat until hot, but not smoking. **[2]** In a large mixing bowl, combine the shrimp, crabmeat, onion, salt, pepper, garlic powder, butter, and flour and mix well. **[3]** Divide the mixture into 8 portions and use your hands to form them into patties. **[4]** Fry 4 patties at a time for 3 to 4 minutes on each side, or until golden brown on both sides. Drain the patties on a platter lined with paper towels. **[5]** Put the burgers on buns with your favorite garnishes or eat by themselves, and enjoy.





MUMBO GUMBO

Some folks put ***okra*** in the pot without frying it, but I like to fry it first because it is less slimy and adds better texture to the gumbo.

SALLIE ANN ROBINSON

Gullah chicken gumbo

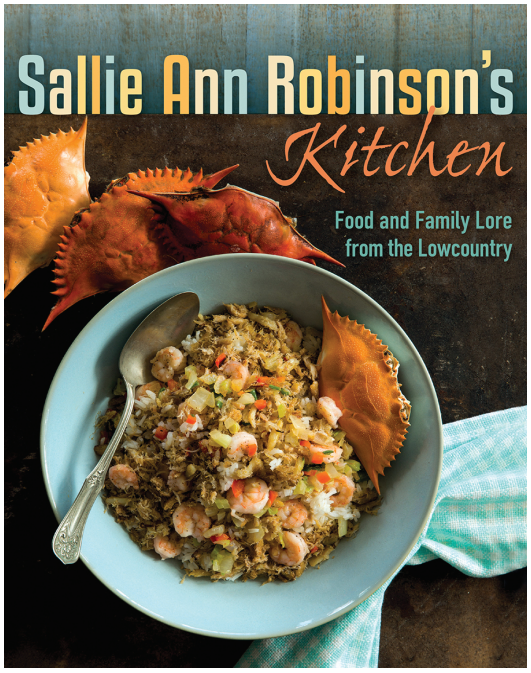
INGREDIENTS (SERVES 6-8)

1 1/2 cups vegetable oil
1 onion, diced
1/2 large green bell pepper, diced
1/2 large red bell pepper, diced
10-12 tomatoes, diced
1/2 (6-ounce) can tomato paste
1 tablespoon salt
1 tablespoon pepper
1 teaspoon chopped fresh basil
1 teaspoon dried or fresh thyme leaves
1 1/2 pounds white and dark meat chicken pieces, bone in, skin on
1 1/2 to 2 pounds okra, cut into 1-inch rounds
Rice, biscuits, or cornbread, for serving

DIRECTIONS [1] In a large stockpot, heat ½ cup of the oil over medium-high heat, then stir in the onion and bell peppers and fry for 3 minutes. Add the tomatoes, tomato paste, salt, pepper, basil, thyme, and 1½ quarts water. Bring to a boil over medium-high heat, then cover the pot, lower the heat to medium-low, and simmer for 45 minutes, stirring on occasion. **[2]** Taste to check the seasoning, then add the chicken and cook for 35 to 45 minutes, stirring on occasion, until the chicken is fork tender, but not falling from the bone. Set aside. **[3]** Heat the remaining 1 cup oil in a 12-inch skillet over medium-high heat, then add the okra and fry for 4 to 5 minutes, turning, until it begins to brown. Remove with a slotted spoon and drain on paper towels. **[4]** Add the fried okra to the gumbo pot and cook for another 20 to 30 minutes. Serve hot with your choice of rice, biscuits, or cornbread.



©DEBORAH WHITLAW LLEWELLYN



Recipes from Sallie Ann Robinson's Kitchen: Food and Family Lore from the Lowcountry by Sallie Ann Robinson. Gainesville: University Press of Florida, September 2019. Reprinted with permission.

In her latest book, ***Sallie Ann Robinson's Kitchen***, she beckons us in with stories of her family dinner table. "Come mealtime, Momma would call out to us to come eat. We already knew it was coming because the aroma of good food had connected with our senses, and we would hurry up to finish our work outside."

So, now let's head into Sallie Ann Robinson's kitchen and eat! *LL*

O YEAH!



Sallie Ann Robinson *was featured in the July/August issue of O, The Oprah Magazine. She shared her life story with the popular publication and offered this gem of a quote: "Daufuskie has changed dramatically since I was a kid: fewer longtime residents, bigger houses, a golf course where there used to be tall grasses. But I still feel my ancestors' spirits all the time. I know they were the ones who guided me back home."*





Local holiday flavor

THANKSGIVING DONE THE LOWCOUNTRY WAY

STORY BY SHANE SHARP



At first blush, they're a holiday and a region in stark contrast. Traditional Thanksgiving meals typically call for turkey, mashed potatoes, stuffing and maybe – just maybe – a green vegetable or two. Top it all off with gravy, salt and pepper and you're good to go.

The Lowcountry, on the other hand, is home to the world's best shellfish, a wide array of native greens and enough spicy seasoning to keep heads clear and eyes watering.

Immovable object meets unstoppable force? Hardly, according to some of the area's top chefs.

"With a few tweaks and a little imagination, you can put a Lowcountry spin on a traditional Thanksgiving meal," says **Sea Pines Country Club Executive Chef Brian Coseo**. "It presents an opportunity to serve some unforgettable dishes."

Sea Pines Country Club is a melting pot of members from the Northeast, Midwest and Southeast, many of whom weren't familiar with Lowcountry cuisine upon moving to the area.

Chef Coseo says both newcomers and longtime residents can dish up a little – or a lot – of Lowcountry flavor to their feast by adding some exceptional local ingredients – Carolina Gold Rice, farmed by Anson Mills just outside of Columbia, fresh Sea Island Red Peas, or plump oysters pulled from local waters and available at a number of seafood markets.

From seafoods and meats to veggies and cooking techniques, here's advice from the experts for taking holiday Lowcountry cooking to the next level.



SEAFOOD

For longtime Lowcountry denizens, the months that end with "r," September through December, are all about the oysters.

And cool November nights and the warmth of the Thanksgiving table give way to another regional specialty Chef Coseo loves preparing for members – cornbread stuffing with oysters.

"With the addition of fresh marsh-to-table oysters, traditional cornbread stuffing takes on a delicious new flavor," Chef Coseo says. "And an abundance of local shrimp and clams make wonderful additions to soups and sauces."

Sean Carroll, executive chef at Alexander's Restaurant and Wine Bar at Palmetto Dunes Resort, prefers to let the catch of the day determine his "course" of action.

"The other day we had mutton snapper fresh off the boat from one of our local fishermen and paired it with a seasonal corn pudding," he says. "Seafood works well this time of year if you couple it with comfort food."

This oyster stew recipe from Charlie's L'etoile Verte is full of Lowcountry flavor.

CHARLIE'S L'ETOILE VERTE

Pan Roasted Bluffton Oyster Stew

INGREDIENTS

1 quart heavy whipping cream
1/2 pint of freshly shucked Bluffton Oysters
5 tablespoons chili sauce
***Parsley** (for garnish)*
Following seasonings to taste:
Paprika
Garlic powder
Onion powder
Cayenne
Black pepper
Celery seed
Tabasco



DIRECTIONS [1] In a medium size saucepan, combine the whipping cream, chili sauce and seasonings. Bring to rapid boil over medium to high heat, stirring frequently. The cream blend should be a nice salmon pink color when all the ingredients come together over the heat. **[2]** Drop in the oysters and cook for one minute. Divide and serve in large bowls with French baguette for dredging or oyster crackers. Garnish with parsley.

SINCE 1967

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SEAFOOD

Haig Point executive chef Taylor Griffin offers this Lowcountry seafood classic, perfect for any gathering.



HAIG POINT

Shrimp & Grits

(Serves 2-3)



INGREDIENTS (grits)

3 cups water
1 cup heavy cream
*1 cup **stone ground grits***
1 tablespoon butter
Salt to taste

DIRECTIONS [1] In a medium sauce pan over medium heat, bring water to a boil. Add salt and grits and stir. **[2]** Reduce heat and skim any floating chaff from the mixture. Continue to stir, and as soon as the grits begin to thicken, add the heavy cream. **[3]** Continue to cook grits on low heat for 20-25 minutes, stirring frequently. When grits are at desired tenderness, add the butter and stir.

INGREDIENTS (shrimp sauce)

1 pound fresh local shrimp, peeled and deveined
4 slices of thick bacon, chopped into 1/4-inch pieces
6 cloves of garlic, sliced long ways
*2 **shallots**, minced*
1 cup white wine
1 pint heavy cream
2 tablespoons Cajun seasoning (Chef Paul Prudhomme's blackened redfish magic blend)
1 tablespoon chopped green onion, for garnish



DIRECTIONS [1] Place the chopped bacon in a large frying pan and set over medium heat. **[2]** Toss the shrimp in the Cajun seasoning mixture. When bacon is rendered, increase heat to medium high and add shrimp to pan with the garlic and shallot. Sauté and stir for 2-3 minutes allowing shrimp to get a nice color on both sides. **[3]** Add the white wine to deglaze the pan. Once wine is mostly reduced, add the heavy cream and allow it to reduce for 3 minutes or until it starts to thicken. Remove shrimp from the pan when fully cooked and allow sauce to thicken fully. **[4]** To serve, portion out a scoop of grits on a large plate or bowl. Arrange shrimp on top of the grits and pour the sauce over. Garnish with chopped green onion.



MEATS

If a late afternoon Lowcountry boil is the official dish of summer, the chicken bog is a fall rite of passage.

According to lore, its name is derived from the chicken being "bogged down" in a sea of rice. The traditional recipe calls for boiling a whole chicken, pulling the meat off the bones, mixing it with onion, bell pepper, bacon, butter and Anson Mills Carolina Gold rice in a massive pot.

Adding smoked or cured sausage is a popular adaptation, and the fall is the best time of year to take advantage of the Lowcountry's peak pork season.

"In the fall you get the best pork with the most marbling," says **Frankie Bones Bluffton Executive Chef Luke Lyons**. "I order a barrel cut from Keegan-Filion Farm in Walterboro and get everything I need for pork shoulder, ribs and sausage."



LOCAL LIFE TEST KITCHEN

Chicken Bog

INGREDIENTS

6 cups water
1 tablespoon salt
1 onion, chopped
1 whole chicken, around 3 pounds
3 1/2 cups chicken broth
1 cup long-grain white rice
1/2 pound smoked sausage, sliced
*2 tablespoons **Italian seasoning***
2 cubes chicken bouillon

DIRECTIONS [1] Place water, salt and onion in a large pot. Add chicken and bring all to a boil; cook until chicken is tender, about 1 hour. **[2]** Remove chicken from pot and let cool. Remove skin and bones and chop remaining meat into bite-sized pieces. **[3]** Skim fat from cooking liquid and measure 3 1/2 cups of this chicken broth into a 6-quart saucepan. Add rice, chicken pieces, sausage, herb seasoning and bouillon to saucepan. Cook all together for 30 minutes; bring to a boil, then reduce heat to low, keeping pan covered. If mixture is too watery, cook over medium low heat uncovered until it reaches the desired consistency. Stir often while cooking.



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MEATS

Sometimes, roasting a whole turkey is just too much of an undertaking. A roulade is surprisingly easy, super flavorful and much easier to carve. Here is a great one from **Chef Nunzio Patruno**.



NUNZIO RESTAURANT + BAR

Turkey Roulade with Cranberry Chutney

(Serves 8)

INGREDIENTS

4 slices raw turkey breast, lightly pounded
1/2 cup cooked spinach, squeezed and dried
3 ounces cranberries, dried
3 ounces pine nuts
2 tablespoons ricotta cheese
Nutmeg
2 tablespoons breadcrumbs
2 tablespoons parmigiano cheese
1 egg
4 slices prosciutto
Fresh sage
Fresh rosemary
Chutney
1 mango, diced
*3 ounces **cranberry**, dried*
2 ounces walnuts
1 ounce balsamic vinegar
Salt and pepper



DIRECTIONS [1] Heat oven to 400 degrees. **[2]** To prepare roulade mix, mix together the spinach, cranberries, pine nuts, ricotta, breadcrumbs, parmigiano, eggs and nutmeg. Set aside. **[3]** To prepare the roulade, place on a flat surface one flat sheet of aluminum foil. Place four slices of prosciutto in the center of the sheet and sprinkle with fresh rosemary and sage. Then, place the turkey slices on top of the prosciutto. Spread the stuffing mix in the middle of the turkey slice and roll tightly. Make sure the prosciutto covers the outside of the turkey as you roll. Use the aluminum foil to help you make the roll nice and tight. Seal both sides of aluminum foil, like salami. **[4]** Bake the roulade for 20 minutes. Remove and set aside. **[5]** To make the chutney, sauté in a sauce pan the balsamic vinegar, cranberries and walnuts. Cook down for 5 minutes. Then, add the mango and let simmer a few minutes. Add salt and pepper and set aside. **[6]** To plate the roulade, remove the foil from the turkey roulade and slice with an electric knife into 3/4 inches. Place onto a serving platter and serve with a spoon of the chutney on top.





Top your holiday ham or ribs (even dessert cakes) with this unforgettable whiskey glaze from the team at Porter & Pig.



