HILTON HEAD • BLUFFTON • BEAUFORT

Sept 2019

local life

crafted in the lowcountry



MEET THE MAKERS + WILD DAYS OF SEA PINES + TOUR THE CRAFTED CORNER

patagonia®



September is Give-Back month at Outside

Patagonia & Outside will donate 20% of every Patagonia purchase made in the month of September to ***The Outside Foundation***, whose mission is to get kids outside and protect and preserve our local environment.

Party with Patagonia

Join us on September 20th from 5:30-8pm at our Flagship Store in the Plaza at Shelter Cove for food, music, fun and shopping for good!

Photo by Jeremiah Watt


get kids outside
40 YEARS
outside™
1979 2019
The Plaza at Shelter Cove, Hilton Head
Wilson & Moreland, Palmetto Bluff
843.686.6996 | shopoutside.com









LOWCOUNTRY LIVING AT ITS BEST

















Carolina
REALTY GROUP

The Dollenberg Team leverage years of industry expertise with a true passion for Hilton Head Island and the surrounding area.

www.ERICDOLLENBERG.com

Hillary 843.290.3063
Eric 843.816.6489

the Dollenbergs



Mover, Shaker, & Melody Maker:

Regina Banis Celebrates 25 Years as a Female Lawyer in the Lowcountry.

"Commit to what you want to do, find a mentor who's better than you, and be the best at it you can be." Strong words from a strong woman. Regina Banis reflects on 25 years as a South Carolina attorney, and 12 owning her own firm here in Bluffton.

Born into a working-class family, she's the oldest of five children, and grew up around people who knew what hard work meant. From owning their own businesses to serving in the armed forces, a strong work ethic enshrouded her. As a child, Banis says the law fascinated her. That interest combined with what her mother labeled as her "argumentative" nature, led her to become an attorney.

Working her way through college at the University of Texas at San Antonio and later law school at the University of San Diego School of Law, she says it was her goal to have both a family and a career. In 1994, Banis passed the South Carolina Bar exam, moved to Beaufort County with her one year old daughter, Savannah, and began practicing on Hilton Head at a well-known law firm. Two years later, in 1996, she gave birth to her son Jake.

During the beginning of her career, there were only a handful of other female attorneys, which she says was typical at that time, but it never dissuaded her from pursuing her dream.

When asked what it was like coming up as a woman in a male-dominated field, she says it never mattered to her.

"It only ever occurred to me that it was unusual when I would call other offices and the male attorneys assumed I must be a paralegal. I set them straight pretty quickly and was never questioned again," Banis said.

You wouldn't know it from looking at the diminutive lawyer, but in this case, size doesn't equal strength. Once you get her talking, you can tell she's no pushover. Not only is she well-versed in the law, but she is incredibly driven by her principles. Banis says she's never been afraid of standing up to the "good 'ol boys," literally and figuratively, even if they are more than a foot taller than her.

Over the years, Banis became the go-to for Real Estate Law in the area, before growing her practice and experience in many facets of the law. She's received the distinctive AV rating designated by Martindale-Hubbell, which is the highest possible ranking for legal skills and ethics. Today, Banis showcases her expertise in Real Estate, Estate Planning, and Family Law, including Mediation, and Guardian ad Litem appointments.

"I take my cases to heart. These are peoples' lives. It's my responsibility to give them the best legal service possible, but it's also important for me to form a bond with them."

Her relatability and down-to-earth personality help to make her a success in and outside of the courtroom. To let off steam, she spends time with friends, family, and her four dogs: Duchess, Snowball, Ella, and Kawai. You may spot her driving her golf cart around Old Town Bluffton or playing a tune on one of her many ukuleles.

Banis says she's happy to see more strong female role models in our area and has advice for them as they start their careers.

"Don't let anyone or anything stop you from pursuing your goals. Work hard, take chances, and believe in yourself."

To reach out to Regina, you can give her a call at 843-757-5500.

181 Bluffton Rd F-202 • Bluffton, SC, 29910 • 843-757-5500 • www.ReginaBanisLaw.com

advertorial





Pete Dye Signature Golf Course
Hole #14

It's not fair to keep all this to ourselves.







HAMPTON HALL CLUB

843.815.9343 • hamptonhallclubsc.com/discovergolf

You don't have to live in Hampton Hall to experience the exceptional golf membership and everything that comes with it.

The word is out.

Members are already aware of our award-winning Pete Dye Signature Golf Course known for its open design, built around the pristine setting of the Lowcountry.

Members enjoy the welcoming atmosphere provided by our caring staff, the variety of practice areas to hone their game, a user-friendly course that appeals to all skill levels, post-game bragging rights over lunch at Pete's Grill, and a community of fellow golfers who become lifelong friends.

You don't have to live here to be a golf member.

Call today about our 60-Day Trial Membership and discover your place within Hampton Hall Club.


Biological Center for Dentistry
A NATURAL APPROACH
Laser Dentistry
Total Body Health
Aesthetic & Integrative Dentistry
Safe-Mercury Amalgam Removal Technique
BPA Free Composite Fillings
Reconstructive Dentistry & Smile Design
Biological Implant Alternatives
Red Light & Ozone Therapy
Dr. Richard F. Porcelli
ARTIST OF THE SMILE
PHYSICIAN OF THE MOUTH
you are your environment
Biological Center for Dentistry
29 Plantation Park, Suite 303
Bluffton, South Carolina
843.593.8123
biologicalcenterfordentistry.com
Rejuvenation Dentistry
New York City & East Hampton, New York
844.735.8863
rejuvdentist.com

TRUST THE DISTINCTIVE *EDGE*

Ogee Edge



Half Bullnose Edge



Mitered Edge



Double Ogee Edge

EUROPEAN STONE CRAFTSMANSHIP IN THE LOWCOUNTRY

In stonework, precision matters. Which means equipment matters. We've invested in $5 million in imported Italian stone-working equipment that no other Lowcountry competitor has, giving us the *Distinctive Edge.* Our stonework has the highest quality angles, our edges have the finest detail and our surfaces are cut with laser-sharp precision resulting in better quality that you can see. Add to that unparalleled personal service and competitive pricing, and there's no reason to trust anyone else with the stonework in your home. *Visit your local Distinctive Granite and Marble showroom today.*

DISTINCTIVE
GRANITE AND MARBLE

www.DistinctiveGraniteandMarble.com

Hilton Head Island (843) 689-3237 **Riverwalk** (843) 379-3237 **Beaufort** (843) 379-5012 **Pooler** (912) 450-3400



KPM flooring

STONE ○ TILE ○ AREA RUGS ○ WOOD ○ CARPET

35 MAIN STREET, SUITE 110 ○ HILTON HEAD, SC 29926 ○ (843) 342-4955

WWW.KPMFLOORING.COM

The Back Door
Located in lovely Sea Pines Center



KINROSS CASHMERE

TRUNK SHOW
SEPTEMBER 4 & 5
10:00 UNTIL 5:00

The Shops at Sea Pines Center
71 Lighthouse Road #215
843.671.3677
Hilton Head's foremost and most fun fashion boutique.

BACKDOORHILTONHEAD

the team

WHAT HAVE YOU CRAFTED?

"I used to make leather belts. This and throwing pottery on a wheel are my favorites." **- LORI**



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

"I make my own hot sauces and spices with peppers I grow." **- LANCE**



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

"I cut my own hair. Which is also why I usually wear a hat." **- JEREMY**



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

"I crafted a leather comb holder and an adult-sized wallet at Scout camp." **- CHARLES**



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

"Scrapbooking is as crafty as it gets for me." **- ASHLAN**



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

"I like to make my own face masks using natural ingredients for healthy, glowing skin." **- MELISSA**



ACCOUNT DIRECTOR
Melissa Page *(Local since 2015)*
melissa.page@wearelocallife.com

"I'm a bit of an expert on camp crafts and tie-dyed shirts ... but don't tell anyone!" **- LISA**

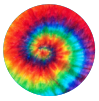


PHOTO EDITOR
Lisa Staff *(Local since 2003)*
lisa@lisastaffphoto.com

"Invented the VibraWrap, a mobile flexible joint wrap providing compression, vibration and heat/cold for pain relief." **- BRUCE**



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

"I love to sew, which came in handy with Halloween costumes." **- LEAH**



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

PHOTOGRAPHERS Arno Dimmling + Photography by Anne + Mike Ritterbeck + Lisa Staff Maddie Terry + Lloyd Wainscott

WRITERS Tommy Baysden + John Chiacchiero + Collins Doughtie + Eddy Hoyle + Barry Kaufman + Hilary Kraus Carolyn Males + Michael Neiderer + Libby O'Regan + Jeremy Press + Luana Graves Sellars + Michele Roldán-Shaw Dean Rowland + David Warren + Arlene Williams

CONTRIBUTORS Rachel Acquaviva + Roxanne Gilleland + Kevin Horton + Abbey Phillips Emily Stine + Jean Meaney Wheatly

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

VOL. 3, NO. 9

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

Momentum MEDIA GROUP
CRMA PROUD MEMBERS OF THE CITY AND REGIONAL MAGAZINE ASSOCIATION
CIRCULATION VERIFICATION COUNCIL

SMOOTHIES · SALADS · BREAKFAST
JUICES · SUPERFOOD BOWLS · TEAS & COFFEE



www.healthyhabithhi.com
@healthyhabithhi
843.686.5600

HEALTHY HABIT

NEW LOCATION! SOUTH END
33 office park road
suite 227, HHI, SC 29928

COMING SOON! NORTH END

Sept features



Crafted in the Lowcountry

We live in a region that was largely rural and wild just a few generations ago. Everything you see around you was crafted by the hard-working people who call it home. LOCAL Life and Hargray created the "Crafted in the Lowcountry Awards" to salute these hard-working makers who are helping to define the Lowcountry through food, drink, home, style, crafts and art.

©PHOTO BY LISA STAFF

BREAD WINNER From bold ryes to French baguettes, Sprout Momma offers handcrafted artisan breads with varied flavors such as cheddar jalapeño, garlic rosemary and buttermilk molasses.

22
Make local, sell global
Some local companies reach well beyond the Lowcountry

23
Fantastic failures
A look at five inventions that never quite took off

26
Area authors
Five timeless books crafted here in the Lowcountry

30
Making good
Hilton Head Plantation Crafters create for charity

36
Meet the makers
Read about three locals who are elevating their industries

50
Award winners
See who claimed the top prizes in our crafted contest

94
Go here for beer
Brewing flavor and tradition, one grain at a time

98
Garden fresh
Salad dressing, a recipe for success for local resident

Ben Ham Gallery



Inspired by Nature

Captured on Film





Ben Ham Galleries

210 Bluffton Road
Old Town Bluffton, SC
843.815.6200

416 King Street
Charleston, SC
843.410.1495

www.benhamimages.com

Sept contents

16
Publisher
Many local crafters create wonderful products, yet many of us don't realize they exist. LOCAL Life and Hargray's inaugural "Crafted in the Lowcountry Awards" hopes to change that.

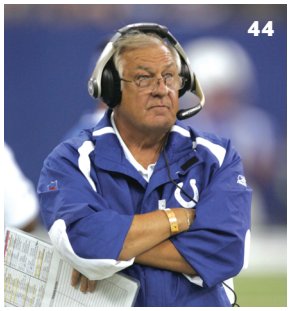
18
Contributors
Meet the locals behind this issue

20
Links
Special video and bonus content you can find online at locallifesc.com



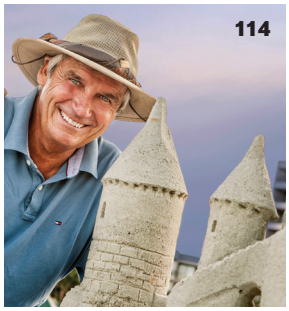
©PHOTOGRAPHY BY ANNE

64
Kitchens & Baths 2.0
Find inspiration in these noteworthy remodel projects by Arlene Williams Kitchen Design.











22
Blend
This crafty playlist may inspire you to make something

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

44
Celebrity
Talking football with longtime coach Tom Moore

48
Business
Tips and advice from a proven business leader

60
Wellness
Agility training for creative cardiovascular workouts

80
Style
Take the guesswork out of your September wardrobe

88
Shopping
Our favorite local picks to ring in the new season

90
Eats
Experience HHI's "Crafted Corner" on Cardinal Road

114
Outdoors
Playing in the sand with sculptor John Gowdy

124
Sports
Local MLB player gives back with a community stadium

132
Culture
Charles Fraser and the wild, glory days of Sea Pines

146
Scene
Photos of parties and events happening around town

150
Happenings
Festivals and events happening around the area

168
Porchin'
Crash a Sparkleberry Party with Special Olympians



M A R K B O E D G E S



Mark Boedges | *Under the Old Oak (Detail)* | 16" x 24" Oil



Mark Boedges | *Down Lawrence Street (Detail)* | 20" x 30" Oil

THE RED PIANO ART GALLERY

The Red Piano Art Gallery

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

Celebrating 50 Years of Fine Art in the Lowcountry.

Crafters 'make' the Lowcountry better

Amazing creations are all around us if you know where to find them.



©LISA STAFF

REINVENT THE WHEEL Publisher Lori Goodridge-Cribb is back throwing, just like she did 20 years ago. Special thanks to Tayloe Cook and BO ART for making it possible.

A person who works with their hands is a laborer. An individual who works with their hands and their head is a maker. One who works with their hands, their head and their heart is a crafter. We dedicated this issue to that special group of locals — individuals who perfect the art and science of their chosen craft.

According to a recent survey, our readers value quality over quantity, hand-crafted over mass-produced and local over imported. Unfortunately, many local crafters suffer from a serious lack of exposure. They create wonderful products, yet many of us don't realize they exist.

LOCAL Life and Hargray's inaugural "Crafted in the Lowcountry Awards" hopes to change that.

We invited six local experts to judge the best locally made products in six categories — food, drink, home, style, crafts and art. With more than 60 qualified entries, it wasn't an easy task. Each judge picked a winner for his or her category, then all of the category winners were voted on to determine the grand-prize winner.

The prize package included exactly what a small business needs — exposure. We feature the winning product on the cover of this issue and the craftsman who created it inside on page 50 along with all of the other winning products from each category. The winner also gets advertising and promotions, professional photography and videography, potential additional distribution and more.

In addition to the awards, this issue keeps the "crafted" theme rolling, highlighting local brands with global reach, spotlighting notable creators and introducing the "Crafted Corner," a collection of drinking establishments tucked away on Hilton Head's Cardinal Road.

Our stylish fashion shoot is set at BO ART, a collaborative community space to make art, build projects and learn new creative skills.

This issue also honors the legacy of Charles E. Fraser, the man most responsible for crafting the paradise we call home. We feel even old-timers will learn something new from this in-depth piece by celebrated writer Tommy Baysden.

Things are slowing down here in the Lowcountry now that most schools are back in session. We hope you made the most of your summer as we transition into fall. May you be blessed with good health, peace, love and joy.

"Life is raw material. We are artisans. We can sculpt our existence into something beautiful, or debase it into ugliness. It's in our hands."
- CATHY BETTER

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



Tiffany lamps: You can do it!

Back in the early 1980s, I crafted a Tiffany lamp with the small amount of free time I had after teaching class. The process was more difficult than I expected. If you wonder why the beautiful lamps cost so much, try cutting and foiling all of those small pieces by hand, and then soldering them together on a round mold. The project took me seven months to complete but it was time well spent. Decades later, that lamp still hangs with pride over my dining room table. I'm just glad it can't repeat all of the foul words I used while creating it.



RUNNING STRONG Have you seen the LOCAL Life Jeep around town? This month we rolled up next to ***Christian Fyfe*** and ***Leslie Esposito*** of Palmetto Running Company. Be sure to follow @LocalLifeSC on Instagram to see all of the #LocalswithaJeep photos.


BWA
Quality appliances for every home since 1972
WOLF
SUB-ZERO
COVE
Seeing is believing
BILLY WOOD APPLIANCE
1223 May River Road
Bluffton, SC 29910
843.707.2332
Now Two
Convenient
Showroom
Locations
6 Marshland Road
Hilton Head Island, SC 29926
843.681.8441
Showroom Hours: M-F 8AM-5PM. Saturday by Appointment
www.billywoodappliance.com

EXPERIENCE MATTERS.
WE GET RESULTS.



Carmen A. Traywick, MD • Frederick G. Weniger, MD, FACS

As your premier medical spa in the Lowcountry, we make it possible to have and maintain a more youthful appearance with the use of clinical procedures and spa treatments.

BOTOX / DYSPORT
DERMAL FILLERS
COOLSCULPTING
LASER TREATMENTS
SKIN CARE

Let us bring out your natural beauty today by scheduling a complementary consultation!

COMING SOON TO
SHELTER COVE TOWNE CENTRE
HILTON HEAD, SC

350 FORDING ISLAND ROAD
SUITE 101 | BLUFFTON, SC
843.781.6672 | LUXHHI.COM

LUX
A MEDICAL SPA

LUX, LLC is owned by Carmen A. Traywick, MD of May River Dermatology and Frederick G. Weniger, MD, FACS of Weniger Plastic Surgery.

contributors

MEET OUR WRITERS + PHOTOGRAPHERS + PEOPLE BEHIND THE SCENES



Rachel Acquaviva

Intern

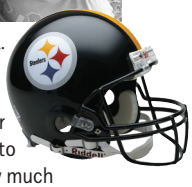
OTHER CREDS: Recent Elon University graduate, foodie, beach bum. **FOR THIS ISSUE:** His and Hers, Home Accessories, Dream Boat, Crafted Corner. **HOMETOWN:** Carlisle, Massachusetts **FAVORITE TERM OR PHRASE PEOPLE IN YOUR HOMETOWN USE:** Wicked. Bostonians are truly one of a kind. **CURRENT HOME:** At this time, I'll probably be apartment hunting. **LOCAL SINCE:** Summer 2018.**HOBBIES:** Fashion, photography, traveling and boating. **FAVORITE ARTS AND CRAFT AS A CHILD:** Nothing beats getting to heat up the Easy Bake Oven and whip up some tiny treats. I wasn't allowed to use the real oven yet, so it made me feel like a junior master chef. **WHAT HAVE YOU CRAFTED?:** I like to alter old clothes and give them new life. I will distress jeans or repurpose my mom's vintage clothing and accessories. I've learned that everything comes back in style, sometimes it just needs to be updated. **FAVORITE INVENTION:** The radio. I couldn't live without music. **FAVORITE "AS SEEN ON TV" PRODUCT:** Hands downs the Snuggie because I'm always cold and love to be cozy. **WHAT PRODUCT DO YOU WISH SOMEBODY WOUD CREATE?:** 0 calorie pizza and chocolate cake. **WHAT DO YOU LOVE MOST ABOUT SEPTEMBER?** I love when the weather starts to cool off just a tad and you can enjoy being outside without the intense heat. When I lived in New England, I loved September because the leaves change to bright colors and the cranberry bog turns deep red before the harvest.

Leslie Hughes

Model



OTHER CREDS: Owner of Hughes Home Management. We offer boutique caretaking services to absentee homeowners. **HOMETOWN:** McMurray, Pennsylvania **FAVORITE TERM OR PHRASE PEOPLE IN YOUR HOMETOWN USE:** I love a good Pittsburgh accent! Go Steelers! **CURRENT HOME:** I live in the Spanish Wells area. **LOCAL SINCE:** 1995 **HOBBIES:** Exercising, photography, cooking, spending time at the beach with my family and friends and watching my three boys participate in all of their activities. **WHAT HAVE YOU CRAFTED?:** I consider myself to be a fairly crafty person but raising three boys doesn't allow much time for crafting other than "crafting" our daily schedules. I used to design and create jewelry. I hope to revisit that someday. **FAVORITE INVENTION:** Baskets. I have so many because they corral the chaos that a family of five creates. **FAVORITE "AS SEEN ON TV" PRODUCT:** I'm not really a fan of 'As Seen on TV Products," however, I discovered a product called GloveStix on Shark Tank that is an odor solution for sports equipment. They really do keep my boys' shoes and cleats smelling fresh. **WHAT PRODUCT DO YOU WISH SOMEBODY WOUD CREATE?** Something that would fold laundry. And put it away. **WHAT DO YOU LOVE MOST ABOUT SEPTEMBER?** The island is peaceful, the sky is a deeper shade of blue, there is a hint of Fall in the air and FOOTBALL!





Melissa Page

Account director

OTHER CREDS: Brand marketer and fashion buyer **HOMETOWN:** Born in Charleston and later moved to Greenville. I claim and love them both. **FAVORITE TERM OR PHRASE PEOPLE IN YOUR HOMETOWN USE:** "Y'all"- two or more people, "Bless Your Heart"- 90 percent of the time this phrase is not an endearment, "Frogmore Stew" - another name for Lowcountry Boil. **CURRENT HOME:** Bluffton **LOCAL SINCE:** 2015 **HOBBIES:** Running, spending time with my family and friends, fashion and cooking. **FAVORITE BOOK, MOVIE OR SONG WITH "CRAFT" IN THE TITLE:** A Well-Crafted Home by Janet Crowther. It features simple, yet creative projects for every room in your home no matter your skill level. It's a great read for anyone who is looking for inspiration on how to personalize their space and make it their own. **WHAT HAVE YOU CRAFTED?:** I love to make my own face masks using natural ingredients for healthy, glowing skin. **FAVORITE INVENTION:** The Internet. No explanation needed. **FAVORITE "AS SEEN ON TV" PRODUCT:** OxiClean because it's the best multipurpose stain remover. I always have it in my laundry room! **WHAT PRODUCT DO YOU WISH SOMEBODY WOUD CREATE?** A teleportation machine. I'm all about cutting back on travel time. **WHAT DO YOU LOVE MOST ABOUT SEPTEMBER?** The start of college football season. Go Tigers!



ST. Joseph's/Candler
Live smart.



L-R: Charles Sevastos, D.O., FACOFP, Stephen Goldner, M.D., Brian Anderson, M.D., and Peter Rippey, M.D.

LIFEGUARDS ON DUTY.

We're here to protect and defend the well-being of our friends and neighbors who live in the South Carolina low country. We're St. Joseph's/Candler Medical Group, offering primary healthcare for the entire family.

Conveniently located in both Bluffton and Hilton Head, our patients depend on us to answer their health questions, get their prescriptions filled, and accommodate same day appointments for those with immediate needs. We're committed to you and your family's health and wellbeing.

For more information, or to schedule an appointment, please call or visit us online at www.sjchs.org/mgmlowcountry.

ST. JOSEPH'S/CANDLER
LOW COUNTRY
COMMITMENT

10 Oak Forest Road, Suite C
Bluffton
815-3006

81 Main Street
Hilton Head
681-1680

EXPERIENCE MATTERS.
WE GET RESULTS.



Board Certified, **Frederick G. Weniger, MD, FACS** has 19 years of experience providing cosmetic plastic surgery and is a member of American Society for Aesthetic Plastic Surgery, American Society of Plastic Surgeons and Fellow of the American College of Surgeons. Author of *Facial Rejuvenation: Surgical and Non-Surgical Procedures for a Younger Looking You.*

FACE
BREAST
BODY
HAIR
RESTORATION

WENIGER
Plastic Surgery & HAIR RESTORATION of the Lowcountry

350 Fording Island Road,
Suite 200 Bluffton SC
Call Today!
843.757.0123
wenigerplasticsurgery.com

links

LOCALLIFESC.COM + BONUS CONTENT + DIGITAL OFFERINGS

online exclusives

LOCALLIFESC.COM



Beauty advice for locals on the go

Ever wonder what type of makeup you should wear for an evening out or a day at the office? Consultant **Cheryl Jennifer Simpkins**, founder of the mobile makeup service Beauty & the Bling, writes about the differences and offers tips and advice for day and evening looks.

Online video: Behind the scenes

Watch video of **William De Torre**, the overall winner of the 2019 Crafted in the Lowcountry Awards, working his magic inside of his Hardeeville shop.





Photos from around town

Browse photos of **Melinda Welker's "Come Fly with Me" exhibit** and **SoundWaves** Music Factory graduates from the Boys & Girls Club.



Sign up for LOCAL Life newsletters

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

- ***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 the Credenza-Za, a one-of-a-kind piece of furniture created by **William De Torre**. The piece is the grand prize winner of the 2019 Crafted in the Lowcountry Awards, a contest hosted by LOCAL Life and Hargray. The awards highlight the best locally made products in six categories: home, food, drink, style, crafts and art. A team of local experts determined a winner in each category, then judges and LOCAL Life team members voted to determine the overall winner. The Credenza-Za won in a landslide, earning the spot on the cover. The image was captured by photographer **Lisa Staff** and styled by **Brianna Owens** of Kelly Caron Designs.

World Affairs Council of Hilton Head

Deglobalization: Disruptions and Opportunities Speaker Program 2019–2020



October 25, 2019

Ambassador Peter Ammon,

Former German Ambassador to France, the USA and the UK

Title: **US and German Relations post 1989**

November 1, 2019

Monica Araya

Director of Costa Rica Limpia

Title: **A Small Country with Big Ideas**





December 6, 2019

Michael Shifter,

President of the Inter-American Dialogue

Title: **The Chaos in Venezuela**

Deglobalization is the process of diminishing interdependence and integration between nation-states. This term is widely used to describe periods in history when economic, trade, and investment between countries decline. It stands in contrast to globalization, in which nations become increasingly integrated and dependent upon each other over time.

Our Friday Speakers Series will focus on the disruptions deglobalization can cause to established economic, military and political relationships and alliances that have existed since the end of World War II. The series will also explore opportunities that may arise as a result of new relationships that may foster a different world order beyond that given by the Bretton-Woods Agreement.

For a complete listing of speakers and their biographies, go to www.wachh.org.

KEYNOTE SPEAKER



October 4, 2019

General Wesley Clark,

Retired General of the United States Army and NATO Supreme Allied Commander

Title: **Deglobalization: Threats and Opportunities**

General Clark will discuss his new initiative, Renew America Together, a NGO whose mission is to revitalize public and political discourse by teaching and promoting civics and citizenship.

MEMBERSHIP HAS ITS PRIVILEGES!

Be a part of a vibrant group of learners, leaders and thinkers!

- 14 Speaker Presentations
- Member only discussion groups
- Daily Chatter & Weekly World News
- And so much more for only $100!

We encourage you to become a member for the July 2019-June 2020 program year.

Contact the Executive Director at 843-384-6758 or wachhi@gmail.com.

For more information visit www.wachh.org.

World Affairs Council of Hilton Head
PO Box 22523,
Hilton Head Island, SC 29925
843.384.6758
www.wachh.org

local blend

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



1. BEST IN SHOW

SALTY DOG T-SHIRTS

You see people wearing Salty Dog T-shirts everywhere — from Beaufort County to New York subways, Denmark to Dubai and parts in between. The famous shirts featuring Jake the dog in his Sou'wester have shipped to every state in the union and several foreign countries, often to people who have never visited Hilton Head Island.

Six local brands with a global reach

SOME LOCAL COMPANIES REACH WELL BEYOND THE LOWCOUNTRY





2. RICE, RICE BABY

CERA PRODUCTS

Charlene and Esko Riikonen founded Cera Products, a Hilton Head Island company that sells rice-based rehydration products all over the world. As a long-chain carbohydrate, rice contains many times the energy of sugar and is better suited to people with allergies. Their products are found in major medical centers, all branches of the U.S. military, more than 200 travel clinics and internationally in South Africa, Central America and Canada.



3. LIQUID ASSETS

GOURMET WAREHOUSE

Based on Hilton Head Island for more than 23 years, Gourmet Warehouse specializes in hand-crafted barbecue sauces, rubs and marinade injectors that pay tribute to the South's culinary heritage. Its products can be found in the condiment aisle of grocery stores and supermarkets across the country. The Jenkins family, founders of the Publix chain, buy it by the case for their home.



©LISA STAFF

4. IT'S IN THE BAG

SPARTINA 449 HANDBAGS

Inspired by Daufuskie Island, Kay Stanley created Spartina 449, a collection of linen-and-leather, coordinated handbags. The company sells a broad line of products and accessories inspired by the saltwater marshes along our coast to a global audience. Inc. magazine listed Spartina as one of the fastest growing private companies in the United States in an overall poll of American firms.

5. TIGHT AS A DRUM

GRETSCH

Gretsch manufactures guitars, basses and drums and is one of the most prominent manufacturers of American musical instruments. Its drum factory in Ridgeland makes custom drum kits for some of the most popular musicians in the world, including Phil Collins, Taylor Hawkins and Brad Wilk.





6. HAVE A SEAT

J. BANKS COLLECTIONS

Expanding on her signature interiors, J. Banks Design Group owner Joni Vanderslice has created several J. Banks Collections specialty product lines popular around the globe. Fun fact: Vanderslice names all of her furniture pieces after employees. Shown here are the Alyssa tufted sofa, Kathy end table, Lydia scatter table and Blake occasional table.



A FEW OTHER LOCAL BRANDS THAT REACH WELL OUTSIDE THE LOWCOUNTRY

Real Simple Soap + Hilton Head Performance Group planners + CiCi Designs jewelry
Fuel clothing brand + Bloody Point Mixing Co. + Transportation Safety Apparel
Lowcountry Linens home decor + Little Fish Boateak jewelry + Bulrush Gin
***Hilton Head Distillery spirits** + Seaside Grown Bloody Mary mix*



THE SOUND BURGER

In response to Sony's incredibly popular Walkman, Audio Technica hoped to turn the tables with this battery-powered portable record player. Jogging was not recommended.

Fantastic failures

Inventions that never quite took off.

THE CIGARETTE UMBRELLA

A must-have for smokers who wanted to keep their cig dry but were totally OK with the rest of their body being soaking wet.





THE GLAMOUR BONNET

This vacuum helmet promised to improve your complexion by reducing atmospheric pressure around your head. It also reduced oxygen levels. D'oh!

THE READAMATIC PACER

A squeaky mechanical plate would slide across the page at the selected pace, helping you train yourself to read faster. The plate screeched across the pages like fingernails on a chalkboard.





THE FLYING SAUCER CAMERA

With so many flying saucer reports in the 1950s, the Air Force created this special camera. One lens took a regular photo while the other separated light into colors so scientist could judge their source. No UFOs were ever photographed using this camera.



GET CRAFTY

Making is a very broad word, but the primary dictionary definition is to form, create, manufacture or produce something by combining or shaping materials. Get inspired to craft something by listening to this list of 12 tunes, chock full of productive, creative goodness. Find this and other LOCAL Life playlists by searching for locallifetunes on Spotify.

"Building a Mystery" — Sarah McLachlan
"The Maker Makes" — Rufus Wainwright
"What's He Building?" — Tom Waits
"Craftsmanship" — Buck 65
"Things to Make and Do" — Good Shoes
"Grandpa Was a Carpenter" — John Prine
"Black Dresses" — The Builders and The Butchers
"We Built This City" — Starship
"Handy Man" — James Taylor
"Created" — Portugal. The Man
"Producer's Son" — Joe Friend
"She's Crafty" — Beastie Boys



hot tech

Cool products and accessories to help enhance your local life.



LASERLIGHT

Creating a new way to ride, Beryl's Laserlight helps bikers ride without fear. This light projects feet ahead of your handlebars so drivers know you're coming, even if you're in their blind spot. *Available at beryl.cc for $170.*



PHAT GOLF SCOOTER

This electric scooter is changing the way a round of golf is played. Reducing environmental damage as well as the amount of wear and tear to a course by 50 percent, the Phat Golf scooter is a new way to *play. Order the 2019 HD Golf Electric Scooter at phatscooters.com for $3,495.*



UKEG GROWLER

Enhance your tailgating party with this mini keg. Able to hold 8-10 beers, you don't need to worry about your brews losing their chill in the September heat. *Available at growlerwerks.com for $230.*



OCULUS QUEST VR HEADSET

Experience a different universe with this virtual reality headset. Instead of lounging on the couch with a controller, get up and get moving with no wires, no PC and no limits. *Available at oculus.com for $500.*



RELIEFBAND 2.0

Love the water but hate the side effects that come with it? The Reliefband helps treat nausea due to motion sickness, chemotherapy and morning sickness associated with pregnancy. *Available at reliefband.com for $175.*



KETTLEBELL CONNECT

Save space with this kettlebell from Jaxjox. Starting at 12 pounds and going to 42 pounds, the Kettlebell Connect adjusts by 6 pound increments so you save space and money by not having to purchase multiple kettlebells. *Available at jaxjox.com for $300.*



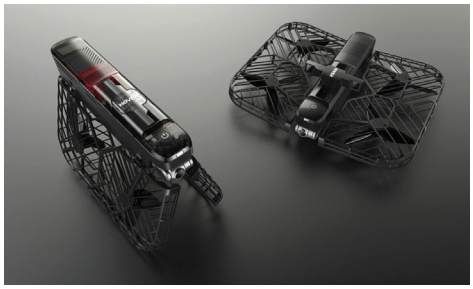
MOTIV RING

Replace that bulky fitness tracker around your wrist with the Motiv Ring. Its subtle design tracks your active heart rate, your sleep and all your activity from a casual walk to a high-intensity cardio workout. *Available at mymotiv.com for $200.*



DYSON SUPERSONIC HAIR DRYER

Blow away those summer blues with the latest tool in hair care. This 23.75 karat gold hair dryer is designed for fast drying and gives you the smoothest look. *Available at dyson.com for $450.*



HOVER CAMERA PASSPORT

Able to track you through your face or body, this drone requires no app or cellphone to fly. Its folding design allows you to capture your memories on-the-go. *Available at gethover.com for $600.*



SWIMMER DUO

Blast all the summer jams on this portable speaker. With a flexible tail and suction cup attachment, loop it around your handle bars or stick it in the shower. Either way, you're guaranteed a good sound. *Available at polkaudio.com for $30.*

EXPERIENCE THE PRIVATE SIDE OF SEA PINES

Find out
WHAT IT MEANS TO BELONG

SEA PINES COUNTRY CLUB



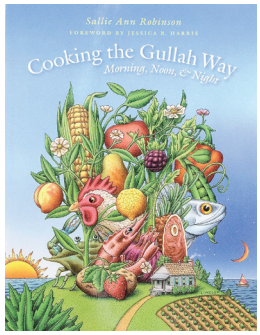
Becoming a member at Sea Pines Country Club means you have chosen the best of the Lowcountry lifestyle. You will become part of a close family that shares a love of social events, fitness, golf, tennis, dining and living well.

843-671-2335 | seapinescountryclub.com

Books crafted in the Lowcountry

*Experience our food, art, history and culture through the words of these **local writers**.*

DESCRIPTIONS BY DENISE DOUCETTE FRIDAY



Lowcountry food & drink

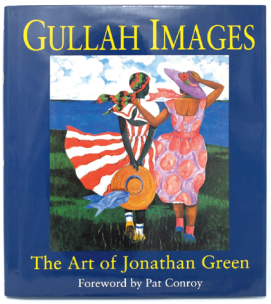
COOKING THE GULLAH WAY MORNING, NOON, & NIGHT

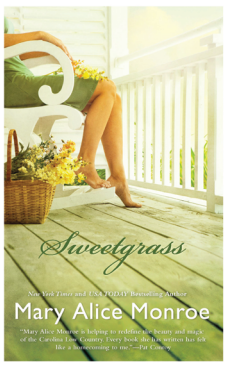
Nothing says Lowcountry like the traditions of the Gullah culture. In this cookbook by ***Sallie Ann Robinson***, almost 100 recipes cover breakfast, lunch, dinner, desserts and drinks that were staples on Daufuskie Island and passed down from generations of Gullah "beenyahs" (natives). Along with Crispy Smoked Bacon and Cheese grits, Robinson gives an insider look at the chores men, women and children did before breakfast. Several pages are given to muffins and preserves, along with the native plants on the island. Robinson gives a rare insider look at life on Daufuskie before it was developed through her recipes and memories of her childhood, the most important themes being family and community.
Local connection: Robinson is a sixth-generation Daufuskie native. She was a student when Pat Conroy taught on the island and is featured in his book, The Water is Wide.

Lowcountry art

GULLAH IMAGES: THE ART OF JONATHAN GREEN

Jonathan Green's art depicts simple moments in time: neighbors talking, men working, fishing in a creek, a mother and child hanging laundry, children feeding chickens, but also grand moments of life: a wake, prayer houses, pregnancy, marriage. He does this with vibrant colors that are larger than the subject itself. His themes are based on the Gullah community and its splendid way of life. Beyond this though, his artwork transcends economic status of his subjects, making them universally appealing in their truth. The love of family and land, tradition and culture.
Local connection: Green was born and raised in Beaufort County and graduated from Beaufort High School.





Lowcountry craft of basket weaving

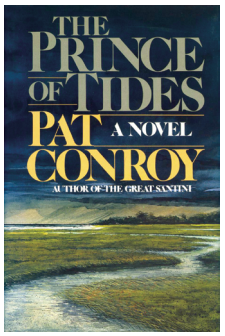
SWEETGRASS

An oldie but goodie by ***Mary Alice Monroe***. Sweetgrass is a fictional homestead on the coast of South Carolina that has been in the Blakely family for generations. As developers circle the area, various members of the family struggle with poor health, family obligations and ghosts of tragedy and regret as they come together to save the place they love. Woven within is the story of Nona Bennett, whose family worked and lived among the Blakelys for generations. Her story depicts the Lowcountry history of African-American communities and the sweetgrass basket weaving craft that has been handed down since the early days of slavery. Besides the indigenous grass that supplies her beautiful baskets, the land also holds a slave cemetery of her ancestors, which makes the fight to save Sweetgrass her battle as well.
Local connection: Monroe lives with her family outside of Charleston. Her books highlight environmental concerns and conservation throughout the Lowcountry.

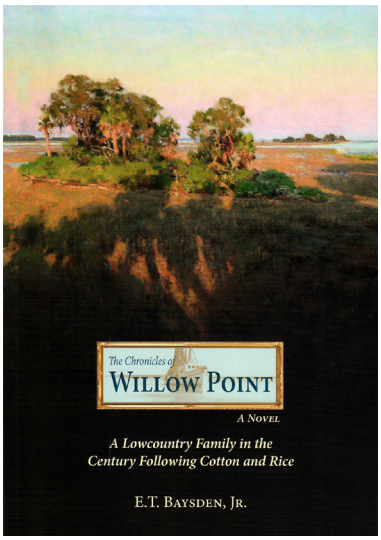
Lowcountry craft of writing

THE PRINCE OF TIDES

It would be difficult to list notable Lowcountry writers without mentioning ***Pat Conroy***. Prince of Tides introduced the rest of the country to the life of shrimpers among the ebb and flow of the tides of barrier island living. The beautiful prose and laborious descriptions of the Lowcountry is in sharp contrast to the horrific abuse and dysfunction of the Wingo family. The book goes back and forth between the childhood of the three Wingo kids, twins Tom and Savannah, and older brother Luke, and the three as adults trying to function after the trauma of their childhood. The book is both outlandish (a pet tiger) as well as semi-autobiographic (an abusive and authoritarian father).
Local connection: Conroy attended Beaufort High School and the Citadel. He lived in Beaufort. He died in 2016 at age 70.



MUST READ



THE CHRONICLES OF WILLOW POINT

Beloved Beaufort resident ***Tommy Baysden's*** latest effort is a written account of a local family and their life in the century following cotton and rice. Find it at baysdenbooks.com



"I wanted to leave a record of what life was like in this amazing place, from the end of the Civil War to the turn of the 21st Century," Baysden writes. "I could think of no better way to tell the story than through the lives of the people who lived it."

While a work of fiction, all but one of the interesting (and sometimes outrageous) incidents in the 263-page book actually happened. It is a fascinating read for those interested in Beaufort County history and the unique lives that locals lived in that period. It comes at a time when things are changing rapidly in this land of beauty and rich blessings.

"If you perceive a message of conservation in these pages, you can be sure I put it there for you to find," Baysden said.

Baysden has been in Beaufort County for almost 50 years. He served as chief marketing officer at Sea Pines Resort, Callawassie Island, Spring Island, Oldfield Club and Palmetto Bluff. He is also the author of The Rock Jaw Ladies Club: A Memoir of the Other Vietnam. He is a fly fisherman, an Episcopalian and an avid Tar Heels fan.







Living Our Best Life

At Belfair, we believe there's no better time than now to create your fullest, most balanced life – and there's no shortage of opportunities to lead you there. With our New Sports & Lifestyle Campus, there's an abundance of activities the whole family can enjoy. From the social halls and bistro to connect with your neighbors, fitness classes and court sports to keep you active, friends that make it fun to reach your personal fitness goals and various wellness solutions for your mind and body, Belfair is the place to find your peak levels of health, connections, and happiness.



Belfair will reinvest $20 Million dollars into the community over the next 10 years.

Bluffton, SC • 843.757.0700 • Discover@Belfair1811.com • www.LifeAtBelfair.com

Get a taste of the Lowcountry lifestyle.

Upcoming Events

Artist in Residence
High Wire Distilling Co.
(September 23–28)
Miron Crosby (October 7–12)
White Oak Pastures (November 4–9)
Hibiscus Linens (December 2–7)

Music to Your Mouth
(November 18–24)

Chapel Concert
(September 19 and December 5)

Buffalo Run (December 15)

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

PALMETTO BLUFF



©MIKE RITTERBECK

Adopt this Pet: SWEETS

THIS SWEET YOUNG THING IS EAGER TO MEET HER NEW OWNER

We know how this gal got her name because Sweets is as sweet as they come! She arrived at the Hilton Head Humane Association with some skin issues, which the staff gladly took care of. She was relinquished by her owner, who was unable to take care of her. Sweets is just 2 years old but has kept her puppy liveliness. Hurry up and go meet this sweet girl. She is so ready to meet her new owner.

MORE ABOUT SWEETS

LOVABILITY METER

Color: Black and white
Age: 2 (around 24 in human years)
Likes: Funny observations. "Google Earth gives you the opportunity to go and see anywhere in the world. So what do you do? You go and look at your house." ***— Sweets***
Dislikes: When you try to turn down the volume of a video on your phone but it turns down the ringtone volume instead. "Why can't that be an option in the quick toggles instead? Nobody adjusts their ringtone volume more than once." ***— Sweets***
Adopt her: Hilton Head Humane Association, hhhumane.org, 843-681-8686

Adoption updates

*We contacted **Laura Tipton of the Hilton Head Humane Association** adoption team for an update on animals we've recently featured in LOCAL Life. Since our first issue in October 2017, all but two pets have found their forever homes. Here is Larua's most recent update.*



DEL WEBB (AUGUST)
Update: Still available



CONGAREE (JULY)
Update: "Congaree was adopted nearly on the same day as the magazine came out. It was a mother and daughter who drove down form Charleston to meet him. They fell in love."



DUFFIE (JUNE)
Update: Still available



MITCH (MAY)
Update: "Mitch was adopted near publication time as well. He went to a great home and is very well loved."



CRAWL (APRIL)
Update: "Crawl has a very interesting story. He ended up being adopted by a volunteer who had attended training class with him a number of times. She had to stop volunteering for a bit to attend school and vowed to herself that she would come back and adopt him if he were still available."



Stay for a little or stay for a lifetime, **it never leaves you**.
View our full listing of events including the **Artist in Residence** lineup
and the **Summer Concert Series** at palmettobluff.com.

PALMETTO BLUFF

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

CHARITY SPOTLIGHT



Hilton Head Plantation Crafters

MISSION

To provide financial support to Hospice Care of the Lowcountry through the sale of handcrafted items.







©ALL PHOTOS ARNO DIMMLING

MAKING GOOD Check out all of the wonderful crafts made by the Hilton Head Plantation Crafters at the Craft and Bake Sale on Oct. 19 at Christ Lutheran Church on William Hilton Parkway.

HISTORY. Hilton Head Plantation Crafters began in 1980 when a group of creative women living in Hilton Head Plantation pooled their talents and supplies to raise money for local charities. Organized in part by a doctor's wife, the group initially supported Hilton Head Hospital, Volunteers in Medicine and the Hilton Head Auxiliary. In 1995, Hilton Head Plantation Crafters partnered with Hospice Care of the Lowcountry and began holding annual craft and bake sales with all proceeds supporting the nonprofit organization. To date, these sales have generated over $230,000 in donations to Hospice Care of the Lowcountry. The group is still going strong with 25 members who enjoy all types of crafting and needlework endeavors. Their unique handcrafted items, as well as a variety of home-baked goods, are offered for sale twice each year. The spring sale is open to all residents of Hilton Head Plantation, and the fall sale is open to the general public.

WHO IT HELPS. The patients of Hospice Care of the Lowcountry and their families.

HOW TO HELP. Hilton Head Plantation residents who enjoy crafting are always welcome to join and share their talents. Group members contribute their own supplies and rely heavily on donations of materials such as fabric, yarn, shells, beads and more to support their activities. Any materials donated should be new and of high quality. The group does not solicit cash donations and has very few expenses, but would welcome assistance to pay the fees for its storage unit. Attendance at the Craft and Bake Sale is the best way to show support. The next sale is 9 a.m. to 2 p.m. Saturday, Oct. 19, at Christ Lutheran Church on William Hilton Parkway. *LL*

FOR MORE INFORMATION ON THE HILTON HEAD PLANTATION CRAFTERS
Contact Deanna Collins at ddcollin@hotmail.com or Margot Gilbert at gilbertwtg@yahoo.com

excellence
ON HILTON HEAD



DAVID S. REID IV, MD
25-YEAR BOARD CERTIFIED
PLASTIC SURGEON
Exceptional education, expertise and commitment

MEDICAL DEGREE
Bowman Gray School of Medicine, Wake Forest University

RESIDENCIES
Bethesda Naval Hospital & Walter Reed Army Medical Center

SERVICE
Captain, US Navy; Operations Desert Storm & Iraqi Freedom

Excellence in cosmetic & reconstructive surgery

Specializing in face, body, hand & skin cancer surgery

▶ VIEW ALL SPECIALS & EVENTS AT MYHHPS.COM

35 BILL FRIES DR. | BLDG. E
1-843-252-0608 | MYHHPS.COM

HILTON HEAD PLASTIC SURGERY AND MEDSPA LLC

Mensa® Moment / Official Mensa Mini-Quiz

Answers are available on LocalLifeSC.com/Mensa

41. A couplet from a well-known nursery rhyme has been put into very fancy language below. Can you put it back into common English?

The rotund gentleman with a rhyming name positioned himself on a perpendicular structure used as a barrier or support from which he was precipitated with severe force.

42. The same five letters can be rearranged to fill in the blanks below.

Every investment manager ___ ___ ___ ___ ___ that the company's program will help this particular ___ ___ ___ ___ ___.

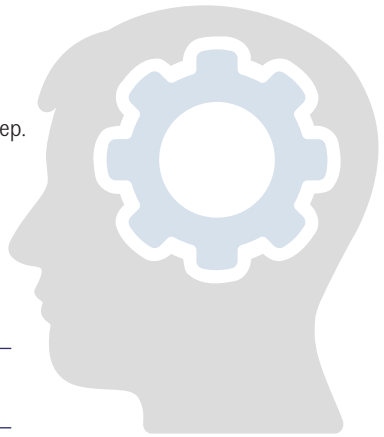
43. Make your way from LEND to GIVE in five steps, changing one letter at a time make a common English word at each step.

LEND → ___ ___ ___ ___ → ___ ___ ___ ___ → ___ ___ ___ ___ → ___ ___ ___ ___ → GIVE

44. Find the word that fills in the blanks below (a different word for each line, to make two new words on each line.)

re ___ stream car ___ ace

45. Fill in the missing number. March 16 = **38** May 11 = **32** August 5 = **26** September 3 = **24** December 12 = **?**



[LAST MONTH'S ANSWERS] ***36.*** *72 miles. 36 miles each way – 12 hours one way and 9 hours the other.* ***37.*** *House numbers* ***38.*** *Money can't buy happiness.* ***39.*** *Ma handed Edna ham.* ***40.*** *Al, Ted, Sue, Helen, Ed (Kudos if you found any others!)*

ARE YOU READY FOR MENSA?

American Mensa is where brilliance belongs – it's where friendships are forged for life, business connections and opportunities are made, and where brilliant minds find the chance to engage with others in an intellectually stimulating environment. **Just for LocalLife readers:** Take the Mensa Practice Test for just $5! Visit americanmensa.org/mht and use offer code: Local19. Quiz © 2018 Dr. Abbie F. Salny

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

Best Technology. Best Price.



You won't find better technology — or a better price — in the Lowcountry for cataract surgery than what we offer at Bishop Eye Center. We have the leading expertise to match our advanced technology methods to your individual eye care needs — all framed in an experience you'll be comfortable with.

Before you proceed with cataract surgery, please call Danielle, our cataract care advisor, at 843-689-0300 to review your cataract options and pricing.

BISHOP EYE CENTER

The Leading Center for Cataract Surgery

Hilton Head • Okatie • 843-689-0300 • BishopEye.com/Cataract



BLUFFTON LOCATIONS
- *Oyster Factory Dock*
- *Palmetto Bluff Dock*
- *Oscar Frazier Park Pavilion*
- *DuBois Park*

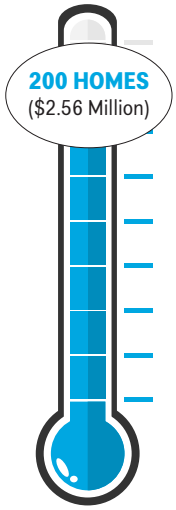
The Caring Corner

Know a local going the extra mile to make our communities better? *We want to celebrate them in LOCAL Life! Send details to info@wearelocallife.com*

The Town of Bluffton has installed four **sunscreen dispensers** at its public parks and docks, thanks to the initiative and fundraising efforts of Bluffton resident **Jessica Deckert Long**. The dispensers contain eco-friendly, SPF 30 natural sunscreen and are located at Oyster Factory Dock, Palmetto Bluff Dock, Oscar Frazier Park Pavilion and DuBois Park. The initiative started when Long saw an article on Facebook about the City of Charleston installing sunscreen dispensers and approached Town officials about doing the same in Bluffton. After contacting Town Manager Marc Orlando, Long coordinated a successful fundraising campaign to procure the dispensers and supplies and the Town installed them. Long coordinated a Go Fund Me Campaign on Facebook, where she surpassed her $1,500 goal in 24 hours. LL



GOAL 267 HOMES
($3 Million)

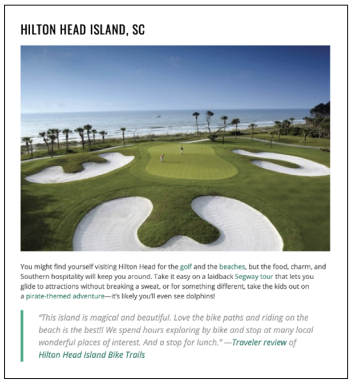


THE SAFE WATER FOR EVERYONE CHALLENGE

LOCAL Life employees chipped in $6,700 to help connect one family to public sewer. If just 66 more companies or individuals accept this challenge, the goal of 267 homes will be met. **Your company will be featured in an upcoming issue of LOCAL Life if you pledge $6,700** for one family to be connected before Oct. 1. Together, we can fix this problem for good!

LOWCOUNTRY IN NATIONAL NEWS




HILTON HEAD ISLAND, SC

You might find yourself visiting Hilton Head for the golf and the beaches, but the food, charm, and Southern hospitality will keep you around. Take it easy on a laidback Segway tour that lets you glide to attractions without breaking a sweat, or for something different, take the kids out on a pirate-themed adventure—it's likely you'll even see dolphins!

"This island is magical and beautiful. Love the bike paths and riding on the beach is the best! We spend hours exploring by bike and stop at many local wonderful places of interest. And a stop for lunch." —Traveler review of Hilton Head Island Bike Trails

WHO'S TALKING: *Trip Advisor*
DETAILS: Named Hilton Head Island among its "14 Scenic Island Vacations in the U.S. Oozing with Charm."
THEIR WORDS: "You might find yourself visiting Hilton Head for the golf and the beaches, but the food, charm, and Southern hospitality will keep you around. Take it easy on a laidback Segway tour that lets you glide to attractions without breaking a sweat, or for something different, take the kids out on a pirate-themed adventure — it's likely you'll even see dolphins!"

Forbes

WHO'S TALKING: *Forbes*
DETAILS: Listed Hilton Head Island among its "Top 10 Home Rental Locations for the July 4th Holiday."
THEIR WORDS: "With 12 miles of beaches, an astounding 24 golf courses, and three separate fireworks shows, the island sees roughly 2.6 million visitors annually – many of whom fly directly onto the island's airport. While the island has over 6,000 villas and 3,000 hotel rooms, it doesn't appear market saturation is occurring anytime soon."



WHO'S TALKING: *Wall Street Journal*
DETAILS: Featured a Daufuskie Island home in its article, "A South Carolina Island Home with an English Aesthetic."
THEIR WORDS: "During a trip to South Carolina in 2004, Ursula and John Giles Rigg visited Daufuskie Island, located between Hilton Head and Savannah. They were immediately charmed by the quiet island with no bridge access and few paved roads. After that first visit, they decided to live there full-time upon retirement."


CALLAWASSIE™
ISLAND
At Callawassie Island, close harmony with nature coincides with the interests and passions of our members. Whether golfers, tennis players, or boaters, we understand and respect our environment and the way of life here.
Crossing the causeway to Callawassie Island changes one's mindset in a positive way. However, it is also what links us to the surrounding towns of Beaufort County and beyond. It is a scenic symbol of even deeper connections; for today, for tomorrow and for the legacy Callawassie Island leaves through generations. Call today to discover the WARMTH, BALANCE, AND CONNECTION found here.
176 Callawassie Drive • Okatie, SC 29909 • 843.987.2125 • TourCallawassieIsland.com

LETTER TO THE EDITOR
LOCAL Life asked Hilton Head Island resident **John Chiacchiero** to share his thoughts on what it means to be local. Chiacchiero is managing director of Oak Advisors, a fee-only wealth management company based on Hilton Head Island. 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*

The Lowcountry never leaves you

Like many in the early to mid-1980s, I was attracted to the dream and ideal that was Hilton Head Island. Being from small town, rural Ohio, I was never one for big cities but still had big dreams. I was attracted to our wonderful climate, beautiful beaches, the eclectic collection of people from everywhere and the still untapped opportunity that was our island.

We all knew that we wanted a piece of the action in the heyday years when the island was somewhat raw, still developing and opportunity was on every corner (or shall we say roundabout). We did whatever it took to afford the dream and lifestyle. That meant holding down several jobs and having roommates. And from those times, we all cherish the incredible memories and relationships that we formed with so many, now long-term, islanders.

Many of those long-term islanders had what I'd call "first acts," e.g., the job(s) you held before launching into the career that you've now been long associated with. I was no exception. My very first job on the island was in May 1984 as a bellman at the Mariner's Inn (now Omni). In fact, the publisher of this very magazine, Lori Goodridge-Cribb, was the "plant lady" at Mariner's Inn, caring for the beautiful plants and flowers in the public areas of the hotel. At nights, I moonlighted with Dunes Catering, which was owned by long-time islander Bruce Tuttle (later a roommate of mine) who is now a successful Realtor.

While our jobs paid the way to our lifestyle, our close-knit community became even stronger in the off season when many island restaurants and businesses closed. This concentrated the locals into the few places that stayed open all winter. The places where we earned our local status in those days included Sahari's, The Golden Rose, Jim's Paradise, The Old Post Office Emporium, The Crow's Nest and Remy's, to name just a few. It was during these long "winter" nights that the "local" feeling was carved into our souls.





LOCAL SINCE 1984
John Chiacchiero is shown with his wife, Patti, and as a bellman at Mariner's Inn in summer 1984 (right). He is standing next to Dr. John DeCato (before he went to medical school).

In 1989, I met my wife Patti through friends – her roommate worked with me and my roommate worked with her. She, too, had her own first act and worked at the Spa in the old Hyatt Regency Hilton Head (now the Marriott Beach and Golf Resort). We were married at St. Luke's Church on Pope Avenue in 1991. Like many others too numerous to count, we moved away for a short time when I was a college professor in Switzerland. Upon returning to the US, the call of the island was still strong and in our hearts. We returned in 1997 and began our second acts – mine in investments and hers as a US Department of State Visa sponsor — proving that you can leave the island but the Island never leaves you.

So this May made 35 years on the "rock" for me. I have met at least two lifetimes worth of incredible people in that time and created many long-lasting friendships. The beaches are still a gem, the golf courses immaculate, and we still have the greatest collection of people that any town could ever endeavor to have. LL



Have the smile you've always wanted!

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

AACD American Academy of Cosmetic Dentistry® ACCREDITED

Bonnie J. Rothwell, *DMD, AAACD*



Bonnie J. Rothwell, DMD, AAACD

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

Call for your complimentary cosmetic consultation.


SEASIDE GROWN
Salsa
BLOODY MARY
SEASIDE GROWN
BLOODY MARY MIX




HHD


TWO TRADITIONS
DISTILLER'S COLLECTION





The Faces of Craft

MEET THREE LOCALS WHO ARE ELEVATING THEIR INDUSTRIES AND RAISING THE LOWCOUNTRY'S PROFILE.

STORY BY BARRY KAUFMAN
PHOTOGRAPHY BY LISA STAFF

In any endeavor, there are those who produce and those who craft. The factory worker pulls levers and assembles pieces but holds no more pride of ownership in one widget than they do the last. It's a job at its best, and a chore at its worse.

But to craft is to revel in every detail of the act of creation. It is to select each ingredient in a dish, every stitch in a garment, every bolt in a machine with the utmost care and to assemble them with love and pride. There's a reason arts and crafts get lumped together so often – the line between them is indistinct, if it exists at all.

These three locals embody the joy of craftsmanship. Whether it's a Bloody Mary mix built on a family legacy, a refreshing spirit whose flavor profile has been meticulously formed, or a fashion movement that is lighting up runways, they are transforming their passions into products that are setting trends and defining the Lowcountry.

Meet the makers...



Create
ABUNDANTLY

Browse and find:
YourHiltonHeadAgent.com
843.816.6388



Susan OCHSNER
Your Hilton Head Agent

SeaPines Real Estate
BEACH CLUB

Ross Taylor

THIS LOCAL FARMER LOVES MIXING BUSINESS WITH PLEASURE.

Across South Carolina and Georgia odds are good that if you've had a Bloody Mary, you've enjoyed the fruits of the Sanders family tradition, one that stretches back 115 years.

"Gus (Gustav) Sanders was a tax collector for the county, and that's how we got the land," said Ross Taylor, and the latest scion of the Sanders clan to run the 1,000-acre family farm. "When stuff came up for sale, he was the first one who knew about it."

Taylor concedes that you probably couldn't get away with something like that now, but the ends have ultimately justified the means, since Gus saw something in the land few others did: tomatoes.

Frogmore Manor was located in the sweet spot of the Sea Islands, just warm enough for the soil to yield impossibly ripe and juicy tomatoes – and plenty of them. Gus was soon shipping his wares up the coast by rail, then by truck, making him one of the first commercial truck farmers on the East Coast. "That was a big feather in his cap," said Taylor.

It was Taylor's great-grandfather Ed "D-Daddy" Sanders who ramped up production, turning Frogmore into a commercial tomato farm that shipped out 700-800 truckloads annually. But it was Taylor who saw promise in the tomatoes that were left behind when the trucks shipped out.

"There were these perfectly red, ripe tomatoes out in the field. Growing up, I'd ask, 'Why not do something with these?'" he said. "I was told we can't do anything with them. When you're shipping 25 million pounds, you pick them green so they ripen up. If you ship them out brilliantly red, they'd spoil in two days."

In college, his burgeoning love for Bloody Marys collided with his childhood curiosity over unused tomatoes, and he stumbled on the idea for a mix. In his case, stumbling onto it meant recruiting friend and chef Will Collins and refining their recipe over and over again until it



something the discerning pair would use in their own cocktails.

"That's when we knew we might have something here," said Taylor. On Oct. 28, 2017, the pair filled around 400 cases with the first bottlings of Seaside Grown Bloody Mary Mix. They were sold out by the end of the year, save for 50 cases they used to plant seeds of product awareness at various restaurants, bars and trade shows.

These seeds bore fruit in the form of more than 100 different retailers in South Carolina and Georgia who now carry their mix. And that's just the beginning – when we spoke, Seaside Grown was preparing to expand into North Carolina and Tennessee with more contracts coming from California and Texas to Florida.

"Not bad for something that started out at an antique shop on St. Helena Island," said Taylor.

Macdonald Marketplace still serves as their home store, but the Seaside Grown team is steady creating new recipes and testing their *always field to glass* products at their very own packaging and production facility next door, Frogmore Bottling Company.

For the latest member of the Sanders family, one who had already launched a massive company in the form of Taylor Off-Shore fishing equipment before turning his attention to the family farm, it's been an adventure.

"This is the kind of stuff that makes me tick," he said. "I'm addicted to entrepreneurship." *LL*



LIFETIME LOCAL Ross Taylor works his 1,000-acre family farm on St. Helena Island, growing tomatoes used in his Seaside Grown Bloody Mary Mix. He also creates world-class fishing equipment.



■ FINE FURNITURE
■ DESIGN SERVICES
■ ACCESSORIES
■ DELIVERY

Plantation Interiors
SINCE 1972
10 TARGET ROAD, HILTON HEAD ISLAND ■ 843-785-5261
WWW.PLANTATIONINTERIORS.COM

Peter Thompson

THIS LOCAL DISTILLER IS ALWAYS IN GOOD SPIRITS.

Whether he's cooking up one of his famous dishes made from wild game he hunted himself or meticulously taste-testing the latest batch of spirits for Hilton Head Distillery, there's one inescapable fact about Peter Thompson that defines the experience.

"I don't like cutting corners," he said. "I'm programmed one way, and that's to do it the right way."

That's evident in every sip of the distillery's full line, crafted under his care as executive distiller. The effervescent purity of Aermoor Vodka, the creaminess of Two Traditions Dark 23 Rum, it all comes from his distinct palate, honed by years of experience. Even the robust coffee flavor of Mountain Peak Espresso Rum bears his mark, despite the fact that Thompson hates coffee.

While he's not naturally a coffee drinker, he soldiered through — studying the best local coffee he could find.

"I went and spent $20 at a local coffee shop. That was tough," he said with a laugh. "I often have a hard time with coffee because I pick up notes of burnt toast. But once I had higher quality coffee and a good understanding of my palate I could start adjusting and tweaking the coffee notes."

Those adjustments and tweaks are every bit of his process as much as tasting and sampling. Even when running a new batch of vodka, a process which can take upwards of 24 hours, Thompson doesn't stop refining for the entire duration.

"I've gotten it down to where I can up the still and know I have half hour here, an hour there, but for the most part I'm going up to it constantly," he said. "I have



to know we have the best liquor possible coming out, so I'm constantly checking it, messing with it, checking valves, water inputs, steam outputs..."

It's a pursuit of purity reflected in his choice for favorite offering at the distillery – the white rum. "I'm a straight purist. I don't care for flavorings or colors, I'm all about the spirit by itself. I've never been into cocktails," he said. "The people who made that spirit created it that way and they want you to drink it that way."

The white rum may be his favorite for now, but new lines coming out of the distillery might just change that. "I've missed making whiskey," he said. "It's probably the hardest spirit to make." Fortunately, Hilton Head Distillery has a whiskey in the works, with plans to begin aging in the next year. It's a throwback to Thompson's time spent at Dark Corner Distillery, crafting whiskey with renowned distiller Paul Fulmer. This background in whiskey was then informed by three months of training in rum distillation in the Cayman Islands ("By the end of it I was trying to get them to stay a little bit longer," he laughed).

"Everybody has their own style with how they distill, especially with small batch. I kept my own whiskey-style palate, so I tend to pull out more than a traditional rum guy would to make a more robust spirit."

His well-trained palate has helped create a truly unique line of craft spirits, but it's his drive to never cut corners that has helped elevate Hilton Head Distillery to prominence. *LL*



LOCAL SINCE 2016 Peter Thompson is the executive distiller at Hilton Head Distillery. He's also a health nut. He hasn't eaten fast food in more than a decade and his last soda was at age 10. He has an incredibly high tolerance for alcohol. ***Never go out drinking with him.***



Terry Tadlock, *President*

Strength in Ownership

Member of Correll Insurance Group

22 Locations across South and North Carolina

Locally Owned and Controlled

We don't send our money to a home office, it stays right here in the Lowcountry. Committed to serving the Community

Education is Key

Keeping current with an ever changing industry.

Coastal Plains Insurance is now Correll Insurance Group of Hilton Head

This year, we have been introducing the name of our parent company…Correll Insurance Group.

The most common question I get is why are you changing your name? That is a fair question. Let me begin by telling you what is NOT the reason for the name change.

Our ownership has not changed. We have not been purchased and we have not merged with another company. Correll Insurance Group acquired Coastal Plains Insurance nearly 10 years ago and nothing has changed since that time. We have and always will be committed to our local community, providing excellent service and products for our clients. Now for why we ARE changing our name!

We believe by aligning with our parent company it allows us to tell our story better to our carriers, brokers and our community. Correll Insurance Group was formed in 1931 and now has 22 locations across North and South Carolina. We are one of the largest independent insurance agencies in the southeast and represent over 150 insurance companies. This size and strength provide us resources to better serve the insurance needs of the Low Country.

Let us put this experience and market strength to work for you!

CORRELL INSURANCE GROUP OF HILTON HEAD

formerly Coastal Plains Insurance

Trusted Choice®

Now with two convenient locations to serve you:

15 Bow Circle, Suite 101
Hilton Head Island SC 29928

8 Arley Way, Suite 101
Bluffton SC 29910

1.888.668.8082 www.coastalplains.com

"Insuring the Carolinas since 1931"

Kay Stanley

THIS LOCAL ARTIST SPREADS LOWCOUNTRY STYLE AROUND THE WORLD.

By now it's become a symbol of the Lowcountry as ubiquitous as Spanish moss and sunshine – the signature handbag of Spartina 449. From their flagship store in Bluffton to retail shelves the world over, the brand has served as an ambassador of our region, reflecting our sophistication and color.

It's one of the Lowcountry's greatest success stories, and it almost didn't happen.

"The plan was, in January 2009 we were going to make our debut selling to the wholesale marketplace," said founder Kay Stanley. "What I had not planned on was the big financial collapse. I already had goods on boats heading to South Carolina, and the trade shows we attended were pretty slow. It was a very scary time and here we were launching a new company. We almost closed the doors before we even launched it."

Thankfully, Stanley and her husband, Curt Seymour, stuck it out and enjoyed a first year beyond anything they were expecting. That upward trajectory has grown ever steeper each year since, with the signature handbags, apparel and accessories emerging as the "it" look for a young, vibrant demographic.

For Stanley, the essence of Spartina 449 stems from two things. First is the inspiration she draws from Daufuskie Island. She and her husband moved to the island from Kansas after selling off a successful scrapbooking business, based on nothing more than Internet research and photos she'd spied in Southern Living.

"We had no idea – we'd never been to this part of the country at all. There's so much history to it and so many stories to tell," she said. "That's one thing that I wanted to incorporate – not selling a handbag but telling a story of the island I love."





LOCAL SINCE 2008 Kay Stanley creates high-quality, linen and leather handbags and accessories for her celebrated local brand, Spartina 449. She's also a pretty good slalom water skier.

The second is her natural artistic talent, bred from and encouraged by her mother. Or at least, encouraged to a point.

"Ever since I could remember I was an artist. I followed my mother around and I'd mimic her – if she'd draw, I'd draw. If she'd paint, I'd paint," she said. "In college, she requested adamantly that I was not to study any kind of art degree. She did not want me to be a starving artist."

Stanley honored her mother's request, pursuing a journalism degree but falling into art nonetheless with a design job at an ad agency right out of college. When she met Seymour, he was working in electronic sales but running a side business selling brass replicas of KU's "Big Jay" mascot out of his closet.

"But he was not an artist, so when he met me, he thought, 'Maybe I'd better date her,'" said Stanley with a laugh "So I started doing work for him on a freelance basis doing collegiate products that we'd sell in gift stores."

The couple's creative energies would lead to the formation of K&Company, a scrapbooking company formed when the trend was just building steam in the late '90s.

"It grew to be fairly big company, bigger than Spartina," she said. "We sold to all the big mass merchandisers – Walmart, Target, QVC, Michael's. It was a very fun industry."

They sold a decade later, and found their way to Daufuskie with the intention to retire. All you have to do is look on the arm of any well-dressed woman to know how that went.

"I didn't give retirement much of a chance, I don't think," said Stanley.

For those who have made Spartina 449 their signature style, and the 170+ employees who are part of the organization's growing empire, it's a good thing she didn't. *LL*

VINEYARD

Personalized Living. Assisted Living. Memory Care.

OPENING FALL 2019



"We chose the name Vineyard to represent not the wine, but the vine from which it grows; the older the vine, the better the wine. We offer deep-rooted values within a fresh context of living better and longer, together."

— **Kaylynn Evans**



Kaylynn Evans, *MSM-HC, LTCA, CADDCT*
Executive Director

Ginger Shiflett
Sales Director

Come visit us at our information center to see how you can live ***Life, your way.***

108 Buckwalter Parkway Suite 2G Bluffton, SC

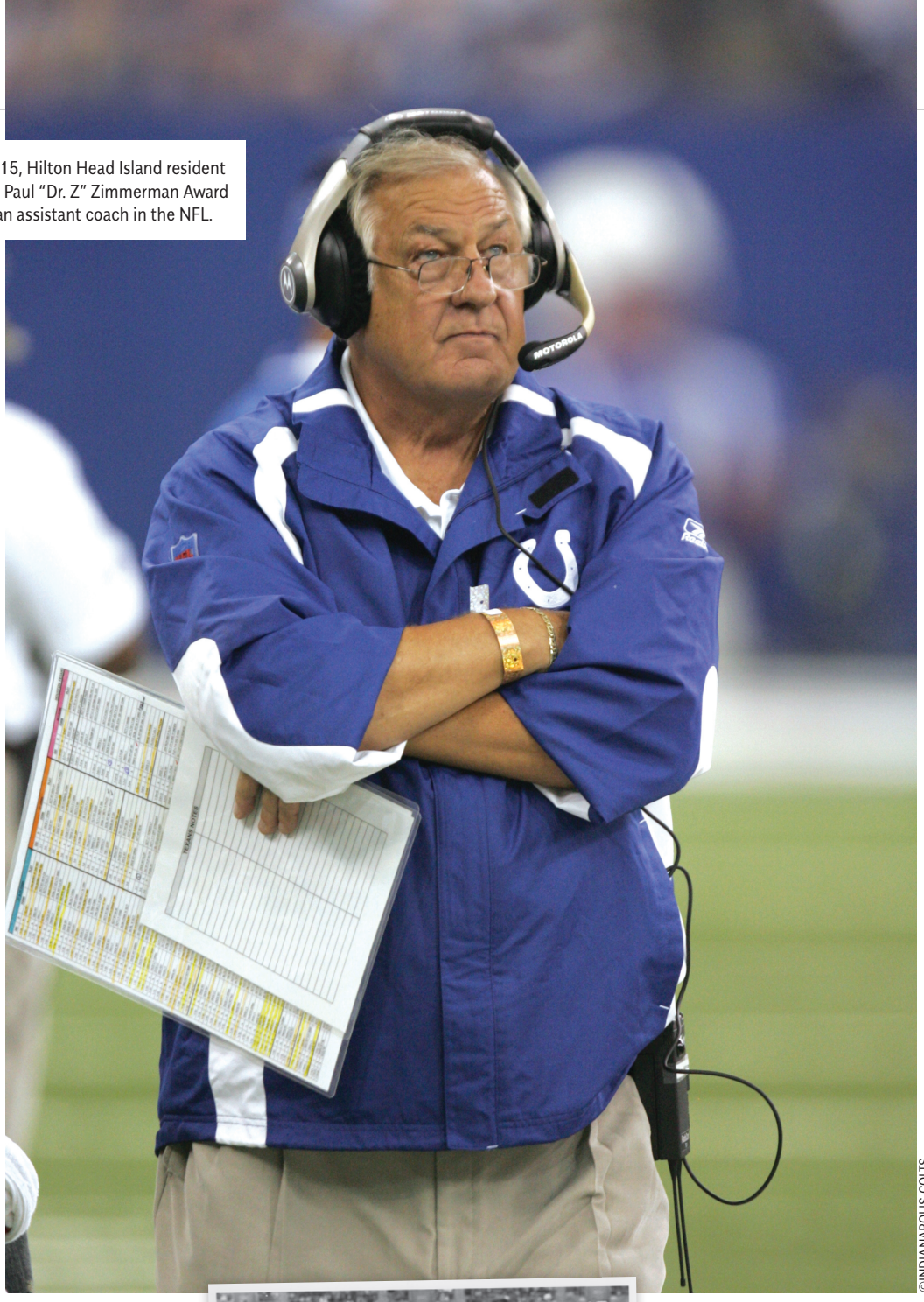
VINEYARD BLUFFTON

843.547.9989

VINEYARD

Life, your way.

VINEYARDBLUFFTON.COM



ONE OF THE GREATS In 2015, Hilton Head Island resident Tom Moore was awarded the Paul "Dr. Z" Zimmerman Award for lifetime achievement as an assistant coach in the NFL.

Q+A WITH Tom Moore

WHEN IT COMES TO FOOTBALL, THE MORE THE MERRIER.

STORY BY HILARY KRAUS

Tom Moore's summer and fall schedules are jam-packed with football commitments. And he wouldn't have it any other way. Moore, who lives on Hilton Head Island with his wife, Emily, has been a football coach on the college and professional levels since 1961. His list of NFL jobs include offensive positions and/or offensive coordinator for the Steelers, Vikings, Lions, Saints, Colts, and most recently assistant head coach/offense for the Arizona Cardinals (2013 to 2017).

He's coached Hall of Famers Terry Bradshaw, Lynn Swann, Franco Harris, John Stallworth, Cris Carter, Barry Sanders, Marshall Faulk and future Hall of Famer Peyton Manning, just to name a few. Moore also has three Super Bowl rings (two with Pittsburgh and one with Indianapolis). At age 80 with 56 years in the business, football is still his No. 1 interest.