PORTER & PIG

Rabbit Hole Dareringer Whiskey Glaze

INGREDIENTS

2 sticks of unsalted butter, softened
2 cups of brown sugar
*1/2 cup of **Rabbit Hole Dareringer Whiskey***
1/2 teaspoon of nutmeg
1 teaspoon of salt
4 large eggs, beaten
1 teaspoon of vanilla

DIRECTIONS [1] Melt the butter in a saucepan. Add brown sugar, nutmeg, salt and whiskey. Cook until the sugar dissolves for about 5 minutes. **[2]** Beat eggs in a mixing bowl and slowly add hot whiskey mixture, whisking as you add. Once the mixture is tempered, add the remaining egg mixture and whiskey mixture together and return to heat. **[3]** Heat until boiling for one minute then remove from heat. Stir in vanilla.



***Chef's note:** This glaze can be used for your holiday ham or a fall apple spiced bundt cake.*

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PRODUCE

With ample rain, sunshine and a long fall growing season, the Lowcountry has historically cranked out a diverse lineup of produce.

Chef Lyons says November is a prime month for enjoying a Southern staple, collard greens.

"We'll take fresh collards and braise them in a hoppy, hazy IPA along with some bacon for a rich flavoring," he says. "It really sticks to the ribs and complements a strong main dish."

Sea Pines Country Club has its own garden located between its sprawling pool deck and the expansive tidal marsh that separates it from the Calibogue Sound. Chef Coseo frequently visits the garden in the fall to harvest okra and other vegetables.

"Okra is great for home pickling, and the finished product is a great addition to the appetizer tray or as a garnish for cocktails," he says.

Another local treat is the humble sweet potato, and Coseo is a big fan. These tantalizing tubers are the state veggie of North Carolina, but South Carolina more than holds its own. When the weather turns cool, he suggests serving sweet potato pie alongside traditional pecan pie.

Belfair banquet chef David Vincent Young has mastered the sweet potato, using it in a variety of recipes including his famous sweet potato cornbread, and this incredible sweet potato cheesecake pie, featured in his cookbook "Burnin' Down South."

BELFAIR

Sweet Potato Cheesecake Pie

(Makes 10-inch deep dish pie)

INGREDIENTS (sweet potatoes)

4 medium sweet potatoes
3 cups sugar
1 cup brown sugar, packed

DIRECTIONS [1] Scrub and peel sweet potatoes. Cut potatoes into medium diced pieces. Place in a 4-quart sauce pan. **[2]** Add sugars and cover potatoes with water. Boil until tender, 15-25 minutes or until fork tender. **[3]** Drain and reserve the sweet potato syrup. Bring the syrup back to a boil. Boil until syrup thickens. Allow to cool. Mash sweet potatoes.

INGREDIENTS (filling)

16 ounces cream cheese
2 cups hot mashed sweet potatoes
1/2 cup condensed milk
1/2 cup brown sugar, packed
1/2 teaspoon cinnamon
1/2 teaspoon ginger
*1/4 teaspoon **nutmeg***
3 large eggs
1/4 cup brandy
1 1/2 teaspoons vanilla
2 tablespoons flour
2 tablespoons sweet potato syrup or molasses



DIRECTIONS [1] Preheat oven to 350 degrees. In a large mixing bowl, combine cream cheese, condensed milk, sugar and spices. Beat until smooth. **[2]** Add mashed sweet potatoes and remaining ingredients (eggs, brandy, vanilla, flour and syrup). Mix until smooth.

INGREDIENTS (crust)

3 cups graham crackers, crushed
1 stick unsalted butter, melted

DIRECTIONS [1] Combine crackers and butter. Press into pie pan. **[2]** Pour batter into crust. Bake for 30 to 45 minutes or until filling has set. Bring pie to room temperature on a cooling rack. Refrigerate. **[3]** Serve chilled with whipped cream and sweet potato syrup.



SPICES & TECHNIQUES

Coastal South Carolina cuisine borrows heavily from Cajun and Creole, and Chef Carrol says blackening spices can morph any dish into a Lowcountry delight. "I make my own using chili powder, paprika, cumin, garlic powder, sugar and ginger," he says "I'll rub a turkey with sage pesto and the blackening mix for Lowcountry twist on traditional turkey." As for cooking techniques, Chef Lyons says the Lowcountry has historically embraced the single-pot method. "Boiling is a great way to add ingredients in a certain order," he says. "It also frees you up to do other things like entertaining guests." Add more flavor to you holiday stuffing with this sausage, cranberry & apple stuffing from **Geist Ussery of Signature Catering & Events by SERG**.



SIGNATURE CATERING & EVENTS

Sausage, Cranberry & Apple Stuffing

(Serves 8)



INGREDIENTS

1 loaf sour dough bread, cubed (about 10 cups)
1 cup sweetened dried cranberries
1 medium apple, peeled, cored and chopped
2 pounds sweet sausage
1/2 cup shallots, diced
*1/2 cup **pecans**, chopped*
1/2 cup fresh parsley, chopped
3 tablespoons fresh sage, chopped and divided
1 tablespoon fresh rosemary, chopped
1 teaspoon fresh thyme, chopped
1 cup chardonnay wine
4 tablespoons unsalted butter
2 cups chicken stock
2 eggs, lightly beaten

DIRECTIONS [1] Preheat oven to 350 degrees.Place cubed sourdough on 2 baking sheets. Bake 10-15 minutes, stirring bread occasionally until toasted, but not browned. Place toasted bread cubes into extra large bowl, add cranberries and apples. Set aside. **[2]** Butter 9x13-inch casserole dish. Set aside. In large skillet over medium heat, cook sausage using spatula to break it up as it cooks. Add 1 1/2 tablespoons sage. Cook through, but do not brown. **[3]** Remove sausage from skillet using slotted spoon and add it to bowl with bread cubes. **[4]** Leave 2 tablespoons of sausage drippings in the pan (drain any extra) and add shallots. Cook until translucent; add pecans, herbs and remaining sage to skillet. Cook 2 minutes stirring frequently. Pour shallot herb mixture into bowl with bread cubes. **[5]** Add wine to skillet and scrape browned bits from bottom of pan as it cooks. Add butter and chicken stock. Bring to boil for 3 minutes, remove from heat and pour over bread cubes in bowl. **[6]** Add eggs. Toss gently until combined and pour into prepared baking dishes. **[7]** Cover with foil and bake 40 minutes. Remove foil and bake 15 minutes more.



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LEGENDARY RESTAURANT RECIPE

PALMETTO BAY SUNRISE CAFE: STRATA

Egg-stravagant flavor

This tangy breakfast casserole can solve your "what do I serve a crowd before noon" dilemma...

Don't find yourself covered in flour when it comes time to take the holiday photos this year. Assemble amazing casseroles ahead of time and bake before you are ready to serve. One of our favorite breakfast casseroles on Hilton Head Island is the ***Strata at Palmetto Bay Sunrise Cafe***. The layered egg, sausage, onion and cheese dish is baked to perfection and smothered in a tangy house-made chili sauce. It's the perfect start to any day (especially if your coffee comes in the restaurant's famed Wonder Woman mug). Leslie and Paul "Stew" Stewart were kind enough to share their recipe for making this Lowcountry classic. It might be the gift your guests appreciate most following a late night of "spirited" holiday fun. *LL*

THE PERFECT PAIRING

Side suggestions:
Hash browns, fruit salad
Drink suggestions:
Coffee, lemon water, Bloody Mary



©MICHAEL HRIZUK

LOCAL SINCE 2002 Layered egg, sausage, onion and cheese make this tangy breakfast casserole a popular choice at Palmetto Bay Sunrise Cafe. $11.99.



PALMETTO BAY SUNRISE CAFE

Strata

INGREDIENTS (Serves 4)

6 eggs
1 pint heavy cream
1/2 cup water
1/2 teaspoon Lawry's seasoned salt
1/8 teaspoon black pepper
1 teaspoon dry mustard
1/8 teaspoon cayenne pepper
1 teaspoon ***paprika***
1 teaspoon Worcestershire sauce
1 cup shredded cheddar
1 cup cooked sausage
1/2 cup green onions, chopped
8 slices white bread, crust removed
Pan spray

DIRECTIONS [1] In a large mixing bowl add eggs, cream and water. Beat well. Add salt, black pepper, mustard, cayenne pepper, paprika and Worcestershire sauce. Mix well. **[2]** Spray bottom of an 8x8 pan. Cut bread into 2-inch cubes. Line the pan with half of the bread cubes. Add 1/2 sausage, 1/2 green onions and 1/2 cheddar cheese. Then add another layer of bread, sausage, green onions and cheese. **[3]** Pour egg mixture slowly over casserole. Cover and refrigerate overnight. **[4]** Heat oven to 350 degrees. Bake casserole for one hour until set. Let cool for 5 minutes before cutting.

INGREDIENTS (CHILI SAUCE)

1 cup Heinz chili sauce
2 tablespoons green onion, chopped
2 cloves of garlic, crushed and chopped

DIRECTIONS Combine all ingredients and heat. Top casserole after cutting.

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Impress your holiday breakfast or brunch crowd with these fantastic take-and-bake biscuits from Bad Biscuit. Smother them with sausage gravy, mushroom cobbler or pimento cheese for classic Lowcountry flavor. They are $18 a dozen or $10 a half dozen and come in a bake-ready pan. *To order, call 843-785-2323.*



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Bread & Butter Pickles

Need: 1 sweet Vidalia onion • 2 medium cucumbers • 1.5 cup sugar
1.5 cup apple cider vinegar • 1.5 cup water • 1 tsp mustard seeds • pinch kosher salt
0.5 tsp turmeric • 0.5 tsp celery seeds • 1 tsp pickling spice

1



Thinly slice two medium cucumbers and one Vidalia sweet onion.

2



Combine onion and cucumber slices in one or two canning jars.



3





Combine the remaining ingredients and bring to a boil. Lower heat to simmer and continue cooking for ten minutes.

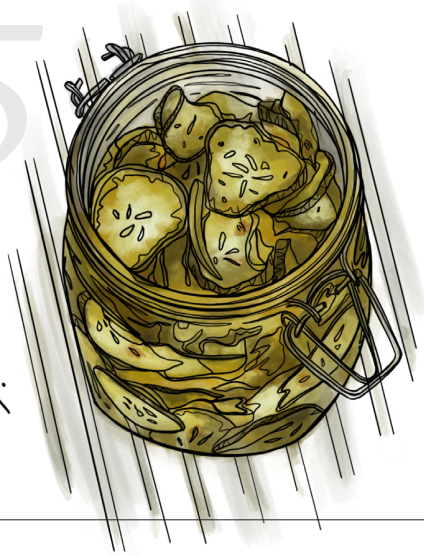
4

Pour the hot pickling liquid over the onion and cucumbers, completely filling the jar(s).



5

Refrigerate for a week to ten days to infuse the cucumbers with the flavors, turning the jar(s) upside down at the halfway mark.



©MEGAN GOHEEN

A big dill

GRANDMA REEN SHARES HER METHOD FOR MAKING THE BEST BREAD & BUTTER PICKLES



LOCAL Life illustrator Megan Goheen asked her beloved ***Grandma Reen*** to share her tasty method for bread & butter pickles. If you are tired of the soggy and rubbery pickles found in grocery store jars, give this recipe a try. The preserved cucumbers are a perfect balance of sweet and salty flavors with a nice crunch.



"Each summer I look forward to the cucumbers coming out of our vegetable garden. We love them in salads, made into a sour cream/cucumber sauce for fish or gyros or in a refreshing cold cucumber/dill soup. My favorite thing to do with them is to make sweet bread and butter pickles for ourselves, family, and friends! When we look for our cucumber seedlings to plant, we always make sure to choose two or three plants labeled 'pickling cucumbers.' They are usually small, 4- to 5-inches long, and have skins and flesh that hold up well in pickling liquid for long periods of time. You can use the standard long salad cucumber, but you'll want to eat them more quickly since they'll lose that crispness we love in pickles."

— XOXOXO, Grandma Reen

Editor's note: *Be sure to follow the numbers. We had to place Step 5 to the left of Step 4 for design purposes to create a beautiful-yet-functional piece of art, worthy of framing in your kitchen. Happy pickling!*





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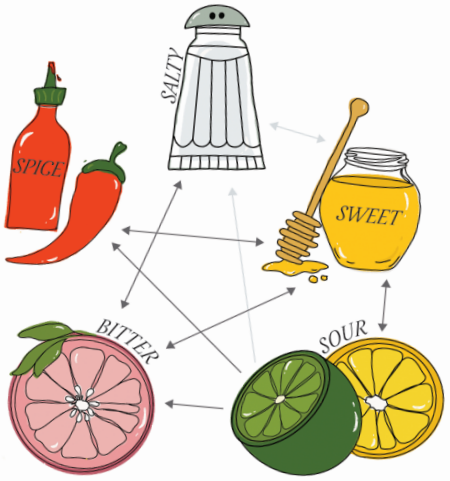
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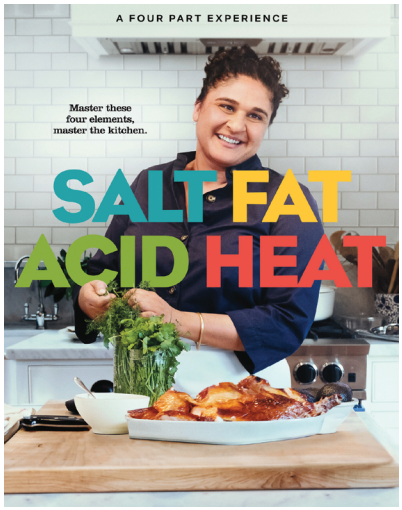
Maximize meals with the Flavor Star

LEARN TO BALANCE YOUR DISH IF ONE FLAVOR IS OVERPOWERING

ILLUSTRATION BY EMMA QUINN



The Flavor Star was created to help find a perfect balance of flavors. It's built around five flavors, including salty/savory (or umami), sweet, sour, bitter and spicy. The chart shows which flavors enhance or balance each other. For instance, salty can balance bitterness and enhance sweetness (sea salt chocolate chip cookies, anyone?); sweet can balance sour, bitterness, and spice and enhance saltiness; sour can balance spice, sweetness, and bitterness and enhance saltiness; bitterness can balance sweetness and saltiness; and spiciness can balance sweetness. If you find your dish to be too bitter or maybe too bland, just reference the chart and see how you can improve the flavor.