LOCAL Life caught up with Moore days before he left for the Tampa Bay Buccaneers organized team activities (OTAs) where he's been assigned an advisory role to Head Coach Bruce Arians. His plans include spending the college football season at the University of Southern California where he will be "a set of eyes to watch the tapes, make suggestions and try to stay out of the way." It'll be a return trip after spending part of the spring at the team's practices. Moore coached USC Athletic Director Swann in the 1970s.



©INDIANAPOLIS COLTS

LEAGUE LEGEND Tom Moore made the transition to the NFL in 1977 when he joined Chuck Noll's coaching staff at the Pittsburgh Steelers. In these photos provided by the Steelers and Colts, he is shown at Super Bowl XLI, with Noll, with quarterback Bubby Brister and with receiver Reggie Wayne.



©PITTSBURGH STEELERS

MAN OF STEEL In May 2014, Moore was inducted into the Pennsylvania Sports Hall of Fame in recognition of his 13 seasons as an assistant coach with the Pittsburgh Steelers.

HERE'S WHAT THE COACH HAD TO SAY:

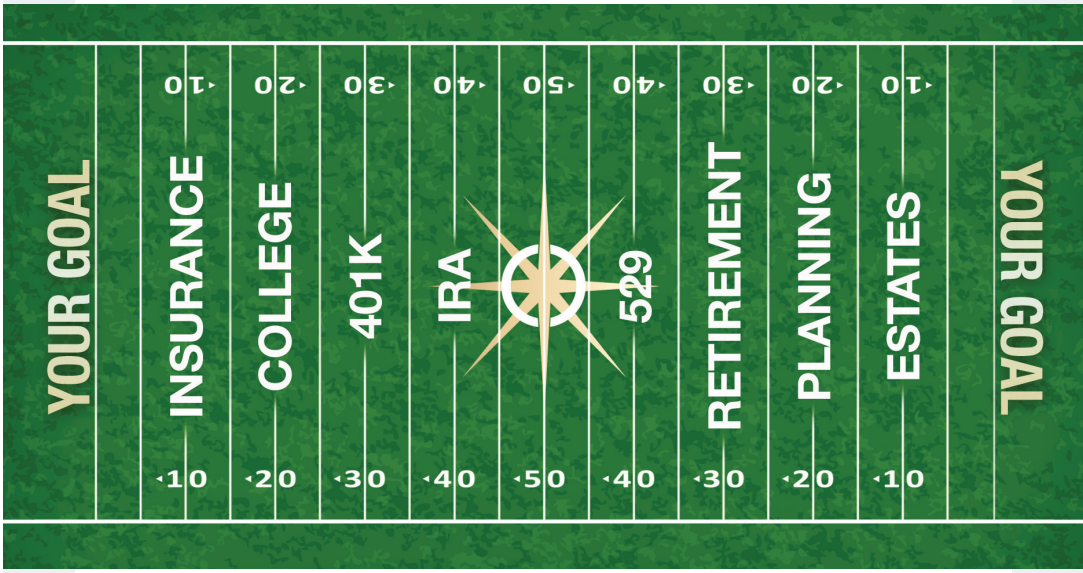
[LOCAL Life] You began coaching football after playing and graduating from Iowa. What attracted you to the job that eventually became a lifelong profession? **[Tom Moore]** I always played some kind of sports. I started competitively in fifth grade with football, basketball, baseball, track. The people who had more influence on me as a kid were my coaches and I thought it would be a good way to go. So I lived the dream is the way I think of it. I've always done exactly what I wanted to do and that was coach and be around people I wanted to be around. The players, the coaches, and so it's my lifestyle.

[LL] You've lived all over the country. Why did you and your wife, Willie, settle on Hilton Head Island? **[TM]** We knew about Hilton Head, I was down here one time in 1970 when I coached at Georgia Tech. My wife is from North Carolina; she knew about the place. And (former Steelers head coach) Chuck Knoll, who I coached for, had a place here. We bought a place in 1983 in Palmetto Dunes and I'm glad I did. I couldn't afford it then but I sure couldn't afford it now.

[LL] What are your Sundays during the season like, now that you've retired? **[TM]** I didn't retire, I just can't get a job. Last season was the first time I was completely off the entire season so I'd play golf, putter around and then watched "The Red Zone."

Do you have a Financial Game Plan?

Get off the sidelines and start investing!



No matter what your goal or end game is, we can help.
It's easier to win with a seasoned coach who has a winning playbook.

On the web at: info.polariscapitaladvisors.com/game-plan/

Call today! or visit EmilyJohnsonMeeting.com to set up your free consultation.

POLARIS CAPITAL ADVISORS, LLC

23B Shelter Cove Lane, Suite 401
Hilton Head, South Carolina 29928
ph **843.686.2425** *fx* **843.686.2476**
polariscapitaladvisors.com

ONLINE: POLARISCAPITALADVISORS.COM



Emily A. Johnson, CFP, ChFC, CLU, CDFA
Founder/Managing Director
Casey J. Bateman, CPC, MHA
Director

Polaris Capital Advisors, LLC. is a registered investment advisor. Information presented is for educational purposes only and does not intend to make an offer or solicitation for the sale or purchase of any securities. Past performance is not indicative of future results. Investments involve risk and unless otherwise stated, are not guaranteed. Be sure to first consult with a qualified financial adviser and/or tax professional before implementing any strategy discussed here.



©INDIANAPOLIS COLTS

CALLING FOR CANTON Peyton Manning feels his former offensive coordinator belongs in the Hall of Fame. Moore oversaw the development of Manning from 1998 through 2010. "If an assistant coach category ever opens up, Tom needs to be on that first ballot," Manning said.

[LL] The evolution of the NFL has gone from an emphasis on the running game to a passing game. Do you see this as lasting or a trend? [TM] It really changed when they changed the rules as far as defensive backs not being able to ride the guys all the way down the field. They give one jab within five yards. So they give more latitude to the receivers so it has opened up the passing games. I think colleges are doing a tremendous job of developing the quarterbacks and it allows for the passing game. Obviously, the receivers are in great quantity and quality. I think maybe one person said, "It's going to a passing game" and everybody said, 'Yeah, that's right; it's going to a passing game.' But you still have to be able to run the football. The truly great teams can run the football and throw it.

[LL] There has been a lot of emphasis on officiating, beginning with the coach's challenges and reviews. Is this good for football? [TM] The league is on top of that from the standpoint they have made some modifications for the upcoming season. They are constantly tweaking the replays to make it as efficient as they possibly can. You don't like to see things happen but there's also the human element of the game. Players make mistakes; officials make mistakes. I've been involved in games where you can look back and say officials may have cost you the game. I take a page from Auburn (basketball head coach) Bruce Pearl, whose answer was, "Let's get on with life. It happens."

[LL] You're in favor of replays, but is 3+ hours too long for a game? [TM] No. If people are upset about it, then don't watch it. The game is 60 minutes. It's been that way since the history of time. It's the greatest sporting event we have. If that's your biggest complaint, you don't have much to complain about.

[LL] When a team has a Thursday night game on their schedule, does that give the players enough time to recuperate after playing on Sunday? [TM] That's not for me to judge. That's for the medical people and trainers and I'm sure it has been researched thoroughly. I don't think anybody purposely puts anybody in harm's way. It's been researched and obviously they don't feel that it's a problem. But everybody has their opinion, and that's OK. That's part of football. Some say it's too much football. It's not too much football for me.

[LL] There has also been a lot of focus on concussion prevention. Is this long overdue? [TM] I can't say it's long overdue. I think they are on top of it. I know the medical people involved and the NFL are doing everything they possibly can to prevent it as much as possible. It's the same old story, eventually there comes an assumption of risk. You don't want to see anybody get injured of any kind, but it happens. If you don't want it to happen, don't play. It happened to me and I chose to play and I'm glad I did. I'd play again.

[LL] You've coached some of the greats including Peyton Manning, Lynn Swann, Franco Harris, Cris Carter. Any way we can pin you down to name the greatest player you ever coached? [TM] It's not realistic because everybody is different. They are all great and to say who is the greatest is an injustice to the other people you didn't mention because all of them in their own way are superstars. I don't ever compare people.

[LL] What's you feeling about the exorbitant salaries of some players? For example, Aaron Rodgers will earn $134 million over four years. Khalil Mack signed with the Bears for $141 million over six years. [TM] I think it's great. It's what the market bears. Everybody who has lived in this free county has the same opportunity. Some people took advantage of it; some people are blessed with physical skills. So why should people be punished because they have great physical skills? Make as much money as you can, that's what's this country is about. If you build a $500,000 house and someone offers you $1 million, what are you going to do, not take it?

[LL] During your time home, you taught a class on the NFL draft at UCSB. What did you talk about? [TM] I talked about the draft, going through the structure and how it is organized and the chain of command and how it breaks down. I talked about the work these guys go through to get a line on people and how they rank the players. I told them about the scouting combines where there are about 330 of the top kids come in and for physicals and are tested mentally, physically and psychologically.

[LL] What was your most memorable moment as a coach? [TM] I can't say one because I've had so many in 56 years of coaching. Super Bowls were great. Winning a game to get to a Super Bowl was great. When we (Colts) beat the Patriots in the AFC Championship (2006 season) in the last minute, that was great. Then we beat Chicago in the Super Bowl.

[LL] Any thoughts on never being hired as a head coach? [TM] If you're not going to be a head coach, be the best assistant coach you can be. You can't worry about it. The greatest gift you ever got in your life was being an American citizen and I think you have to be thankful every single day. *LL*

Five tips from a successful businessman

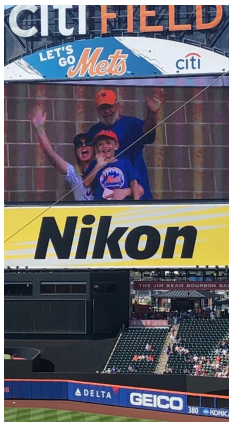
MEDIA EXECUTIVE LARRY KRAMER SHARES HIS ADVICE FOR SUCCESS

STORY BY EDDY HOYLE













LOCAL SINCE 2012 Larry Kramer is shown paddling in Wisconsin; with Jeff Zucker, Bob Costas and David Zaslav at the Mirror Awards; with his family (Myla, Lily, Jonah and Erika) at a Mets game; and with Myla at the Tony Awards and celebrating their 40th anniversary in Venice.

Larry Kramer is a superstar in the world of journalism and digital media. He retired as president and publisher of USA Today in July 2015 and now sits on the board of Gannett Corp., the parent company of USA Today. Born to a middle class family in the New York City suburbs of Hackensack and Fairlawn, N.J., he started delivering newspapers at age 11 and learned a solid work ethic.

"All I ever wanted to be was a newspaper reporter and editor. I borrowed the money and took on jobs during school to pay my way," Kramer said. He studied journalism and political science at Syracuse University, then earned an MBA from Harvard Business School. Kramer's career started at the San Francisco Examiner and later at the Washington Post. His entrepreneurial spirit led him to create one of the first internet media companies, CBS Marketwatch, where he served as chairman and CEO. He later became president of digital media for CBS. He later became president of digital media for CBS and served on the Board of Discovery Communications. He is a trustee on the boards of Syracuse University and Harvard Business School Publishing.

In 2010, Kramer wrote the book "C-Scape – Conquer the Forces Changing Business Today," and is on the speakers bureau of Harper Collins. Kramer and wife of 40 years, Myla Lerner (chair of Lean Ensemble Theater and a broadway producer), split time living in their Lincoln Center apartment in Manhattan and their home in Palmetto Dunes. Kramer said he loves the Lowcountry. "It chills me out. It gets me on a golf course and on bike paths almost every day. I love biking on the beach." They have two children, Matt and Erika, and two grandchildren.

HERE ARE KRAMER'S TIPS FOR SUCCESS...

1. See the cup as half full. "Maintain a positive outlook," Kramer said. "This is true in all aspects of business, whether you work for a company or are an entrepreneur. You must believe in what you're doing and that it will succeed. When you run into roadblocks, bounce off, don't get discouraged, just come back at the problem a different way until you find the right way." A positive outlook and belief wins people over.

2. Go the extra mile. In business relationships and in negotiations, understand what your customer or partner wants out of your relationship. Do what it takes to ensure they get what they want from you. Focus on creative solutions and on what the customer needs, not necessarily what works best for you. Don't do extra work just for the sake of doing it. You can do a million nice things, but if you don't address their needs, you'll waste a lot of effort.

3. It's hard, but cut the cord. Don't stick with people who aren't performing, Kramer explained. "This is a common mistake of entrepreneurs and bosses in general." You might love working with certain people, but if they aren't performing, even if you think they eventually could, they are hurting the organization and your position as boss. You're better off hiring the best people for the job and not spending time trying to remake people you like. Other staff who make up for underperformers become resentful of weak bosses.

4. Listen. The number one failing of managers is thinking they are the best qualified person to solve any problem. A manager can't be a master of all tasks. Your job is to get the very best people to do their jobs and to help them. Listen closely as they air their problems, advise them how to solve them, but don't solve problems for them.

5. Be everyone's best partner. "This is a tough one," Kramer stated, "and maybe doesn't always work. But if you go out of your way to please a partner or customer all the time, they will begin to depend on you and to think about finding even more ways to work with you. Do more than they ask with less hassle for them. Prove you are thinking about their problems and be totally straight with them about expectations. They will never forget that." LL

Retirement Income Investing aimed at your goals.



C. Troy Shaver Jr.
Chief Executive Officer



Anthony J. Ghoston
President, Chief Operating Officer
& Chief Compliance Officer



Ying "Susie" Wang
Co-Chief Investment Officer



James Haley
Sr. Portfolio Manager



Alan E. Johnson
Sr. Portfolio Manager



Rachel L. Stanley
Client Relationship Manager

Thanks for the first fifteen.

For fifteen years, our focus has been on building client investment portfolios around companies that are increasing their dividends. Whether you are growing assets for retirement, currently living in retirement or saving for your children's financial future, dividend-paying companies can provide both increasing income and asset growth.

Dividend Assets Capital strives to meticulously develop investment strategies to meet a variety of goals, desires, and investment-time horizons based upon dividend income, growth and total return.

Past performance is not indicative of future results. Investing in securities involves risk of loss that clients should be prepared to bear. All investment programs have certain risks that are born by the investor. The opinions expressed herein are those of Dividend Assets Capital, LLC ("Dividend") and are subject to change without notice. This material is not financial advice. Dividend reserves the right to modify its current investment strategies and techniques based on changing market dynamics or client needs. Dividend is an independent investment adviser registered under the Investment Advisers Act of 1940, as amended. Registration does not imply a certain level of skill or training. More information about Dividend including our investment strategies, fees, and objectives can be found in our ADV Part 2, which is available upon request.

DIVIDEND ASSETS CAPITAL, LLC

INVESTMENT ADVISORS

Dividend Assets Capital is 100% employee owned and was locally formed in 2003.

dacapitalsc.com | 843.645.9700

Clarity • Power • Simplicity



CRAFTED IN THE

LOWCOUNTRY

EST. 2019

AWARDS

THE RULES: *The Crafted in the Lowcountry Awards, in partnership with Hargray, are a celebration of Lowcountry craftsmanship. The awards highlight the best locally made products in six categories: home, food, drink, style, crafts and art. Businesses in Hilton Head, Bluffton, Beaufort and Okatie were allowed to enter, as long as their items were made in the area and were already sold here. A team of local experts determined a winner in each category. Judges and LOCAL Life team members then voted to determine the overall winner. The grand prize includes being featured on the cover and inside of the September issue of LOCAL Life magazine. The prize, valued at more than $5,000, also includes advertising and promotions, professional photography and videography, potential additional distribution and more.*

CRAFTS | STYLE | DRINK | HOME | ART | FOOD



©LISA STAFF

History in the making

CRAFTERS HELP DEFINE LOWCOUNTRY LIFE

There are certain assumptions that outsiders often make about the Lowcountry and its people. They see our relaxed pace of life, laid-back personalities and the way we can make a simple conversation stretch for hours and think that we're, well, lazy. It's as if the salt air and sunshine had sapped us of the hard-working determination that typifies the American spirit.

The fact is, nothing could be further from the truth. We might look like we're unwinding and enjoying the good life, but we're a community of doers. That unwinding you see is just the tail end of the classic work hard/play hard doctrine. That relaxation, have no doubt, has been well earned.

This is, after all, a region that was largely rural and wild just a few generations ago. Everything you see around you was crafted by the hard-working people who call it home. And we're just getting started. LOCAL Life and Hargray launched the Crafted in the Lowcountry Awards to salute these hard-working makers who are helping to define our region through food and drink, arts and crafts, home and style, domestic and sartorial.

A panel of experts had their work cut out for them in selecting a winner out of 61 entries. In the end, they selected an ingenious bit of home décor that brings the ocean waves of the Lowcountry to the clean lines of mid-modern flair.

GRAND PRIZE WINNER

WDESIGN STUDIO

William De Torre sands a project at his Hardeeville workshop. His entry, The Credenza-Za, was the overall winner of the 2019 Crafted in the Lowcountry Awards.





©LISA STAFF

LOCAL HOME WINNER

WDESIGN STUDIO

The product: The Credenza-Za
Where it was crafted: Hardeeville
What makes it great: This stylish and functional piece is an original design by William De Torre. It is truly one of a kind, made almost entirely of re-claimed barn wood (black walnut and spalted maple) that was sourced locally in Levy. The doors track all the way around to the back and appear to be floating. The tambour doors and solid walnut dovetailed drawers have shark fin pulls.
"We think from our search online that the solid wood, wave wall and tambour doors have never been done before," De Torre said. "Creating anything truly unique is very difficult."
Judging notes: "I've never seen anything like it — the tooling, the rolling of the wood, the ingenuity, the craftsmanship. (De Torre) nailed it, from the inside out. He started with rough wood and transformed it into a smooth, wavy, amazing piece. It's really incredible."
— Kelly Caron, Kelly Caron Designs
Find it: 843-816-6162, wdesignstudiolighting.com

GRAND PRIZE WINNER:

The Credenza-Za

If you've dined out in the Lowcountry at all over the last few decades, odds are good you've seen ***William De Torre's*** work. You just didn't realize it. Through K Company, the construction firm he runs with partner Jimmy Kicklighter, he's had a hand in countless buildings, but his favorite projects are restaurants. According to him, that's when he really gets a chance to stretch his creative side.

His is a subtle artistry that has helped define the look of SERG Group restaurants as the company grew into the area's restaurant powerhouse. His work has graced everything from the multi-dimensional walls at Wiseguys to the rippling waves on either side of Poseidon's stage. When you look across the vast portfolio of SERG properties, you're seeing a series of blank canvases that he filled with eye-catching woodwork and artistic designs. And soon, he'll be moving along to his next great project.

"Frankie Bones in Bluffton is going to be my swan song," he said, with equal measure excitement and nostalgia.

With "retirement" looming, De Torre is pouring himself into an interest that sits comfortably in the middle of a Venn diagram of "hobby," "passion" and "side hustle." It's everywhere amid the sprawl of his Hardeeville worskshop – stacked vintage furniture awaiting restoration, scraps of wood carved into geometric shapes as tests of his CNC machine, and shelf upon shelf of mid-century modern-style lamps he crafted by hand from wood.

But the centerpiece of this thirty-year passion sits in a place of honor in the back office of his workshop, surrounded by photographic reflectors as it awaits its close-up. The Credenza-Za's clean lines place it clearly in the mid-mod aesthetic that De Torre favors, but among the spalted maple planks of its tambor front is a true innovation that took him three years to perfect.





This 56-acre private island features a sophisticated home that seamlessly blends Lowcountry vernacular with Japanese influences. The estate home lies serenely at the point of its island overlooking the beautifully manicured meadow with expansive views that can be enjoyed from the 60' deepwater dock. Built of native American woods and sustainably harvested tropical hardwoods by local woodworkers at the height of their craft, the home is both richly detailed and simply rendered. This island is unmatched in the Lowcountry... and beyond.

$12,000,000 • 843.987.2200 • info@springisland.com • **www.PineIslandatSpringIsland.com**







MAKING WAVES
The wavy walls of The Rooftop Bar at Poseidon inspired this one-of-a-kind piece of furniture created by WDesign Studio. It is made almost entirely of reclaimed barn wood that was sourced locally in Levy.

"The process of making tambor has been around forever," he said. "What's not been around is the pattern."

The genesis of the Credenza-za came at Poseidon, where the signature wavy walls of the rooftop bar first captured his imagination. He kept four sheets of the original material, 4x8 sections carved from medium-density fiberboard (MDF) that went into what he called his "wave collection." Sharing mid-mod sensibilities with the Credenza-Za, this collection included a coffee table, couch and most notable a bookcase console.

But with the Credenza-Za, he wanted to include the natural grain of spalting in maple, something MDF couldn't provide. When he couldn't find anybody willing to provide the wavy texture he needed, he decided to do it himself. All it took was $10,000 for a CNC machine, a few software upgrades and the willingness to teach an old draftsman new tricks.

"At first I couldn't do it. It was talking about vectors and things and I'm like, 'what?' Put me on a drafting table, I'm a draftsman. You put it on AutoCAD and it just stops me cold. I bought this software and I couldn't use it," he said. "I don't know what happened, but eventually I got it. You ought to see me now."

It was three years of trying and failing and trying anew before De Torre had the Credenza-Za exactly like he wanted. Or at least close. He's already brainstorming improvements he might make and other patterns he might try down the road. It's not quite retirement – in fact, it might just be the start of William De Torre's next big adventure. *LL*



LOCAL FOOD WINNER

SPROUT MOMMA

The product: Sprout Momma Breads **Where it was crafted:** Hilton Head Island
What makes it great: These artisan breads are made from select ingredients, such as King Arthur organic flour and super sprouted flour from Lindley Mills. Sprouting greatly enhances the nutrition and digestibility of wheat. Many other ingredients come from their garden and local farmers. The bakery is owned and operated by Kim Tavino and her children, Abby and Ryan. The family was born and raised in the Lowcountry. "We handcraft all of our bread with love," Tavino said. "The Lowcountry runs in our blood."
Judging notes: "To start, the bamboo charcoal bread is really an aesthetic treat, from the deep brown crust into the gorgeous chewy black bread underneath. Not surprisingly, it has an earthy, almost nutty flavor that pairs perfectly with a good quality butter or a tangy fruity jam. Overall, this is a truly artisan product made with care and pride that is typical of our friends at Sprout Momma." ***— Lloyd Alberson, Old Oyster Factory***
Find it: Farmers Market of Bluffton, Port Royal Farmers Market, The Market at Village at Wexford, local restaurants, 843-715-2649, sproutmomma.com











Impeccable Golf is Just the Beginning

You might think that by offering championship caliber golf experiences from both Jack Nicklaus and Pete Dye, that Colleton River Club might rest on our fairway laurels. But you'd be wrong. Located on a spectacular peninsula surrounded by beauty and in harmony with nature, Colleton River Club is a living expression of everything you love about South Carolina's Lowcountry. The lifestyle. The activity. The elegance. It's time to schedule a tour and discover for yourself the pride of owning a home at Colleton River Club.

Colleton River Club®

YOUR PRIVATE PENINSULA FOR WORLD CLASS GOLF

ColletonRiverClub.com | 843.836.4400





LOCAL STYLE WINNER

ISLAND INDIGO

The product: Indigo dyed 100% silk scarves
Where it was crafted: Lady's Island
What makes it great: Island Indigo textiles are individually designed, intricately bound and hand-dyed in a natural indigo vat on Lady's Island. Each piece is unique. The mother-daughter team draws inspiration from the surrounding water and from local historical heroine Eliza Pinckney (1722-1739), who perfected the intricate process of extracting potent blue dye from the green leaves of the indigo plant. The project is a creative outlet and brings purpose and joy to the mother, Lydia Beason, who continues her battle with brain cancer. A portion of each sale is donated to brain cancer research.
Judging notes: "Of all the unique items in my category, this one screamed 'Crafted in the Lowcountry' the most. The making of the dyes and the manipulation of natural fibers create intricate designs that are all one of a kind. The thought and imagination that Lydia puts into each creation touches my heart, and the many whom benefit from her charity." ***— Roxanne Gilleland, Shop!***
Find it: IslandIndigoGals@Etsy.com

LOCAL DRINK WINNER

HILTON HEAD DISTILLERY

The product: Mountain Peak Espresso Flavored Rum
Where it was crafted: Hilton Head Island
What makes it great: Created from pure molasses and real, fresh-roasted coffee, this spirit is the perfect marriage between West-Indies-style rum and robust espresso. Jamaican Blue Mountain coffee beans are some of the rarest and most desired in the world. To create this drink, the team at Hilton Head Distillery hand steeps the beans in its Platinum White Rum, resulting in bright, bold espresso flavor with a subtle creamy sweetness. It's the perfect rum for coffee lovers.
"We use cloud-sourced alkaline water to proof down the spirit to 40 percent alcohol (80 proof), giving it a smooth mouthfeel and unbeatable drinkability," distiller Peter Thompson said.
Judging notes: "The winning entry needed to demonstrate excellence in five characteristics: appearance, aroma, body, taste and finish. Additionally, the winner should showcase the creativity and exceptional craft we have come to expect in the Lowcountry. While all of the entries did their creators proud, the Mountain Peak Espresso Rum from Hilton Head Distillery rated highest in virtually every category." ***— Terry Cermak, Rollers Wine & Spirit***
Find it: Most liquor stores, hiltonheaddistillery.com

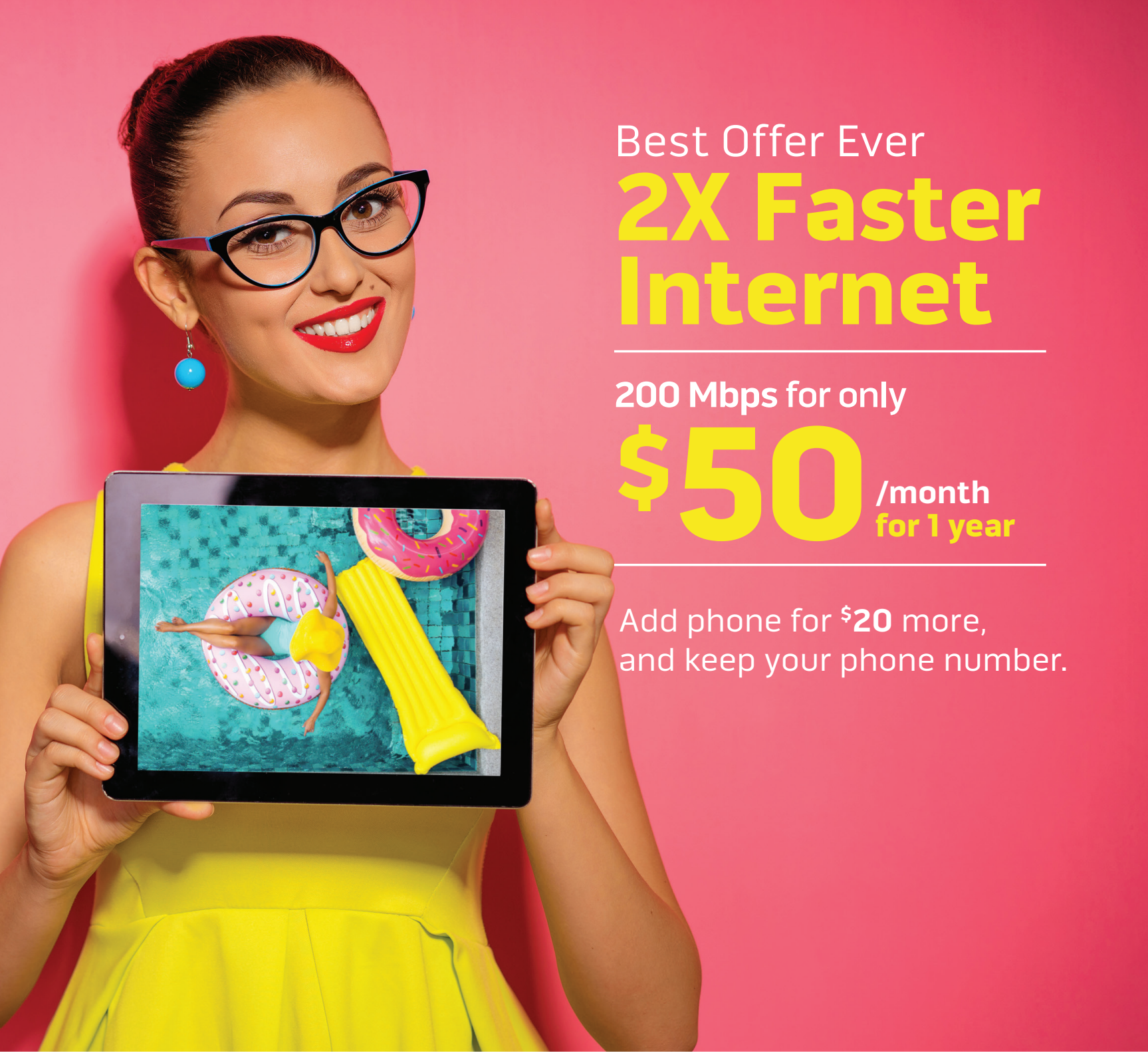


BIG AGENCY
KNOW-HOW
FROM AN AGENCY
BUILT FOR
SMALL BUSINESS.

motiva™
MARKETING

Strategy · Creative ·
Photography · Video · Social
Digital · Traditional · PR · Media
Experiential Events

motivamarketingus.com
843.301.9818



Best Offer Ever

2X Faster Internet

200 Mbps for only

$50 /month for 1 year

Add phone for $20 more, and keep your phone number.

Switch today!

843.686.5262 | hargray.com

HARGRAY

Limited time offer. Promotion is for new customers only, adding Hargray services for the first time. Promotion of 200 Mbps Internet starting at $50 per month is good for the first consecutive 12 months. Additional Hargray services are allowed for additional monthly cost per service. Promotional offer cannot be combined with any other promotional offers or Hargray Rewards. Advertised price does not include equipment fees, taxes, surcharges or any other regulatory or governmental charges. 2x faster claim is based on Hargray's 200 Mbps download speed compared to competitor's advertised 100 Mbps download speed as of May 22, 2019. Broadband speeds may not be available in all areas, are not guaranteed, are subject to a number of factors and are measured via direct connection (not via Wi-Fi). Additional restrictions may apply; see representative for details. ©2019, Hargray Communications Group, Inc.; logos are registered trademarks and as such, protected property of their respective companies; all rights reserved.

Fine Apparel & Accessories
For Fun-Loving Men & Women

PALMETTOES

Summer Clearance is in Full Swing



50% OFF

The Shops at Sea Pines Center
71 Lighthouse Road, Ste 414
Hilton Head Island, SC 29928 • 843.363.6800

Gate fee cheerfully refunded with purchase.



LOCAL CRAFTS WINNER

WILD WOOD RESCUE AND DESIGNS

The product: Driftwood cheese board/serving tray
Where it was crafted: Bluffton
What makes it great: This unique serving tray is made with locally harvested driftwood. It has a metallic blue inlay, where a wormhole tunnel used to be and Lichtenberg figures made with 12,000 volts of electricity that resembles lightning. The handles are also driftwood that were shaped into the piece.
"It's wherever my imagination takes me when I look at a piece of wood," Roberto Rodriguez said. "Ninety percent of the wood I find has potential."
Judging notes: "The work of Roberto Rodriguez incorporates all of the elements of the Lowcountry that draw people to this area. He uses locally found materials and manipulates those materials to create beautiful, organic yet functional pieces. His cheese tray is beautiful and interesting to look at, yet functional. His craftsmanship is superb. I could envision this piece in any of the homes in the Lowcountry. His story is also one that is familiar to many that have relocated to this area. The natural beauty of the area and the low key lifestyle enjoyed by so many is reflected in his work."
— Wendy White, Pyramids Home Store
Find it: Palmetto Bluff Provisions, wildwoodrescue.com



LOCAL ART WINNER

JULIE JONES ARTWORK

Where it was crafted: Hilton Head Plantation
What makes it great: Jones is a native of Hilton Head Island. Her love of the island shows through in her colorful, oversized art. Her most notable works include oysters, marshscapes and marine life.

"My works represent the vibrancy of our island environment through subject, color, style and form," Jones said. "I love to paint and I love where I live. The two have come together harmoniously."

Judging notes: "I was impressed with the artist's approach to light on water, which is difficult to master. Given Julie's background, born and raised in the Lowcountry, her art is ideal for our little part of the world. We enjoy a very robust art community, visual and performing. It's nice to recognize an artist that is home grown."
— Ben Whiteside, The Red Piano Art Gallery

Find it: Copper Penny, So Sandra, Etsy, juliejonesartwork.com

BEST OF THE REST

See more online!

Find more information on the winners along with other top entries online at **LocalLifeSC.com**.

BERKELEY HALL
A Private Golf Club Community



Where do *you* want to be when you grow up?

As with most of the Lowcountry, Berkeley Hall is rooted in tradition. Set along the Okatie River, we offer two Fazio golf courses amid stunning Lowcountry landscape along with a host of amenities your family will come to cherish.

We invite you to join our family at Berkeley Hall.

843-815-8423 · BERKELEYHALLCLUB.COM · BLUFFTON, SC

Speed drills to run faster

FIVE TYPES OF AGILITY TRAINING FOR FUN, CREATIVE AND EFFECTIVE CARDIOVASCULAR WORKOUTS

STORY BY JEREMY GRACE
PHOTOGRAPHY BY MIKE RITTERBECK



***Stone McDonald**, a lifelong resident of Bluffton, is a senior at Hilton Head Preparatory School. He is all-state as a quarterback in football, an all-state power forward in basketball and is an honor student. He is also a graduate of the Hilton Head Island Chamber of Commerce Junior Leadership Program. He hopes to play football at the collegiate level at a school that is a match, both academically and athletically.*

Cardiovascular exercise is important for maintaining heart health, lowering body fat, and improving overall physical fitness. Unfortunately, most forms of conventional cardio are painfully boring and limited to treadmills, tracks, and cycles.

Instead of dreading your cardio workouts, try agility training for a fun and effective form of cardiovascular exercise that allows you to creatively move your body, increase your heart rate, and burn fat. Agility training comes in various forms and is often used by athletes, soldiers, and martial artists to improve their ability to move quickly and efficiently in specific patterns and around obstacles. As a form of calisthenics and aerobics, agility training can burn 300-400 calories or more in just 30 minutes, depending on a person's size and intensity level.

It might sound intimidating, but you've probably already done agility training before and didn't even realize it. Hopscotch, running around a playground, jumping rope, practicing sports, playing dodge ball and even doing running drills in gym class were all forms of movement that improved your agility. Certain activities were probably more fun than others, and you might have outgrown some of them, but you can recreate the excitement and underlying effectiveness of these modes of exercise to better achieve your current health and fitness goals.

Try these five types of agility training to become more footloose and spry while improving your cardiovascular health, burning calories, and having fun.



TRY THIS WORKOUT:



1. Running Ladders

Running ladders is a more advanced form of hopscotch often used by athletes to become quicker and faster. Lay an agility ladder down on the ground or draw one by making a row of 10-12 adjacent 1-foot by 1-foot boxes on the ground. When you're ready, run from one side of the ladder to the other using a variety of different steps. For example, you can put one or two feet in each box. You can run forward, backward, or sideways. You can hop on one leg, move two boxes

forward and one box back, put one foot in and one foot out, or even pivot in circles.

What begins as a simple concept turns into an entertaining and creative cardio exercise as you come up with more novel ways of traversing the ladder using the fanciest footwork possible. If you don't have any ideas, search the internet for new moves. As you're having fun moving in increasingly nimble and impressive ways, you'll also be getting a highly effective cardiovascular workout.





2. Footwork

Footwork is similar to running ladders, but it lets you use lots of different objects, patterns, obstacles, and outlines to guide you as you run, jump, and move your feet in different directions.

For example, you can go to a tennis or basketball court and practice running forward, backward, and side to side along the white lines. You can also start on one side of the court and run to each line and back, going out to a farther line each time. If you want to make your own pattern, use chalk to draw a grid, square, octagon, or any shape on the ground and run or jump to different spots or sides.



Additionally, you can place objects on the ground as obstacles. Place a log on the ground and practice jumping over it. Put two tennis balls on the ground and run figure-eights around them while facing the same direction. Jump over a series of boxes or in different directions over an old tire. The best way to be creative is to take what you have and find new ways of using it to help you move in inventive ways.

Finally, you can practice your footwork just by running or jumping back and forth across a given area using various steps, skips, and jumps. You can run forward, backward, side-to-side, in a shuffle step while squatting down, by jumping, skipping on one leg, by bringing your knees up, or by taking long lunge steps. Experiment with some of the patterns you tried while running ladders or try to mimic different athletic moves or dance steps as you move back and forth. It's fun to move your feet and the quick and varying movements serve as an excellent form of cardio.

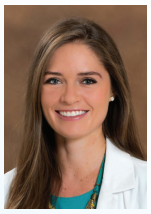
MOHS SURGERY & DERMATOLOGY



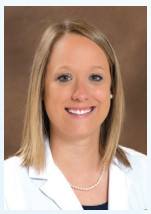
A. Thomas Bundy,
MD, FAAD, FACMS
Board Certified Dermatology
Board Certified Mohs Surgery



Emily Murphy,
MSN, FNP-C
Board Certified



Meghan Maloney,
MS, PA-C
Board Certified



Kristen Clark,
MS, PA-C
Board Certified



Lisa Redmond,
Licensed Esthetician
Board Certified



Amy Myers,
Licensed Esthetician
Board Certified

Advanced Fellowship Training Specializing in Skin Cancer

- Mohs Micrographic Surgery
- Acne, Rashes & Psoriasis
- IPL Photorejuvenation & Facials
- Fraxis & RF Micro-needling
- Laser Hair & Wrinkle Reduction
- Tattoo & Vein Removal
- Noninvasive Body Contouring
- Botox® & Fillers

HILTON HEAD DERMATOLOGY
SKIN CANCER CENTER, PA
A. Thomas Bundy, MD, FAAD, FACMS



BLUFFTON-OKATIE
4 Okatie Center Blvd. South • Legacy Center • Suite 202



HILTON HEAD ISLAND
15 Hospital Center Blvd. • Medical Quarters • Suite One

ACMS
American College of Mohs Surgery

843.689.9200
www.hiltonheaddermatology.com

MEDICARE CERTIFIED • STATE LICENSED • AMBULATORY SURGERY CENTER



3. Jumping Rope

Jumping rope is probably the most simple and well-known exercise on this list, but many people forget that's it's one of the best ways to do cardio and improve agility. ***Just 30 minutes of jumping rope can burn 350-450 calories*** and it's a great way to become more athletic and coordinated.

Find a rope that is long enough for you to comfortably jump over, but not so long that it drags on the ground or gets tangled. If you've never been good at jump roping, start with simple goals and work your way up. Try to get a few good skips in a row, then try to get a certain amount total, and then try to focus on doing as many jumps as you can within a certain amount of time.

It might be tricky at first, but you'll quickly get the hang of it and your efforts will pay off as you continue to get better. All that moving, jumping, and arm swinging will become fun as your timing improves and you'll be burning plenty of calories in the process.





4. Obstacle Runs

Obstacle runs combine footwork, jumping, and running exercises to form imaginative courses that are just as entertaining as they are challenging. ***There are two ways to go about obstacle runs.*** One is to make your own original miniature obstacle course, and the other is to go for a run while looking for interesting ways to move and inspiring obstacles to overcome.

You can set up your own obstacle course more easily than you think. Take a few cones, balls, chairs, logs, or any object that you can carry and set up a few areas using some of the methods we've already discussed. Draw a ladder that you have to run in a specific way, set up a few balls to weave around, place a log to jump over, and then tie together two chairs to duck under. You might have to get creative, but that's the point! You can make the course as long or as short, or as simple or as complex as you like. Set up a course, run it a few times, and mix it up. It's fun to experiment with new combinations and all that running and jumping is a great way to improve your agility and cardiovascular health.

If you don't want to make an obstacle course, find one! Parks, plazas, sidewalks, beaches, and nature trails all have unique little obstacles if you know where to look. You can run up and down stairs, hop up onto ledges, jump over old tree trunks, run up hills, skip up and down curbs, or shuffle back and forth across vacant parking lot spots. Think about going for a light but highly creative jog and treat the entire area as your personal playground. You might have to be careful not to trip or get in anyone's way, but you'll be having so much fun that you'll barely notice how hard you're breathing or how many calories you're burning.



5. Play Ball

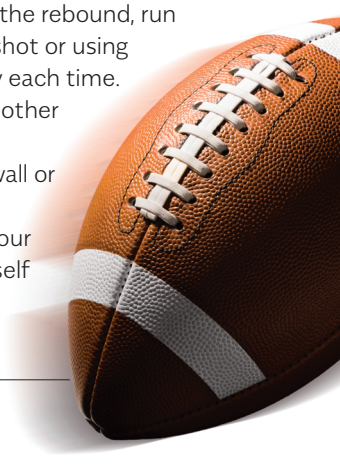
When you throw, kick, or bounce a ball you don't always know where it's going to land. This ***unpredictability is perfect for agility training***. Whether you're playing catch with a partner, practicing a sport, or simply bouncing a ball off a wall, you can literally and figuratively have a ball while moving your body and elevating your heart rate.

If you have a friend or workout partner, play a simple game of catch, but throw the ball away from each other. Take turns throwing and chasing down the ball as quickly as you can. It might sound silly, but you'll be engaging in an effective form of cardiovascular interval training as you alternate between running and throwing. You can use a tennis ball, football, soccer ball, Frisbee, or anything else to get you moving while having fun.

If you're by yourself, you can create an effective cardio and agility workout just by briskly practicing basketball, soccer, hockey, tennis, or any other sport. Take a shot and immediately chase down the rebound, run back to position, take another shot, and continue. Rather than lazily walking after each shot or using multiple balls to save energy, do the opposite and use one ball and chase it down quickly each time. To increase the challenge try to use dribbles, plays, run patterns, fake-outs, spins, or any other special moves to mimic real-game situations.

Finally, if you're bored and limited on resources, you can simply throw a ball against a wall or surface and run it down. Challenge yourself and throw the ball at different speeds and angles and run swiftly to catch it.

Whatever method of agility training you want to try, the important thing is that you move your body quickly to elevate your heart rate and that you come up with fun new methods to continue to challenge yourself in unique ways. Don't limit yourself and don't be afraid to have fun - that's the whole point! Bring as much fun and imagination into your agility training as you can to make this interesting form of cardiovascular exercise as effective as possible. *LL*



DAUFUSKIE ISLAND

Vibes & Tides

PRESENTED BY HAIG POINT

October 18-20, 2019

A once in a lifetime opportunity to experience an exciting weekend of culinary excellence, with all-inclusive beverages and music. Presented by Haig Point on Daufuskie Island, for only 250 very lucky guests!



Alexander Smalls

James Beard Foundation, Award-Winning Chef/Author
Grammy Award & Tony Award-Winning Opera Singer



Mashama Bailey

James Beard Foundation, 2019 Best Chef Southeast
Executive Chef/Partner, The Grey, Savannah, GA

Beach Vibes, Friday, October 18, 2019

A magical, oceanfront evening with music, drinks and local all-star chefs!
Andrew Carmines, Hudson's Seafood House on the Docks; Clayton Rollison, Lucky Rooster Kitchen + Bar and Lucky Rooster Market Street; Orchid Paulmeier, One Hot Mama's; Tim Nelson, Whiskey Room; Taylor Griffin, Haig Point; Brandon Carter, FARM Bluffton

**Additional chefs/restaurants may be included in Beach Vibes*

Heaven Blue Dinner, Saturday, October 19, 2019

A wine paired, five-course Lowcountry dinner, from nationally acclaimed, James Beard Foundation award-winning chefs and the country's leading Gullah-Geechee culinarians. In addition, guests will receive souvenir glasses, autographed cookbooks, after-dinner music, nightcaps and desserts. Celebrity guest chefs include: Alexander Smalls, Mashama Bailey, Sallie Ann Robinson, Roosevelt Brownlee, Benjamin Dennis, Matthew Raiford

Other weekend events include a VIP Wine Tasting, Island Experiences and Sunday Brunch Before Boat. Please visit DaufuskieIslandVibesandTides.com for additional information.

HAIG POINT
— DAUFUSKIE ISLAND —

Tickets Available at DaufuskieIslandVibesAndTides.com

Weekend Package Tickets include round trip access to and from Haig Point and on-island transportation to and from event venues.

Portion of Proceeds will benefit the Haig Point Foundation

Kitchens & Baths 2.0

FIND INSPIRATION IN THESE NOTEWORTHY REMODEL PROJECTS BY ARLENE WILLIAMS KITCHEN DESIGN

STORY BY MICHAEL NEIDERER + AFTER PHOTOS BY PHOTOGRAPHY BY ANNE



AFTER: Removed wall that housed laundry and pantry; both were relocated to improve space and flow. Work surface now wraps around entire kitchen area, giving a continuous flow to the area. Stove was relocated from the island to become central feature of the kitchen. Paneled refrigerator adds to the fresh, new look and a smaller wet bar was incorporated for entertaining. Brightness and light envelop the space giving it a fresh and clean appearance.

PROJECT 1:

Palmetto Dunes

Arlene Williams Kitchen Design, Kelly Caron Designs and Element Construction

THE CHALLENGE:
Update an exremly dated kitchen with limited work space. Update and reconfigure the bar area to make it more welcoming.



BEFORE:
Two louvered doors hid the laundry and pantry. This was an impediment to the flow of the overall kitchen.Limited counter space due to built-in wall ovens, laundry, pantry and bar area. Kitchen was "clunky" and did not project a clean and approachable feel.

Walking into a home that is current, on point with design trends and surrounded with beautiful things is well, a beautiful thing. It's what we aspire to, but the reality might often be different. As those of us fortunate enough to own Lowcountry homes know, a lot are older, or have become visually tired.

While new construction is still booming, many of the homes we live in or are looking to purchase were built decades ago. Design trends and colors change frequently and it's not uncommon to have a bathroom with peach tile and matching fixtures or a kitchen that is lacking in light and functionality, complete with appliances that look original to the home, which is 25 years old. So, the question becomes how am I going to live with this? And, do I have to live with this?

Thankfully, there are so many benefits to upgrading and updating a kitchen or bath that make it a smart investment. Certainly, resale is an important reason to upgrade, but also to add comfort and enjoyment to how you live in your home is a very important reason. It's been said the kitchen is the heart of a home. It's the gathering place. Just have a small party and you will experience the joy or frustration of everyone converging in your kitchen.

Whether you are raising a family, an empty-nester or find yourself approaching or in retirement, updating your kitchen and baths will give your home a sense of beauty that will instill pride. Even if you have a home that is used for rental purposes, a new kitchen and baths can help to demand a higher rent because they are so sought after.

The process is not without expense and planning. That's why taking the right steps and assembling a team that includes a kitchen designer and builder ensures your space works perfectly for you.

Arlene Williams, owner and lead designer for Arlene Williams Kitchen Design, shared some of her most recent projects. Williams has been in the kitchen design business for more than 20 years working with residential and commercial clients on Hilton Head Island, throughout Beaufort County and beyond. **Take a look at these amazing transformations and see if they don't inspire you to take the plunge.**







BEFORE: Many aesthetic choices that scream 1980: Green marble tub, all glass mirror and narrow stall shower. Spatial issues and a lack of light made the shower and toilet areas awkward and unappealing.

PROJECT 2:

Palmetto Dunes

Arlene Williams Kitchen Design, Kelly Caron Designs and Element Construction

THE CHALLENGE: Update the bathroom around the focal point of the room, a stained glass window. Curved walls and other spatial issues resulted in reconfiguring the layout of the bath.



AFTER: Keeping the stained glass drove the design so the fabulous new tub became a feature of the bathroom. Curved walls were removed to enhance flow and let light into areas previously without. Space was completely updated to provide a current/fresh look. Relocating the shower and adding a linen cabinet gives added function.



PROJECT 3:

Colleton River

Arlene Williams Kitchen Design, Kelly Caron Designs and Element Construction

THE CHALLENGE:
Upgrading the kitchen while keeping the overall footprint.



AFTER: Beyond a basic upgrade; this is a complete transformation featuring clean, sleek cabinetry, stainless steel appliances and a bright and coveted backsplash. A paneled refrigerator, quartz countertop and a pull-out pantry to maximize storage are just a few of the upgrades. Note the countertop has a waterfall finish on one side, giving it a very upscale look. Range was appropriately centered so the kitchen has a sense of complete symmetry. Lit cabinets allowing the homeowner to showcase decorative items and pendants above the island complete the wow factor.

FINAL THOUGHT

Keep in mind that budget and planning play into all of the above. As Williams says, "Everyone deserves a nice space. My focus is to help my clients find the best design, best cabinet line and best pricing for their budget."

Making the process fun and enjoyable is a final bonus. After all, selecting gorgeous cabinetry, countertops, appliances and finishes should inspire a sense of enjoyment. Williams sums the process up by saying, "The highest compliment I can ever receive is to hear a client say '...it's just perfect, it's exactly what I envisioned. You paid attention and we got there.'" *LL*



BEFORE: Dark cherry cabinetry gives a heavy look and feel to the kitchen. Black granite and corbels with decorative wood appliqués only add to the need for a refreshed look.



PROJECT 4:

Wexford

Arlene Williams Kitchen Design, Kelly Caron Designs and Cambridge Construction

THE CHALLENGE:

Visual challenges abound with dated soffits and an octagonal island and light fixture. Improve function for busy family.



BEFORE: Dark cherry kitchen with a decorative island. Appliances are matching wood paneled, but are very dated. Overall presentation feels anything but current or on trend.



AFTER: Island is completely transformed to be the focal point and also now functional for seating. Stunning 48-inch range becomes the feature appliance along with a full custom hood. Part of a wall was removed providing additional space for a pantry and open access to the family room. Lit transoms, crown molding to the ceiling and a paneled refrigerator complete the finished look.

Get the look

Ready to make the remodel plunge? Here are a few suggestions from ***Arlene Williams Kitchen Design****.*



BACKSPLASH TILE

Tile comes in colors, shapes and textures to suit any space and any taste. *Stone Impressions available at Savannah Surfaces.*



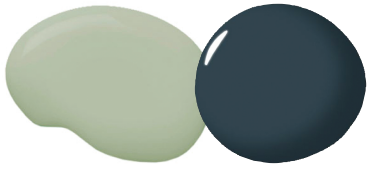
PODIUM PULL

The detail on this hardware is the perfect transitional look for your space. *Podium pull hardware available at Bird Decorative Hardware.*



CABINET DOOR STYLE

This door style is a tailored and sophisticated take on the traditional shaker door and will give a fresh look to your kitchen or bath. *Available at Arlene Williams Kitchen Design.*



RECYCLED GLASS 7747 & GALE FORCE 7605

This shade of navy blue is crisp and pairs especially well with fresh greens. *Available at Sherwin Williams.*

Five ways to upgrade your kitchen

EXPERT TIPS & ADVICE FROM THE TEAM AT ARLENE WILLIAMS KITCHEN DESIGN

Transforming your home is a balance between art and science.

1. FIND THE PERFECT BACKSPLASH.
It not only protects your walls from cooking splatters but adds a decorative element. Not sure if you want to introduce a lot of color? Consider a tile that has an interesting shape or texture. And for extra drama, carry the tile to the ceiling.

2. LAYER YOUR LIGHT.
When selecting lighting for your kitchen, it is important to consider layering the light. General area lighting is most often recessed can lights. Be thoughtful of the placement so you don't create dark spots or shadows. Task lighting is both well placed overhead lighting and undercabinet lights. Decorative lighting can be in an upper transom cabinet, and of course the perfect pendant lights are the final touch.

3. EXPAND YOUR SPACE.
If you have the space, consider adding a bar. It doesn't have to be big, but it is a great way to maximize and expand your entertaining space.

4. SHOW OFF YOUR ART.
Light your upper transom cabinets and use them as a place to display the objects you love.

5. CHOOSE A FOCAL POINT.
If there is a feature of your home that you love, work with your design team to incorporate it into the new design.













65 ARROW ROAD | HILTON HEAD ISLAND, SC | 843.308.1282 | arlenewilliamskitchendesign.com

Idea House

KITCHEN CONVENIENCE IDEAS

PHOTOGRAPHY BY RACHEL ACQUAVIVA

Whether building a simple starter home or the ultimate abode, home construction contains many unknowns and can be overwhelming, especially for those unsure where to start or those who experience a hiccup in the planning process. LOCAL Life is walking readers through each step of the complicated process via an ongoing series in print and online at LocalLifeSC.com. A Hilton Head Island couple built a smart home and agreed to let us document the process. The home was an amalgamation of professionals and inspiration sources: Architect, builder, designers, magazines, Pinterest, Google, Houzz, model homes and HGTV. **We share these inspiration sources and tips that might help with your next renovation or construction project.**



Hidden but still handy

Zero in on the kitchen features you really like, and you won't have to spend a cool million to have a cool kitchen. Here are a few stylish and functional design ideas from LOCAL Life's Idea House to consider for your dream kitchen wish list.

Hidden gem:

TUCK AWAY YOUR SMALL APPLIANCES

Cut down on counter clutter by storing your toaster and other small appliances in a pull out cabinet. They will be out of sight but not out of mind and easy to access. As a safety precaution, we recommend storing the toaster unplugged and bring it out of the drawer or cabinet to use it.



Give it a spin:

USE A LAZY SUSAN

Olive oil, salt, and pepper are cooking staples. Store these everyday essentials on a countertop lazy Susan near your stove for easy access to the items you use most. Make it beautiful and extra functional by adding a potted herb plant and a small bowl filled with heads of garlic.



Keep it contained:

DRY PET FOOD STORAGE

Dry dog food has a long shelf life, but it can go bad or become stale without proper storage. Help keep your pet's chow fresh by transforming a pullout trash bin into a pullout container full of pet food.



A real treat:

CREATE A FEEDING STATION

If you're fed up kicking over pet feeding bowls, consider a built-in feeding station. With plenty of storage for food and a ready water supply, the kitchen can be an ideal location, whether in a nook or a pullout drawer.



Down under:

INTEGRATE AN UNDER-COUNTER FRIDGE

An under-counter fridge won't extend past the counter, so your entire kitchen will look clean and streamlined. Plus, you can achieve the perfect temperature for beverages or salads.



A cut above:

SCORE AN OVER-THE-SINK CUTTING BOARD

A cutting board that fits in or over your sink is a handy tool for any sized kitchen. Not only will it give you more prep space, but it will make cleanup a breeze. Find one with an integrated colander to easily drain canned goods or catch peeled and cut fruits and vegetables. *LL*

ALEXA, TURN ON MY HOME



Wouldn't it be nice if you could ask your home to offer a helping hand? Now you can. A simple voice command like "Alexa, turn on welcome" can light up the hallway, turn on a playlist and close the shades. You can even create scenes like "Bedtime" that set the alarm, adjust the thermostat and turn off the lights–all from the comfort of your bed. Discover home technology made simple at Custom Audio Video.

For a **FREE** review of your home automation options,

Call. Click. Or Come In.

843.815.5130

www.custom-audio-video.com

CUSTOM AUDIO VIDEO
Expert Team - Smart Solutions

48 Pennington Dr., Suite B | Bluffton, SC

Control4

Idea House
HOME TECH

PHOTOGRAPHY BY RACHEL ACQUAVIVA

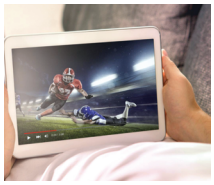
Whether building a simple starter home or the ultimate abode, home construction contains many unknowns and can be overwhelming, especially for those unsure where to start or those who experience a hiccup in the planning process. LOCAL Life is walking readers through each step of the complicated process via an ongoing series in print and online at LocalLifeSC.com. A Hilton Head Island couple built a smart home and agreed to let us document the process. The home was an amalgamation of professionals and inspiration sources: Architect, builder, designers, magazines, Pinterest, Google, Houzz, model homes and HGTV. We share these inspiration sources and tips that might help with your next renovation or construction project.

Tips to tune up your game

NFL and college football seasons kick off this month, so now is the time to get your devices, televisions and streaming set up. When it comes to sports and TVs, size does matter. However, large screens do not have to be ugly. ***Here are three stylish ways to integrate a large television with elegant room decor.***



MOUNT UP Gone are the days where the television was automatically hung above fireplace. This 75" screen is on a pull-out wall-mount arm so when it is not in use, it pushes back and lets the fireplace be the focal point. A bonus is that it holds the Sonos playbar. *LR-Chief Wallmount Arm by Custom Audio Video.*



SPORTS ON THE GO
Never miss your favorite sporting events when you download the Hargray TV app. Stream games in real time or remotely program your DVR to watch them later. You can stream up to three devices at the same time. *Find more information at hargray.com.*



GET OUT Fall is the perfect time of year to kill two birds with one stone. Enjoy the outdoors while taking in the games on your outdoor television. Without a doubt, it is worth the investment for a quality outdoor television. This Sunbrite 65" television is guaranteed, weatherproof, has no glare and integrates with the Sonos system through B&W marine outdoor speakers. *All installed by Custom Audio Video.*



GET FRAMED Add a custom wood frame around the television to finish it like a piece of art. When the games aren't on, you can rotate images of your family, travel or artwork on the screen so your television looks like artwork. *MB-Sony XBR encased in a MediaDecor Edge frame by Custom Audio Video.* LL

One of these could be Your Favorite Room.





Mention this ad for **40% off*** *plus Free Installation*

**See website for details*





Closets byDesign®

Personalized solutions for any budget.

Custom Closets Pantries Laundry Rooms Home Offices Garages Wall Beds

Call for a free in-home design consultation and estimate. **closetsbydesign.com** **843-225-6725** LL

Home Hacks

KEEP YOUR LOWCOUNTRY KITCHEN STANDING TALL IN FALL

STORY BY JEREMY PRESS

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





KEEPING YOUR HOUSE RUNNING CAN BE A FULL TIME JOB.

It does not matter if you have a house full of kids getting back into the rhythm of school, or are enjoying the retired Lowcountry life with all the fun and activities that go along with this well-earned time. To keep our lives running the way we need and want them to, it is important that our support team does their job to the best of their abilities. In the kitchen, that is our appliances. To keep our kitchen running strong through the start of fall, here are some quick touch-up tips to help keep the kitchen working for you the way you need it to.

Detail your dishwasher

Dishwashers are an all too important part of our daily lives. Keeping our utensils, plates and glasses clean and bacteria free is a vital part of our world. In the Lowcountry, mold and bacteria can grow faster than other areas of the country. **Here are two quick tips to keep your dishwasher bacteria free.**

First, take a rag and dip the tip of it in some bleach. Carefully clean the rubber gasket around the door frame. This will allow for a better seal when the door is closed, keeping more air and moisture from escaping around the frame of the dishwasher, and letting bacteria in.

The second tip is to clean the inside of your dishwasher. Run a cycle with some white vinegar or citrus drink powder (I have always used Tang) without any dishes in it. This will clean the innards of the dishwasher by breaking down the buildup of detergent and bacteria. The dishwasher will smell fresher and dishes will come out cleaner.



DYNAMITE DISHWASHER

HESTAN KDW24 FULLY INTEGRATED DISHWASHER

This ultra-quiet dishwasher features a patented double-axial washing system, leak-detection technology and a door that automatically opens to maximize airflow, eliminate spots and save energy. *Available at Appliances by Design. $2,100.*

Freshen up your fridge

Refrigerators are designed to keep everything fresh and ready to eat. **To make sure the fridge itself is working its best, remember to do these three things.**

First, clean off the bottom of refrigerator where the vent is. Getting all the dust off will allow the fridge to breathe better and do its job more efficiently.

Second, just like the dishwasher clean the gaskets on each of the doors. It will keep air from escaping and keep any mold or ice from building up.

Lastly, if you have a dispenser, take a cotton swab and clean the inside of the water dispenser tube. You might want you do this multiple times. Do not use any chemicals. Just pack the swab down a little and rotate it as you clean the area where water comes out. Because this tube is open at the end, bacteria can build up quickly here.



REMARKABLE REFRIGERATOR

BENCHMARK BUILT-IN BOTTOM FREEZER REFRIGERATOR

This smart fridge can be remotely monitored and controlled through Bosch's Home Connect app. Dual evaporators prevent odor transfer and optimize freshness and bright LED lighting illuminates the entire interior. *Available at Billy Wood Appliance. $8,300.*

Most of us need our kitchen running full blast this time of year. Doing these quick touch-ups will help keep two of the most vital products in your home functioning at their best. Hope you enjoy the start of fall and a new school year. LL



SEA PINES PLANTATION
Roxwell Cambria Quartz countertops, shower curbs and jambs
B & F Ceramics, bath floor tile
Island Stone – flat pebble tile shower floor
Adex Tile – shower walls

CABINETRY – Dewan Cabinetry
BUILDER – Mike Gump, Bull Creek Management
SALES/DESIGN COORDINATION – Kelly Young

Stone Works

ACCREDITED NATURAL STONE INSTITUTE



Kelly Young-StoneWorks, Mike Gump-Bull Creek Management, and Brian Baltzegar-StoneWorks

Customer Service that goes above & beyond.

QUARTZ • GRANITE • MARBLE • TILE
Designs and Fabrication by StoneWorks

WE PUT THE **FAB** IN *Fabrication*

28 Hunter Road • Hilton Head Island
843.689.6980 • hiltonheadstone.com
See more photos on HOUZZ.com



THE GENTLE GARDENER

The weed that spawned a nation
(now that's what I call locally crafted)

Many of you may have heard of, if not visited, Pinckney Island, which is a lovely National Wildlife Refuge located between Bluffton and Hilton Head. But did you realize that its namesake, ***Eliza Lucas Pinckney***, a mere girl of 16, was responsible for developing one of the largest cash crops in Colonial times, which in turn helped fan the fire leading to the Revolutionary War? (Contemplate "taxation without representation.")



Eliza was born on the Caribbean Island of Antigua in 1722. Her father, George Lucas, was a sugar plantation owner and lieutenant colonel in the British Army. When Eliza was 16 her father purchased three plantations near Charleston and relocated the family to South Carolina. Shortly after arriving, her father was recalled to Antigua, leaving Eliza in charge of the plantations because her mother was in very poor health and her two younger brothers were studying abroad in England.

To make matters worse, George Lucas began mortgaging the plantations to fund his military career, leaving Eliza and the family in financial peril. Eliza corresponded regularly with her father and was determined to find a cash crop to pull the plantations out of debt, pay for their upkeep and support the family. She requested and received from her father several different types of seeds including ginger, alfalfa, cassava, and other crops, with little success. But in 1740 her father sent her some indigo seeds.

Unfortunately, he also sent an expert from the French West Indies by the name of Nicholas Cromwell to show Eliza how to prepare the crop for sale as a dye. Alarmed by the negative impact a successful endeavor would have on the West Indian growers, Cromwell ruined the supply in an attempt to dissuade Eliza.

Rather than give up, Eliza retained Cromwell's brother, Patrick, and bargained with her slaves to show her how to prepare the product for export. In 1744, she successfully cultivated, processed and exported six pounds of ***"Carolina Indigo,"*** which caused quite a stir in London because it was declared superior to the French indigo and the British were desperately looking for a way to avoid lining French pockets with English pounds.

To encourage the growth and production of indigo, the British government offered a "bounty" or bonus of six pence per pound on their indigo exports. Eliza shared her seeds among the various other plantation owners and as a result, indigo alone created an export cash crop that before the Revolutionary War accounted for one-third of the new colonies' total value. In just three short years, indigo went from nonexistent in North America to being South Carolina's second-largest cash crop after rice.

Eventually, Eliza married Charles Pinckney, a well-known Charleston figure who was the first licensed lawyer born in the Carolinas. They had several children, one of whom signed the U.S. Constitution and the other served as governor of South Carolina. It is said that George Washington chose to employ blue uniforms during the Revolutionary War rather than red as a tribute to the American indigo production. President Washington later served as a pallbearer at Eliza's funeral in 1793.

Quite a woman, quite an achievement. What's even more remarkable is how this beautiful plant prolifically blooms from April through November with a pink flower similar in shape to wisteria. It thrives in sandy soil, sun and heat. It was a perfect addition to the Lowcountry. But if truth be told, it still boggles my mind...who originally looked at this beautiful plant and thought – "Yeah, it's pretty but let's pick the leaves, soak them in urine for a few days and then beat them with lye until we have blue dye?" Clearly beyond my scope of imagination. *LL*



Ask & Answer

DEAR GENTLE GARDENER

I'm looking for a maintenance-free plant for a pot on my deck. What do you suggest?

— Lazy in Long Cove



DEAR LAZY

If you're dead set against plastic flowers, I'd suggest an asparagus fern if your pot is in a sunny location. But beware, it does not play well with other plants and will quickly crowd out any competition. If your pot is in the shade, ivy, which prefers dry feet, is a nice alternative and won't require much attention.

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



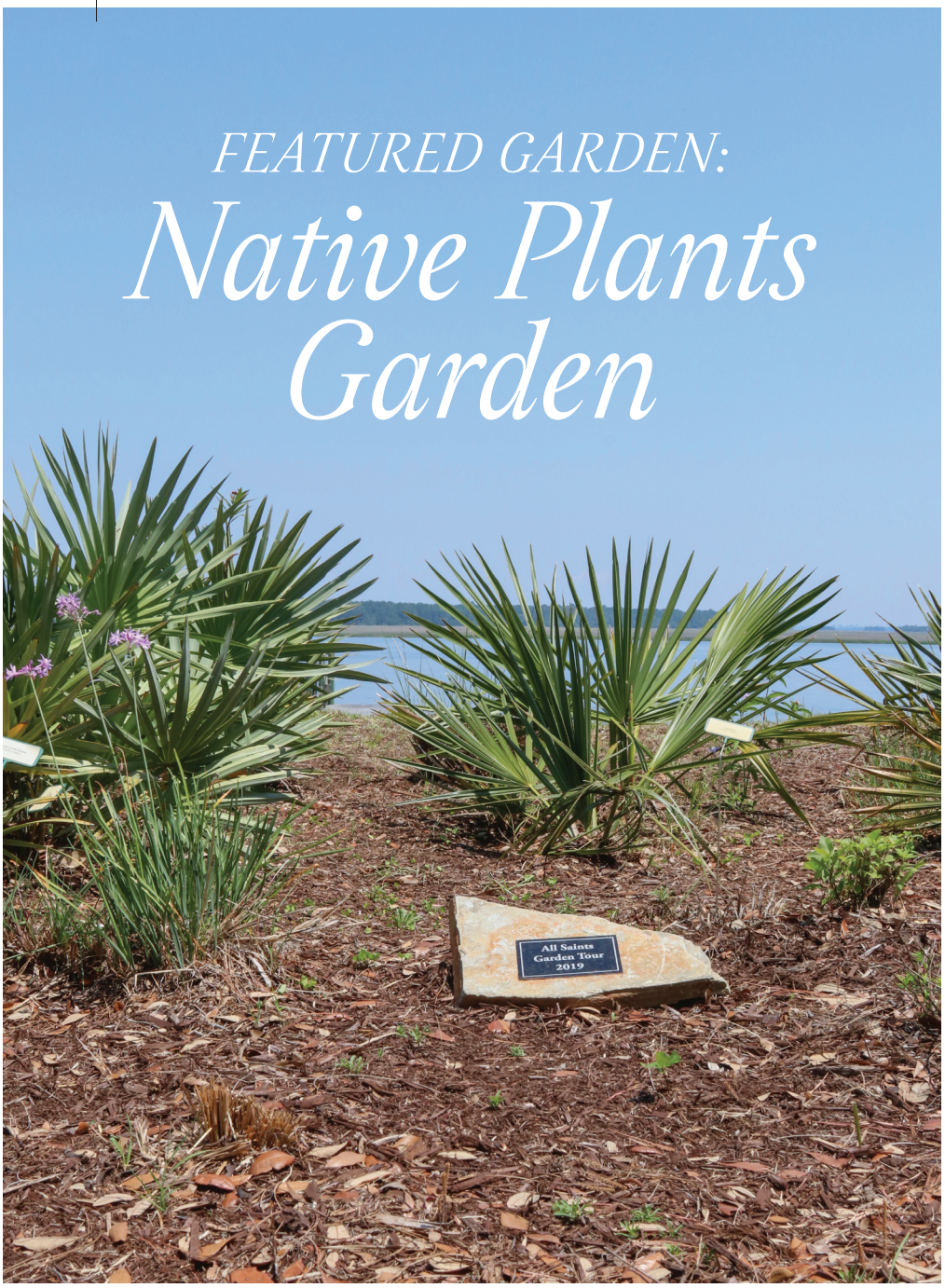
GROW INDIGO You might decide to grow indigo as an ornamental plant or to create your own natural dyes.



J. BANKS
DESIGN GROUP

jbanksdesign.com | 843.681.5122
35 N. Main Street, Hilton Head Island, SC

FEATURED GARDEN: Native Plants Garden



The Waddell Mariculture Center *is a field experiment station of the S.C. Department of Natural Resources and is one of the country's largest and most sophisticated facilities for mariculture research. It was constructed in 1983 to develop propagation and farming techniques for marine and brackish water species of finfish, mollusks, crustaceans and plants.*

EDITOR'S NOTE: Seven of the top gardens in the Lowcountry were showcased as part of the 2019 All Saints Garden Tour. LOCAL Life is featuring each garden through images captured by photographer Maddie Terry. This month is the Native Plants Garden at the **Waddell Mariculture Center in Bluffton.**

Not only pleasing to the eye, this garden serves an important function beneath the soil — erosion control. The native plants on this bluff minimize erosion from tides and wind and capture storm water runoff. Furthermore, the more than 30 species of plants attract songbirds and insects that thrive in our South Carolina climate.



River Oats *Chasmanthium latifolium is a clump-forming, upright, ornamental grass which typically grows 2-5 inches and most often occurs in rich woods or rocky slopes along streams and on moist bluffs. Seed heads emerge green but turn purplish bronze by late summer. Bright green leaves turn a coppery color and eventually brown by winter. It is excellent for dried flower arrangements.*



Georgia Savory *Satureja georgiana basil is a little-known, overlooked treasure. This basil is a highly aromatic, semi-evergreen that has hints of mint. It resembles rosemary and is covered in pale pink flowers during warmer months. It's non-invasive and drought tolerant but can also tolerate wet soil.*



Blue Bunny sedge *With stunning silvery blue, grass-like foliage, Carex laxiculmis (Bunny Blue) is a versatile evergreen sedge that can be used along a border edge or as a groundcover. Reaching a mature height of only 12 inches, it slowly spreads to form tidy clumps. It provides a pleasing contrast to plants such as Heuchera americana, Geum lobatum and Tiarella cordifolia.*

RIVERFRONT PARADISE





35 Linden Plantation | Bluffton
$6,000,000

25 Acre Family Compound that may be subdivided into separate parcels. This gated estate on the May River is located very near downtown Bluffton and lies nearly one mile down a private easement road. Both the main home and guest home have been exceptionally maintained, with recent remodeling completed in preparation for the introduction to the market.

The dock is the largest private residential dock on the May River, spanning nearly 150 feet in total length. Multiple opportunities exist on the property, to include potential equestrian capabilities, a second deepwater dock, and additional homesites as well.

Recently reduced to $6,000,000.



CATHERINE DONALDSON
Catherine.Donaldson@SothebysRealty.com
celiadunnsir.com
843.338.2069

Celia Dunn | Sotheby's INTERNATIONAL REALTY

49 Boundary Street
Bluffton, SC 29910
844-836-3900

Each office is independently owned and operated

style



↑ Available at **PALMETTOES** and **ISLAND CHILD** (Boys) + Available at **COCOON** →

A CHANGE OF SEASON

September is all about the art of transition. With fall in our hearts and Mother Nature not quite getting the memo yet, wardrobes this time of the year can be tricky. BO ART served as the perfect location to get us in the creative spirit for this fresh season of change. We bring you trends that will make the process of getting dressed feel simple and seamless. It's time for cozy fall sweaters, all things denim, cashmere to cotton and warm earth tones to soft pastels. It's the season for jeans, from flare leg to boot cut and frayed hem to straight leg. This season's preview from local shops and boutiques didn't disappoint.









← Available at **THE BACK DOOR** + Available at **SHOP!** →



Scale Shimmer Necklace
Available at Spartina

+

Finishing touches

Complete your natural look with these stylish and functional accessories available at local businesses.



Chloe Backpack
Available at Spartina

+



Scale Shimmer Earrings
Available at Spartina

+



Adeline Shopper Tote
Available at Spartina



Available at **KNICKERS** (Boys) and **GIGI'S BOUTIQUE**



Available at **OUTSIDE HILTON HEAD**

Credits

PHOTOGRAPHY Lisa Staff + **STYLIST** Roxanne Gilleland + **MODELS** Leslie Hughes, Owen Hughes, Gray Hughes
HAIR Megan Evegan, Owner of Hair & so on... + **MAKEUP** Denise Cardenas, Bride's Side Beauty + **LOCATION** BO ART

Sweaters to swear by

'Tis the season for a wardrobe change. There's no better feeling than rocking a new sweater as chilly days aren't far away. Local shops and boutiques were filled to the brim with stripes, camo and stars, from classic cable-knits to trend cardigans. Add a scarf and a belt and you are ready to go. **A seamless transition into fall...**



Available at Cocoon

DITCH THE ITCH

*Gorgeous sweater, but too itchy to wear? Try soaking it in **cold water with fabric softener** for 30 minutes. New sweater, who's this?*



Available at SHOP!



Available at The Back Door



Available at Palmettoes



Available at Gigi's Boutique

Don't sweat it!

4 EASY WAYS TO SAVE YOUR SWEATERS

***Extend the life** of your favorite sweaters this season (your sweaters and wallet will thank us).*



1. Folding > Hanging. When storing sweaters, you should opt to fold them instead of hanging them. Placing your favorite knits on hangers can stretch out the shoulders and distort the overall shape you originally fell in love with.