HOT DOCUSERIES

The Netflix show ***"Salt Fat Acid Heat"*** features chef and author Samin Nosrat traveling the world and exploring how basic flavors work to make food as delicious as it can be. The four-part series takes you to Italy, Japan, Yucatan, and Berkeley, California, where Nosrat started her career. Viewers will take away how they can add these basic elements to their meals and master the art of flavor.



HELP US HELP OUR NEIGHBORS

Eat and drink like a local with ***LOCAL Flavor***, a LOCAL Life cookbook filled with recipes from local chefs and restaurants. Buy a cookbook for $15 and we will give $10 to the Lowcountry Community COVID-19 Response Fund. **Purchase a copy online at LocalLifeSC.com.**



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RESTAURANT news

FRESH FOOD + NOW OPEN + HOT PRODUCTS



Lowcountry Thanksgiving at Alexander's Restaurant

Keep your kitchen clean with a prix fixe Thanksgiving meal at Alexander's Restaurant. *The meal is $59 ($25 for 12 and younger) and includes sweet corn soup, South Carolina crab bisque, apple cider & sage roasted turkey breast, herb-roasted prime rib, blackened salmon and desserts such as pumpkin pie and pecan pie. Reserve online at alexandersrestaurant.com or call 866-921-6639.*



Small plates, big flavor at The Market Cafe

The Market Cafe at Michael Anthony's is now accepting dinner reservations. *The new cafe is an Italian market and casual restaurant in one, allowing you to shop before, during or after your meal. Seasonal meat and fish small plates are created daily. You can also order small-plate pastas, personal pizzas, salads and more along with an impressive selection of wine and beer. Lean more at michael-anthonys.com.*



Lowcountry Master Chef Cooking Series

Watch and learn as the area's best chefs teach you how to prepare their favorite Southern dishes. *Featured chefs include Sallie Ann Robinson, Nick Unangst, Orchid Paulmeier, Ben Harris, Nate Beriau, Garrett Priester, John Marshall and more. Available online on-demand with a gift of $50 or more. Purchase online at tcl.edu/cooking.*

SERG Star Readers Challenge

Through Nov. 20, students can earn rewards for each reading level they complete through the SERG Star Readers Challenge. *All K-12 students are invited to participate. Pick up a Next Star reading log at any SERG Restaurant or download one at serggroup.com/promotions. Prizes include food from SERG, gear from Outside Hilton Head and store credit from Coastal Provisions Co. Those who get all five stars will be entered to win one of three $1,000 Future Scholar 529 scholarships.*



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Cheese board inspiration

MASTER THE ART OF SEASONAL CHARCUTERIE

PHOTOGRAPHY BY LISA STAFF





'Tis the season for meat and cheese boards. Charcuterie boards are fun to eat and are perfect for entertaining, especially when they reflect the season like this new ***Holiday Board from Porter & Pig***. Specialty sourced meats, a splendid cheese selection and luxurious accoutrements such as honeycomb, marinated olives and dark chocolate can turn a basic board into the talk of the party. Create your own, or better yet, have Porter & Pig build one for you. The fig jam and house-made truffle mustard sauces that come with each board are bursting with flavor.

Tips from a pro

Take your holiday charcuterie tray over the top with these tips and suggestions from **Geist Ussery of SERG Catering & Events**.

1. It all starts with the tray: *Most of your tray will be covered, so focus on an interesting edge or shape.*

2. Leave no space uncovered: *We love how every space on this tray from Porter & Pig is filled in with edibles. Great fillers include honeycomb, marinated olives and fresh fruit.*

3. The devil is in the details: *If you're serving shrimp, take the tails off. Otherwise, you need a tail bowl, and guests need two hands to eat them. Serve dipping sauces open, with lids off.*

4. It's mainly about the meat: *Fill at least four spots on your board with meats, like this specially sourced board by Porter & Pig. After that, fill in with splendid cheese selections and luxurious accoutrements like Marconi almonds, gherkin pickles, dry fruits, dark chocolate and pickled veggies.*

5. Crackers aren't lonely: *Your breads and crackers shouldn't be relegated to another tray. Put them right in your charcuterie. Dense breads and toasts hold up best.*

Discover Bluffton, SC






HOLIDAY ART WALK

FRI., NOV. 27, 2020
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More than 200 artists are represented in Old Town Bluffton's many art galleries and shops. Art enthusiasts can meet some of them during the Holiday Art Walk.

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WHAT'S FRESH IN NOVEMBER?

Local flavor: Land & sea

STORY + PHOTOS BY COLLINS DOUGHTIE



KNOW THE SCORE You won't have to fish for compliments when you serve panko breaded flounder. Score the fish to help the flesh cook more evenly.

When I got word that "Local Flavor" was the theme for this month's issue, it didn't take me more than a few seconds to decide what to write about. As you might imagine, my wife, Karen, and I eat a whole lot of seafood. With more than enough household duties to even the deck, one thing Karen doesn't do is cook. My dad did all the cooking for all five children, so maybe that inspired me to take on all culinary responsibilities. With that said, I have pretty much nailed seafood and wild game, especially dove and quail.

I have tried many seafood and game meals at friends' houses, but when it comes particularly to seafood, the results are not all that great. Everything is overcooked. My approach is simple. With the ingredients in the picture on hand along with flour, I guarantee your love for these dishes will skyrocket. Bon appétit!

Panko-breaded shrimp or fish

This recipe couldn't be simpler and from start to finish takes less than 30 minutes. In a Ziploc bag, mix panko breading, a healthy amount of Paul Prudhomme's Redfish Magic spice and several saltines. Using a wooden mallet, crush the saltines to match the consistency of the panko breading. In a bowl, break two eggs, add a touch of milk and whisk them together. I prefer an iron skillet with at most a half inch of oil. Set the heat just hot enough to have a water droplet spit when it hits the oil.

If cooking fish, cut into manageable-sized pieces. For both fish and shrimp, dredge them in the egg mixture before putting them in panko-saltine breading. This is when folks usually mess up overcooking seafood. Drop it in the skillet and it only takes a couple of minutes before you flip each piece once. You want a golden-brown look. If it appears burnt, turn down the heat a tad. I lay the finished pieces on paper towels until all are done. To really make a difference, skip tartar sauce and use remoulade sauce. Louisiana brand remoulade sauce is awesome and is available at most Publix grocery stores. Serve with fresh fruit or an avocado. It's to die for!







YOUR DAILY BREAD For a tasty and easy seafood breading, crush a Ziploc bag with saltines, panko bread crumbs and Paul Prudhomme's Redfish Magic spice. Whisk in a bowl with two eggs and a touch of milk.



GAME TIME Quail meat is lean and tough with a distinct flavor that is rich and a bit gamy.

Fall-off-the-bone quail & dove

Along with Redfish Magic spice, Cavender's All Purpose Greek seasoning is the bomb for dove, quail, chicken, salads and eggs. For quail or dove, once again use a bag to mix flour and a good amount of Cavender's. Dampen fowl, shake in bag until coated and in an iron skillet with just enough oil to cover bottom, brown the birds.

Once browned, turn down heat to a simmer and slowly add enough water to come half way up the birds, and with a spoon, sprinkle a small amount of remaining flour mixture and cover pan. Check every few minutes. If the water has evaporated, add a touch more and add more of the flour mixture. Simmering slowly, you'll notice gravy forming. Keep repeating previous steps until you can take a fork and the meat begins to separate the meat from the bone. Believe it or not, I use Rice-a-Roni Long Grain and Wild Rice. It cooks quickly, is delicious with dove (or quail) and with that rich gravy on top of the rice, you will never grill a wild bird again. It's moist and is a real hit with game lovers. *LL*



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Mead to order

HOW BLUFFTON'S BEE TOWN MEAD & CIDER CRASHED THE STATE'S BIGGEST WINE COMPETITION AND TOOK HOME THE TOP PRIZE

STORY BY BARRY KAUFMAN
PHOTOS BY LLOYD WAINSCOTT



If you're reading this, we can assume that you at least have a passing familiarity with wine. For those of you whom consider yourselves oenophiles, you may even be aware of the way subtle differences in the terrain of a winery or the flavor profile of a grape can have an impact on the overall taste, nose and mouthfeel of a wine.

You may even have a passing familiarity with mead; that it is made from fermented honey. And if you haven't tried it, you may be laboring under the misconception that mead is too sweet for a sophisticated palette like yours.

We invite you to educate yourself. You're really missing out on something.

"If you make it sweet, you lose all the subtle nuances of the honey," said Mike Tripka, owner and chief meadmaker at Bee Town Mead & Cider. Those nuances come from the pollen of various plants, harvested by the bees and infused into their honey. From each type of flower emerges a smorgasbord of different flavor notes.

"If you use Lowcountry Hollybush honey, you get a nice resin-y background, but dry, like a dry Riesling," said Tripka. "If you use cotton blossom honey, it comes out like an oak chardonnay. We have one that's super local with Chinese tallow trees in Beaufort that came out like a sauterne."



ALL THE BUZZ
Mike and Juliana Tripka opened the first mead production facility in South Carolina in 2018, Bee Town Mead & Cider in Old Town Bluffton. Their mead was featured in last year's "Crafted in the Lowcountry" contest.







The parallels between the flavors of mead and the flavors of wine run so deep, in fact, that Tripka recently participated in the biggest wine competition in the state.

You might think that wine snobs might look down on some meadery crashing their party, and you wouldn't be wrong.

"We get kind of looked down on by the wine people," said Tripka. "We're more of a craft beverage, so the beer and cider people are more familiar with it than the wine people. A lot of wine people will say, 'I've never heard of mead.'"

It's safe to say that the wine industry of South Carolina now knows about mead.

The healthy kind of screen time.



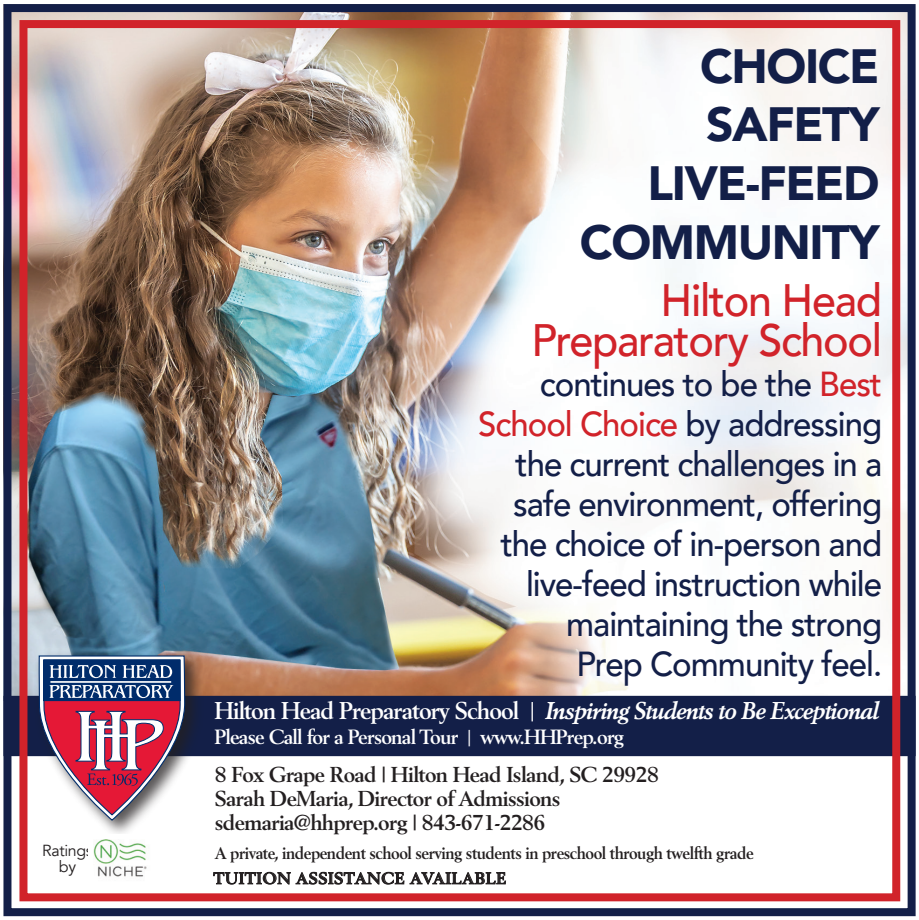
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Not only did each of the five varieties Bee Town submitted for competition earn a medal, their Wild Blueberry Mead won best in show. Out of 68 different entries from Bee Town and 10 other wineries, it was a humble mead that took the top spot.