2. Wash your sweaters after three to five wears & air dry only. Sweaters are similar to jeans in this way. They can take a little more wear than your more delicate items, especially because they are usually layered over other pieces. Cotton, cashmere, and silk should be washed after three or four wears, while wool and wool blends can last up to five.



3. Avoid the shrinkage. Save yourself from accidental shrinkage and skip the dryer. Lay your sweaters flat to dry no matter the material. Want to cut down on your drying time? ***Here's a trick:*** roll your sweater up in a towel like a sushi roll, ring out the excess water, and then lay it flat.

4. Pilling is a pill. Remove those unwanted balls of fuzz by taking an inexpensive razor and shaving them off. Yes, shave your sweater.



his

Fall is a breath of fresh air. We gathered our favorite local shopping picks inspired by the changing leaves to ring in the new season.



ORANGE BANDANA

Dress up man's best friend for fall tailgates. Go ahead and match with them while you're at it.

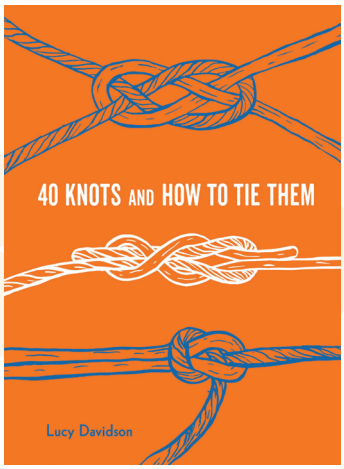
Available at The Salty Dog Café.



ROYALL MANDARIN ALL PURPOSE LOTION FOR MEN

His Majesty, the King. This lotion is the perfect after shave and cologne.

Available at Knickers.



40 KNOTS AND HOW TO TIE THEM

For all the water cowboys in training. If you're living in the Lowcountry, odds are knowing how to tie a few of these will come in handy.

Available at Gifted.



MARIA

Find your muse. This stunning Kim English oil painting is a great addition to your man cave or study.

Available at Red Piano Gallery.

LAVENDER HONEY

Sweet like lavender honey. Drizzle some on your breakfast or mix it into your tea.

Available at Island Lavender.





HELINOX BEACH CAMPING CHAIR

Autumn means football games, concerts, and bonfires. Get comfortable in this lightweight folding chair.

Available at Outside Hilton Head.



MARCELLUS TABLE LAMP

Orange you glad they make fun lamps like this. Update your space with a bold statement piece.

Available at Pyramids.

ART THAT ELEVATES



Featured Artist | Dottie Leatherwood

"Moon Dance"

CamelliaArt

Fine Art Gallery

Custom Picture Framing

CamelliaArt.com

1 Office Way (At the corner of Pope Avenue and Office Way) | 843 785 3535 Hilton Head Island, South Carolina

45 Calhoun Street | 843 757 3530 | Bluffton | South Carolina

35 North Main Street (Inside JBanks Design Retail Showroom) Hilton Head Island | South Carolina

hers

It's Leo season ladies. Here are our fiery picks that channel creativity and playfulness.



GURHAN RING

One of a kind. This ultra-sleek ring will be sure to catch eyes.

Available at Forsythe Jewelers.



SHINING STAR LINK NECKLACE

Wear your local creatures proudly. The best palmetto bugs are gold and dripping in Swarovski crystals.

Available at Scout Southern Market.



LASTRA SUNFLOWER CANAPE PLATE

Keep some cheer this fall as the summer sun fades. Vietri made this handcrafted Italian design with happiness in mind.

Available at Le Cookery.

TALIA GOLDENROD RUG

It's art for your floor. Spice up any area with this funky modern rug.

Available at KPM Flooring.



LE CADEAUX PLATTER

When life gives you lemons, make salad. This adorable lemon basil melamine platter comes with salad servers and a tea towel.

Available at Coastal Treasures.





RAFFIA TRIPLE FAN EARRINGS YELLOW

September in the South still can feel like summertime. It's okay to continue adding a splash of color to your outfit to keep things fun.

Available at Lowcountry Mercantile.

PARIS LEATHER FOLDOVER

Smooth as butter. Individually handcrafted in Savannah, this leather bag is a classic fall staple.

Available at Paris Market.




spartina 449
DAUFUSKIE ISLAND
see our newest
APPAREL
COLLECTION
Locations HILTON HEAD · BLUFFTON · CHARLESTON · SAVANNAH · HIGHLANDS · ASHEVILLE · WILMINGTON
spartina449.com



ORDER THESE:

1. Twisted Cork Gin Swizzle
Hilton Head Distillery

2. Peach on the Beach
Island Winery

3. J Street IPA
Hilton Head Brewing Company

Drink local

EXPERIENCE HILTON HEAD'S CRAFTED CORNER

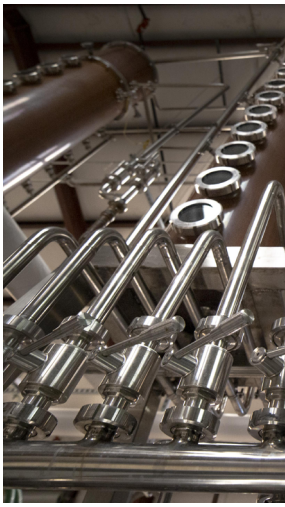
STORY BY JEREMY GRACE



Many locals are aware of the "Barmuda Triangle" — the nickname given to the collection of bars and restaurants on Hilton Head Island's South End. Not as many are aware of a much different drinking experience found on the island's north end.

If you enjoy handcrafted spirits, fruit wine and fresh craft beer, be sure to explore the Crafted Corner, tucked away on Cardinal Road. That's the moniker the LOCAL Life team came up with for the area following our "research trip" to Hilton Head Distillery, Island Winery and Hilton Head Brewing Company.

We thought about labeling it Alcohol Alley or Booze Boulevard, but those titles just didn't fit. This experience is more sophisticated than that. Take off a little early some Friday afternoon.



Stop 1

Hilton Head Distillery

14 CARDINAL ROAD

The last tour and tasting is at 6 p.m., so this needs to be your first stop. You won't be too impressed with the size of the parking lot when you pull up. That's the only thing you won't be impressed with at this state-of-the-art production facility.

Lift your spirits

The tasting room looks and smells brand new. There is a large bar with lots of seating. There also is a small children's area with games, books and other activities to keep the young ones busy while mom and dad have some fun. A $15 tour and tasting is offered on the hour, every hour. Choose from an assortment of vodka, gin, rum and whiskey, served either neat or mixed as a cocktail. Some of the cocktail options include a Honeysuckle Margarita, Twisted Cork Gin Swizzle and Spiced Island Hopper. After everyone has filled out their choices, the tour begins. Tour guide Michael Usina did a fantastic job of explaining both the history of the company and the complicated distillation process as we moseyed around huge storage tanks and copper boiling pots.



SIP THIS:

HILTON HEAD DISTILLERY

Twisted Cork Gin Swizzle

INGREDIENTS

1 1/2 ounces Jocassee Gin
1/2 ounce agave syrup
3 strawberries
Club soda

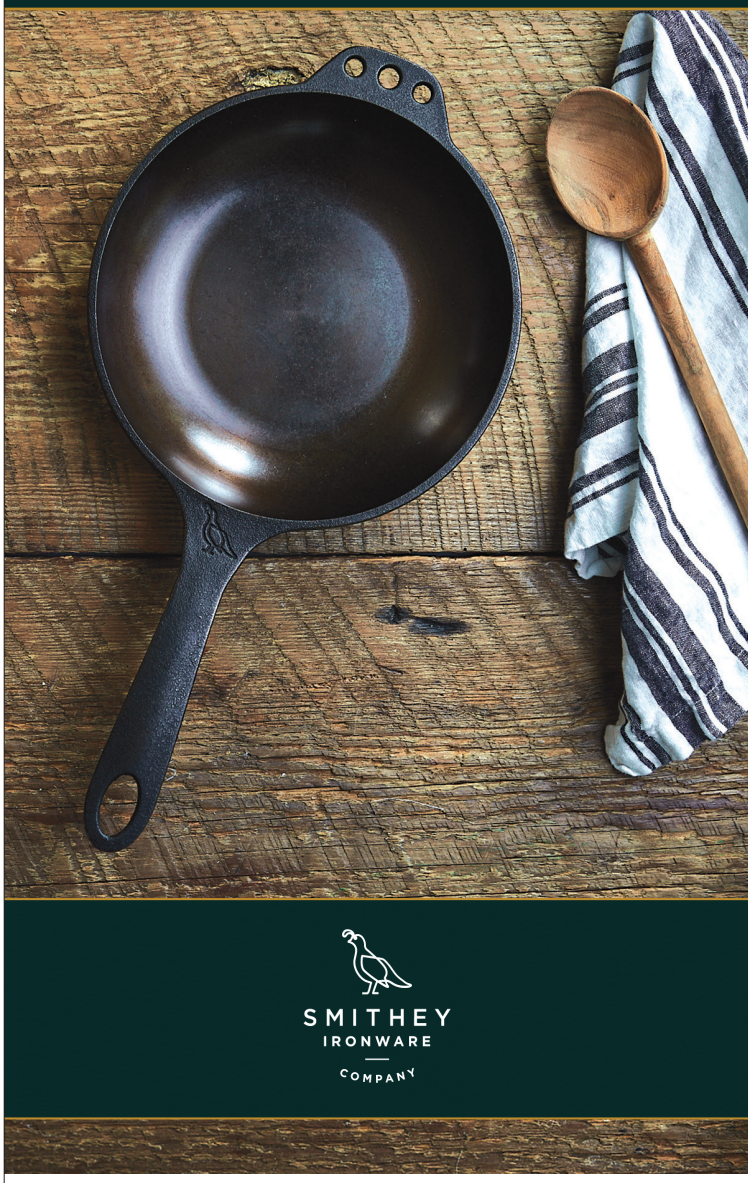
DIRECTIONS Muddle strawberries in a shaker. Add gin and agave and shake. Pour over ice and top with club soda.

Tasting notes: *The Jocassee Gin used in this recipe is made with magnolia blossoms and honeysuckle flowers. It truly expresses the taste of Hilton Head.*





MADE IN CHARLESTON,
SOLD AT LECOOKERY



SMITHEY
IRONWARE
COMPANY

A Smithey's surface is satin smooth, similar to vintage cast iron cookware manufactured over 100 years ago. No corner cutting at Smithey, so you won't find the granular, rough, sandpaper-like surface you may have experienced with other modern cast iron.

A Smithey's surface is not only a delight to cook on, it is a handsome addition to your range.

Whether you keep your Smithey over your lifetime or give it to a friend, a Smithey is made to last forever.

Le Cookery
Serving Your Kitchen and Tableware Needs

1000 William Hilton Parkway, Suite-B3
Hilton Head Island, SC 29928
843.785.7171 · LeCookery@Hargray.com · LeCookeryUSA.com



Stop 2

Island Winery

12 CARDINAL ROAD

Our second stop was right next door — Island Winery. For owners Loren and Georgene Mortimer, the winery is a labor of love. The two met as students at Ithaca College in the Finger Lakes Wine region of New York. Visiting wineries and vineyards in that region, they developed a lifelong love for each other and a passion for wines. They share that passion with customers from 12:30-5:30 p.m., Monday through Saturday and noon to 4 p.m. on Sundays.

Fruitful endeavor

The Mortimers pride themselves on the quality of fruit and other ingredients they use in their wines. Juicy sweet Muscadine grapes are shipped in from the upstate for their tasty Harvest White Muscadine wine. The Carolina countryside also provides many of the fruits used in their Lowcountry Specialty Wines, such as peaches, apples and blueberries. The winery offers wine tasting, wine by the glass and cheese platters. Enjoy your wine and cheese on the production side of the building, surrounded by wine barrels. Tastings are complimentary with the purchase of wine.



SIP THIS:

Peach on the Beach

This summertime favorite is a peach wine made with fresh Carolina peaches that is then blended with Chardonnay. Pick up a bottle for $18 or a case for $216.









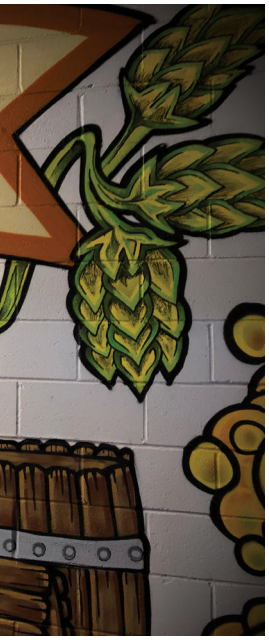


SIP THIS:

J Street IPA

Tropical fruit, stone fruit and strawberries shine in the flavor and aroma of this tasty beer. West Coast hops make it taste more herbal than grassy.





Stop 3

Hilton Head Brewing Company

1 CARDINAL ROAD

The last stop on our excellent adventure was just a few blocks down the road to Hilton Head Brewing Company. Here, craft beer meets its dynamic duo of mouthwatering barbecue done by the Retired Pig (aka Michael Riley), who smokes up a storm seven days a week. Seriously, if you haven't had his barbecue yet, you need to check it out. We feel it rates right up there among the best on the island. The delicious barbecue and smoked sides pair wonderfully with the craft beer made onsite. Hours are noon to 9 p.m.

Go here for beer

If drinking local craft beer is your thing, this should be your hangout. Brewers Bob Migliaccio and Nick Farstad make a variety of unique beer in-house, ranging from the Session IPA to Tropical Lager, Blackberry Sour and Crab Pilsner. They offer scheduled tours that include a pint. Our tour guide was popular local musician Derrick Ludaway, lead singer of Groove Town Assault. He was just as passionate explaining the brewing process as he is about his music, walking us through each step, from grain to can. Our group tried every beer they had and there wasn't a bad one in the bunch. The new facility provides a much improved experience over the old location.

HILTON HEAD DISTILLERY

DISTILLER'S CLUB

Buy booze. Earn points. Get free stuff.

FREE BOTTLE

Free bottle for every 25 points you earn*

ADDITIONAL PERKS

20% off *everything* on your birthday. Exclusive member-only deals.

Visit us today to claim your distiller's club card!

(1) Tasting & Tour = 2 Points
(1) 750 mL Bottle = 3 Points

*See reverse side for additional details.



HILTON HEAD BREWING COMPANY:

Brewing flavor and tradition, one grain at a time





STORY BY LUANA M. GRAVES SELLARS + PHOTOGRAPHY BY LLOYD WAINSCOTT



I have to confess: I am not a beer drinker. I don't like the smell or the taste. So, when I was assigned a story on a brewery, walking in the door I felt like I was at a distinct disadvantage. I didn't want to sample something that I knew beforehand that I wasn't going to enjoy. So, when I met ***Juan Brantley, owner of Hilton Head Brewery***, I didn't want to insult him by refusing to taste his craft beer. To his credit, when I told him that I didn't drink, he knew that he wasn't going to waste a beer on me and graciously said, "OK, then you can smell the samples and I'll drink them." And there began my education into brewing a craft beer.



TAKE IT EASY
At just 4.6 percent alcohol, Tropical Lager is an easygoing, super-drinkable beer. It's perfect for September days in the sun.

A lesson in lagers



Before this interview, in my ignorance, I thought all beer was about the same; sure, I knew that there are several different brands of beer, but to me, they all looked similar and smelled relatively the same way. What I didn't know was that even though the origin and production for beer is the same, the flavor of a craft beer is really a serious exploration for your senses; not only in taste, but also in aroma. Comparing a beer, in terms of its texture, taste, color and variety, similar to the way wines are evaluated, was something that I would have never considered. What I learned from Brantley is that beer is not just a beverage; it can be much more than the casual drink that I had always thought it to be.

"A lot of love, time and caring goes into making craft beer. Crafting and weaving the beer by hand is the difference between our beer and mass-produced beers," he said.

Not that I tasted the beer, but when I smelled the Hilton Head ***Tropical Lager***, I was struck by the refreshing citrusy scent that made me realize for the first time, that all beers are not the same.

Sippable science

The process of brewing beer is finding the correct combination of chemistry, cooling, and patience. A blend of water, grain, yeast, and hops is the basic foundation of all beers. However, when it comes to brewing the perfect craft beer, the color depends





Try Waterfront Living
12 MONTHS AT A TIME.







Experience all that WaterWalk has to offer:

- Luxury one, two and three bedroom floor plans ranging from 1,054 to 2,121 sf
- Sweeping waterfront views
- Maintenance-free living
- Resort-style amenities
- Premium concierge services
- Walking distance to shopping, dining and entertainment

TOUR OUR MODEL HOME TODAY

WATERWALK
at Shelter Cove Towne Centre

WaterWalkHHI.com | 843-258-4436
47 Shelter Cove Ln, Hilton Head Island, SC 29928



LIFETIME LOCAL Juan Brantley grew up on Hilton Head Island and has deep Gullah ties. In 2006, he opened the island's first brewery. Today, his beers are in stores across the state.

"A beverage of leisure is a serious business," Shane Bowermaster was known to declare. "There can be no product of pleasure without the inverse on the end of the producer."

– JEFF PHILLIPS, *Whiskey Pike: A Bedtime Story for the Drinking Mankind*

on the type of grain that's used, and the flavor is all in the hops. Hops are what give the Hilton Head Tropical Lager that fresh, crisp citrus flavor that's reminiscent of the perfect vacation in a bottle. Once cooked then cooled, the beer needs 28 days to marinate into its desired flavor.

The beer industry is a business that is constantly moving and evolving with increasingly sophisticated consumer tastes and the expectation of variety. The fruity flavored beer is a growing trend in craft brewing and it takes a special blending ability to get the flavor just right.

Roots that brew

A native Hilton Head Islander with deep Gullah ties, Brantley's passion for the hospitality, food and beverage industry began in high school. Since then, he's spent his life bringing great food and beer to Hilton Head tables.

Considered to be the true definition of an entrepreneur, he owns the Hilton Head Brewery and once owned the Brew Pub. In addition, he has a construction company that builds houses, a commercial paint company, and he's a real estate investor. Brewing beer wasn't something that he









ever expected to be doing, but once he started, he found that it's where his passion lies. Years ago, when he bought the Brew Pub, it was the first brewery on the island and among the first in the state. When state law changed to allow breweries to have tasting rooms, it drastically changed how brewers could do business, making their locations more cost effective. Now, customers can sample beer varieties in the public space at the front of the brewery or enjoy a game in the beer garden, as fresh beer is cooking in the back.

Persistence pays off



Time and hard work has proven that the Hilton Head Brewery is definitely doing something right. With a variety of twelve different flavors from which to choose, Tropical Lager is the flavor that has acquired the largest following in Hilton Head, Charleston and southern Georgia. Growing in popularity is ***Crab Pilsner***, a collaboration with the Crazy Crab Restaurant Group and the Reilley family.

"Tropical has a big rich flavor to it. When you compare it to other big and established brands, it doesn't come across with a small-town brewery taste," says one of the brewery's customers, Alex Brown.

Purchasing a new canning machine is part of his plan to expand his distribution network and make the brand more regionally competitive, as well as increasing his exposure in local restaurants. Ultimately, his goal is to be known as the Island's beer.

Brewing beer was not what Brantley set out to do years ago, but his success as a brewer proves that he is on the right track. If you're a beer lover, and like a citrusy taste, then Tropical Lager should be your beer of choice. And who knows? You might even see me drinking a beer one day. *LL*

WELLS FARGO ADVISORS



Front Row: Gary T. Bezilla, Alan D. Kinney
Back Row: Elizabeth S. Cutshall, Jim C. Cuppia, Joan M. Hayes, Katie C. Phifer

Depth & Experience

is what we believe distinguishes us from other financial advisors. Our Credentials, Accolades, Planning Based Approach and Fiduciary Responsibility are what makes us an exceptional choice for those interested in responsible investment planning.

Contact us for a comprehensive second opinion review of your retirement and investment strategy.

www.bezillakinneywmg.com

BEZILLA KINNEY
WEALTH MANAGEMENT GROUP
of Wells Fargo Advisors

Wells Fargo Advisors is a trade name used by Wells Fargo Clearing Services, LLC, Member SIPC.

SAVANNAH	HILTON HEAD ISLAND	BEAUFORT
912.921.3422	843.681.1400	843.982.1506

Forbes BEST-IN-STATE WEALTH ADVISORS 2019 SHOOK RESEARCH

INVESTMENT AND INSURANCE PRODUCTS:

NOT FDIC INSURED	NO BANK GUARANTEE	MAY LOSE VALUE

The Forbes Best in State Wealth Advisors ranking algorithm is based on industry experience, interviews, compliance records, assets under management, revenue and other criteria by SHOOK Research, LLC, which does not receive compensation from the advisors or their firms in exchange for placement on a ranking. Investment performance is not a criterion. CAR-0719-01448

Making veggies irresistible

FRESH SALAD DRESSING IS A RECIPE FOR SUCCESS FOR LOWCOUNTRY RESIDENT JENNY CAWTHON.





STORY BY LIBBY O'REGAN + PHOTOGRAPHY BY MIKE RITTERBECK

RAISE THE BAR Greenjoy's Pressed Salad Bars are everything you love about salad, to go. The only thing you need to toss (into the recycle bin) is the wrapper.



Thirty years ago, when ***Jenny Cawthon's*** mother started making salad dressings from the fresh vegetables she grew in her own garden, few would have predicted that one day her recipes would be the basis for a multimillion-dollar gourmet foods brand, Greenjoy. Then again, she was so well known for the dressings that a few might argue they could have guessed it. Today, Jenny is a Lowcountry resident, founder, and CEO of the brand born from her mother's dressings that is now sold across the country. Formerly known as Aunt Dottie's, Greenjoy has grown from a mission for sustainability, clean eating, and overall health of the body and earth. Its mission is to make veggies irresistible.



ACE IN THE WHOLE Spurred by a loan from Whole Foods in 2014, Greenjoy has grown to 10 flavors of superfood dressings, three flavors of superfood salad mixers and three flavors of pressed salad bars. Their products can be found at Whole Foods and other grocers across the country.

Real food, not science

Now with 10 salad dressing flavors that are unique and surprising, Greenjoy offers up tastes like Turmeric Maple and Orange Poppy Seed, plus Tomato Blue Cheese which was legendary among her mother's circles in Athens and Atlanta, Georgia. It also has a line of pressed salad bars that have 2 servings of organic vegetables in every bar. They never skimp on ingredients, using premium oils and fresh garlic for dressings. For nut mixes that recently launched, Greenjoy uses only steam-pasteurized almonds. In any of their products, there are no manufactured ingredients, powders, gums, or artificial flavors. They are clean label and gluten free. You get the point. This is real food, not a science project. Today Greenjoy can be found at Whole Foods, Publix, Hannaford, Wegmans and independent grocers across the country.

Changing a Generation

Beyond pushing a mission of clean eating and making veggies irresistible, Greenjoy is off to change a generation. "If we can get kids eating two to four servings of organic vegetables each day, we will literally be changing life for the next generation," says Jenny. Creating healthy food that is portable and sustainable will prove to have a huge impact on the way people eat long term. Just think about the potential for change in areas of food insecurity and in times of disaster relief when there is no access to fresh foods. It's not just about salad dressing.



Balsamic Strawberry Compote

INGREDIENTS

3 tablespoons honey or agave nectar
3 tablespoons Greenjoy Pomegranate Balsamic Vinaigrette
3 cups washed, hulled and sliced strawberries

DIRECTIONS [1] Combine the first two ingredients in a small saucepan. Bring to a simmer over medium-low heat; cook 2 minutes or until slightly thickened. Stir in sliced strawberries, and simmer 3-4 minutes, remove from heat and let stand 5 minutes. **[2]** Serve warm or chilled over desserts or cakes.





Shrimp Bruschetta with Blue Cheese Vinaigrette

INGREDIENTS

1 pound large shrimp, peeled & deveined
1/2 cup olive oil, divided
1 teaspoon kosher salt, divided
1 teaspoon freshly ground black pepper, divided
1/2 teaspoon garlic powder
1/2 teaspoon paprika
Cayenne pepper, to taste
1/3 cup Greenjoy Tomato Blue Cheese Vinaigrette
1/3 cup cilantro, chopped
1 French baguette
1 clove garlic, cut in half
1/4 cup Greenjoy Classic or Spicy Rosemary Salad Mixers
Cucumber slices, scallions & sprouts for garnish

DIRECTIONS [1] Heat oven to 450 degrees. **[2]** Gently pat shrimp dry with a paper towel. On a baking sheet, top shrimp with 1/4 cup olive oil, 1/2 teaspoon salt, 1/2 teaspoon pepper, garlic powder, paprika and a dash of cayenne pepper. Turn the shrimp to coat both sides, then place flat in a single layer. Bake shrimp in the oven for 4-7 minutes, flipping once halfway through. Shrimp will turn from gray to a light pink when cooked. Do not overcook. Let shrimp cool slightly, chop into bite-sized pieces and place in a mixing bowl. Add vinaigrette and cilantro. Gently mix. **[3]** While shrimp are in the oven, slice baguette into 1/2-inch rounds. On a baking sheet, place the sliced bread in a single layer and drizzle with 1/4 cup olive oil, 1/2 teaspoon salt and 1/2 teaspoon pepper. Bake at 450 degrees for 5–7 minutes until slightly browned. Upon removing from the oven, rub the top of each slice with the cut side of the garlic clove. **[4]** Place a spoonful of the shrimp mixture onto each slice of toasted bread and garnish with toppers, thinly sliced cucumbers and a pinch of sprouts or sliced scallions. Makes 15–20 pieces.







As a female entrepreneur and CEO of a mega-brand, Jenny also is justifiably proud of the example that she is setting for her next generation – mainly, her three daughters. Watching their mother pursue her dreams and passion, seeing her travel all over the country, and seeing her products sold in grocery stores, Jenny is not just an example for her girls, but for any entrepreneur.

Grit and Superheroes

Using words like grit and diligence to describe how she built Greenjoy, Jenny is clearly a driven woman.

Overcoming obstacles like how to transport refrigerated goods across the country, finding production facilities for her dehydrated bar, and getting her name out there, Jenny tells us that her team celebrates wins but only briefly. "We're always pedal down." It's this unstoppable attitude that has propelled the brand to where it is today.

She gives enormous credit to the team that surrounds her, from her sales and operations staff to advisors and even Greenjoy investors. She cites her loving and supportive husband, Todd, who understands her passion. "They're all superheroes," she says. "It takes all of them."



JOY AND HAPPINESS Jenny Cawthon is shown with her family of Greenjoy products and her actual family (from left): Collins, Mackenzie, Dori Carson and her husband, Todd.



GREENJOY OFFERINGS

- *Pressed **salad bars** that each offer two servings of leafy greens and veggies per bar*
- *On-the-go **salad mixes** for plant-based protein snacks and flair to salads*
- *10 flavors of **salad dressings***
- *All offerings are clean-label, gluten-free, no additives, no preservatives, no gums and no emulsifiers*
- *Available at Whole Foods and Publix*



Sesame Ginger Green Beans

INGREDIENTS

2 tablespoons butter or olive oil
1-2 cloves garlic, minced
1 pound fresh green beans, trimmed
2 tablespoons Greenjoy Sesame Ginger Dressing
Fresh-cracked black pepper
2 tablespoons toasted sesame seeds

DIRECTIONS [1] Heat butter in a wok or heavy skillet over medium heat, then add garlic. Add beans to the wok, cover, and cook approximately 5-7 minutes, stirring occasionally. **[2]** Season with pepper as desired. Add Greenjoy Sesame Ginger Dressing and continue cooking 3-5 minutes, to desired tenderness. **[3]** Sprinkle with sesame seeds.



To Infinity and Beyond

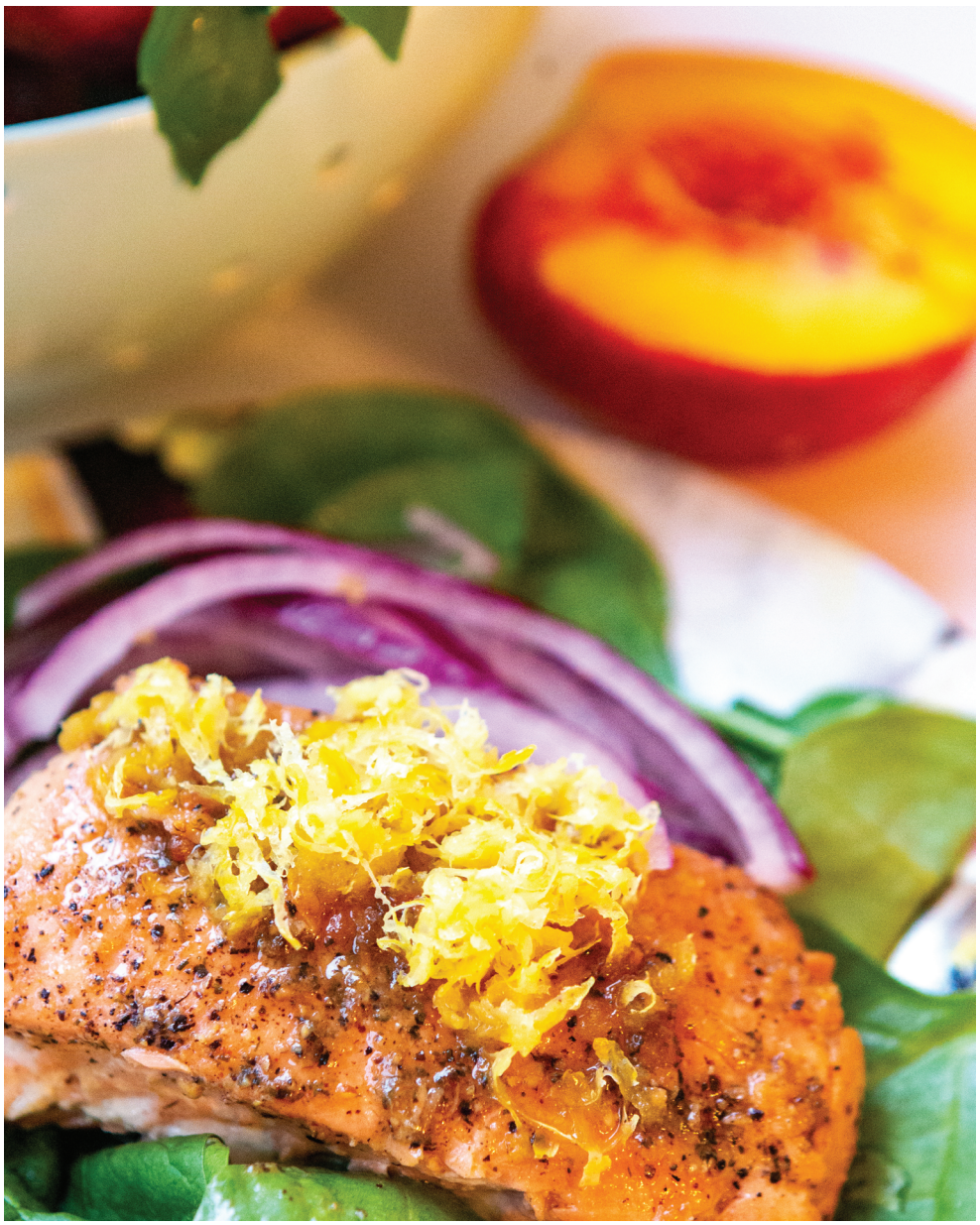
What's next for Greenjoy? The newest dressings, made with an Algae Oil base, have exploded onto the market, as Greenjoy heads into distribution growth of close to 1,000 percent in just three months. Jenny and her team are developing new flavors and pushing sustainability innovation every day. They'll soon add over 1,200 Publix stores across the country, something this Lowcountry lady will celebrate until she and her team are back at it, pursuing their mission to make delicious, clean food that will change the way future generations will eat. *LL*





Craft creative meals at home

BEAT THE END-OF-SUMMER BLUES WITH THESE TASTY AND FUN TO MAKE RECIPES FROM AREA CHEFS AND RESTAURANTS





JUST PEACHY!

Even though Georgia is known as the "Peach State," South Carolina produces almost three times the peaches. In this recipe, Becky Davis uses two southern favorites to create one fantastic (and easy) dish.

THE CYPRESS

Becky's Famous South Carolina Style Salmon

(SERVES 2)

INGREDIENTS

12 ounces salmon filet, skinless, boneless
1 fresh Carolina peach
1/4 cup bourbon
1/4 cup dark brown sugar
1 lemon, juiced and zested
Sea salt and fresh cracked pepper
Butter or oil

DIRECTIONS [1] Slice peach into thin slices. Zest lemon, keeping it separate from juice. Juice lemon, separate from zest. Season the salmon with salt and pepper. **[2]** In a large sauté pan, heat butter or oil. Add seasoned salmon fillet. Cook for 1 minute. **[3]** Add brown sugar and lemon juice. Add 1/4 cup water and peach slices. After 5 minutes the liquid should be of syrup consistency. **[4]** Turn salmon over. Add bourbon and cook for another 2-3 minutes, basting salmon with syrup. Add zest and toss right before serving.

SERVING SUGGESTIONS

Over a spinach salad with red onions.
Over a wild rice blend.
Grilled potatoes with asparagus and julienne yellow peppers.

Chef's tip: *Piggy Wiggly in Coligny has the best Scottish salmon*

— From VP of sales and marketing Becky Davis



A LITTLE HUSKY

A summer barbecue isn't complete without corn on the cob. Next time you're in the mood, try this unique and flavorful chili lime version from the team at Sprout Momma. The chili adds just the right amount of heat and the lime is the star of the recipe.

SPROUT MOMMA

Chili Lime Grilled Corn on the Cob

INGREDIENTS

4 corn on the cob
1/2 teaspoon grape seed oil
1 tablespoon butter
1/2 teaspoon chili powder
1/2 teaspoon ancho chili powder
1/8 teaspoon sea salt
1 lime
Chopped cilantro, for garnish

DIRECTIONS [1] Heat your grill on high. **[2]** Carefully pull the husks back from the corn cobs. Remove the silks then tie back the husks using one piece of the husk as a rope. You can remove the husk completely if you like. **[3]** Coat the corn in the grape seed oil and place it on the grill. Cook the corn for 10 minutes, turning it every few minutes so that it cooks on all sides. **[4]** Melt the butter in a small metal bowl over high heat. Remove the butter from the heat once it has melted and stir in the chili powder, ancho chili powder and sea salt. **[5]** When the corn has finished cooking, remove it from the grill and brush the chili butter evenly over each piece. If you don't have a brush you can spoon the butter over the corn. **[6]** Squeeze the lime over the corn, sprinkle with cilantro and serve immediately.

THE FINEST ITALIAN CUISINE



RESTAURANT | COOKING SCHOOL | THE MARKET

Acknowledged by food and wine enthusiasts and critics alike, the restaurant presents a fine-dining experience combining an award-winning wine list, exquisite food, and attentive service.

Classes are held several days each week in our Tuscan inspired state-of-the-art culinary center designed to provide the environment for learning skills and techniques for both novice cooks and culinary enthusiasts.

In addition to our Pomodoro Sauce and Bolognese Sauce, our shelves are stocked with over 25 different olive oils, 18 balsamic vinegars, 45 varieties of dried pastas in all shapes and flavors.

Michael Anthony's
CUCINA ITALIANA

Orleans Plaza | 37 New Orleans Road | Suite L
Hilton Head Island
843.785.6272 | michael-anthonys.com



DRINK TO YOUR HEALTH

Sure, water is the smartest drink out there, but if you're craving something more, these healthy drinks from the good folks at Healthy Habit will give you a boost of nutrition.



HEALTHY HABIT

Ginger Lemonade

INGREDIENTS

1 3/4 cup sugar
8 cups water
1 1/2 cups fresh lemon juice
1/2 ounce fresh ginger juice or to taste

DIRECTIONS [1] In a small saucepan, combine sugar and 1 cup water. Bring to boil and stir to dissolve sugar. Allow to cool to room temperature, then cover and refrigerate until chilled. **[2]** Remove seeds from lemon juice, but leave pulp. In pitcher, stir together chilled syrup, lemon juice, ginger juice and remaining 7 cups water.



HEALTHY HABIT

Berrylicious Smoothie

INGREDIENTS

8 ounce orange juice
1 ounce frozen blueberry
1 ounce frozen raspberry
1 ounce frozen strawberry
1/2 banana, peeled

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



CREASY GREENS

This small leafy green is also known as upland cress, winter cress and early yellow rocket. They taste similar to watercress but do not grow in bogs. Creasy greens can be easily grown in your Lowcountry garden, and are much tastier and, of course, fresher than greens you'll find at the supermarket. Creasy greens are great in sandwiches, salads, used in soup or with fish. They are also tasty when cooked like spinach. Chef Clayton Rollison provided this savory soft shell crab recipe using the tasty green.