"For a mead to win a wine competition with wine judges, that's a big move forward for the mead industry," said Tripka. "I've never heard of another mead maker winning best in show."

If any mead maker was going to win it, however, it's Tripka. Before he opened his meadery in Old Town Bluffton he had been home brewing mead for nearly 20 years, starting with a packet of mead yeast he won in a home-brewing competition in New Jersey. After moving to the Lowcountry, he became a founding member of the local home-brewing club, Lowcountry MALTS, and worked with the Savannah Brewers League's world-famous Domras Cup, one of the largest mead competitions in the world. Working together with Rep. Bill Herbkersman, he was able to get



BEST IN SHOW Bee Town Mead & Cider cleaned up at this year's Palmetto Wine Competition, winning several medals including best in show for its Wild Blueberry Mead.



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LOCAL FLAVOR
The Tripkas make their mead with local, Southern ingredients from regional artisans and growers. Their honey comes from a beekeeper in Hardeeville.

legislation passed that made it possible to open a commercial meadery.

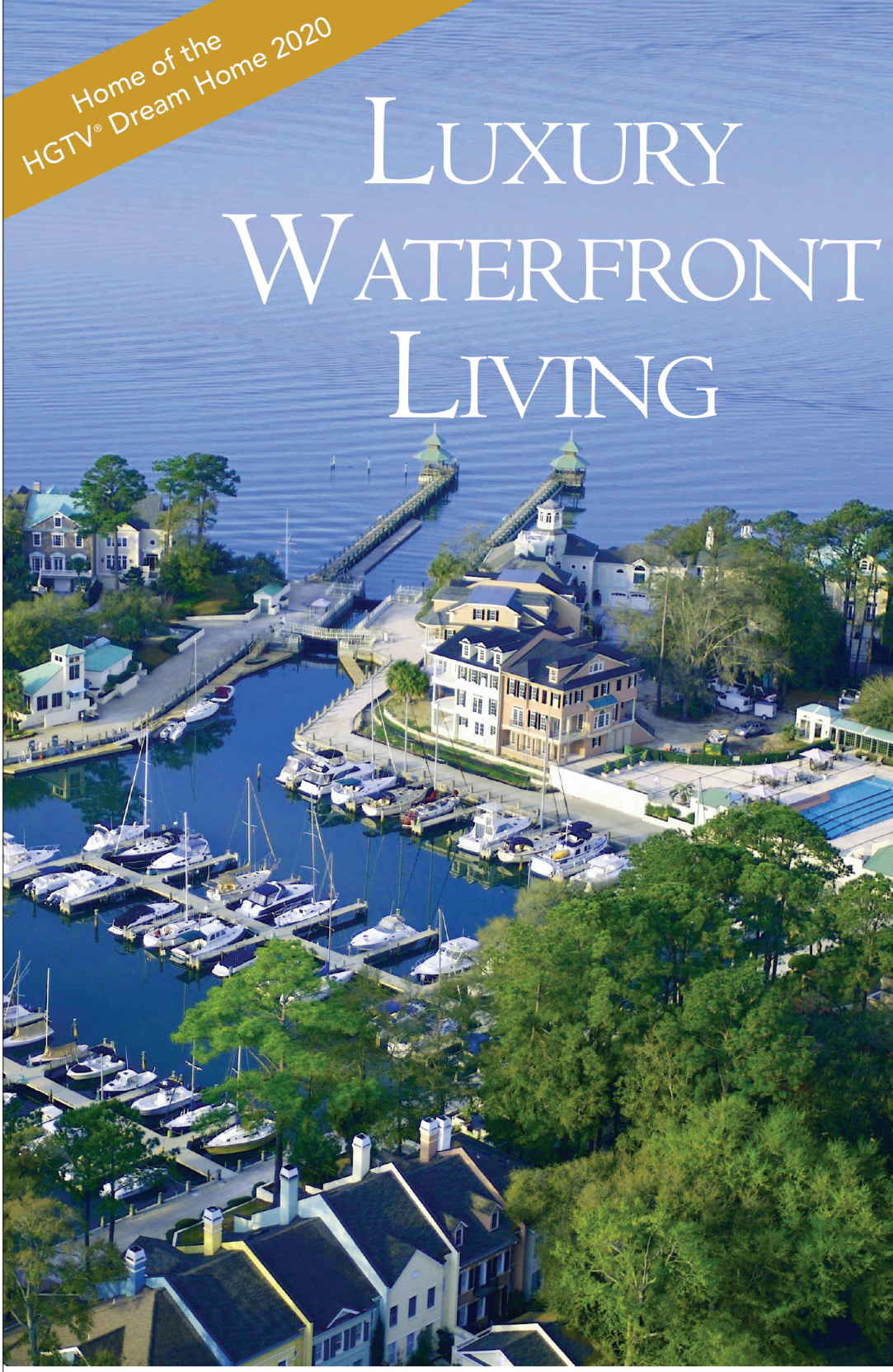
"Two things you never want to see made in your lifetime – sausage and legislation," he said with a laugh.

His decades immersed in mead production helped refine his craft, one that puts an emphasis on understated flavors more than the natural sweetness of honey.

Adding to these natural taste notes are the flavors that pour from the taps of the tasting room at Bee Town and out of the bottles it distributes all over South Carolina and Georgia. There's the coffee mead, brewed in partnership with The Grind coffee roasters, which took home bronze at the Mazer Cup International Mead Competition. The mead brewed in a Jefferson Reserve barrel, carrying hints of bourbon coaxed from the wood. The mango habanero, which teases the nose with hints of spiciness before soothing with a perfectly balanced sweetness.

And, of course, the wild blueberry mead which recently shocked the world by crashing down the doors that kept the world's oldest alcoholic beverage from competing against the best wines in the world. If you want to try it yourself, the tasting room is open for business.

"It's just heartwarming that the product has been well received by a lot of people," he said. *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 are her sipping suggestions for November:



THREE OF A KIND Pull off a sommelier-quality dinner pairing with this sparkling wine, winter white and excellent Pinot Noir alternative.

Wines for enjoying with our bounty

Fall is in full swing, and so is the abundance of our local harvest: oysters, shrimp and crab. It is also the beginning of our holiday celebration season. Time has come to stock the cooler with wines for enjoying with our bounty. Whether it's a small oyster roast in the backyard, or sitting down to the Thanksgiving table, you best be prepared. **I propose three wines that are sure to be crowd pleasers, which are all around $20 or under.**

1. Let's start off with Cave de Bissey Cremant de Bourgogne. It cannot be called Champagne because it does not come from within the boundaries of the region. Instead, it comes from a group of wine makers in a small village of Burgundy. However, this sparkling wine is made in the methode champenois fashion mimicking the style of Champagne. Light floral nose, fresh apple and crisp minerality make this a perfect palette opener ... or one to stick with right through dinner.

2. Winter whites like Riesling, Pinot Gris, and Gruner Vetliner are among my favorites. In my opinion, they are perfect companions to our seafood and segue right to the Thanksgiving meal. The traditional Thanksgiving myriad of vegetable dishes, turkey, and warm spices are difficult to pair. Schloss Gobelsburg Gruner Vetliner offers a fragrant nose with loads of stone fruit on the palette, and a dry finish. As one of the oldest wineries in the Kamptal region dating back to the 1100s, this is a tried and true Gruner that does not disappoint ... rather keeps you coming back for another sip!

3. November is also a celebrated month for one wine region in particular: Beaujolais. The month marks the release of the new vintage, and Americans have become quite familiar with the lean and somewhat fruity Beaujolais Nouveau made from the Gamay grape. However, if you have not sought out the wines of the 10 Cru Villages of Beaujolais, you are sorely missing out. The balanced fruit, light to medium body, and depth of flavor make these wines an excellent alternative to Pinot Noir. Look for Moulin au Vent, Morgon, and Chenas on the label. Domaine Lardy Moulin au Vents Les Tholens is my pick this year as I look forward to enjoying chicken off the smoker with collards and cornbread, or perhaps some gumbo on a cool day.

Festive cocktail ideas

*Spice up your next gathering with these fun cocktails from the good folks at **Tito's Handmade Vodka**. They're both guaranteed to make your special night just a little more special. Have one or three, because it's the holidays, and no one should be counting.*



Harvest Punch

This versatile Harvest Punch incorporates all your favorite fall flavors and is always a seasonal success. Serve this with the big meal, and you'll be asking for seconds of more than just stuffing.

INGREDIENTS

8 ounces Tito's Handmade Vodka
1 bottle Prosecco
1 gallon apple cider
24 ounces ginger beer
Cinnamon sticks
*Apple and **orange slices***

DIRECTIONS Add vodka, Prosecco, apple cider and ginger beer to a large punch bowl. Top with cinnamon sticks and fresh apple and orange slices. Give the punch a stir and serve with cinnamon sugar-rimmed glasses. ***Pro tip:*** *Let your guests add their own ice, so the punch doesn't get watered down.*



Tito's Hot Chocolate

Indulge in a cup of hot chocolate made the Tito's way. Don't forget to top it off with whipped cream; it doesn't make you a bad person.

INGREDIENTS

1 1/2 ounces Tito's Handmade Vodka
4 ounces hot chocolate

DIRECTIONS

Add vodka and hot chocolate to a mason jar mug. Garnish with whipped cream and a mint sprig.

Tito's®

ESPRESSO MARTINI

2 oz Tito's Handmade Vodka
1 oz espresso liqueur
1 oz espresso
½ oz simple syrup
½ oz creamer, optional
3 espresso beans, garnish

Add all ingredients to a shaker with ice.
Shake and strain into a glass.
Garnish with espresso beans.

* TitosVodka.com * Crafted to be savored responsibly. DISTILLED & BOTTLED BY FIFTH GENERATION INC. AUSTIN, TEXAS 40% ALC./VOL. © 2020 TITO'S HANDMADE VODKA.



HELPING HANDS Ben Kennedy (left) and JR Brown are the local men behind Operation Patriots FOB, a 268-acre retreat in Ridgeland for combat veterans.

Operation Patriots

STORY BY LISA ALLEN + PHOTOGRAPHY BY LLOYD WAINSCOTT

RIDGELAND RETREAT TO GIVE VETERANS BREATHING ROOM TO CREATE HOPEFUL FUTURES



As Gen. Sherman said, "War is hell."

Unfortunately, for many combat veterans, being on the other side of war can be unbearable, too.

"I've known more friends and co-workers who have taken their own lives, as to those I knew killed in combat, and it breaks my heart." said JR Brown, the vision (and chairman) behind ***Operation Patriots FOB***, a nearly 300-acre Ridgeland retreat for combat veterans to find peace through friendships forged while fishing, hunting, hiking or skeet shooting.

Female led

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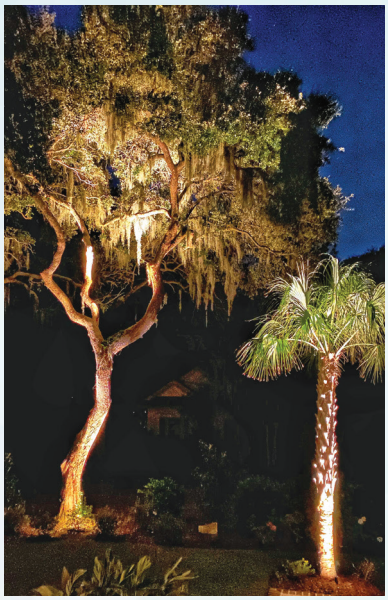
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Oh, and dogs

Operation Patriots FOB is a support organization to Labs for Liberty, a Utah nonprofit that pairs service dogs with veterans.

Dogs have always been a part of Brown's life, first as companions exploring the woods and fields of Upstate New York where he grew up, then keeping him safe as a bomb-sniffing dog handler while spending a total of three years in Iraq, and now as a newfound purpose as a service dog trainer for Labs for Liberty.

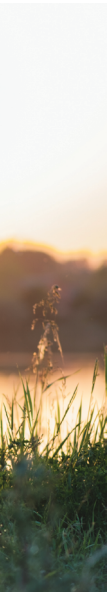
It was being outside hunting, fishing and working with dogs that restored Brown's happiness after he was injured in a training accident in Iraq in 2007. The Brown family moved to Bluffton three years ago, fulfilling a long-term plan he and his wife had. Brown, a US Marine, was stationed at Parris Island and the Marine Corps Air Station Beaufort, and they knew this was where they wanted to live.



"268 acres with a huge barn, outbuildings, dove field, quail woods, even a rifle range."



HEROES WELCOME Brown and Kennedy are shown at the gates of Legacy Oaks Preserve. The mission of Operation Patriots FOB is to create positive experiences for combat veterans through outdoor activities and recreation.



Friendships forged

He met Ben Kennedy during a kids' school function, and Brown told Kennedy about his dream to help fellow veterans. Kennedy, owner of Brighton Builders, loved the idea because of his family's military and law enforcement history and helped search for the perfect property to offer that oasis. They found it: 268 acres with a huge barn, outbuildings, dove field, quail woods, even a rifle range. They renamed it ***Legacy Oaks Preserve***.