LUCKY ROOSTER

Grilled Soft Shell Crabs with Kilt Greens

INGREDIENTS

4 soft shell crabs
1/4 cup extra virgin olive oil
1 pound creasy greens
1 cup hominy
1/2 cup pickled vegetables
1 pound bacon (at room temperature)
3/4 tablespoon Dijon mustard
5 tablespoons apple cider vinegar
Coarse salt
Freshly ground black pepper

DIRECTIONS [1] Begin by cleaning the crabs if necessary. Rinse them under cold water and use a small brush to remove any dirt. Using sharp kitchen scissors, cut off the face just behind the eyes then lift the edges on either side of the cut to reveal the gills and cut those off as well. Flip the crab over and pull off the triangle-shaped apron. **[2]** Cook the bacon in a large skillet without preheating it first. Don't overlap the strips; cook over medium heat until they reach desired crispness, about 8-12 minutes. Retain the bacon fat. You'll need about a half cup for the greens. **[3]** Combine greens, hominy, pickled vegetables, chopped bacon, mustard and vinegar in a metal bowl. The vessel must be metal, so use a pot or pan if necessary. Set aside. **[4]** Heat a large nonstick pan over medium-high. Brush the crabs with olive oil and season with salt and pepper and cook, turning every couple of minutes and brushing with additional oil as needed, until they turn bright orange and are cooked through – about 7-9 minutes. These can also be cooked on the grill the same way. **[5]** While the crabs are cooking, heat 1/2 cup bacon fat in a small pot or pan – for safety, the fat should not fill the pot or pan by more than 1/3. Heat over medium-high until you see wisps of smoke. Carefully pour the grease into the bowl and stir it gently, wilting the greens. You should hear the greens fry a little. Serve soft shells alongside the kilt greens immediately.



Chef Herb's Grilling Tips

Here are a few grilling pointers from ***Herb Britton***, executive chef at The Salty Dog Cafe.

1. Bring the Heat! Heat your grill 15-20 minutes before you plan to start cooking. A properly heated grill sears food and keeps it nice and juicy.

2. An oiled grill is a happy grill. Even when your grill is sparkling clean, lean foods may still stick. I suggest a simple canola oil to avoid any unintended, assertive flavors.

3. Give it a rest. Let the cooked meat rest on a clean platter for 5-10 minutes. This will allow for a juicy bite.

GIVE IT A THAI

Want to make a burger that will knock the socks off your dinner guests? This Thai inspired peanut butter and bacon burger from the Salty Dog's Chef Herb Britton is the perfect balance of savory and sweet.

THE SALTY DOG CAFE

Thai Peanut Butter and Bacon Burger

INGREDIENTS

10 ounces prime beef patty
Brioche roll
2 ounces peanut butter
1 teaspoon chopped cilantro
2 slices of pineapple
2 slices of bacon
Sriracha sauce



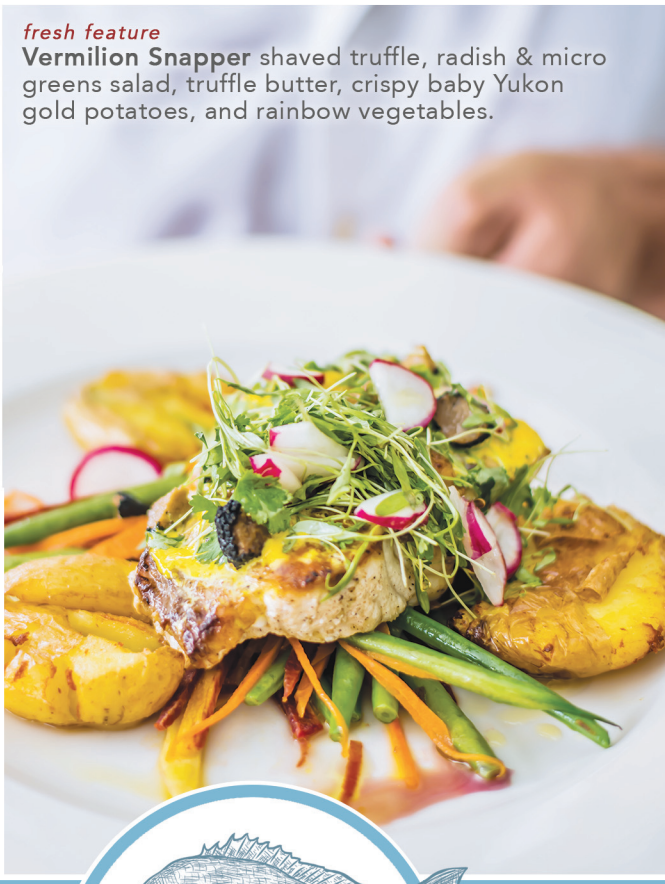
DIRECTIONS [1] Grill pineapple 2-3 minutes per side and set aside. **[2]** Grill the burgers for 2 minutes on each side, then move them to a lower heat area of the grill. Cook another 2-3 minutes for a medium rare burger, 3-4 minutes for medium, or 5-6 minutes for well done. **[3]** In the last minute of cooking slather on the peanut butter, top with pineapple, 2 slices of crisp bacon, chopped cilantro and a healthy drizzle of Sriracha sauce. **[4]** Arrange sliced brioche over high heat to toast. Once buns are toasted, placed topped burger on bun and serve!







fresh feature
Vermilion Snapper shaved truffle, radish & micro greens salad, truffle butter, crispy baby Yukon gold potatoes, and rainbow vegetables.



Chef Alecia Angioletti



Fresh & Local

STRAIGHT TO YOUR TABLE

Here at Dockside we have a love affair with both local seafood and BBQ. **We have local fishermen who unload their fresh caught fish right on our dock, ensuring our guest gets a fish at their table that is less than 12 hours out of the water and is free from factory processing.** We utilize these whole fish for our ever-changing featured fish, ceviche and fish broth. We can then feature a seafood stew where we cook the fish in the broth made from its bones and add other items such local Georgia clams. Of course, as the season changes, so does the fish that we get off our dock. In the winter we get Vermilion Snapper and Black Bass and serve the fish whole.

We also like to boast about our BBQ features ranging from *brisket, pork butts & bellies, baby back ribs, chickens halves and wings* smoked low and slow in our Southern Pride Smoker with Cherry & Hickory wood. We smoke these daily, once in the morning & once in the evening, so for lunch or dinner you are always guaranteed to have a fresh product. Whether you are craving a dish straight out of our local waters or a perfectly seasoned BBQ platter, Chef Alecia & her team at Dockside have you covered!

"my passion is working with seafood. There is ever changing availability of what is caught fresh today. Buying Buying local means, we have traceability, and at the same time we are supporting local fisheries that are being sustained for future generations. After a career in Philadelphia, New Jersey and NYC, I have made the Low Country my new home. I grew up spending summers at the jersey shore, cleaning blue crabs and fishing for flounder, black bass & stripers. One of the reasons that I chose to move to Hilton Head, besides family, was getting to work on the water with the local fresh caught seafood." Chef Alecia Angioletti

SKULL CREEK DOCKSIDE
WATERFRONT RESTAURANT

docksidehhi.com | 2 Hudson Road, HHI, South Carolina 29926 | 843.785.3625



What's fresh in September? Sheepshead

STORY BY COLLINS DOUGHTIE

Sheepshead (aka striped bandits) is one of my favorite inshore fish to catch. So why am I talking about sheepshead during the summer months when almost everybody fishes for them in the winter and spring? I hate giving away fishing secrets but, what the heck: Around here, I catch them pretty much year-round. The only difference between fishing for them in warm water versus cold water is you have to deal with a lot more bait stealers when the water is warm. With that said, you had better plan to bring way more fiddler crabs than you might use during the winter months because fish like pinfish, pufferfish, croakers and such will keep you busy re-baiting your hook the entire time you fish.



Patience isn't a virtue, it's a necessity!

If you are not the patient type, then there is no reason to read any further. In fact, if you have a hard time sitting still, then you need to go after some other type of fish. With teeth like a human who never made it to an orthodontist, sheepshead can take the bait off a hook with such finesse that the bite is barely perceptible. Personally, if I even think I see the tip of my fishing rod move, I come up hard and fast to set the hook much like you see professional large-mouth bass fisherman on TV. It's the only saltwater fish I do this with. Their mouths are hard and if you hesitate at all, a bare hook will be your only reward.

Tips on catching sheepshead

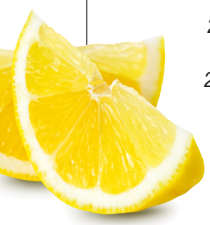
I tend to go light when sheepshead fishing. My favorite spinning rod is a medium action with a very sensitive tip. As for the line, use 30-lb. test braid since braid transmits even the lightest bite way better then mono. The leader is 10"-12" of 20-lb. test fluoro-carbon with a swivel at the top and a #4 Eagle Claw hook on the end. Above the swivel on the main line I carry a variety of egg sinkers between ½ ounce to 1½ ounces, depending on the current, that slide on the main line. Sheepshead are structure-oriented fish found near old docks, rock piles and such. By far the most popular bait is China-back Fiddler Crabs, not the little brown ones which for whatever reason never get eaten along with clams, oysters and mussels. Since sheepshead feed on barnacles much of the time, drop your bait right next to a piling and try to keep your rod steady. I watch some people scarp barnacles off pilings for chum but I avoid doing this because you are taking away what attracts them there in the first place. One last tip: have a landing net handy because sheepshead have tons of razor-sharp spines and from experience, these spines can and will get you.

Are sheepshead good to eat?

I will take a sheepshead over just about any other inshore saltwater fish. The meat is firm, white and absolutely delicious no matter how you prepare it. As for limits, they must exceed a 14" tail length. They have large stomach bones, making the meat yield low on a 14" fish should you choose to filet it. I generally release these and keep larger ones. Anglers are allowed 10 per person per day and a boat limit of 30 per boat per day. So keep what you need and release the rest for another day. Be patient and watch that rod tip. If you even think it moves, strike hard. You have nothing to lose (except possibly your fiddler) and everything to gain. LL

LOCAL LIFE TEST KITCHEN

Baked Lemon Sheepshead



INGREDIENTS

2 pounds sheepshead fillets
3 tablespoons lemon juice
2 tablespoons butter, melted
1 small onion, diced
1 bunch parsley, chopped
Salt and pepper, to taste
Dill
Olive oil

DIRECTIONS [1] Place sheepshead fillets in a ziplock bag and mix the salt, pepper and lemon juice in it. Let the sheepshead fillets marinate over night or at least four hours before cooking. **[2]** Cover a baking sheet in aluminum foil, cover it with a thin layer of olive oil and place the marinated fillets on top of the foil. Use a brush to evenly coat each fillet with melted butter. Surround each fillet with onions and parsley, put parsley on top and drizzle olive oil over the fillets. **[3]** Cover the fillets with another piece of aluminum foil to keep the moisture in. **[4]** Heat oven to 400 degrees and place baking sheet on the top rack. Cook for 12 minutes, or until the fish is cooked through. **[5]** Plate fish and garnish with the rest of the parsley. Serve with your favorite roasted vegetables and a lemon wedge.





Wine pairing

Zind-Humbrecht White Blend

The medium-intensity flavor of sheepshead pairs well with rich, aromatic white wines. Local wine expert Betsy Trish suggests this Chardonnay and Auxerrios blend from Alsace, France. "It love it for the fresh, fruity, citrus nose," Trish said. "It is full bodied but dry, so it pairs perfectly with fish. Plus, it's French. They always make delicious wine!" It was scored a 92 by Wine Advocate and a 90 by Wine Spectator. It is also certified organic and biodynamic. À votre santé! ***Pick up a bottle for $25.99 at the Red Fish Retail Wine Shop.***

SINCE 1967

A Hilton Head Island

TRADITION

REAL • LOCAL • SEAFOOD



OPEN DAILY AT 11 AM SERVING LUNCH AND DINNER
BRUNCH ON SUNDAYS AT 10 AM

1 Hudson Road, HHI, SC • 843.681.2772 • hudsonsonthedocks.com

RESTAURANT NEWS

FRESH FOOD + AWARDS + NOW OPEN

Alexander Smalls coming to Vibes & Tides culinary event





Haig Point is hosting an inaugural culinary event Oct. 18-20 called **Daufuskie Island Vibes & Tides**. The all-inclusive event will showcase the exclusive amenities of the private community on Daufuskie Island while serving up a blend of food from around the country.

Many celebrated local, regional and national chefs and personalities will be part of the three-day event.

The headliner is restauranteur and opera singer **Alexander Smalls**. The Spartanburg native is a James Beard Award winning chef and is connected to many acclaimed restaurants. His 2019 cookbook "Between Harlem and Heaven" won a James Beard Award. Over the past three decades, the chef and restaurateur has traveled the world studying the cooking techniques and food of the African diaspora. He has served as a celebrity chef judge on "Top Chef," appeared on "The Chew" with Carla Hall and "Extra Virgin" with Debi Mazar and Gabriele Corcos, and was recently featured in the Hallmark series "The Peete's." Smalls also has appeared on The Food Network on such shows as "Recipe for Success" and "Throwdown!" with Bobby Flay, and NBC's "The Today Show."

Other talent and tastemakers coming to the event include:

- **Mashama Bailey**, The Grey (Savannah)
- **Matthew Raiford**, The Farmer & The Larder (Brunswick, Ga.)
- **Andrew Carmines**, Hudson's Seafood House on the Docks (Hilton Head)
- **Orchid Paulmeier**, One Hot Mama's (Hilton Head)
- **Tim Nelson**, Whiskey Room, Charbar Co., Holy Tequila (Hilton Head)
- **Clayton Rollison**, Lucky Rooster (Hilton Head Island)
- **Brandon Carter**, FARM (Bluffton)
- **Benjamin Dennis**, private chef (Charleston)
- **Roosevelt Brownlee**, private chef (Savannah)
- **Sallie Anne Robinson**, chef, author, historian (Daufuskie Island)

Tickets range from $150 to $3,000. Find more information online at daufuskieislandvibesandtides.com.



Healthy Habit opens Park Plaza location

Healthy Habit has moved to a new location on the south end of Hilton Head Island.

The popular restaurant, which specializes in farm-fresh chopped salads, is now located at 33 Office Park Road, inside the Park Plaza shopping center. Many new breakfast items and superfood bowls have been added to the menu, in addition to the popular smoothies, juices, teas and coffee served there. **Healthy Habit** is introducing a full rebranding with the move, including a new logo, a new app and online ordering. Hours are 8 a.m. to 8 p.m., seven days a week. healthyhabithhi.com.



Now you can take your boat to Hudson's

Boat owners now can float to Hilton Head Island's **Hudson's Seafood House** on the Docks, thanks to a 125-foot floating dock that has been installed. The expansion offers 200 additional feet of dock space for guests on a first-come, first-serve basis.

"It gives our local guests and visitors another way to enjoy arriving at the restaurant," owner **Andrew Carmines** said. "There are relatively few options on the water for people who want to dock and dine."

The dock will be available only for those dining at the restaurant. Overnight docking is strictly prohibited.



September events at Hilton Head Distillery



Hilton Head Distillery is hosting four events this month at its production facility on Cardinal Road:

Whiskey Wednesday, 4:30-6:30 p.m., Sept. 4;

Martini Monday, 4:30-6:30 p.m., Sept. 9;

HHD's Three Year Birthday Bash, 4:30-6:30 p.m., Sept. 21;

and **Carnival Day**, 2-5 p.m., Sept. 28.

hiltonheaddistillery.com



SELECT restaurants

LOCAL EATERIES YOU DON'T WANT TO MISS.

HILTON HEAD NORTH END

HEALTHY HABIT
Salad: Farm-fresh chopped salads featuring locally sourced ingredients, including non-GMO produce, grass-fed beef, cage-free raised poultry and small batch dressings made from scratch. Each salad is chopped to allow its flavors and textures to envelop every bite. $
healthyhabithhi.com
Park Plaza, 33 Office Park Road, Ste. 227, Hilton Head Island
843-686-5600

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

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

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

SKULL CREEK BOATHOUSE
Seafood: Nestled on the banks of Skull Creek, this spot offers amazing views, fresh local seafood and hand rolled sushi. There is waterfront outdoor seating on the patio and at Marker 13 Buoy Bar where the drinks are always flowing. $$
skullcreekboathouse.com
397 Squire Pope Road, HHI
843-681-3663

SKULL CREEK DOCKSIDE
Seafood: Neighboring Skull Creek Boathouse, similar breathtaking views can be enjoyed from this old-style riverhouse-themed spot. Bring the family and venture out under the Spanish moss and onto their newly renovated dock. $$
docksidehhi.com
2 Hudson Rd, HHI
843-785-3625

WISEGUYS
Small Plates, Steaks: A contemporary and sophisticated spot that transports you off the island and into a chic urban eatery. You'll want to step up your island casual dress for a more luxurious meal out. $$$
wiseguyshhi.com
1513 Main Street, HHI
843-842-8866

HILTON HEAD MID ISLAND

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

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

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

ELA'S ON THE WATER
Seafood: Exceptional water views, fresh catch seafood, prime cut steaks and a sophisticated atmosphere. Family owned and operated. $$$
elasgrille.com

TREAT YOURSELF TO HAND-CRAFTED CARAMEL APPLES



*At Kilwins, they call their caramel apples **"The Perfect Caramel Apple"** because they believe dipping a crisp Granny Smith into their hand-crafted caramel, with or without nuts or chocolate, makes for a perfect sweet and tart, soft and crisp, all-around delicious treat. Pick up a few at Shelter Cove Towne Centre. kilwins.com or 843-785-2727.*

1 Shelter Cove Lane, HHI
843-785-3030

GIUSEPPI'S PIZZA & PASTA

Italian: A family spot for pizza made with hand-tossed dough and zesty homemade secret sauce along with plenty of pasta dishes. If you like to dip your za, make sure to ask for a generous side of their homemade ranch. $

giuseppispizza.com
71 Lighthouse Rd Unit 210, HHI
50 Shelter Cove Ln, HHI
843-785-4144
25 Bluffton Road #601, Bluffton
843-815-9200

OLD OYSTER FACTORY

Seafood: A destination for locals and visitors for more than 25 years. Voted one of the "Top 100 Scenic View Restaurants" by Open Table. $$

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

POSEIDON

Seafood: Named after the god of the sea, this casual waterfront destination is known for coastal cuisine and fun. They have an outdoor NautiBar and Rooftop bar that comes alive at night. $$

poseidonhhi.com
38 Shelter Cove Lane, Suite 121
Shelter Cove Towne Center, HHI
843-341-3838

HILTON HEAD SOUTH END

THE BLACK MARLIN

American: This bayside grille offers fresh local seafood, but if fish is not for you, tackle the Smash Burger and fries if you dare. Check out the Hurricane Bar for ice cold beverages and live entertainment. $$

blackmarlinhhi.com
86 Helmsman Way, HHI
843-785-4950

CHARBAR CO.

Burgers: A great spot for mouthwatering specialty burgers and truffle fries. Make sure to ask about the secret whiskey room when you're inside. $$

charbarhhi.com
33 Office Park Rd #213, HHI
843-785-2427





The **best** confections you will ever enjoy!



Kilwins®

CHOCOLATES • FUDGE • ICE CREAM

Kilwins Shelter Cove
28 Shelter Cove Unit 112B
Hilton Head, SC • (843) 785-2727

CHARLIE'S L'ETOILE VERTE

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

THE G-FREE SPOT

Bakery: A Coligny Plaza gluten-free restaurant specializing in breakfast treats, sandwiches, anytime snacks, desserts, specialty items, coffee and cold drinks. Cupcakes, scones, bread — they make it all without gluten. The New York style cheesecake is a must try. Hours are 9:30 a.m. to 6 p.m. Mon.-Fri., and 9 a.m.-6 p.m. Saturday. $$
thegfreespot.com
Coligny Plaza
1 North Forest Beach Dr., HHI
843-802-4411

HOLY TEQUILA

Mexican: Executive chef Jorge Covarrubias was born and raised in Mexico and offers a modern take on authentic Mexican cuisine. The vibrant environment centers around the expansive bar with handcrafted cocktails and over 50 premium tequilas. $$
holytequila.com
33 Office Park Rd, HHI
843-681-8226

THE LODGE

Craft beer, burgers: Kick back and enjoy brews, burgers and barbecue in this hunting lodge-themed casual watering hole. They are newly renovated and stock a large variety of beer. $$
hiltonheadlodge.com
7B Greenwood Drive, HHI
843-842-8966

MARLEYS ISLAND GRILL

Caribbean: Enjoy the great atmosphere and live music while you soak up the island feel. Every day they fire up their mesquite wood-fired grill for seafood and steaks. $$
marleyshhi.com
35 Office Park Rd, HHI
843- 686-5800

MICHAEL ANTHONY'S CUCINA ITALIANA

Italian: An island favorite for over 15 years. An authentic Italian eatery similar to ones found in the Italian neighborhoods around Philadelphia, where the Fazzini family moved from. $$$
michael-anthonys.com
37 New Orleans Road, HHI
843-785-6272

NUNZIO RESTAURANT + BAR

Italian: Nunzio's classic and contemporary Italian dishes perfectly portray the harmony between South Carolina and Italy. By evoking the simplicity of southern Italian food and combining locally sourced ingredients, Nunzio's menu delivers a bouquet of regional flavors. $$$
m.me/NunzioHHI
18 New Orleans Road, HHI
843-715-2172

ONE HOT MAMA'S

Barbecue: Executive chef and Food Network star Orchid Paulmeier serves up some amazing barbecue. Her award-winning brisket and chargrilled baby back ribs are fan favorites. $$
onehotmamas.com
7A-1 Greenwood Drive, HHI
843-682-6262

SHARE THE BOUNTY WITH SECOND HELPINGS

Share the Bounty
SECOND HELPINGS' ANNUAL EVENT

Second Helpings *is hosting its Share the Bounty fundraiser from 6-9 p.m. Sept. 26 at the Harbour Town Golf Links clubhouse. The event is an evening of excitement and fun with fine dining, drinks and a silent auction – all to fight hunger locally. All proceeds will support food rescue. Tickets are $125. secondhelpingslc.org or 843-689-3689.*

PALMETTO BAY SUNRISE CAFE

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

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

RED FISH

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

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

SALTY DOG CAFE

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

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

SAVORY CAFE AND PROVISIONS

French: Chef Pascal Vignau offers a variety of old world French cuisine combined with a Lowcountry twist. The warm berry crisp is simply not to be missed. $$

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

BLUFFTON

THE PEARL KITCHEN & BAR

Seafood, Steakhouse: This romantic, boutique-style eatery fits in perfectly with its Old Town surroundings. Everything is bright, fresh and interesting. Seafood is the star here, but the steaks are great, too. $$$

thepearlbluffton.com
55 Calhoun St., Bluffton
843-757-5511



SCAN, COOK AND ENJOY!

Scan this QR code to order LOCAL Life's cookbook, Local Flavor. *It's filled with recipes and advice from local restaurants and chefs. If you own an iPhone, simply open your camera and hold it over this code. Each book costs $15. Eat like a local!*







KING OF THE CASTLE John Gowdy is the creator of the elaborate sand sculpture in the lobby of the Marriott Hilton Head Resort & Spa in Palmetto Dunes.

Playing in the sand with John Gowdy

MEET THE MAN BEHIND THE STUNNING SAND SCULPTURE ON DISPLAY AT THE MARRIOTT

STORY BY DAVID WARREN
PHOTOGRAPHY BY LLOYD WAINSCOTT

In 1966, John Gowdy took his young children to the beach in Atlantic City, N.J. To entertain them, he built a hole for them to sit in, and with the sand they excavated they innocently began to make sand castles. Suddenly a crowd formed to watch what the family was creating. It was this moment that released a buried talent in John. Most of us outgrow sandcastles, but not John. For the last 25 years, John has been professionally carving sand at weddings, corporate events, hotel lobbies, state fairs and conventions. He has won multiple sand sculpture competitions, most notably the American Championships in Fort Myers, Fla., the past two years.

A retired captain of 27 years of service in the Atlantic City Fire Department, John devoted much of his time to the arts. Painting, marble sculpture, and sand sculpture have become his passions. "Sand sculpture is different from studio art because it is done in public," John said. "It's really performance art."





Expressions
FURNITURE

37 New Orleans Road · Orleans Plaza · Hilton Head

Monday - Friday 10 until 5 · Saturday 10 until 4 · Closed on Sunday

843.842.2990 · ExpressionsFurnitureHHI.com









JEWELRY, FINE GIFTS, TREASURES

F E A T U R I N G

Mariposa • Caspari • Le Cadeaux
John Medeiros • Crislu • Meghan Browne

Coastal Treasures
Elegant Living ~ Thoughtful Giving

HARBOUR TOWN | 149 LIGHTHOUSE ROAD
843.671.3643



AS GOOD AS IT GETS Gowdy has worked with sand in more than 20 countries. He feels the sand on Hilton Head Island is some of the very best in the world for making sculptures.

The audience sees the project being created and usually, as the tide comes, sees it disappear. Not all of John's sand sculptures are done on the beach. For the last 13 years, John has returned to Hilton Head Island to update and refresh his beautiful creation in the lobby of the Marriott Hilton Head Resort & Spa in Palmetto Dunes.

"When we create in a controlled environment like the hotel lobby, the sculpture can last forever — as long as people don't put their fingers in it to see that it is, in fact, really made of sand."

"I think it's a lifestyle thing. Sculptures take a great deal of time and patience to do it right. Today's young people tend to like more instant gratification."

John and his wife, Laura, are on a tour of six high-end hotel lobbies that service galleries for his incredible creations.

A key element in sand sculpture is obviously the sand itself. John seeks out clean, fine sand with no rocks or shells. The sand also must have a small amount of clay to help bind it together. John notes that he has been working with sand in over 20 different countries, and the sand found on the Hilton Head Island beaches is some of the very best in the world for making sand sculptures.

The process for a creative sand sculpture starts long before getting in the sand. John begins with a basic concept that matches the event or client's needs. He then sketches the design that will become the three-dimensional sculpture. Based on the size of the project, John will start building a base and finally the art itself. Armed with masonry, cake decoration, and a few tools of his own design, John said any idea can be created out of sand and water.

A program John particularly enjoys conducting is family sand sculpture seminars. In these seminars, John appoints the youngest child in the family to be the captain of the team. "They tend to have great imagina-

tions, and it's terrific to see them as team leaders. Making sand sculptures as a family is a perfect activity. Your family is outside, away from phones, television, and computers. You see the family dynamics come to life in the sand." Laura, John's wife, said that their training sessions have shown the world is broken into two types of people, "the builders and the wreckers." The builders take time to conceive, design, build, and rebuild. The wreckers like to run through sculptures and watch it fall. Understandably, in our training we want to focus on the builders," said Laura.

John says the future of sand sculpturing is positive. The talent and creativity he sees in the work of other sculptors at competitions are impressive and continues to grow. However, he worries that the number of young people participating is very low.

"I think it's a lifestyle thing. Sculptures take a great deal of time and patience to do it right. Today's young people tend to like more instant gratification."

Performance versus the fine art characteristics makes it a fantastic alternative to traditional sculpture. It becomes a lesson in what patience, planning, and talent can produce, as beautiful creations come alive on our beaches. The temporary nature of the art also is a crucial aspect. John said you need to take a photo to document your work, then leave the rest to nature to return the artwork back to the beautiful beach whence it came. *LL*





ALL IN THE DETAILS Gowdy builds his intricate sculptures using masonry, cake decoration and custom tools.



SAND 101

A few tips for building better sand castles.

- **PRO TOOLS:** Hand shovel, 5-gallon bucket, casting buckets, spray bottle, baker's spatula, margin trowel, straw
- Use sand that is packed hard, near the waterline.
- Avoid sand that contains rocks, shells or other debris.
- Pack wet sand into a golf ball. If the ball can roll around your hand without breaking apart, you've found good building sand.
- Build your castle near the waterline as the tide goes out to reduce the need for water buckets.
- Tell a story with your sculpture. Instead of creating a frog, create a scene with a frog eyeing a dragonfly in a pond with lily pads.

Nora Fleming Serveware
Different looks, one platter with the switch of a mini!
Simplify your life and entertain with style!



Voted
Best Gift Shop
8 Years in a Row!

Outstanding
Gifts at
Unbelievable
Prices

GIFTED
HILTON HEAD
SUITE J2, VILLAGE AT WEXFORD | 10AM-6PM
MONDAY-SATURDAY | 843.842.8787

SEPTEMBER beach day



*Looking for the perfect early fall getaway? Look no further than **St. Simons**, the largest of Georgia's Golden Isles. St. Simons is home to a tremendous amount of American history and Southern charm. Here are a few key details and facts about the island, which was once voted America's favorite romantic town by Travel and Leisure.*

Warm 80s

TYPICAL DAYS

Your trip to St. Simons will be the perfect temperature with average highs in the lower 80s and lows in the upper 60s. September is typically a drier month with an average of eight days of rain. Be sure to double-check the forecast before you head out.





Road Trip

Hilton Head Island to St. Simons, Ga.

Duration: 116 miles (1 hour, 54 minutes)

St. Simons Fun Facts

*The **St. Simons Lighthouse**, rebuilt in 1872, is still functional.*

+

*In 1794, **2,000 live oak trees** from St. Simons were used to construct six warships, including the USS Constitution.*

+

*St. Simons is about the size of **Manhattan**.*

+

*St. Simons has been voted America's Favorite **Romantic Town** and America's Favorite **Beach Town** by Travel and Leisure.*

Parking and Accessibility

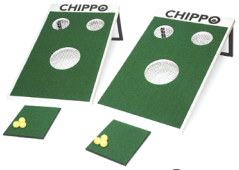
Parking on the island is free and available for public use unless otherwise posted by local businesses or private property owners. A large mat pathway is available at the U.S. Coast Guard Station beach on St. Simons.

The Hotspots

WHERE TO GO: St. Simons Lighthouse Museum. Fort Frederica National Monument. Fishing Pier.
WHERE TO EAT: **Breakfast:** Palmer's Village Cafe.
Lunch: Southern Soul Barbecue.
Dinner: Georgia Sea Grill .
WHERE TO DRINK: **Coffee:** Wake Up Coffee Co.
Wine: Halyards Restaurant. **Beer:** Porch.













What to bring.

Sunglasses: Maho Shades Tropical Storm, $100 (Available at Woody's Sunglass Shop) **Sunscreen:** MD Solar Sciences Spray, $24-$28 (Available at Hilton Head Dermatology) **Game:** Chippo, $189.99 (Available at Outside Hilton Head) **Book:** "New Moon Rising" by Eugenia Price (set in St. Simons Island), $18.90 (Available at Barnes & Noble) **Sandals:** OOFOS Sandal, $64 (Available at Palmetto Running Company) **Beverage:** Swig Stemless Wine Cup, $19 (Available at Le Cookery)

ST. SIMONS TIDE CHART

SUN SEPT 1	**MON, SEPT 16**
L 4:35 am	L 04:28 am
H 10:34 am	H 10:19 am
L 4:59 pm	L 04:44 pm
H 10:54 pm	H 10:41 pm
MON, SEPT 2	**TUE, SEPT 17**
L 5:23 am	L 05:03 am
H 11:29 am	H 10:54 am
L 5:52 pm	L 5:21 pm
H 11:48 pm	H 11:15 pm
TUE, SEPT 3	**WED, SEPT 18**
L 06:11 am	L 05:39 am
H 12:27 pm	H 11:32 am
L 06:45 pm	L 06:00 pm
	H 11:53 pm
WED, SEPT 4	**THURS, SEPT 19**
H 12:42 am	L 06:17 am
L 07:01 am	H 12:15 pm
H 01:24 pm	L 06:43 pm
L 07:42 pm	
THURS, SEPT 5	**FRI, SEPT 20**
H 01:38 am	H 12:37 am
L 07:54 am	L 07:00 am
H 02:22 pm	H 01:05 pm
L 08:42 pm	L 07:33 pm
FRI, SEPT 6	**SAT, SEPT 21**
H 02:33 am	H 01:30 am
L 08:51 am	L 07:51 am
H 03:18 pm	H 02:00 pm
L 9:44 pm	L 08:31 pm
SAT, SEPT 7	**SUN, SEPT 22**
H 03:28 am	H 02:28 am
L 9:52 am	L 08:50 am
H 04:13 pm	H 03:00 pm
L 10:45 pm	L 09:38 pm
SUN SEPT 8	**MON, SEPT 23**
H 04:23 am	H 03:29 am
L 10:51 am	L 09:56 am
H 05:08 pm	H 04:02 pm
L 11:41 pm	L 10:44 pm
MON, SEPT 9	**TUES, SEPT 24**
H 05:17 am	H 04:31 am
L 11:47 am	L 11:02 am
H 06:01 pm	H 05:04 pm
	L 11:47 pm
TUE, SEPT 10	
L 12:31 am	**WED, SEPT 25**
H 06:09 am	H 05:34 am
L 12:37 pm	L 12:05 am
H 06:50 pm	H 06:05 pm
WED, SEPT 11	**THURS, SEPT 26**
L 01:17 am	L 12:44 am
H 06:59 am	H 06:36 am
L 01:24 pm	L 01:04 pm
H 07:36 pm	H 07:04 pm
THURS, SEPT 12	**FRI, SEPT 27**
L 01:59 am	L 01:39 am
H 07:45 am	H 07:33 am
L 02:07 pm	L 02:01 pm
H 08:18 pm	H 07:58 pm
FRI, SEPT 13	**SAT, SEPT 28**
L 02:39 am	L 02:30 am
H 08:27 am	H 08:28 am
L 02:49 pm	L 02:56 pm
H 08:56 pm	H 08:50 pm
SAT, SEPT 14	**SUN, SEPT 29**
L 03:17 am	L 03:21 am
H 09:06 am	H 09:20 am
L 03:28 pm	L 03:50 pm
H 09:33 pm	H 09:40 pm
SUN, SEPT 15	**MON, SEPT 30**
L 03:53 am	L 04:09 am
H 09:43 am	H 10:11 am
L 04:06 pm	L 04:42 pm
H 10:07 pm	H 10:30 pm

Local Management Your Property Deserves



1506 Villamare | Palmetto Dunes

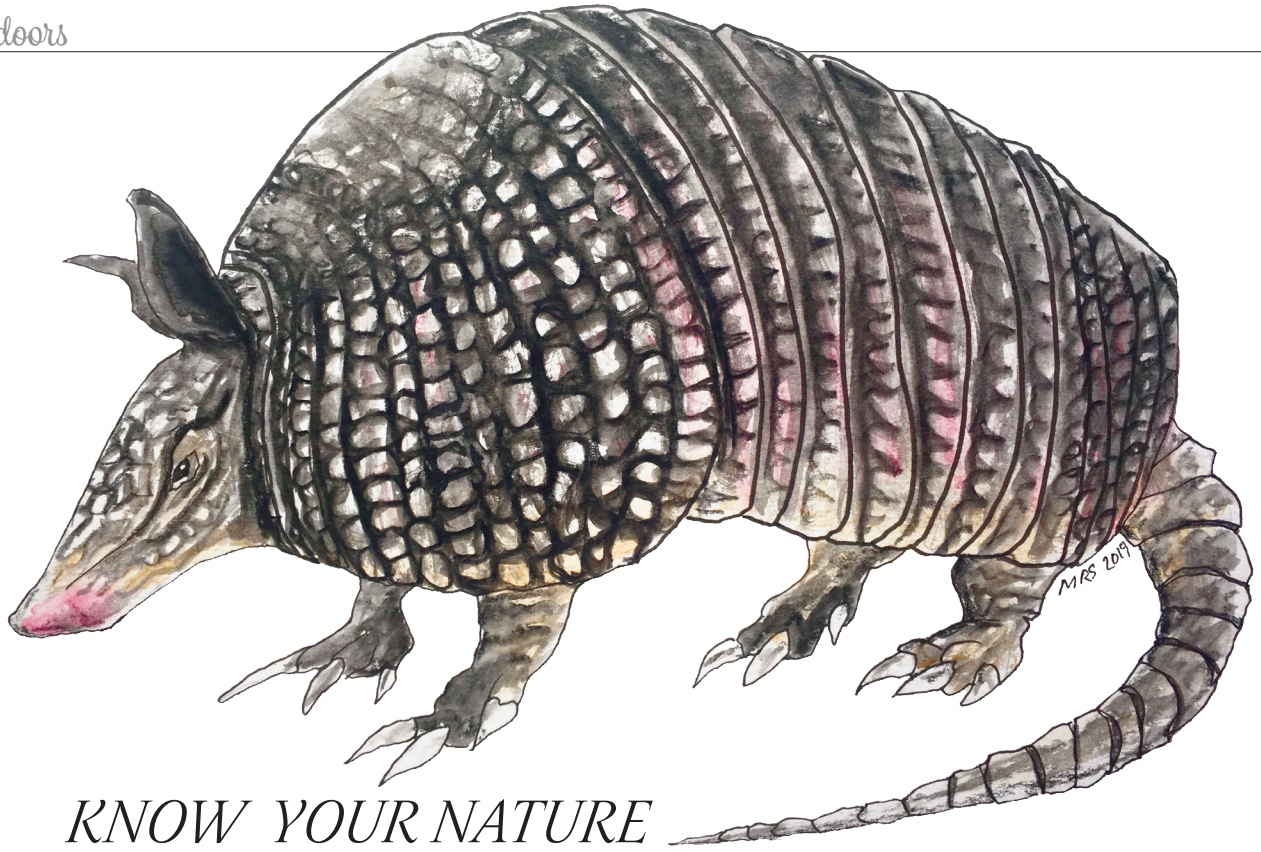
We are currently offering a Welcome Aboard Maintenance Package & Competitive Commissions! Call today to find out more!