The organization is in its early stages, but already some of the 19,000 veterans in Beaufort County have descended on the property to mow it, maintain it and to simply enjoy the land.

"It is a non-clinical setting. You don't have to be broken to come here," Brown said. He knows how desperately needed that support is. "Last year hit hard," he said. "I lost several friends."



REGROUP, REFOCUS Every combat veteran has a purpose beyond their call of duty. Operation Patriots FOB is committed to helping them find it.

Twenty-one veterans commit suicide in the United States every day. Operation Patriots FOB wants to prevent as many of those as possible. The six-member board and volunteers are working on an application process that will usher in those who need it most.

"Combat veterans are our priority," Brown said.

Through those applications, they'll find out what might make those combat veterans, men and women, heal. Is it peace and quiet with no loud noises? Time on the water? In the woods? Working with dogs, and eventually horses?





"It is a non-clinical setting. You don't have to be broken to come here."



"We want to build camaraderie in the civilian world," Brown said. "We call it the FOB, Forward Operating Base. The FOB was a location that, when deployed, service men and women could go to for some down time to regroup and refocus. It was there that differences stemming from rank or background or age or viewpoint disappeared. They became a family."

Brown, Kennedy and the other board members want to create that atmosphere. The nonprofit wants to raise enough money to bring in vets from around the country so they can find renewed purpose in their civilian life and build the camaraderie they once had while in uniform.

"To start, we'll bring people here, but we envision trips around the country, maybe around the world, for this group," Kennedy said. "In the future we'll go hunting in Canada or fishing in Mexico, etc."

In more ways than one, "this will be home base," Brown said.

Home, safe, and among friends, indeed. At last. *LL*







Operation Patriots FOB

What: Its mission is to create and foster positive experiences for veterans by connecting through outdoor and recreational activities. They create alliances through peer engagement in a comfortable and relaxed environment.
Where: Legacy Oaks Preserve, a 268-acre oasis in Ridgeland
Learn more: OPFOB.org



Roofs for Troops

Monarch Roofing has partnered with ***GAF Materials*** to give a free roof away to a service member or public safety individual who needs a new roof through the ***Roofs for Troops Program***. Nominations are made through veteran groups that Monarch Roofing partners with or a community member. Once the nomination comes in and research is done, the veteran is surprised by friends, family and veterans groups. *Learn more at monarchroofing.biz.*





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Coosawhatchie River

SECRET SPOT OFF THE BEATEN PATH

STORY + PHOTOGRAPHY BY MICHELE ROLDÁN-SHAW











It's a thick, humid morning, and the air swims with moisture particles. Banks of lowering clouds hang over tree lines, and the steely gray water is mirror calm. Silence looms — I am utterly alone. At dead low tide the banks of mud and grass imprison me, blocking any view beyond the immediate so that I am truly in a world unto myself.

Sometimes I take it for granted that I can find solitude and open space at will. People in South Florida can't do that. People in NYC can't do that. Even on Hilton Head you're hard pressed. But a short drive away, the unspoiled expanses of the Lowcountry beckon, and I suddenly remember to be grateful.

Of all the life forms that may inhabit this place, only birds make their presence known: egrets, terns, sandpipers. Funny, fussy little baby blue herons that sound off with a peevish squawk. Even the furtive clapper rail (colloquially known as marsh hen) scurries in full view for a moment before darting back to its lair. Normally, you only hear them — a series of sharp clacking notes that carry far across the creeks — a sound as distinctive to the quietude of the marsh as quietude itself.



How to get there

Location:
Dawson's Landing, Ridgeland

Mode of transport:
Kayak

If you go:
From Highway 170 in Okatie, take SC-462 toward Ridgeland/Coosawhatchie. Ride about 16 miles before turning right onto Dawson Landing Road.
Take binoculars and a birding book!

"Of all the life forms that may inhabit this place, only birds make their presence known: egrets, terns, sandpipers."







PEACE AND QUIET Half-destroyed docks and oyster-encrusted pylons dot the banks of the Coosawhatchie River. You will find a ramp, a dock, dumpsters and bathrooms at Dawson's Landing near Ridgeland.

If the Lowcountry seems crowded to you, overrun by hordes of tourists and newcomers, head out to Coosawhatchie — there's nothin' goin' on over here. Once on the King's Highway between Boston and Charlestown, the settlement formed when trappers hung around a rice planter's store. Coosawhatchie burned in the Revolution, then burned again in the Civil War, despite General Robert E. Lee being headquartered here while beefing up the coast. He bought his famous war horse Traveller up the road in Pocotaligo. But the consequence of Coosawhatchie waned; its courthouse moved to Gillisonville; it lost the county seat to Beaufort. Now it's just a frontage road off I-95 with a little bridge over the Coosawhatchie River.

"Hatchie" was the Coosaw people's word for river, and it's all that's left of their legacy. This laidback coastal tribe was wiped out during the tumultuous colonial period, killed by white men and more war-like tribes of the Southeast. Survivors were sold into slavery for West Indian plantation labor or assimilated into the Catawbas and Creeks.

You will see nothing of this history on the river today. It's just a quiet stretch of saltwater and grass with blank inscrutable banks — an oyster-encrusted pylon here, a half-destroyed dock there, never repaired after a hurricane perhaps. This is worlds away from Shelter Cove and Palmetto Bluff. The landing has a seedy-looking wooden shelter — paint peeling, Bud Light empties on the picnic table — but the pier is well-kept and the river beckons. Launch, float, and channel the unambitious spirit of the Coosawhatchie: drift like a cast-off feather with the tide. *LL*



NOVEMBER stargazing

BY EMMA QUINN

November is optimal for stargazing adventures across the Lowcountry. An ideal time to go is when there is less visibility of the moon, allowing the stars to shine without being overpowered by the moon's bright light. There are plenty of constellations to enjoy. ***Here is your guide for November:***

THE SIGNS

SCORPIO

OCT 23RD - NOV 21ST

Scorpios are mostly known for being secretive and stubborn, but those who know them see a softer side. They are passionate people who make the most loyal of friends and are there for all of life's ups and downs.

SAGITTARIUS

NOV 22ND - DEC 21st

Sagittarius individuals are the energetic extroverts and always up for an adventure. This fire sign's enthusiasm and curiosity of the world has them constantly on the move.



Where to go

EDISTO BEACH STATE PARK

This nearby beach park is one of the top stargazing spots in the Carolinas. Camping reservations must be made for a minimum of two nights. During the new moon (Nov. 14-16), live oak tent campsites are $25 and beach campsites are $62.

When to go

NEW MOON (NOV. 14-16)

The best time to go stargazing is the days before, during and soon after each new moon. The moon is not visible in the sky and does not wash out the light from fainter stars. If you can brave the cold, the sky is at its best on crisp, clear winter nights when there is no humidity in the air.

November's best constellations

NORTHERN SKY



ANDROMEDA



CASSIOPEIA

SOUTHERN SKY



CETUS



TUCANA



What to bring.

Telescope: Gyskyer telescope, $100 *(Amazon)* **Chair:** Nemo Stargaze Recliner, $219.95 *(REI)*
Socks: Bombas Marls Calf Sock, $12 *(bombas.com)* **Headlamp:** 250+ Lumen Headlamp $25 *(Outside Hilton Head)*
Blanket: Pocket Beach Blanket, $13 *(wolfwise.com)* **Flashlight:** Redline Flex, $22 *(Outside Hilton Head)*

THE TOP RATED APPS



STAR WALK 2

★★★★½ $2.99

This app gives you a map of the real-time night sky above you by using your GPS location. Its feature of "visible tonight" is a great way to know exactly what to look for at your current location for the best views.



SKYVIEW LITE

★★★★½ FREE

Another great star-locating app; however, for this one you don't need any wifi or signal, making it great for any location. Its simple interface makes it easy to use while still teaching you everything you need to know.



SKYSAFARI

★★★★½ $2.99

This app also allows you to hold your phone up to the night sky in order to show you what is above you. It even allows you to give voice commands to find what you might be looking for.

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When we established our Lowcountry Community COVID-19 Response Fund in March, you responded with quintessential Lowcountry generosity. You donated, set up crowdfunding campaigns and supported other pandemic fundraising efforts.

We responded, too, by matching $200,000 of your donations. We invested those combined dollars back into our community by supporting local nonprofits addressing food and housing insecurity, domestic violence situations and, now, virtual educational challenges, resulting from the pandemic.

With your help, we've granted more than half a million dollars in COVID-19 response funding to 41 nonprofits in Beaufort, Colleton, Hampton and Jasper Counties.

The hardships created by the pandemic aren't over, and may continue for months. But the Lowcountry Community COVID-19 Response Fund is nearly depleted.

Please consider donating to the Lowcountry Community COVID-19 Response Fund so we can continue making life-changing grants to help our Lowcountry neighbors.

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Take life in stride

STORY + PHOTOGRAPHY BY MEGAN GOHEEN

STEADY YOUR PACE WITH AN ALLURING TRAIL RIDE ON DAUFUSKIE



The world is filled with noise and commotion that make you feel like you are running on an endless wheel, never able to catch up. Sometimes you just need a break from reality.

One such escape is Daufuskie. Although many make long journeys to more populated areas in South Carolina every year, nothing compares to the unique, remote lifestyle found on Daufuskie Island. The enchanting beauty, rich culture and kind people make visiting the island feel like a fairytale — especially when you are able to experience portions of it on horseback.



BACK IN THE SADDLE Megan, Michaela and Claire come from different riding backgrounds, but each fell in love with horses at a young age. They were able to enjoy an hour-long, scenic trail ride through Daufuskie Island Trail Rides.

Visitors reach the island by private boat or ferry. There they can immerse themselves in views distinctive to the Lowcountry — various species of birds coasting above the glistening marsh grass, local dolphins swimming in the Calibogue Sound and fishermen heading out to locate their catch of the day.



"The enchanting beauty, rich culture and kind people make visiting the island feel like a fairytale — especially when you are able to experience portions of it on horseback."

One of the main ports of entry to the island is found within Haig Point, a private community that spans 1,050 acres. When you step off of the boat, an immediate sense of calm settles through your body. The quiet atmosphere occasions a feeling of stepping back in time. Instead of cars, "everyone rolls around in electric golf carts," said Lauren Hunt, the programming and communications manager at Haig Point. Although there is no grocery store, hospital or police station, the 445 Daufuskie residents look out for one another. They wave as they pass each other, strike up conversations with strangers and make Daufuskie feel like a united community.

Hunt strives to continue to improve Haig Point each day by bringing various activities to the island. Currently, members can enjoy golf courses that cater to both beginners and experts, award-winning tennis programs, a fitness center, a boating club, a community park and growing equestrian center.

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The riding center was founded within the private Haig Point community but partnered with a neighboring 18-stall barn to create Daufuskie Trail Rides, which allows the public to ride on one of the few horse-friendly beaches in the United States. With a minimal number of cars and only a few paved roads, Daufuskie is an ideal equestrian retreat.

One equestrian whose fate brought her to the island is Claire Sistek, a guide at Daufuskie Trail Rides. Claire grew up riding horses, owned an Arabian horse throughout high school, competed on her college Intercollegiate Horse Show Association equestrian team and worked multiple jobs that dealt with horses after graduation. On her fridge, she keeps an image of her 15-year-old self as a constant reminder of the summer that sparked her passion for guiding these gentle giants. Wearing wide-legged jeans, a studded Hot Topic belt and purple hair, young Claire had little knowledge of where horses would take her. "If I would have been told at that age that I would be doing this now, I would have never believed it."





ALL CLEANED UP Jackson gets a cold shower after a trail ride adventure. Rides are $100-$175 per rider. All trails can be purchased with packages to include transportation to and from Haig Point ferry or the public Daufuskie Island ferry landing.



DYNAMIC DUO Claire is very pleased to have crossed paths with her favorite horse, Raven. She said, "He is a funny little horse. He is really stubborn and opinionated, but we have a really good thing going. We get along really well."

Although her love for horses grew as she got older, she didn't consider working with horses a career. Claire studied environmental biology. Her degree allowed her to spend two summers after college in Costa Rica, traveling and completing seasonal research. Then, an opportunity came knocking at her door to work at a local estate as a barn manager in her hometown in Ligonier, Pennsylvania, which she accepted. However, in 2018 Claire decided to trade frigid northern winters for island life in Daufuskie. Although some people criticize her for working with horses when she has a biology degree, she states that she uses her degree every day. She said, "It is like the perfect job because I get to teach people about what I love from horseback."

Not only was Claire brought to Daufuskie by fate, but the horses she guides were as well. Three of the horses, Raven, Pippin and Swift, were rescued from a large horse auction in Texas, where they could have possibly been sold to kill-pen bidders and slaughter houses.

Luckily, Raven, Pippin and Swift had a different destiny. They are now living out their best lives in every horse's dreamland where they can play in open pastures canopied by Spanish moss, gallop alongside the ocean and see gorgeous nightly sunsets. Their personalities match their new home. Claire said, "It was two Fourth of Julys ago when we got on them for the first time and they were so good. Pippin was the first one that we started working with because he had the funniest personality. Everybody loved him immediately." While many are drawn to Pippin's goofy demeanor, Claire stated that she has bonded the most with Raven. Although he is sometimes stubborn and opinionated, she said that they understand and respect each other.

She said that Raven and Pippin are great with kids. So, on those days when you find yourself trapped on that spinning wheel we call life, jump off for a moment. Slow down and escape to the tranquil island of Daufuskie where fairytales do come true. *LL*



©HAIG POINT

Go for a ride

Whether you are an experienced rider looking to canter down the beach or a beginner hoping to walk and enjoy the scenery, Daufuskie Trail Rides offers unique experiences for everyone, ranging from beach to historic rides. During ***high season*** *(March 15 – October 16)*, riders can appreciate the vast views of the Atlantic Ocean from the grassy dunes to ensure that sea turtle nesting is protected. In ***low season*** *(October 17 - March 14)*, riders can venture down closer to the water and ride on the expansive white sand beaches. Another option allows riders to learn and explore the historic landmarks on the island, such as the First African Baptist School and the historic schoolhouse where famed author Pat Conroy taught. Whether you choose the beach or local landmarks, the ride is guaranteed to be a private, engaging experience that allows you to see the beauty of Daufuskie. *Learn more at daufuskietrailrides.com.*



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Take your leave of the maddening pace that lives on the mainland and retreat via private ferry to the tranquility and picturesque beauty of Haig Point. Sitting along the shores of historic Daufuskie Island and just over one nautical mile from Hilton Head Island, this community is as friendly as it is adventurous. A wealth of activities and amenities such as an equestrian center, beach club, calibogue club, and a 29-hole golf course designed by Rees Jones are but a few of the treasures you'll discover. **Haig Point is more than an island paradise. It's one few others will ever uncover.**

Tidal rice trunks

A FORGOTTEN FEATURE OF LOWCOUNTRY ICONOGRAPHY

STORY BY NANCY VINEBURGH + PHOTOGRAPHY BY SANDY DIMKE





SECOND ACT Tidal rice trunks played an essential role in Lowcountry rice cultivation nearly 300 years ago. Today, they are used to enhance habitats for local wildlife. You'll see them at **Belfair, Spring Island, Brays Island and Palmetto Bluff**. Pictured are rice trunks at Bear Island (left) and Donnelley Wildlife Management Area.



INTO THE TRUNK Tidal rice trunk builder Conrad Smith (left) is shown with authors Nancy Vineburgh and Travis Folk. Vineburgh and Folk are working on a book titled, "Tidal Rice Trunks of the Lowcountry: Gateway to its Past, Present and Future."

Tidal rice trunks were used in the heyday of South Carolina's rice cultivation from the mid-18th to 19th centuries to flood and drain the rice fields. Today the trunks are used as a conservation tool to enhance habitats for foraging birds, wildfowl and fish. They are a forgotten piece of Lowcountry iconography.

Travis Folk, Ph.D., is a wildlife biologist, land management consultant and cartographer. In 2019, he delivered a lecture at Belfair entitled, "Tidal Rice Trunks: An 18th-Century Artifact for 21st-Century Conservation."

Belfair installed a rice trunk between the closing holes on its West course connected by a dike under which the trunk is installed. The inner side of the trunk faces a bird sanctuary, Duck Pond; the outer side a tidal marsh. Belfair's rice trunk regulates the health and height of the water in Duck Pond through an exchange of tidal water. The rice trunk as a conservation tool allows water flow between a river and an impoundment.

This constant water exchange promotes high water quality and the growth of valuable wildlife food plants, ensuring an excellent habitat for wading birds, shrimp, crabs and waterfowl. For this purpose, tidal rice trunks have been installed at Spring Island, Brays Island and the entrance to Palmetto Bluff.

What is fascinating is this very same water-control device, albeit with just a few modifications, was used nearly 300 years ago when the Lowcountry was the most productive grower and exporter of rice in the world. Tidal rice trunks played an essential if not leading role in rice cultivation. After the seed was sown, the rice trunks were used to flood and drain the rice fields numerous times throughout the growing cycle. An enslaved field hand, the trunk minder, executed this water exchange, which

necessitated a sophisticated knowledge of rivers, the cycle of the tides and the agriculture of rice growing.

The historical perspective of the tidal rice trunk involves the difficult and sensitive story of the institution of slavery. A unique and little-known aspect of this story is a source of great dignity and pride for descendants of the West African population in the early days of rice cultivation.

It was the West Africans, having grown rice in their homeland, who transferred their knowledge of growing rice in wetlands to the early settlers. Through their work cutting down trees and grazing cattle, these West Africans became the pioneers who discovered vast amounts of new wetlands thought to be useless by the colonists. This wetland or swamp-growing rice method catapulted the growth of rice from a sustenance crop to a successful commodity that eventually put Carolina rice into world markets. The volume of rice grown and exported between 1730 and 1744 grew from 17 million to 66 million pounds annually.

After the Civil War, the attrition of labor due to emancipation, some catastrophic hurricanes and the shift in rice production to Louisiana, Texas and Arkansas, combined to spell the eventual demise of the rice industry. Theodore D. Ravenel was said to be the last rice planter in South Carolina on the Combahee in 1927.

An interesting phenomenon ensued. Wealthy Northerners came into the Lowcountry (by train or boat) in the early- to mid-20th century and bought properties that were former rice lands as hunting retreats. The intricate mazes of dikes and canals, the infrastructure of tidal rice growing, had either been destroyed or neglected in the aftermath of war.

These new property owners invested time and money to clean up and create habitats for duck hunting and other leisure activities. In the process and over time, their love of the land and a fierce commitment to its continuance as habitats for Lowcountry birds, wildlife and wild fowl, ushered in an unprecedented conservation movement that has captured attention nationally and internationally.

Tidal rice trunks have been, are and continue to be significant in this endeavor as the circulation of water is essential for habitat health. *LL*



WATER COLORS Winter view at Donnelley Wildlife Management Area.



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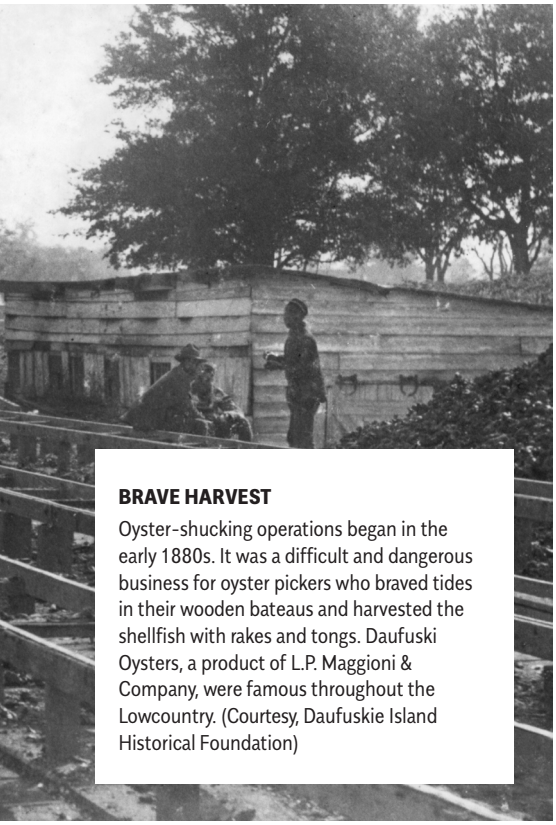
Discovering Daufuskie's hidden history

BY CAROLYN MALES

It's all too easy to think you know Daufuskie after you've explored its rustic roads in a golf cart, stopping in to see sites like the Bloody Point Lighthouse, First Union African Baptist Church, and the old Mary Field School where local authors Pat Conroy and Jim Alberto along with his wife, Carol, once taught.

But when it comes to the island's backstory and how it made Daufuskie what it is today, it's likely you haven't scratched the surface.

However, two women, one a Daufuskie native, the other a transplant, have lifted the veil on this mysterious 5 x 2.5 mile strip of land off Hilton Head. The resulting narrative — chock full of old photos and maps — stretches from: the island's Native American settlements; to the 1700s British land grants establishing a trading outpost and bulwark against Spanish and Indian attacks; to the plantation era which brought enslaved Africans to these shores; to its oystering heyday and subsequent collapse; through dashed dreams of creating a tourism paradise. Along the way, they offer glimpses of the real people behind the history of South Carolina's little-known and southernmost Sea Island.



BRAVE HARVEST

Oyster-shucking operations began in the early 1880s. It was a difficult and dangerous business for oyster pickers who braved tides in their wooden bateaus and harvested the shellfish with rakes and tongs. Daufuski Oysters, a product of L.P. Maggioni & Company, were famous throughout the Lowcountry. (Courtesy, Daufuskie Island Historical Foundation)



READY FOR SCHOOL

Author Sallie Ann Robinson, then a seventh grader, graduated from Mary Field in 1970. With no high school on Daufuskie, she had to go to school off island in Bluffton. She bunked in with family members during the week and took the ferry home on weekends. At one point, the Beaufort County School District housed students from Daufuskie in a Bluffton boarding house managed by a couple who lived nearby. (Courtesy, Sallie Ann Robinson)

A tale of two authors

"It's a bit of a detective story," says Jenny Hersch, when asked about how she and Sallie Ann Robinson researched and wrote *Daufuskie Island,* part of Arcadia Publishing's Images of America series of pictorial histories.

And I suspect, given the book's comprehensive collection of historic information illustrated by nineteenth and twentieth century photos, it's a labor of love story too.

Sallie Ann Robinson, a sixth generation Daufuskian, was born in her grandmother's house, her entry into the world tended by midwife Sarah Hudson Grant. As a girl, she rode Billie Burn's battered school bus over dirt roads past oxcarts to the old two-room Mary Field School. There she spent sixth grade in Pat Conroy's classroom where he encouraged her to be adventurous — advice she took to heart.

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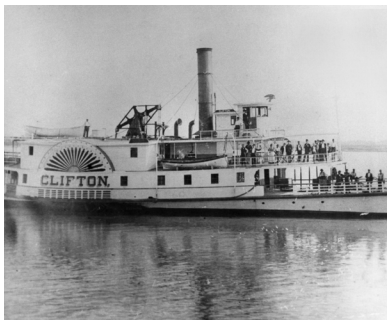
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THE CLIFTON

Steamers like the *Clifton* (seen here in 1912) began transporting residents, workers, church groups, visitors, and provisions between Savannah, Beaufort, Bluffton, and Daufuskie in the late nineteenth century. (Courtesy, Daufuskie Island Historical Foundation)



OXCART

James Williams mails a letter in the late 1970s. The postal boxes were placed high to accommodate those riding in wagons. (Courtesy, Daufuskie Island Historical Foundation)



THE QUARANTINE DETENTION CAMP

As the Spanish-American War was winding down in 1899, soldiers and civilians were quarantined in a detention camp at Bloody Point for five days upon their return from Cuba where a yellow fever outbreak had already infected troops there. Islanders were hired to provide laundry and maintenance services for the camp. In the end, no cases of yellow fever were reported at the camp. (Courtesy, Jenny Hersch)

Afterwards Sallie Ann left for a while, living in Savannah and Hilton Head, before heading out with her children to Philadelphia where she put in a stint as a licensed practical nurse. Over the years, she'd come back to Daufuskie to work at Haig Point as well as the old Melrose and Bloody Point resorts only to leave again in pursuit of other opportunities. But her love for the island drew her to cross the Calibogue once more in 2016, returning as a much-celebrated Gullah chef and cookbook author. Today, she runs her own tour and catering company where she shares her insights into Daufuskie history and culture with island visitors, spicing the mix with her own personal experiences.

Meanwhile back in 2012 Jenny Hersch, who'd traded her old metropolitan stomping grounds of Boston and New York for the serenity of Daufuskie's Haig Point, had begun a deep dive into her new environment. She started by educating herself about the surrounding waters and the local fauna and flora. Then history crooked a finger and nodded at her. The island's historic cottages and churches, tabby ruins, old lighthouses, and graveyards beckoned her to learn more.

The perfect partnership

Hersch began combing archives at the Daufuskie Island Historical Foundation, The Heritage Library, and the Georgia Historical Society (most of the island's history is tied up with Georgia rather than South Carolina). She soon uncovered little-known bits of the past: the Quarantine Detention Camp that stood at Bloody Point which held soldiers returning from the Spanish-American War during the yellow fever outbreak in 1899 and the 1930s proposal to build four causeways and two bridges to connect the still bridgeless island with the mainland at Bluffton. And what a job it was, sorting out the census records with their misspelled names and vague addresses! (Daufuskie had no road names until 1996.) While gaining familiarity with long-time Daufuskie families and tracing their roots to their enslaved ancestors, Hersch recognized "that it is the stark reality of being owned as property that echoes from the very soul of the island's history."

Five years ago, she and Robinson met at Pat Conroy's seventieth birthday party. Soon after, they pooled their resources and talents, forming the perfect partnership to create their book. "What Sallie Ann lent to the project is her dedication and authenticity," declares Hersch. "I'm a passionate researcher but I haven't lived it."



AT THE PUBLIC LANDING

Louvenia "Blossum" Bentley Robinson (author Sallie Ann Robinson's grandmother), Viola "Ola" Bryan, and midwife Sarah Hudson Grant rest on a bench at the public landing. All were community leaders, active in school, church, and benevolent society activities. (Credit: Constantine Manos)

"I've been told these stories all my life," says Robinson. "The book and the pictures Jenny found brought back bits and pieces of memories and I started putting things together. Parents and neighbors had talked about how many people used to live here: Roads full of people in the evening; all the mom and pop stores; the timber wood people who came in and practically cleared the island of trees. I heard you could see from one end of Daufuskie to the other."