Beach Properties OF HILTON HEAD

Luxury Home & Villa Vacation Rentals

www.RentMyHHIHome.com

Contact Paula Bennett at **855-666-6238** for additional information!



KNOW YOUR NATURE

Nine-banded armadillo

(Dasypus novemcinctus)

STORY + ILLUSTRATION BY MICHELE ROLDÁN-SHAW

Old-timers remember the days before these funny little critters inhabited the Lowcountry, but nobody is sure how they got here. I've heard rumors that Texans who came to work brought their "poor man's pork" with them, deliberately introducing armadillos for game. But it seems more probable they arrived on their own, scurrying into the Carolinas from Georgia on their funny little feet, looking like mini Pleistocene relics with their strange jointed-armor bodies. Today they are a common sight and will drive even civilized folk to arms by rooting up their flower beds.

FROM THE AMAZON TO THE ALAMO AND BEYOND

The nine-banded armadillo is the only species found in the U.S., and the most widely distributed of all 21 types, from the chipmunk-sized pink fairy armadillo to the pig-sized giant armadillo. Originally native to South America, the nine-banded's range has steadily expanded — in prehistoric times via the Isthmus of Panama into Central America and Mexico, then in the 1800s to Texas over the Rio Grande, across which they have been spotted doggy-paddling. It's said they can inflate their intestines as a buoyancy aid, or hold their breath for up to six minutes while they walk underwater by digging their gnarly little claws into the riverbed. By the 1990s armadillos were well-established throughout the Deep South, and now they're making their way as far north as Kentucky and Illinois despite earlier theories that they couldn't stand the cold.

THAT SCUFFLING NOISE YOU HEAR AT NIGHT

Although they have very little fur or body fat to insulate them under that armor, hibernation is not their way and it seems they must weather the worst cold snaps in burrows that go as deep as 15 feet. They don't like extreme heat either, so during the summer months they are mostly nocturnal. From dusk to dawn you can hear them rooting and scuffling around in the leaf litter, looking for bugs and grubs, burrowing their snouts into the dirt. With peg-like teeth they eat hundreds of different kinds of invertebrates — beetles, roaches, wasps, ants, spiders, worms, maggots — plus a few small amphibians and reptiles. Only a small portion of their diet is vegetable matter such as fruits and fungi. Armadillos are solitary and conduct their night raids alone.

A fantastic sense of smell seems to be their primary mode of navigating the world. They have poor eyesight and are often so preoccupied with clawing and digging that you can walk right up on them and stroke their backs before they notice. Then they get so startled they jump straight up in the air before bolting away in terror. This quirky habit has made them

more vulnerable to highway death because even when they might have remained unscathed below a passing vehicle, fright causes them to jump up and hit the bumper or undercarriage.

ARMOR AND OTHER ADVANTAGES

Very few natural predators care to take a crack at that armor. Gators and bobcats might kill an adult, and the young are more susceptible to birds of prey because their skin has not yet hardened into a carapace; but generally, the lack of predator threat has allowed them to spread far and wide. Here in South Carolina it is open season on the little fellows throughout private lands, yet they are advancing inland and upstate.

Another reason for their success is robust reproduction. Females reach sexual maturity at one year and give birth to quadruplets every time. Over a 10- to 25-year lifespan, they can bring as many as 56 new little armadillos into the world. The babies drink their mother's milk in the burrow for the first three months, then emerge to forage together as a family for a while before splitting off on their own. They favor forest and dense brush with plenty of cover, though as noted earlier, prized garden beds seem to be their most preferred grounds.

AND LASTLY ...

If you're wondering how competitors get their armadillos going in the right direction during Texas armadillo races, they crawl behind them and blow on their backsides to scare them toward the finish line. Truly — only in Texas. *LL*



NOT READY TO ROLL A common misconception is that nine-banded armadillos can roll up into spherical balls. The lack of predators has allowed them to quickly spread across the Lowcountry. They are insectivores, feeding chiefly on ants, termites and other small invertebrates.

INSURANCE AT THE HIGHEST STANDARDS

WHAT IT MEANS TO BE LOCAL

- **Stability:** We live here
- **Availability:** We are here when you need us.
- **Knowledgeable:** We know the area's culture and the climate.
- **Participation:** We are part of and contribute to the community.
- **Independent:** Decisions are made with your best interest in mind.
- **Local:** We are diverse representatives of the Lowcountry.

Kinghorn INSURANCE

Claims-Tested Experience You Can Depend On

BLUFFTON: 843.837.3911
HILTON HEAD: 843.686.3911
www.KinghornAgency.com



Robert Stevens, Partner

Clark & Stevens ATTORNEYS AT LAW

COMPLEX MATRIMONIAL & FAMILY COURT MATTERS

Since the firm's founding in 2001, **Robert Stevens** has established a reputation for handling the most complex matrimonial and family court matters with the utmost discretion. He has been practicing in the family courts for nearly 40 years and understands the sensitive nature of arduous family law matters; and remains dedicated to maintaining the privacy of his clientele.

As a seasoned divorce attorney, Bob delivers exceptional services in all facets of divorce issues, including marital property distributions, spousal and child support, child custody cases and prenuptial and marital settlement agreements.

Bob is a Fellow of the American Academy of Matrimonial Lawyers and is the immediate past-president of the South Carolina Chapter (2016-2018) of the AAML.

ADDITIONAL CREDENTIALS INCLUDE:

- Certified AAML Matrimonial Law Arbitrator (American Academy of Matrimonial Attorneys)
- Fellow, American Academy of Matrimonial Lawyers

Proven & Compassionate Lowcountry Attorneys

AV PREEMINENT Super Lawyers AAML

ClarkandStevens.com 843.842.3500 60 Arrow Road, PO Box 7788 Hilton Head Island, SC 29938

Dream Boat: Line Set

PEEK INSIDE THIS CUSTOM-BUILT SPORT FISHING YACHT

PHOTOGRAPHY BY RACHEL ACQUAVIVA







CHILL ZONE The living room features wool carpet and teak wood. The boat features plenty of interior and exterior sitting areas.

About Line Set

Length overall: 68 feet
Beam: 20 feet
Draft: 5 feet
Fuel: 2,000 gallons
Water: 350 gallons
Top speed: 42 knots
Weight: 97,000 pounds

For some, the best part about living in the Lowcountry is the abundance of places to go boating. This month, we searched for the baddest boat in the area, and what we found did not disappoint. The Line Set is owned by the Mingledorff family and run by Capt. Corrin Askeland, who has worked with the family for 13 years. It's a custom boat designed by Steve French and built by Rybovich and Sonny Bridge. This sport fishing yacht travels 7 to 8 months out of the year to Alabama, The Bahamas, St Lucia and other hot fishing spots.







OTHER KEY FEATURES

- 4 bedrooms and 3 bathrooms
- Ice maker that can make 1,050 pounds ice a day and dumps right into the fish box or drink box.
- Cockpit freezer for bait
- Powered by Caterpillar diesels, 1,900 horsepower each
- Two Seakeeper gyroscopic stabilizers that keep the boat from rolling side to side when it's rough and takes all of the roll out when it's calm.

TALK ABOUT LUXURY The flybridge and the mezzanine are air-conditioned to keep a cool breeze outside. Direct TV, satellite telephone dish, infrared night vision camera, 120-mile radar, and a yacht controller to drive the boat controllers the bow thruster and engines. Release fighting chair made in Savannah.



MASTER BEDROOM The ultimate floating sleeping quarters. The largest of the four bedrooms offers plenty of storage.



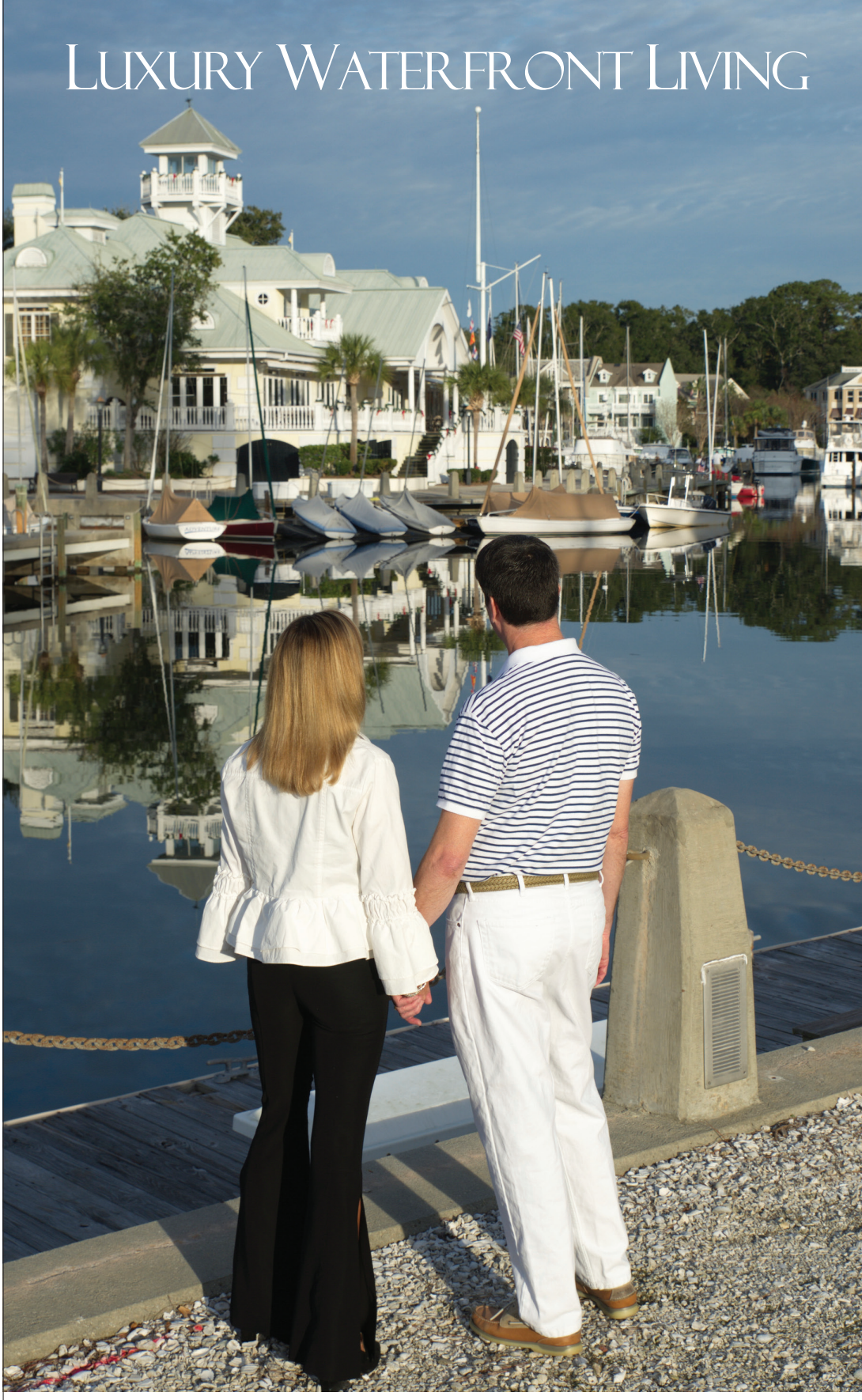


SCRUB THE DECK The master bathroom has two vanities, a spacious shower and plenty of cabinet space.



ROGER THAT Capt. Corrin's luxurious bedroom.

LUXURY WATERFRONT LIVING



WINDMILL HARBOUR

HILTON HEAD ISLAND, SC

Phone: (843) 681-5600 | info@richardsongrp.com

www.WindmillHarbour.org



PLAY BALL Guyton's Josh Reddick has played professional baseball for 11 years. He is an outfielder for the Houston Astros.

Q+A Josh Reddick

GEORGIA STAR GIVES HIS ALL ON THE FIELD AND OFF

STORY BY DEAN ROWLAND

Josh Reddick knows a thing or two about playing baseball. He always knows a thing or two about Georgia and why it's important to give back to the community that gave to him as a kid.

Reddick, 32, born in Savannah and raised in Guyton, has been a professional baseball player for 11 years. He's firmly ensconced in right field for the Houston Astros and won a World Series ring two years ago.

He turned his love of the sport into a modern $1 million fully accessible baseball complex in his home county last summer, thanks to a donation from his foundation. A few hundred locals attended the ribbon-cutting last July for the christening of Josh Reddick Stadium.

These days, he's hitting well, he's physically healthy and he's very happy, having married his long-time sweetheart Jett in January.

He was drafted by the Boston Red Sox in 2006 in the 17th round out of Middle Georgia College, where he hit .461 as a freshman.

©PHOTOS PROVIDED BY THE HOUSTON ASTROS



AIN'T LIFE GRAND In April 2018, Reddick became the second Astro in franchise history to hit 2 grand slams in one calendar month, Jeff Bagwell being the first to do it in May 2001.

He credits "God-given talent" and training, hard work and love of the sport for the success he has achieved.

LOCAL Life caught up with Reddick recently in Houston a few hours before a night game.

Here are some excerpts from that conversation:

[LOCAL Life] Growing up in Guyton, Ga., and playing school baseball, did you ever imagine you would play in the major leagues for 11 years and earn a World Series ring (with Houston two years ago)? **[Josh Reddick]** The ultimate goal was to succeed and get to the big leagues and follow that childhood dream. I don't think there was any doubt that I was going to make it. Deep down I was going to make this and make it a life I always wanted. It's a dream come true. From early on I knew I was going to make it, from 5 years old...My parents always asked me, 'What's your backup plan?' and I told them I didn't have one. It was this plan or no plan.

Utilizing the latest proven hair restoration treatments and the most well-trained specialists to help renew your confidence.



MD

MINTON MD
hair restoration center

The most comprehensive hair loss center in the area lead by board-certified facial plastic surgeon Dr. Timothy Minton.

Female & Male Hair Loss Treatments
Platelet Rich Plasma (PRP)
Compounded Topical Medical Therapy
Natural Hair Growth Vitamins & Supplements
Low-Level Laser Light Treatment
Scar and Reconstructive Hair Transplant
Offering the Latest Neograft 2.0 Device Hair Transplant Procedure

Timothy Minton, MD FACS

Savannah Facial Plastic Surgery · Timothy Minton MD, FACS
NeoGraft®

GEORGIAHAIRCLINIC.COM
SAVANNAHFACIALPLASTICSURGERY.COM

912.644.0744

Consult with Dr. Timothy Minton to see if NeoGraft is right for you.

Need a great dentist? You've found him.



BLUFFTON
DENTAL CARE

843.706.3800
blufftondentalcare.com
25 Clark Summit Drive · Suite 100, Bluffton, SC

Dr. Jenkins and the Bluffton Dental Care team believe everyone deserves a lifetime of healthy smiles. We also believe that everyone deserves a highly skilled, experienced dentist who is committed to a whole-patient experience.

Call For Your Complimentary Consultation.









FIELD OF DREAMS Since high school, Reddick has dreamed of building a state-of-the-art baseball facility in Effingham County. Josh Reddick Stadium features artificial turf and handicapped-accessible dugouts that are level with the playing field, making it the area's only fully accessible baseball field for children with special needs.

[LL] You originally played shortstop in school, then switched to the outfield. Was that your idea? [JR] Absolutely not, it was (coach) Tony Kirkland's decision. He saw my first game and said, "You're going to be my right fielder." I was so mad at him because deep down I thought I was the best shortstop around. But being an outfielder then is what made me the outfielder I am today. We're still good friends today.

[LL] You made an out at the plate in your first at-bat as a major leaguer in 2009 and the next game you hit two doubles. Two days later you hit your first home run. Describe the experience over that three-day period. [JR] It was a lifetime achievement, and the thrill of getting that call to come to the big leagues. It was heart-racing. It was a very exciting time for me because I was a 22-year-old kid. It was insane. Three years prior to that I saw them win a World Series.

[LL] You earned a Gold Glove for defense in 2012. Describe your style of play as an outfielder, as a ballplayer. [JR] When I play the outfield, it's all about doing what I can do to make that play. If I have to jump over a wall, dive, hit the wall, I'm willing to do that. I'm 110 percent in the outfield. It's my job.

[LL] How much did it bother you being traded three times in your 20s? [JR] The hardest part is meeting new guys. In baseball, we're so close and welcome each other. We're brothers and we're so connected to the game. We just want to win and play the game the right way.

[LL] You've earned millions playing baseball. Has it changed who you are as a person? [JR] I don't think so, maybe a tad. I may have a few more nicer things, but I don't think it's changed me as a person or my personality. I'm still that guy from Effingham County who wants to sit back, have a good time and go fishing.

[LL] How much did growing up in Georgia influence you? What's the best thing about growing up there? [JR] I think growing up in a small town made me appreciate the smaller things in life. We couldn't afford the nice things. I learned to appreciate what I had. Having my dad around (especially after he was electrocuted at work, lost part of his left arm and mobility of the fingers in his right hand) helped me not to take anything for granted.

[LL] Your foundation donated $1 million to build a state-of-the-art baseball complex in Springfield, Effingham County. Why did you do this? [JR] It goes back to high school. I always wanted to build something like that for the kids and the next generations to have something nice to play on. Growing up, I had nothing like that. The idea was to focus on every kid, whether they were in a baseball tournament or special needs kids who wanted to get out there to experience what we do every day. You can touch a lot of hearts when you look out there and see these kids who might not get this opportunity, to get this opportunity. The smiles on their faces light up.

[LL] Do you still connect with friends and people you grew up with? [JR] Absolutely, two of my closest friends in the whole world still live in the Effingham area. My best friend comes out to see me all the time. *LL*

village park homes

find your place to call home.



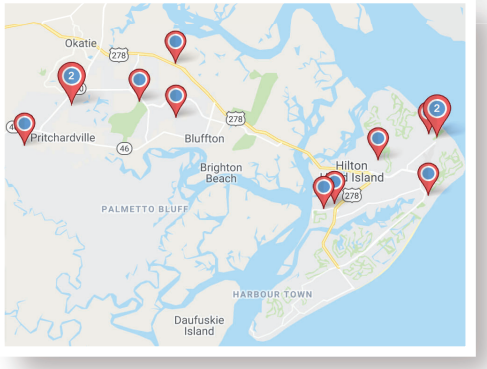
New Homes & Townhomes - $200's to $700's

Hilton Head Communities

Sandcastles by the Sea
Allenwood
Beach City Place
Beach City Commons
Tansyleaf
The Estuary
The Marshes at Broad Creek

Bluffton Communities

Rose Hill Plantation
Hampton Hall
Avondale at Lawton Station
Cambridge at Lawton Station
Alston Park at New Riverside
Hearthstone Lakes
Wellstone



Stay Connected: **villageparkhomes.com** YouTube (843) 836-9700

We are constantly updating our pricing and specifications to bring buyers the very best in quality and value. . This is not an offering in any state where prohibited by law, including, but not limited to New York, New Jersey Connecticut and California. Prices may not include lot premiums, upgrades and options.. Prices, promotions, incentives, features, options, amenities, floorplans elevations, designs, materials and dimensions are subject to change without notice. See Sales Representative for details. Sales and Marketing by Village Park Homes, LLC. 4454 Bluffton Park Crescent - Suite 101 Bluffton, SC 29910. Alison Rice : Broker-In-Charge. March 5, 2019



Dedicated runners compare running to a zen-like experience when they're immersed in the beautiful Lowcountry environment. Trails weave through maritime forests, hug lakes and creeks, and mingle with myriad flora and fauna along their path. Runners' focused minds, steady pace and rhythmic breathing whisk them far away from their ordinary, everyday lives.

Running for Self and Community Service

Rob Fyfe has been on the run ever since high school in New York state. It began on the track team in the 440- and 880-yard distance races, then for personal enjoyment competing in events and running with other members of local running clubs for pleasure.

Running was a fixture in his lifestyle, but life as he knew it changed.

"When we moved here from New York in 2009, there were no running stores here, no running clubs, no real run community, period," he said.

He missed the camaraderie of fellow runners in the Northeast, so he peered into the black hole of the local Bluffton scene and saw personal and business opportunities.

He opened the Palmetto Running Company retail store in Bluffton in 2010 and formed the PRC club the same year. It was then, and is now, the premier retail store for runners in the area, recently named one of the "Best Running Stores in America."

"When you reach out to the community and open up a running store, runners come out in droves," he said. All or some of the 100-member running club have

PALMETTO RUNNING COMPANY
OFFERS THE...

aetrex®

Revolutionary
3D Printed Custom
Orthotics

The Albert 3D Scanner is the most advanced foot scanning system available globally. This revolutionary scanner is able to translate complete data to produce an orthotic that matches precisely to an individual's foot - all in under one minute! The result is the most accurate custom orthotic on the market today.



PALMETTO
RUNNING COMPANY

HILTON HEAD 28 Shelter Cove Lane | **BLUFFTON** 30 Plantation Park Drive
843-815-1718 | palmettorunningcompany.com

been meeting at different locations for nine years every Saturday morning at 7. They run for varying distances and meet up again an hour or two later at a local coffee shop, like Corner Perk.

It's not competitive and runners range in age from teens to mid-70s, all running at their own pace — and mingle the whole time.

"It's a real social environment," he said. "We're a social club that likes to run."

The group explores Lowcountry running trails from Savannah to Beaufort, although most are local, and sometimes join other running clubs on their jaunts.

Fyfe and his son Christian opened a second location of the Palmetto Running Company on Hilton Head in 2014.

They also are race directors in the Bluffton/Hilton Head area for charitable running events throughout the year. They coordinate, organize and promote these events that have raised $500,000 for charities through the years.

As for Rob himself, he'll put on his running shoes four times a week, logging a total of about 25 miles tracked on a smartphone app or a watch with a GPS feature.

"In the fall, we'll start training for a marathon, and we'll bump the mileage up to 40 miles a week," he said.

The runner's wellness credo is simple and practical: Warm up the body before running, carry water and bug spray, apply sunscreen, wear appropriate clothing, slow down after completing your run but don't stop moving until your heart rate lowers, cool down and stretch afterward. *LL*







HOT ON THE TRAIL Trail running provides mental and physical advantages over pounding the pavement, such as lowering anxiety and using more muscle groups. Trail running essentials include appropriate clothing, water, bug spray and sunscreen.

Happy Trails for You

The few running trails in the Hilton Head/Bluffton area are all of moderate difficulty, very scenic and very flat.

PINCKNEY ISLAND Located midway between the island and the mainland is Pinckney Island, a national wildlife refuge of considerable renown. Park in the lot and walk a few hundred feet to the trailhead. Run for about a mile past Ibis Pond and turn right at Starr Pond for another mile or so toward Skull Creek. At that trail's end, take a left and head north to White Point at the tip of the island at Port Royal Sound. Run south back to the parking lot. **This running loop is about 6 miles on packed gravel and grass/dirt.** Water tides determine which of the 14 miles of hiking/running trails will be used. "It's a beautiful spot with lots of wildlife," Rob said.

SEA PINES FOREST PRESERVE On the north end of this plantation's sprawling 5,200 acres sits an oasis that protects wildlife and the natural habitat created by visionary and developer Charles Fraser in the early 1970s. **Lowcountry runners have mapped out their designated trails in this 600-acre preserve that cover between 3-6 miles apiece.** (It also hosts the End of Summer 5k race.) The private access space affords runners plenty of shade and canopy trails, packed dirt and grass surfaces, and scenic maritime forest and lakeside views.

PALMETTO BLUFF This private access destination on the outskirts of Bluffton has **beautiful trails that stretch for 6 miles** along River Road, marshes, a 120-acre preserve and an expansive inland waterway. Plan on running on packed gravel and grass. Palmetto Bluff is the host of the Buffalo Run 10k, 30k and 50k Trail Run in December.

BUCKWALTER PLACE This **1.5 mile-greenway trail** has the "potential to become a very nice location but with all the construction now it's a little banged up," he said. Nevertheless, "it's a nice trail and close by" in Bluffton, he said. Runners can expect pine straw and grass surfaces.

We believe...
we're in this together



Julie Richardson with her son Jackson

Hilton Head Christian Academy is a launching pad to life. We partner with families like yours every day to give students a strong academic foundation and the personalized support that will help them discover the path they were always meant to take.

SANCTE ET SAPIENTER
HH
CHRISTIAN ACADEMY
1979

"As a parent, I love that HHCA offers my child a solid academic program, championship athletic teams and award-winning fine arts - but what truly sets it apart is what matters most. HHCA's foundation in Christ and commitment to helping my son discover and define what excellence looks like for him make all the difference."

- Julie Richardson, HHCA Parent

That's 21st century education. That's the HHCA difference.

Hilton Head Christian Academy

HHCA.ORG | K-12 College Preparatory School | 843-681-2878



Camelot on the Carolina Coast

CHARLES FRASER AND THE WILD, GLORY DAYS OF SEA PINES COMPANY

STORY BY TOMMY BAYSDEN

A good bit has been written about the serendipitous series of circumstances leading to the birth and early growth of Sea Pines Company. Most are histories or business books, rich with facts and details about financial deals, land acquisitions and the comings and goings of executives over the years. But few, if any, have focused on the period of explosive growth between 1970 and 1976. And none, to my knowledge, have described the outrageous goings-on that resulted when scores of well-educated young people, many in their first jobs, poured into new communities that had been raw, scarcely populated boondocks only a couple of years before. Some of their adventures would have been at home in a Gilbert & Sullivan farce, some almost too hysterical to believe. (And some were just a little beyond innocent mischief.) But the things they were doing were so exciting and groundbreaking, the freedom they were given in doing these things so refreshing, and **the places they were doing them so exquisitely beautiful, that they began to call it "Camelot."**



©ARNO DIMMLING



©THE SEA PINES RESORT

WALK OF FAME Above is the statue of the iconic photograph that appeared in the March 3, 1962, edition of the Saturday Evening Post, showing Charles Fraser walking with an alligator on the Sea Pines Ocean Course. To the left, young professionals enjoy a quiet Hilton Head Island beach.



BRIGHT YOUNG MINDS
In 1973, Sea Pines hired the second largest number of Harvard MBAs of any corporation in America. Only Citicorp — both then and now, one of the largest financial institutions in the world — (now known as Citigroup) had more.

"He wasn't interested in doing things as they had been done in the past. He wanted new perspective, new ideas."

In 1973, a small development company on the coast of South Carolina hired the second largest number of Harvard MBAs of any corporation in America. The company, known as Sea Pines, also hired MBAs from Virginia, North Carolina, Wharton and Stanford. Sea Pines' Founder and CEO Charles E. Fraser had a motive in all this recruiting: he reasoned that he could acquire this young talent, with all its energy and blazing ambition, for less than he would have to pay for experienced executives. And inexperience didn't bother Fraser. He wasn't interested in doing things as they had been done in the past. He wanted new perspective, new ideas.

The result was a double-edged sword: the company exploded with creativity and achievement, launching seven new communities in less than three years. But, as dozens of 20-somethings, (mostly without children and many of them single) streamed into the home office on Hilton Head Island and then to the new projects, a youth culture began to take hold that was, at times, as wild and uninhibited as it was energetic and productive. The explosive growth was coming at the expense of — for lack of a better term — "adult supervision." For many of these young men and women, this was the headiest time of their lives. Fraser gave them all the responsibility and incentive they could handle, and they gave him back long hours, tireless travel and new ideas. They were helping to make him wealthy, and they were certain he was going to return the favor. But as the new staffers began moving into communities that had, in some cases, been wilderness tracts on remote barrier islands just three years earlier, an aura of barely controlled chaos began to emerge in which the bizarre became commonplace and outrageous adventures were the order of the day.

optical solutions
THE ISLAND'S FRAME SPECIALIST
Dr. Michael Campbell and Associates



WE TREAT YOUR EYE CARE AND EYE WEAR WITH GOLDEN GLOVES.
COME VISIT US AND SEE FOR YOURSELF.



DRMICHAELCAMPBELL.COM

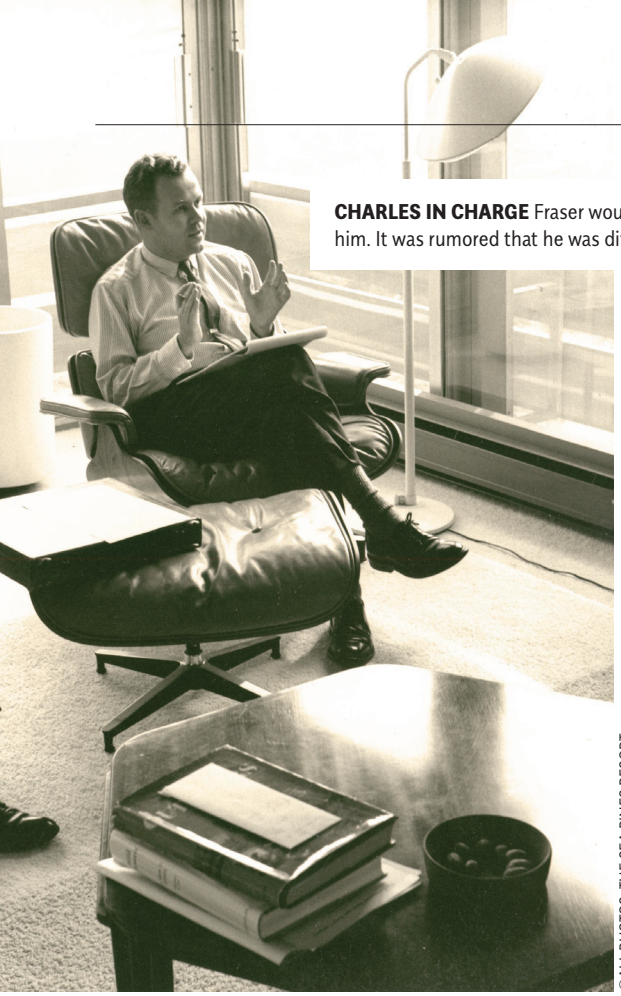
THREE LOCATIONS TO SERVE YOU BEST!

Hilton Head North End
10 Hospital Center Commons, Suite 100
843.681.6682

Hilton Head Mid-Island
50 Shelter Cove Lane, Suite G
843.785.8008

Bluffton
27 Dr. Mellichamp Drive, Suite 100
843.706.0607

OVER 33 YEARS SERVING THIS BEAUTIFUL LOWCOUNTRY.



CHARLES IN CHARGE Fraser would eat off your plate, visit your home and rip pages out of books and magazines that interested him. It was rumored that he was difficult to work for, but those who did work for him found Fraser to be a loyal and generous mentor.

©ALL PHOTOS: THE SEA PINES RESORT

Beginnings

Charles himself was a force of nature. Although everyone acknowledged that he was stone-cold brilliant, he was prey to the eccentricities that often accompany genius. He would pull a chair over to your table at the Plantation Club and eat off your plate. He would visit your home and rip pages out of books and magazines that interested him. He would lie on his back on the floor of your den and make you explain the lyrics of rock songs streaming out of your speakers. In conversation, he would sometimes stop in mid-sentence and simply wander off alone, as though he was listening to instructions from above. He seemed to suck the oxygen out of any room he walked into, as Teddy Roosevelt and Winston Churchill are said to have done.

But there was another side to Charles' personality. As Sea Pines' profile loomed larger in the business world and his reputation began to spread, it was rumored that he was so aggressively impatient and prone to bouts of rudeness, (despite his genteel Southern blood), that he was difficult to work for. But those who did work for Fraser, (including the author) found him to be a loyal and generous mentor, with a warm and compassionate heart, who cared about them and their families. He could embarrass you in the conference room one day and send you on a fact-finding mission to Spain the next. He was larger than life, and he stayed that way until his own was ended, far too soon.

Charles once said "I'm interested in making money, but I'm also interested in history, architecture, trees and birds." This was to become a value system and a mantra that would change forever the upper strata of the community development world.



A COMMUNITY BUILT ON HUMANITY

At the Hilton Head Hospital Spine Center, we treat our patients as partners in improving their quality of life. The team in our dedicated Spine Center will be there to coach you and your family through every step of the way toward lasting relief from neck and back pain.

To schedule an appointment today, visit HiltonHeadRegional.com/Spine or call 844-604-0320

THE JOINT COMMISSION NATIONAL QUALITY APPROVAL

Hilton Head Regional Healthcare
Coastal Carolina Hospital | Hilton Head Hospital

A COMMUNITY BUILT ON CARE

"...everyone acknowledged that he was stone-cold brilliant, he was prey to the eccentricities that often accompany genius."

Sea Pines was pioneering in a dozen different disciplines: land planning, design, conservation, historic preservation — even mosquito control. But as the exciting facilities continued to grow, the craziness continued to grow, as well. It was nothing less than this: a cosmic collision of brilliance, motivation, hard work, youth and a boom in the U.S. economy - as those who experienced it will never forget.

It was stated earlier that many of the "Young Turks" of Sea Pines expected Charles to make them rich. And for many, he did exactly that, though not as expected. Instead of the huge salaries and obscene bonuses in favor today, he mentored them in his groundbreaking philosophy of responsible, human-scale development. Many of them went on to found and lead some of America's premier recreational communities. They learned and honed their skills in places like Amelia Island, Kiawah and Palmas del Mar. Along the way, they had some amazing, madcap and surreal adventures, as you will soon see.





LARGER THAN LIFE Fraser seemed to suck the oxygen out of any room he walked into, as Teddy Roosevelt and Winston Churchill are said to have done.

ESTABLISHED 2009

Womens Financial Network

Elizabeth Loda, MBA
CERTIFIED FINANCIAL PLANNER™

15 Hospital Center Common, Suite 200F
Hilton Head Island, SC 29926
843.681.7526 Office

Gigi Maxfield
LPL FINANCIAL ADVISOR

WWW.WOMENSFINANCIALHHI.COM

Securities and Advisory Services Offered Through LPL Financial a Registered Investment Advisor. Member FINRA/SIPC

A PATIENT, EDUCATIONAL APPROACH TO YOUR MONEY MANAGEMENT

Taming the Jungle

In 1958, there existed a sprawling jungle island off the coast of South Carolina, where the deep Savannah River divides that state from neighboring Georgia. On it were 42 square miles of magnificent maritime forest: live oaks, palmettos and pines, rimmed with white sand beaches and thousands of acres of shimmering salt marsh; vast farm fields, most of them demised, but which once fed the world's insatiable appetite for Sea Island Cotton; and a few secluded fishing villages with boats that harvested the succulent local shrimp. But there were very few people, indeed.

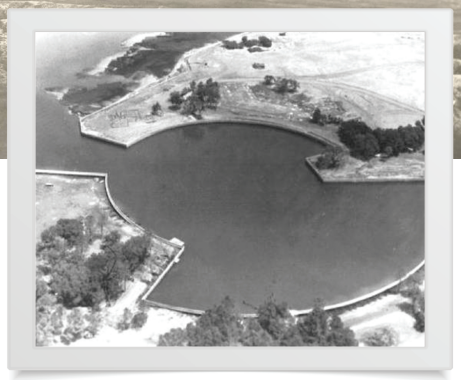
The island, after the English explorer who first raised its "headland" on the horizon in 1663, was named Hilton Head.

Even in the 1950s it was a primordial wilderness habitat, an absolute riot of the natural world. Tens of thousands of neotropical wading birds crowded the brackish ponds around the island's edge: Egrets, ibis, wood storks, anhinga and greenback herons. The woods teemed with deer, wild turkeys and feral hogs — the descendents of those brought by DeSoto in 1540. There was even the occasional sighting of a cougar, known as "Carolina Panthers" at the time. Alligators flourished in the inland freshwater lagoons.

This amazing ecosystem was especially appreciated by young Charles from nearby Hinesville, Ga., who had grown up visiting the island with his father, one of its four owners. He was not drawn to sports, (though he loved sailing) but was fascinated with nature, and the island's undisturbed flora and fauna were magical to him. He had matriculated at the University of Georgia and then Yale Law School, where he had taken courses on the then-new protocol of deed restrictions: covenants that bound landowners to certain restrictions, including architectural control. Fraser was to use those teachings to forever change the face of American community design.

Charles' father retired as a Major General in the U.S. Army, and during Charlie's youth was the commanding officer of Fort Stewart in Hinesville, Ga. He owned most of the island with three partners, primarily for the timber rights. To say that it was primitive at that time would not have done justice to the situation.





©ALL PHOTOS: THE SEA PINES RESORT

Electricity had only come in 1950. And the first bridge not until 1956 — the same year that Norris and Lois Richardson opened the Forest Beach Market (later to become the Red and White) a quarter mile from the beach, making decent groceries available for the first time. The roads were mostly old logging trails, swimming in mud and populated by rattlesnakes. When the partnership subdivided the island in 1956, General Fraser took the southernmost parcel. It was the smallest of the three tracts, and thus had less timber value. But it had something else — something that was not wasted on young Charles: those beaches were among the finest in America. And they were untouched! Charles had long dreamed about how to do something special on the island, and how to share it with people who would understand and appreciate its special gifts. When he bought the Sea Pines tract from the family, he put in place the moving parts that would lead to "Camelot." But first, he had some homework to do.