The next chapter

What will be the next chapter for both women? Robinson, who serves on the board of the Daufuskie Island Historical Foundation is working on the restoration of the historic 1893 Oyster Union Society Hall, a benevolent society where oyster workers held meetings and social events. She's also penning an autobiography — guaranteed to be a lively read punctuated by wisdom garnered from her life experiences. Meanwhile Hersch continues her exploration into Daufuskie history with an eye to digitizing her collection, making it available to libraries, historical societies, and college archives.

In the end, the authors see Daufuskie Island as an opportunity to leave a legacy for future generations of islanders. As Robinson, whose ancestors formed the backbone of the island, puts it, "I want my great grandchildren to know the facts and what happened and not just sugar-coated stories." *LL*







Elizabeth Robin leaves the margins: A life in poetry and prose

BY CAROLYN MALES





A camper. A dog. And a laptop. On some days those are the things poet Elizabeth Robin finds essential for focusing in on her craft. "Sometimes I just need to escape from the constant tug of people," she says.

On the morning we talk, she's recently returned from a short stay at a state park on the South Carolina line where she and her lab mix Byron (and what better name for a poet's dog?) have hiked the backwoods trails.

There she'd hunkered down among the trees to focus on her latest manuscript, *Leaving the Margins*, a title inspired by a late evening Twilight Zone-type experience with a friend at a Hilton Head lounge. That night the band turned out to be heavy on the metal and tattoos with a head-banger vibe. The clientele and the bartenders were, shall we say, also a bit picturesque, at one point flipping out switchblades for comparison. Meanwhile a few seats down a pit bull perched on a barstool next to a large drunken man. The dog seemed sweet but not so his owner who kept staring at her while he knocked back booze. Robin would leave with a narrative poem forming in her head.

While this nocturnal adventure was exotic, leaving the margins and meeting with the unexpected challenges life throws in her path is a trajectory Robin has traveled on many a time before. Sometimes it's an adventure. She and her brother, Russell Brown, grew up as Navy brats living in various states as well as in Italy and Ecuador. As kids they'd viewed masterpieces at the Louvre, explored the Alhambra, and climbed the Leaning Tower of Pisa. She would learn to speak several languages but, more importantly, she developed an openness to other cultures. "That's why I don't see things the same way as most people," she explains. "Being an outsider gives you a different view of things."

However, along with the highs, the road she's traveled has been pitted with deep uncertainties and pain. She was fifteen years old when she found herself rushing to her brother's room one morning. "I can't get Mom to wake up," she cried. Her mother, they discovered, had died in her sleep. When their father, who'd been away on a business trip returned home later that day, Russell had asked, "What are we going to do?" Brown, a stoic military man, had said, "We go on. That's what we do." His words would be a driving philosophy for Robin's life.

Becoming Mrs. L

Robin later followed Russell to William & Mary College with plans for a career in psychology. But an uncomfortable internship in a hospital psychiatric ward sent her veering off that first path to teaching English and psychology to adolescents, a group she enjoyed working with. She landed a job in a rough high school rife with gangs and teenage pregnancies. "It was a baptism by fire," she declares. "Even though I wasn't particularly competent in the beginning, I was motivated to figure out how to get good at it." She hit upon the idea of introducing the magic of literature and language to her students through popular movies and lyrics from songs by Bruce Springsteen, Nirvana, and rappers like Tupac Shakur. At one unwed teen mother's suggestion, she even launched a pilot program for a developmental psychology class, a first for this poor Tidewater school.

Four states and several teaching jobs later, she found herself back on the margins, now a divorced single parent of two children in Monmouth, New Jersey. Enter George Liebenberg, the local high school's popular drama teacher. Like Robin, he too looked at the world in a different way. Soon they were traveling down the same road, married, their individual creativity sparking innovative ways to work with students. Here Robin would begin penning *Becoming Mrs. L*, essays about her teaching experiences.

Where green meets blue

Meanwhile, after a career in professional football, Russ Brown settled on Hilton Head in 1974 and started a successful real estate marketing and development company.

With Russ's gift of a timeshare, the couple found themselves on a new course. The live oaks draped in Spanish moss, the sound of the palmettos clattering in the breeze, the curve of the shore, and the blue of the sky meeting the sea of marsh grass had woven their spell. Robin would recall her husband's love of the latter in the poem, "Whereafter."

where green meets blue
i remember he loved that view

stitched into the seam
of this whereafter
memories seep through

"Let's move here," George had said.

By 2010 they had both wound down their teaching careers, sold their New Jersey home, and settled full time in Hilton Head. Two years later, Russ would be diagnosed with leukemia, and twenty-seven months later he passed away. Then on the heels of Russ's death came George's diagnosis of stage-four melanoma. Less than two years after that, he, too, was gone.

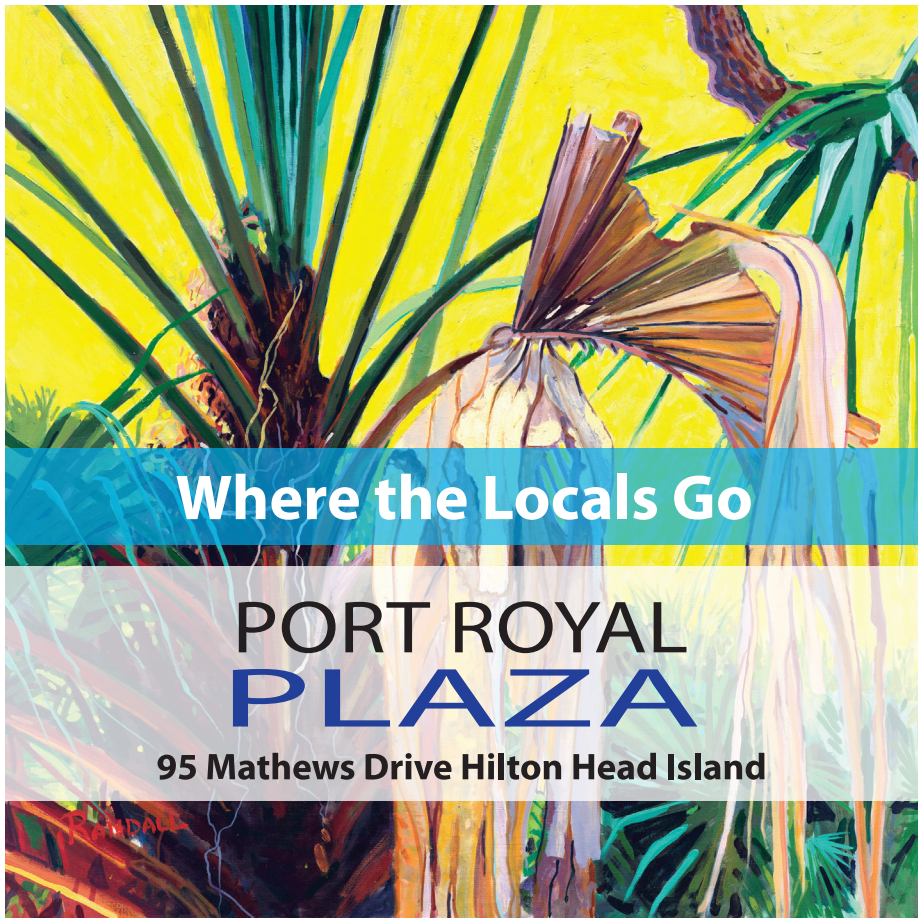
Silk purses & lemonade

When Robin had first come to Hilton Head, she'd joined an Island Writers Network critique group to help her with *Becoming Mrs. L*. But with the loss of George and Russ, she'd turned to poetry as a catharsis, a way to work out her feelings and make observations about the world around her. One day she brought "A Split Screen World," a poem contrasting our small-screen addictions against what's happening outside our windows, to the group.

Judge strikes down NYC ban on sugary drinks...
mayor appeals...
Pundit rejoices on behalf of "liberty loving soda drinkers"...
I could watch the screens all day, some do.
Everything in life is a choice.

or, i could stroll the stretched-wide flat sands
watch comedic interplay in a lowcountry
lab's fruitless sandpiper chase
marvel the revelations of an ebbing tide:
jellyfish larger than basketballs, long tentacles
menacing still,
sand dollars clinging, bared conchs, glimmering shells
dolphins slipping along in happy splashes above pelican vees,
a sudden, singular dive-pause-waterplume, its chandelle return

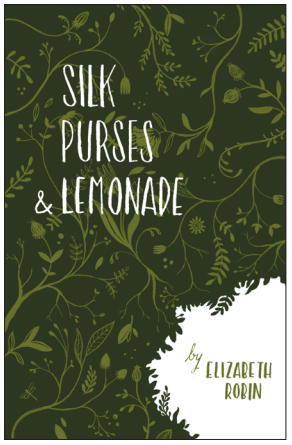
"This is what you should be writing," her critique group had told her.





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to view more of Phillip Anthony's work





Finishing Line Press would publish her first book of poetry *Silk Purses & Lemonade* in 2017. Her second chapbook, *Where Green Meets Blue*, followed a year later. Both had been born out of raw pain. "I thought Russell was hard. He'd been my friend for sixty years. And yet, it was George who almost brought me down."

In her poem "Lasagna for One," she writes

How to ladle a pot of soup into one bowl?
A hearty stew into a single plate?

she adds...

Locked into meager, petty routine
upended by newsfeed tragedies
unable to lift a spoon
or calculate construction
of one pancake
i freeze

105 days, 31 states, 19,418 miles

Leaving the Margins, Robin's work-in-progress, invites readers to join her and Byron on their 2018 cross-country camper trip. She'd originally planned the book as a travelogue, documenting the places and characters she'd encountered. However, once again her IWN critique group nudged her onto an alternative route. The frame of her tale would now map her parallel journey from the depths of widowhood to the rediscovery of who she is and what's important to her. So from *Joshua Tree*, she writes

my spirit whirls like a dust devil
a mystery energy that soars, vanishes
the fear: what goes on
whispered in grocery lines
sketchy corner liquor marts
a local pharmacy queue
people live behind gates in trailer parks
new riders of the purple sage
filling an abandoned hollywood set

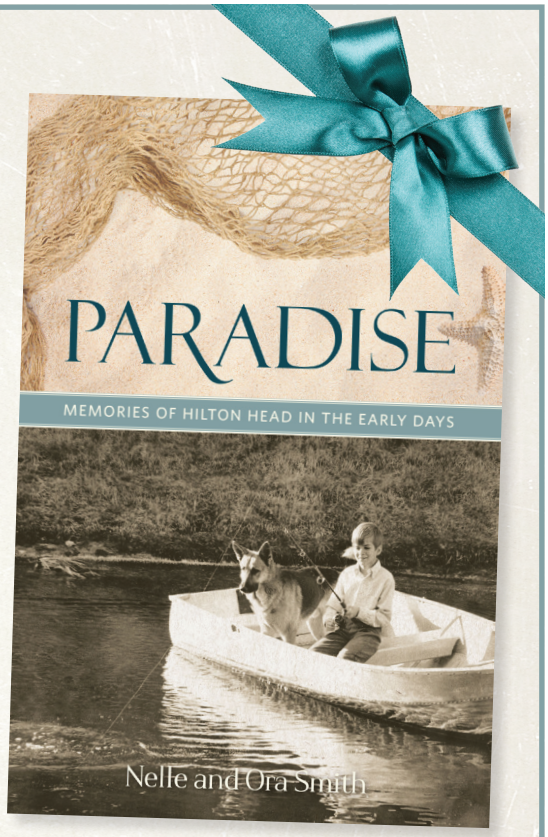
It promises a wild and beautiful ride. *LL*

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Whether they're a newcomer to the Lowcountry or an old-timer, everyone on your gift list will love a copy of **Nelle and Ora Smith's book** *Paradise: Memories of Hilton Head in the Early Days.*

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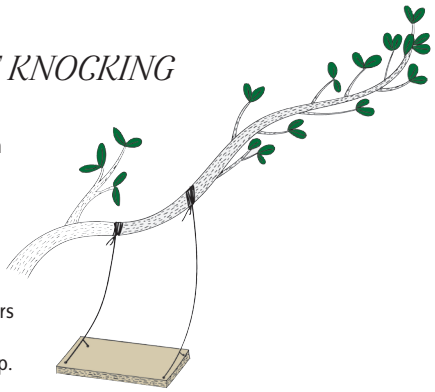


Local Art



Turpentine Farm by Randy Akers

Internment
WHEN THEY COME KNOCKING



Leave the backyard wooden swing
Its seat worn smooth from children
Pumping against the summer wind
Its rope twisted and frayed
Where it rubbed the brown bark.

Leave your chipped pie plate
Given to your grandmother and
Then to your mother, gone the hours
Of kneading and rolling and filling;
There will be no cherry pies in camp.

Leave your violin and bow
The years of practice worth nothing now
The angle of your chin on warm wood
Soon a distant memory
The music silenced and left behind.

Do not take the rows of corn
Growing straight and sweet inside the fence
Leave them for the glossy black crows
Who will grow plump and happy
On the back of your labor.

When they come knocking

Take their fears and their suspicions
Take their narrow minds and clay hearts
Take their laws, which are not yours, but
Do not take your freedom
Leave it when you close the door.

— Meryl Newell

Author's note:
I wrote this poem after attending a lifelong learning class based on four of the worst decisions of the U.S. Supreme court. The case was passing the law to build Japanese internment camps during World War II. The instructor had actual photos of the camps and the people, and I was so moved by what it must have felt like to be forced to leave the life you knew.









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-Sonia, Modern Message

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-Judy, Modern Message

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-John, Modern Message

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-Verified Resident, ApartmentRatings

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November happenings

Community events

CRESCENDO 2020

HILTON HEAD ISLAND LANTERN PARADE-IN-PLACE

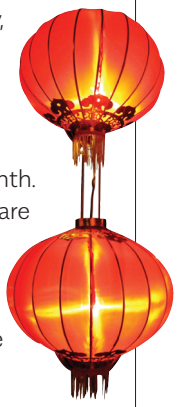
STORY BY CAROLYN MALES



On ***November 5, 6, and 7***, a drone looking down on Hilton Head Island will be able to trace a path of shimmering light beneath the canopy of live oaks and palmettos. For those of us on the ground, a drive through the island's neighborhoods and spots along 278 will reward us with a lightshow of colorful lanterns in the shape of Lowcountry fauna like turtles, gators, dragonflies, gators, herons, and crabs. Mitchelville houses, boats, cartoon faces and other creations handmade by islanders will join them in illuminating yards, driveways, porches, balconies, windows, lawns, storefronts and public spaces.

What's more, the Krewe of the Grateful Gluttons led by Chantelle Rytter, founder of Atlanta's own Lantern Parade, will stage mini-processions of larger-than-life puppets — herons, owls, and other fantastical creatures — through three public drive-thru locations plus three neighborhoods with the most resident lantern participation.

This in-place parade, celebrating the island's people and its unique ecology and history, bookends Hilton Head's annual Crescendo arts festival. This year because of Covid, Jenn McEwen, Director of the town's Office of Cultural Affairs, designed the whimsical happening so that everyone can experience this magical tour from the safety of their cars or walking in family groups.



Crescendo, running from ***Oct 10-November 15***, marks National Arts & Humanities Month. The local celebration's 75 events have been staged with social distancing in mind. Some are virtual; others take place outdoors or in indoor spaces with protective measures in place.

Look for a mini-Crescendo this coming May. Meanwhile, hopefully by next fall's Crescendo, we'll all be able to gather together in person just as we did pre-pandemic at theaters, galleries, and other cultural venues to enjoy Hilton Head Island's vibrant creative community. *Go to **culturehhi.org** for information and maps detailing lantern sites.*



22nd Annual Community Thanksgiving Dinner

Sponsored by St. Andrew By-The-Sea United Methodist Church and Hudson's Seafood House on the Docks, this year's free community Thanksgiving dinner will be a little different with Covid-19 precautions in place. Social distancing and masks will be required, and the food will be plated. The goal is to serve those who have no other options for Thanksgiving due to the pandemic. Check the event's Facebook page for the latest updates. **When:** 11 a.m.-3 p.m., Nov. 26 **Where:** Hudson's Seafood House on the Docks **Details:** communitythanksgiving.com

MORE ONLINE

*Find what's happening around the Lowcountry in LOCAL Life's online events calendar at **LocalLifeSC.com**.*

ART SHOWINGS, PLAYS & PERFORMANCES

- Bluffton Artists' 27th annual judged show (March 1)
- Inspirational Journey - Small Chapters exhibit, Coastal Discovery Museum (Through Nov. 30)
- SOBA Christmas Ornament Class (Nov. 14-15)
- Arts Center: Tom Petty & the Heartbreakers Tribute (Nov. 14)

FUNDRAISING EVENTS

- SC Governor's School "Songwriters in the Round" (Nov. 12)
- Lowcountry Autism Foundation Virtual 5K (Nov. 7)

FESTIVALS & FUN

- Hilton Head Island Haunted History Tales (Nov. 4)
- Hilton Head Oyster Festival (Nov. 13)
- Salty Dog Homecoming (Nov. 25)
- Thanksgiving Turtle Trot (Nov. 26)

VIRTUAL OFFERINGS

- Morris Center: Chef Hugo Vidal Cook-Along (Nov. 3)
- HHI Chamber: Gratitude & Pasta with Chris Schembra (Nov. 11)
- Concours: Tuesday Toast to Women Driving America (Nov. 17)
- Hospice Care of the Lowcountry: Grief, Keeping Your Loved Ones Present (Nov. 17)

COASTAL DISCOVERY MUSEUM

- Santa Elena, Piece by Piece (Nov. 1)
- Mysteries of Black Coral (Nov. 2)
- Beaufort before Britain (Nov. 4)
- Lowcountry Snakes (Nov. 9)
- Spanish Moss (Nov. 16)
- Lowcountry Mushrooms (Nov. 18)
- The Disestablishment of America (Nov. 23)
- Marine Invertebrates of the Lowcountry (Nov. 30)

DOING GOOD IN OUR NEIGHBORHOOD

- Community Foundation of the Lowcountry supports educational efforts during pandemic
- The Greater Bluffton Jasper County Volunteers in Medicine needs volunteers



JOIN US VIRTUALLY
6 p.m., Wednesday, November 18

Hosted by **Jesse Blanco,** *Eat It & Like It*
Special Guest **Rob Mondavi Jr.**

Exclusive Auction Items | Culinary Conversations | Chef Series Preview

Join our virtual celebration of the Lowcountry's best chefs. Get to know TCL's Culinary Institute of the South and its first class of students, and learn about plans for the Foodseum, an interactive museum dedicated to Southern food.

Free Event & Auction Registration: **www.tcl.edu/table**

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All proceeds benefit Culinary Institute of the South — At Technical College of the Lowcountry *and its students.*

Fashionable & fun



Marco Bicego November Trunk Shows

Shop the exquisite fall collection of the renowned Italian jewelry designer Marco Bicego, which is handcrafted in Italy. Each purchase will include a complimentary gift. RSVP to 843-671-7070.
When: 10 a.m.-6 p.m., Nov. 19-20; 10 a.m.-5 p.m., Nov. 21
Where: Forsythe Jewelers

Fundraising events

4th annual Russ Brown Memorial Invitational

Register now for the two-man team golf tournament at The Golf Club at Indigo Run. Whether you win or lose, in true Russ fashion, finish the day with a celebratory cold one. The For The Win Foundation supports the fight against myelogenous leukemia, raising funds to advance research and continually improve survival rates for patients around the world.
When: Nov. 6-7
Details: forthewinfoundation.org/golf





Thanksgiving Turtle Trot

The Palmetto Dunes Property Owners Association is hosting its first ever Thanksgiving Turtle Trot this year. The 5-kilometer walking/running event is set to take place at 14 Dunes House Lane on Nov. 26. The $25 registration can be completed online at pdpoa.run, which includes the T-shirt as well. Kids under the age of 12 will be able to participate for free, with T-shirts available for $10. All proceeds will go to the Palmetto Dunes Cares Fund, which will then grant the funds to organizations in the community that have been affected by COVID-19.
When: 9-10:30 a.m., Nov. 26
Where: Dunes House, Palmetto Dunes
Details: pdpoa.run

Deep Well's Santa Shop

Over the past five years, The Santa Shop has provided toys for up to 900 children every year. Although this year will be a little different, the goal remains the same. Due to COVID-19, parents and guardians will have to make an appointment to visit the Santa Shop, and donation bins will not be placed around the island. Instead, donors will be asked to drop off their gifts at the Deep Well building before Dec. 10. Monetary donations are welcomed as well.
When: Dec. 14-18, by appointment only
Where: 80 Capital Drive, HHI
Details: deepwellproject.org



Join us for a LIVE virtual OPEN HOUSE
at johnpaul2school.org on Sunday, November 15, 12pm

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Students of all faiths, race, color, gender, national origin, or ethnicity are welcome.

John Paul II Catholic School



Virtual talks



Chefs' Table Benefit & Auction

Join a virtual celebration of the Lowcountry's best chefs. Get to know TCL's Culinary Institute of the South and its first class of students, and learn about plans for the Foodseum, an interactive museum dedicated to Southern food. Hosted by Jesse Blanco, with special guest Rob Mondavi Jr. Free.
When: 6 p.m., Nov. 18
Details: tlc.edu



Grief: Keeping Your Loved Ones Present

This year, loved ones will be missing dinner tables due to travel restrictions, social distancing, and even deaths. This webinar is for those facing a tough time with the holidays approaching and coming to grips with the realization that families will not be able to convene as they usually do due to the pandemic.
When: 10 a.m., Nov. 17
Details: hospicecarelc.org/holiday-grief-webinar



Australia & China: The West's Tipping Point

Richard McGregor, a senior fellow for the east Asia at the Lowy Institute, Australia's premier foreign policy think tank, will be speaking at the Friday Speaker Series. McGregor is a former journalist and author who has won numerous awards for his reporting in China and east Asia. He will be answering questions about how China will affect the US-led alliances with Australia and what that means for the future of the West.
When: 3:30 p.m., Nov. 20
Details: wachh.org/event-3413587



Will the Nordic Model Survive?

The World Affairs Council of Hilton Head will be hosting the former Deputy Prime Minister of Sweden, ***Maud Olofsson***. She will be giving a presentation that focuses on the political environment where conflicts and differences are the new mantra and how Sweden, Norway, Denmark and Finland are combining social safety and strong individualism. This event will be held virtually.
When: 10 a.m., Nov. 6
Details: wachh.org/event-3840620

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November scene

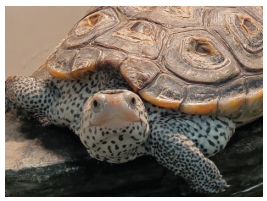




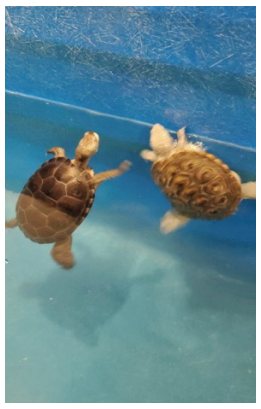
Maiden voyage

Outside debuted its newest 49-passenger boat, Ohana, with an intimate celebration on the water. The maiden voyage included drinks, music and dancing on the boat's expansive deck. With private charters available from a number of marinas around the area, it's a great option for parties, weddings, and family gatherings of up to 30 people. *Learn more at outsidehiltonhead.com.*









Find Nemo

There's a new Diamondback Terrapin named Captain Nemo at the ***Port Royal Sound Foundation***, thanks to a donation from the golf and grounds department at Moss Creek. The turtle was captive-bred, so he can't be released into the wild. His new mission is promoting awareness and educating visitors at the center.



Cashew's Caravan

Lifelong Hilton Head Island resident ***Susan Ochsner*** and her dog, Cashew, walk the beach in Sea Pines with friends every morning. In 2017, the group decided they could do more than simply donate the left-behind beach toys they picked up each day. They spent the summer collecting the trinkets and storing them in Ochsner's 2000 Buick Park Avenue. Each September, the group parks Cashew's Caravan at The Shops at Sea Pines Center, and people pay $5 to guess how many toys are in it for a chance to win prizes. This year, $17,450 was donated to The Deep Well Project. Sawyer Callen won this year with a guess of 750 toys (there were 798).





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REAL ESTATE marketplace

Looking to live in luxury? LOCAL Life is offering readers an exclusive passport to the most exquisite and unique real-estate listings available in the Lowcountry. Here are a few homes you are sure to love. We feel these luxury properties — located in Windmill Harbour, Belfair, Sea Pines and Hilton Head Plantation — are the epitome of opulence. We're calling this section the Real Estate Marketplace. If you are looking to purchase an amazing Lowcountry home, these properties should be at the top of your list.

Million-dollar dream homes



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The Richardson Group
Mark Cooke, Agent
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$2,995,000

Real Estate Marketplace

Facetime Walkthrough · Virtual Tour · Social Distanced



7 Reef Club, Windmill Harbour

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Mark Cooke 843.271.5235
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richardson group



78 Cumberland Drive, Belfair

At the heart of this custom home is a stunning screened courtyard with a pool and spa. Light draws you into an inviting great room with beautiful architectural features. Just off the great room is a cozy, wood-paneled study. Grand windows offer expansive golf-to-marsh views. The master suite and two additional bedrooms are on the main floor with a two-bedroom guest suite on the second floor. $1,695,000

John and Kimberlee Patterson 843.368.7710
www.homeshhi.com/78-cumberland-drive-belfair/

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- LUCY ROSEN, BLUFFTON

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Hearing loss is more common than you might think. It's estimated that 48 million Americans experience hearing loss due to noise, medical conditions, or just simply getting older.

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Marco Bicego Trunk Show

Thursday, November 19, 10 am - 6 pm
Friday, November 20, 10 am - 6 pm
Saturday, November 21, 10 am - 5 pm

Shop the exquisite fall collection of the renowned Italian jewelry designer Marco Bicego.
Enjoy a complimentary gift with your Marco Bicego purchase.
RSVP to 843.671.7070 | Andrea@ForsytheJewelers.biz