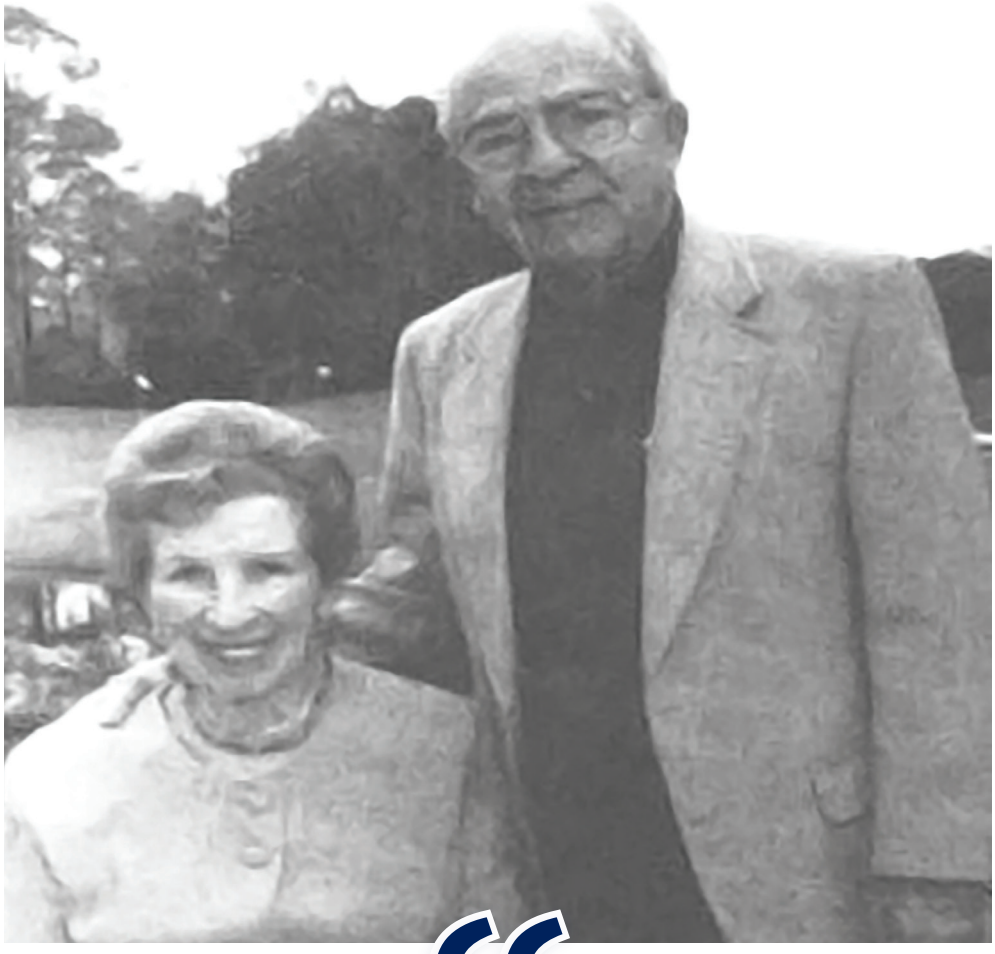
"Even in the 1950s it was a primordial wilderness habitat, an absolute riot of the natural world."



BRIDGE TO THE FUTURE Sleepy Hilton Head Island got electricity in 1950 and its first bridge in 1956. Harbour Town Yacht Basin was built in 1969 to attract boaters to the island.

He began networking among the developers of successful properties along the Atlantic Coast. Sitting in their offices, he grilled them (as only Charles could grill!) about what they thought they had done right and wrong, and what they would do differently if starting again. From condominium developers he heard about the complexities of regime fees.

LEAVE A LEGACY
THAT MAKES A DIFFERENCE



Peter and Nettie Wile made a difference. They volunteered with local nonprofit organizations, they stayed active spiritually and they had countless friends.

They also understood how to make a difference through their philanthropy. They established a charitable gift annuity through Community Foundation of the Lowcountry, which provided them a steady income stream while they were living, along with a number of tax advantages.

After they passed away – Peter in 2001 and Nettie in 2005 – their gift annuity converted to an endowed fund. The Peter and Nettie Wile Endowment Fund continues to provide ongoing charitable support to three organizations that meant a lot to them: Congregation Beth Yam, Volunteers in Medicine and Hospice Care of the Lowcountry.

Don't you want to make a difference now and in the future? Talk to us about how easy it is to establish a charitable gift annuity.

"EVEN AFTER THEIR PASSING THE PETER AND NETTIE WILE ENDOWMENT FUND CONTINUES TO PROVIDE ONGOING SUPPORT TO THREE ORGANIZATIONS THAT MEANT A LOT TO THEM.

843.681.9100 • cf-lowcountry.org

COMMUNITY FOUNDATION OF THE LOWCOUNTRY

KWO GERMAN SMOKERS

These holiday favorites are incense burners made in Germany. They also make great year round gifts.



Save the Date Sunday
November 3, 2019
for Pyramids
"Home for the Holidays"
Open House

pyramids
gifts • accessories • furnishings
1600 Main Street | 843.689.6367
Mon - Fri 10 am - 6 pm Sat 10 am - 5 pm

71 Lighthouse Road #316C | Shops at Sea Pines Center | 843.363.2040
Mon - Sat 10 am - 6 pm
"We will gladly reimburse the Sea Pines Gate Pass fee with a qualified purchase"

WWW.PYRAMIDSHILTONHEAD.COM

From resort operators he heard about the pitfalls of food and beverage service, from marina owners about the proper mix of slip sizes and pricing of services.

Charles was once asked how he went about creating the original Master Plan for ***Sea Pines***. "Simple", he said. "here's the process: Read and travel, stock my brain. Talk to experienced people, stock my brain. Scan thousands of architectural photographs, stock my brain." What he didn't say is that it took a very special type of brain to "stock" all this detail.

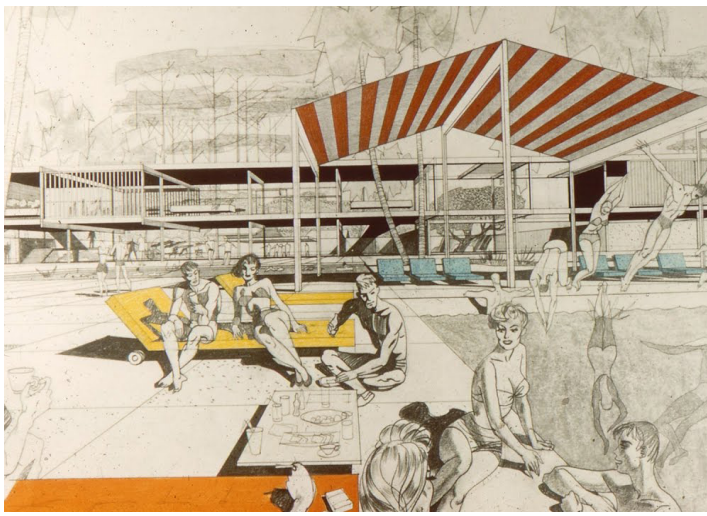
He also called on all the prominent land planners he could get in to see. One of these was the firm of Sasaki, Dawson and DeMay in Boston. They had done celebrated projects all over the world, and had won numerous national and international awards. But what impressed Charles the most was the fresh perspective they brought to a bug-ridden semitropical island off the South Carolina coast.

Together, they set to work on a plan that included the first major elements of the community: an oceanfront inn with meeting space, an ocean-oriented golf course with its attendant club and restaurants, a marina village on the Intracoastal Waterway, and — most radical of all — a "Forest Preserve" of several hundred acres, where no development would be permitted to intrude, and few, if any, trees allowed to be cut. Along the way, they were creating groundbreaking concepts in land planning, such as as residential streets perpendicular to the beach, rather than alongside it, creating more "ownership" of the ocean by all. A community unlike any other was beginning to take shape.

As Sea Pines Plantation continued to move forward in fits and starts, Charles had to face the realities of attracting people to a remote island and then trying to sell them land. The first of these posed the biggest challenge. The island's beauty and its remarkable Master Plan would sell themselves, he reasoned, but getting people there over rural roads and a single-lane bridge would be no easy feat.

Enter the Hilton Head Inn. If Charles could establish the island as a top-flight destination resort, the seclusion would actually be to its advantage. But first, the word had to get out. And then, of course, somebody had to be there, practically full time, to present its mystical, otherworldly beauty to the public, and especially to the press. But people weren't exactly lining up to come live and work on an essentially unpopulated island — one teeming with every kind of unpleasant vermin known to

MASTERFUL PLANNING Sasaki, Dawson & DeMay, with a design team that included landscape architect William "Bill" Johnson, was hired to design Sea Pines Plantation in 1956. **Beachfront lots initially sold for $5,350**. A similar lot today goes for $1.5 million and higher.



©ALL PHOTOS: THE SEA PINES RESORT



OPEN ROAD There wasn't much traffic back when Sea Pines Plantation installed the island's first gate in 1967. The Hilton Head Airport opened later in the year.

the tropics. So Charles did the only thing he could: he hired five bachelor friends to come and essentially camp on the island, to help him bring it to life.

But Sea Pines, and even Hilton Head, were far from household names, even in the Southeast. Publicity was what it had to have, since there was no money for major advertising. One of the five bachelors, David Pearson, had a friend on the staff of the Saturday Evening Post, then one of the country's most popular magazines, with a circulation in excess of seven million readers – a week! After months of pleading and cajoling by Pearson about the fascinating story to be found on Hilton Head, the friend agreed to stop off, with a photographer, on the way to do a story in Miami. They were fascinated by the alligators. While viewing one on the newly finished Ocean Golf Course, Pearson, construction superintendent Donald O'Quinn and Hasell Heyward of Bluffton lured "Albert," the 10- foot resident gator in the lagoon by the 18th green, into a loop and hauled him out. After a few minutes on the ground, Albert started walking back toward the lagoon.



They somehow got a chain around his neck when up walked Charles, having arrived from a bank meeting in Savannah, still wearing a business suit. Something clicked in Pearson's head. "Charles, come over here," he shouted. Someone produced an umbrella, the photographer snapped off the shot, and the seeds of Camelot were sown.







shop



sip



create

Beaufort's Southern Lifestyle Store

Featuring the sweet tea bar™ and offering Interior Services

SCOUT
SOUTHERN MARKET
709 Bay Street
Beaufort, SC 29902

Business Entertainment



GAME CHANGER The William Hilton Inn opened in 1959 as on of the first hotels in the U.S. to offer planned activities for guests.

The Hilton Head Inn, originally named the William Hilton Inn, opened its doors in 1959, and the Ocean Golf Course followed in 1962. The first Pro, Wallace Palmer, gave lessons and sold equipment out of his car. The Plantation Club was completed soon thereafter, and to operate its very fine, (and at that time in South Carolina, anyway) very ambitious dining room, Charles hired a young Swiss hotelier named Franz Meier, whom he had met when Meier was running the Swiss Pavilion at the 1968 New York World's Fair. Charles rightly perceived that Meier had the savvy and experience to bring truly fine dining to the Carolina Lowcountry, where difficulties in procuring the best ingredients and trained staff were famously daunting. Meir's new bride, Signe, was an accomplished pastry chef in her own right. Suddenly, in a region where a T-bone steak or a shrimp dinner were considered haute cuisine, diners were being served Tornados Rossini, Sweetbreads Grenoblaise and Crepes Suzette. To prepare and serve this elegant fare, Meier imported a small legion of European chefs and captains who soon created a colony of their own amidst the island's exquisite terrain. A whole population of Uwes, Pierres, Klauses and Dieters sprang up among the "Lowcountry Bubbas" of Hilton Head.



©HERITAGE LIBRARY

FULL SERVICE Lewis Aiken serving diners at the Plantation Club in the early 1970s.

A TYPICAL TAB AT THE PLANTATION CLUB

Cocktails in the History of Golf Lounge.
(hung with original oil paintings of the games' early days in Scotland)

Prosciutto with melon or Escargot á la Bourguigonne

Caesar Salad with fresh anchovies and egg, cracked and tossed tableside

Veal Osso Bucco or Rack of Lamb Herbs de Provence

St. Emilion, 1959

Bananas Foster, prepared and flamed at the table

Gratuity of 25% (keep the staff happy!)

Cognac or "Velvet Hammers" back in the History of Golf Lounge

Havana Cigars (yes, even those were discreetly offered)

The Plantation Club was a dazzling environment for the new employees. Company officers, even junior ones, were given what were essentially carte blanche expense accounts to dine and entertain at the club. To the left was a typical evening's menu, (junior execs entertaining other junior execs, the company picking up the tab):

Crazy? Of course. But there was a mission in this seeming madness. It was mostly a show. The Club had to be kept humming, keeping the cooks and servers busy, putting on a grand display of epicurean drama there in the middle of nowhere. It was never expected to make a profit, at least not in its early years. It was there to make a statement instead, albeit a subtle one: this was part of life as lived here in Sea Pines Plantation. You can live in a tropical garden by the sea and not have to leave the perks of cosmopolitan life behind! The red ink thrown off by the Plantation Club was merely part of the marketing budget. And marketing was more valuable than money, at Sea Pines in 1971.

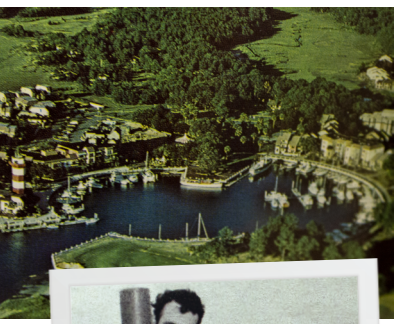


©HERITAGE LIBRARY

Let There Be Light

In the mid-'60s, working with the Sasaki firm, Charles began the planning of ***Harbour Town***. The property occupied a spectacular site overlooking Calibogue Sound, which was and is part of the Intracoastal Waterway, a succession of navigable estuaries linked by man-made canals, which the Corps of Engineers had completed in 1912. Hundreds of yachts, some spectacular, passed right by it on their way to and from Florida in the Fall and Spring. There could be no better exposure to the demographic — and the lifestyle — Charles sought. And then he made the boldest, and possibly the riskiest, move of his career. He had the Sasaki designers create a candy-striped, 80-foot lighthouse at the entrance to the harbor. Had the Inn, the Plantation Club and the (then) two golf courses not existed to provide credibility for Charles' marketing instincts and good taste, the lighthouse might have been laughed down as a corny, Disney-ish stab at pseudo-history, and a gimmick. Instead, it went on to become the enduring symbol of Sea Pines and one of the most recognizable corporate marks in the world.

©THE SEA PINES RESORT





©HERITAGE LIBRARY

BAR NONE Jim Light (left) and Jim Chaffin are shown outside The Quarterdeck bar. It was the only late night watering hole on the island and, along with the Inn and the Plantation Club, Palmetto Dunes and Port Royal, the only places serving alcohol.

On the half-acre of high ground between the lighthouse and the water, Charles had placed a Ship's Store and a shower/sauna/changing room for transient boaters. Above this, he had envisioned a nautically themed bar with a stunning 230-degree view across the Sound to Daufuskie Island and its (authentic) historic lighthouse, which had been built by the famous polo player Pete Bostwick in the early 1930s.

Tapped to manage the development of the new facility was ***Jim Light***, a young West Virginian who had been one of Fraser's earliest Harvard hires. From earlier projects, Charles had learned that the only way to ensure on-time completion was to send invitations to a "Grand Opening" several weeks in advance.



OAK ADVISORS MMV LLC

John Chiacchiero & Michelle Myhre, CFP®

You aren't like everyone else. Neither are we.

At Oak Advisors, we believe that protecting the financial interests of our clients is our greatest responsibility as wealth managers.

Our ***fiduciary duty*** means that our sole focus is helping you meet your financial goals.

843.757.9339
www.OakAdvisors.net

Post Office Box 7318
Hilton Head Island, SC 29938

Oak Advisors, LLC is a federally registered investment advisor.



Hilton Head Properties
Realty & Rentals

843.785.2242

Real Estate • Vacation Rentals • Property Management

www.HiltonHeadPropertiesRandR.com



©THE SEA PINES RESORT



©HERITAGE LIBRARY

OUTSIDE THE BOX Fraser, shown with his wife Mary, encouraged his people to learn through travel, to stay fresh by playing tennis in the middle of the day and to have plenty of gatherings where networking and cross fertilization would take place.

So, he had invited about 100 "prominent" islanders (not an easy group to identify in those days!) to come for cocktails and food at 5 p.m. on a date that Light had assured him would be easy to meet. However, at 4 p.m. on the appointed day, Light and his crew were still installing carpet in the bar. Undaunted, Light had set up an amazing procedure for getting it done: as the carpet crew moved across the floor from the entrance to the exit door, a team of staff members followed behind them, placing tables on what had been concrete floor just minutes before. Behind them, a crew of waitresses followed, setting the tables as soon as they were placed down. As the first guests entered on the stroke of five, the carpet crew was moving out of the exit door. (This would become the default protocol for opening many Sea Pines facilities yet to come).

The Quarterdeck was a hit, right from the opening bell. It was the only late night watering hole on the island and, along with the Inn and the Plantation Club, Palmetto Dunes and Port Royal, the only places serving alcohol. (More on this momentarily). In addition to residents and guests on Hilton Head, the Quarterdeck was patronized by employees of the company, many in their mid-to-late twenties, and many of them female. The bar quickly became the only "singles scene" between Savannah and Charleston and single men (and some pretending to be) ate it up.

The sole waitress at the Quarterdeck was a fetching little dish named Suzie, who was married to one of the captains at the Plantation Club. She wore short skirts and low-cut blouses, and had doubtless been pinched and groped by a succession of naughty golfers. But she had learned to slap hands with a giggle and a smile, while her gratuities soared.

As mentioned earlier, Charles had included a sauna in the transient boaters "locker room" below the Quarterdeck. Since the room was almost never used, the sauna became the scene of more than a few midnight trysts. But its role as the clandestine liquor hiding place was where it performed its greatest service.

To fully grasp the lunacy of this, you must first understand the approach to alcohol service in the state of South Carolina at that time:

1. The sale of alcohol, except from state-controlled stores, was against the law. If you went to a restaurant or club, you had to take your own. (Beer and wine had their own litany of laws, and they weren't so generous either).

2. Then, as now, the state depended heavily on tourism to reach its annual budget.

3. In a classic act of pure hypocrisy, the state permitted the secret



MargeAgin
PHOTOGRAPHY

Lowcountry
Fine Art
Photography

Limited edition prints printed on heavy fine art photo paper to assure quality.

Customized for the individual.

See more at
Four Corners Art Gallery,
1263B May River Road,
Bluffton, 843.757.8185
and **The Gallery at the Spa**
at Montage Hotel,
Palmetto Bluff

Other Southern Impressions at MargeAginPhotography.com

under-cover sale of liquor in a handful of specific establishments in the tourist areas of Myrtle Beach, Charleston, and the "new kid on the block," Hilton Head.

4. It worked like this: clubs and dining areas throughout the state were subject to random searches without warning by the Alcoholic Beverage Control Board. But the "without warning" part was something of a slippery concept.

5. On the day of an inspection, (they quickly came to be called "raids"), someone from the ABC Board, or maybe the Sheriff's Office, would call one of the handful of "special" venues — (The Ocean Forest Hotel in Myrtle Beach, Henry's Restaurant and the Mills House Hotel in Charleston, the Hilton Head facilities and three or four others around the state were among the anointed few) and inform them that a visit was forthcoming.

6. The establishment in question would scurry to hide its liquor, get a clean bill of health, then put it right back in place as soon as the inspector was gone. This is where the downstairs sauna at the Quarterdeck came in. It was the perfect place to stash the booze.

You will have to trust me (or ask anyone who was there) that this was how alcohol sales were regulated in the late '60s/early '70s in South Carolina. (Even 50 years later it still amazes!) Virtually everyone knew about it, and it is hard to understand how some of the operators not in "the club" didn't protest more. Perhaps they had a deal of their own.

Harbour Town Golf Links

Seeing the burgeoning popularity of the Ocean and Sea Marsh golf courses, Charles became convinced that Sea Pines still needed another golf experience - this one a truly world-class venue that would claim a place alongside Pine Valley, Pebble Beach, Pinehurst Number Two and the other handful of courses considered the "aristocracy" of American golf.



DREAM TEAM Fraser laughs with Jack Nicklaus, Pete Dye and Donald O'Quinn in 1969 at Harbour Town Golf Links.

He had already identified the perfect piece of land. While planning the village and surrounding areas of Harbour Town, he had been struck by the magnificence of the Live Oak forests that lay within the land adjoining Calibogue Sound. He christened the routing a golf links, though - except for the two closing holes - it didn't actually conform to the original Scottish meaning of the term; "a sandy stretch lying alongside water with few or no trees."

Now that Charles had identified the canvas, he needed to find an exceptional artist to paint his dream. He put the patented Fraser Research Model (aka "Stock My Brain") back to work. He quizzed scores of golfers, both amateur and professional, on the best designer to breathe life into that dream. The same name kept coming back at him: a 35-year-old, semi-retired insurance executive from Carmel, Indiana.

Charles was not a golfer himself, but even he thought that the man's resume and experience were a bit short and, well, a bit strange. (His first course was a nine-hole track south of Indianapolis that crossed the same creek nineteen times!).

His name was Pete Dye and he was already attracting attention for his innovative



Practical Storage Solutions & Unmatched Quality

Signature Closets Of The Low Country

843.415.6069 SignatureClosetsAndCabinetry.com

Locally owned and crafted





FAMOUS FIRST Arnold Palmer won the inaugural Heritage Classic in 1969 at Harbour Town Golf Links. Soon after, the Associated Press named Palmer "Athlete of the Decade."

approach to course design, much of it based on his careful studies of Scottish links courses. He would go on to become one of the most celebrated course designers in the world. Charles had learned not to ask for advice unless he was willing to take it, and he invited Dye down to Hilton Head to have a look.

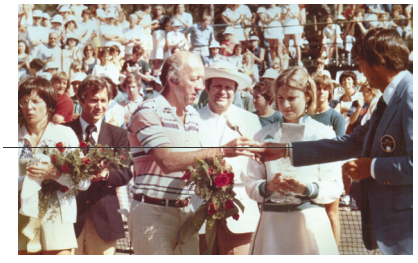
At this point, three mostly unconnected events converged to put the Harbour Town Links on the world's golf map, where it remained for fifty years (and still counting). Dye brought Jack Nicklaus, whom he had met while working on a course in Ohio, onto the Harbour Town team.

Though Dye's star was just starting its ascendancy, Nicklaus had already established himself as the best golfer in the country, if not the world. As he toured on the PGA circuit and extolled the remarkable course taking shape off the coast of South Carolina, the word eventually found its way to Sports Illustrated magazine. They dispatched noted writer Dan Jenkins and a photographer to the sleepily little island to see what all the fuss was about. What followed was a photo feature, crammed with exquisite shots of the photogenic course. The world took notice.

This enabled Charles and his PR director, John Gettys Smith, to lobby for, and get, the PGA Tour event that would bring the world to Hilton Head. "The Heritage Of Golf," trumpeting all the Scottish connections Charles could find, debuted in November 1969.

But the uncanny luck kept coming. Arnold Palmer won the first Heritage.

Dozens of professional golfers win PGA tournaments every year. But this one was different. Palmer had not won a tournament in two years. Again, this was not unusual in itself. But Palmer had been atop the golf world since winning his first tour title in 1955 — the first of 93 to come. And while Nicklaus was establishing himself as the greatest golfer ever, Palmer's good looks, his down-home accessibility and swashbuckling style were making him America's favorite — a mantle he would wear until after his death at 87. And the publicity flowed again!



PERFECT CIRCLE Fraser at Family Circle Cup with 1977 winner Chris Evert and runner-up Billie Jean King.

Tennis, the New Kid on the Block

The success of the Heritage demonstrated clearly how effective tournaments and other special events could be in jump starting awareness and publicity. So Charles and his marketers went looking for another one. Tennis had long taken a back seat to golf in popularity and recognition, at both the amateur and professional level. It was considered somewhat elitist - a country club sport favored mostly by women. But in the early '70s, things had started changing in a big way. The Davis Cup had been founded in 1900 as a tournament format for competition between countries. As with many things that far back in history, it was limited strictly to men. But by the early '70s, with television bringing sports into millions of homes across the country, tennis was ripe for promotion and growth.

Two Washington lawyers would harness that potential and take American tennis to the next level. Donald Dell and Frank Craighill had met in law school at the University of Virginia and went on to found ProServe, a white-shoe management firm representing professional athletes. Since Dell had played professionally and served as captain of the U.S. Davis Cup team, the firm focused on tennis, at least in the beginning. Among its clients was a Who's Who of American players: Jimmy Conners, Arthur Ashe, Stan Smith, Marty Riessen, and others. Soon, ProServ was organizing and promoting tournaments which included great international players, especially Australians.

Dell and Craighill were aware of Charles Fraser's interest in making Sea Pines a major presence in the burgeoning tennis world, and soon they were feeding him ideas about how to maximize this exposure. Each of the major communities would have its own touring pro: Marty Riessen at Amelia, Charlie Pasarell at Palmas and (in one of the most fruitful matches in Human Resources history), Stan Smith at Sea Pines Plantation. (More than 40 years later, he is still here!) Within sight of the Harbour Town Clubhouse, the Sea Pines Racquet Club soon broke ground, with eight HarTru courts initially, and space for many more.



SOUTHERN EXPOSURE
Charles Fraser with Tom Gardo after winning the SC Governor's Cup for Outstanding Tourism in 1975.

Charles also had the foresight to leave a piece of land contiguous to the club for a small stadium, should one ever be needed. It didn't take long. ProServ put together the CBS Tennis Classic with the network as sponsor, for a three-day, made-for-television tournament featuring all the top names in the sport world-wide. Soon, such legends as Rod Laver, Ken Rosewall and Arthur Ashe were part-time residents of Harbour Town and came to consider it one of their favorite stops on the professional tour. Smith even made it his permanent home and has raised his family here.

So successful was the Classic that another stadium court was built at Palmas Del Mar, and the tourney moved to Puerto Rico for a time. Sea Pines became a tennis destination worldwide, just as it had with golf.

It was 1973. Sea Pines was hitting on all cylinders and the world was our oyster. But the hijinks had only just begun. However, as Michael Ende famously said, "That is another story and shall be told another time." *LL*



BLUFFTON 7 Mallett Way | Bluffton, SC 29910 | 843.815.6699
BEAUFORT 1096 Ribaut Road | Beaufort, SC 29902 | 843.524.5550
PureMedSpa.com



Budget Blinds of Hilton Head Island
880 Fording Island Rd #8
Bluffton, SC 29910
Locally owned & operated

BUDGET BLINDS
Style and service for every budget.®

Call now for your FREE in-home consultation!

843-837-4060
BudgetBlinds.com

Blinds • Shutters • Shades • Home Automation

©2018 Budget Blinds, LLC. All Rights Reserved. Budget Blinds is a trademark of Budget Blinds, LLC and a Home Franchise Concepts Brand. Each franchise independently owned and operated.





Cocktails & conversation

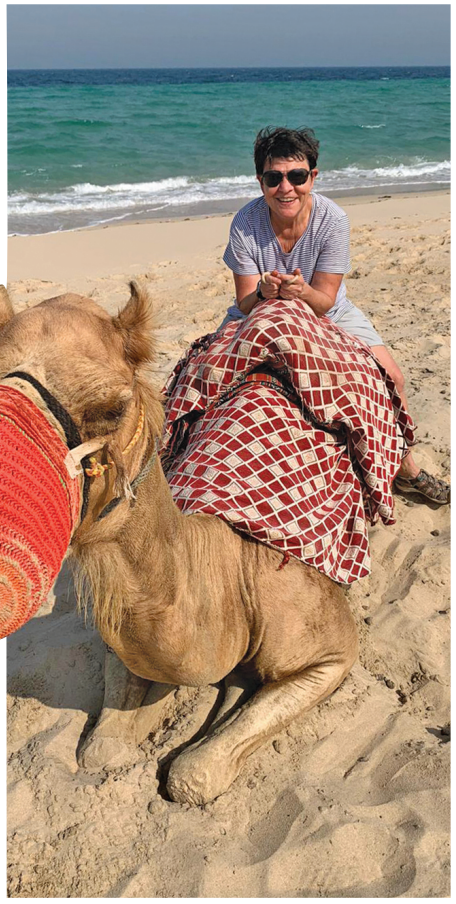
What: Ribbon cutting for Hargray's new Community Room
When it took place: Aug. 15
Where: Hargray Sales & Service Center, Hilton Head Island
Photographer: Hallie Martin-Hanlin
Highlights: The Hilton Head Island-Bluffton Chamber of Commerce hosted a ribbon cutting and its Cocktails & Conversation event at Hargray's new community room. Patrons enjoyed food and drinks while checking out Hargray's new retail and community space.











Opportunity of a lifetime

What: High-level briefings and cultural tours
When it took place: August
Where: Doha, Qatar and the desert.
Photographer: Vic Feigenbaum
Highlights: Thanks to a grant received from the Foreign Ministry of Qatar, Joan Apple Lemoine of the World Affairs Council of Hilton Head accompanied 13 high school students from across the country for a week of high-level briefings and cultural tours. Three of the students treated to this great adventure were the 2019 national winners of the Academic WorldQuest competition, a flagship program of the World Affairs Councils of America.





Local dogs have their days

What: Salty Dog's Clear the Shelter event
When it took place: Aug. 19-24
Where: Hilton Head Humane Association
Photographer: Hilton Head Humane Association
Highlights: The Salty Dog has long been a supporter of the Hilton Head Humane Association. The popular cafe paid the adoption fees for the first 25 adopted shelter animals between Aug. 19-24. Each pet also came with a free Salty Dog bandana and other fun freebies.



Scouts honor

What: World Scout Jamboree
When it took place: July 21
Where: The Summit Bechtel Reserve, West Virginia
Photographer: Annabelle O'Grady
Highlights: Five Bluffton and Hilton Head Island Boy Scouts (Alan Heyward, Matthew Sherburne, Andrew Sherburne, Noah Heartsfield, and Jake Lopko) were part of 45,000 Scouts from 167 countries attending the World Jamboree, held every four years in a different country. The last time the event was held in the United States was 1967.





EYELAND OPTIQUE

EXAMS

EYEWEAR

SUNWEAR

CONTACTS

Fresh Market Shoppes
890 William Hilton Parkway
843.681.2020

We accept
VSP, EYEMED and MORE!

EyelandOptique.com









Neighbors night

What: Summer Pop-Up Supper
When it took place: June 26
Where: An undisclosed home on Spring Island
Photographer: Ashleigh Whitmore
Highlights: Up until the moment that the open-air shuttle wagon dropped guests off, no one knew where the dinner would take place (except the host, who was informed just the day before). Spring Island members were asked to register only if they were willing to be host to the dinner party of 16 of their neighbors in their home. The 16 spots filled in less than four minutes. The Spring Island culinary team prepared the entire meal, including supplies and service; a good time was had by all.







Wall to wall

What: Barbers of the Lowcountry's Clipper Cup golf tournament
When it took place: July 13
Where: Port Royal Golf & Racquet Club
Photographer: Mike Bragg
Highlights: For the second straight year, the annual golf tournament exceeded its donation goal for Bluffton Self Help. Fourteen teams and 53 players participated. The team of Chris Hendrix, Amir Ajilani, Steve Bryant and Chris Marsh won with a score of 57.



Wall to wall

What: Large scale mural
When it took place: Spring and summer of 2019
Where: Hunting Island Visitors Center
Photographer: Aki Kato
Highlights: Artist Aki Kato painted a large scale mural inside of the Hunting Island Visitors Center. The complete surround art depicts the various ecologies of Hunting Island including the marsh, forest, dunes, ocean and beach. See more of the artist's work online at akikato.com.



Coastal Kaleidoscope

What: Reception for featured artist John Kenney
When it took place: July 5
Where: Beaufort Art Association Gallery
Photographer: Caroline Kenney
Highlights: More than 200 locals showed up to support John Kenney, whose work is characterized by a wide range of expression and bold use of color. His mentor, Paul Edwards, was a friend of Andy Warhol's and Kenney's vision was strongly influenced by pop culture and the industrial cityscape of his native Pittsburgh.





SEPTEMBER calendar

September marks the start of fall, that mysterious time of year . As the days get shorter and temperatures drop, hold onto the last bit of warmth with these hot dates.

Here are our top picks, along with dates of national and international interest.

Cut this page out and stick it on your fridge!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1  **Skull Creek Boathouse:** ***Erica Franklin*** Kenny Cetera's Chicago Experience **Cherry Popover Day**	**2**  **Labor Day** **Jazz Corner:** ***The Martin Lesch Band***	**3**  **Marley's:** ***Live Music with Rob Ingman*** Rollers: *Tasty Tuesday* **Skyscraper Day**	**4**  **Comedy Magic Cabaret:** ***Kerry Pollock*** Wildlife Day **Le Cookery:** ***Wednesday Tastings***	**5** **Roasting Room:** ***Emily Scott Robinson*** HHIPGA: *Hilton Head Open* **Cheese Pizza Day** 	**6**  **The Lodge:** ***Best of the '90s Music*** Roasting Room: *Griffin House* Read a Book Day	**7**  **Hudsons:** ***Lowcountry Boil SUP Race*** Jazz Corner: *Katie Thiroux* **National Salami Day**
8  **Rooftop:** ***Stee and the Ear Candy Band*** Jazz Corner: *Deas Guys* Grandparents Day	**9**  **Shipyard Racquet Club:** ***Boomer Clinic*** Ashura **Teddy Bear Day**	**10**  **Sea Pines Country Club:** ***Programs for Exceptional People Annual Gala*** USCB: *The Cultural and Natural History of Port Royal Sound* **Sewing Machine Day**	**11** **9/11 Remembrance Day** USCB: *Fall 2019 Ancestry Classes* Magnolia Hall, Sun City: *Who's Bad*	**12**  **Chocolate Milkshake Day** Roasting Room: *Melodime* **Crazy Crab:** ***La Bodega***	**13**  **Fortune Cookie Day** Roasting Room: *The Accomplices* Jazz Corner: *Alfred Sergel IV*	**14**  **Shelter Cove:** ***One In Five Festival*** Salty Dog: *South Beach Lowcountry Boil* Cream-Filled Doughnut Day
15  Boathouse: *Groovement* **Fishcamp:** ***Tommy Sims*** Wife Appreciation Day	**16**  **Island Rec:** ***Jesse Eddy BBall Camp*** Jazz Corner: *The Martin Lesch Band* **Play Doh Day**	**17**  **Sea Pines Beach Club:** ***Jazz By The Sea*** Shipyard Racquet Club: *Adult Clinic*	**18**  **Roasting Room:** ***Tyler Reese Tritt*** Green House: *Judy Blahut Art Exhibition* **Cheeseburger Day**	**19**  Avast ye! **Costumed Tours of Zion Cemetery** Professional Tennis Registry: *Fall Southern Wheelchair Championships* **Talk Like a Pirate Day**	**20**  **Choral Society:** ***September Song*** Outside: *Party with Patagonia* Ruby Lee's Concerts *(See Ad)*	**21**  **Bluffton Boiled Peanut Festival** Jazz Corner: *The Lenore Raphael Trio* International Peace Day
22  Crazy Crab: *David Wingo* Shelter Cove: *For HHI Community Celebration* **Business Women's Day**	**23**  **Main Street Youth Theatre:** ***Godspell Auditions*** **First Day of Fall**	**24**  **National Voter Registration Day** Rollers: *Tasty Tuesday* **National Punctuation Day**	**25**  Rooftop Bar: *Coastal Country Night* **Comic Book Day**	**26**  **Shelter Cove:** ***Carolina Dreamers Car Cruise-In*** THRIVE Women's Conference Johnny Appleseed Day	**27**  **THRIVE Women's Conference** Roasting Room: *The Talbott Brothers*	**28**  The Westin: *The Haint Blues Classic* **The Tiki Hut:** ***OCD*** Public Lands Day
29  **Rosh Hashanah** Crazy Crab: *David Wingo* **National Coffee Day**	**30**  **Vandermeer:** ***Total Tennis University*** Rooftop: *Dueling Pianos* Chewing Gum Day					

ONGOING

Coastal Discovery Museum: *Nikon Small World: Recognizing excellence in photography through the microscope exhibit*

HHI Shag Club: *Friday Social Dancing*

Shops at Sea Pines Center: *Farmers Market, 10-4, Tuesdays*

Bluffton Farmers Market: *1-6, Thursdays*





THINGS TO DO NEARBY

Savannah
Civic Center: Jerry Seinfeld (Sept. 5)
Civic Center: Old Crow Medicine Show (Sept. 7)
MLK Jr. Arena: Alabama (Sept. 27)
Johnny Mercer Theater: Michael Jackson Tribute (Sept. 14)

Charleston
Lowcountry Jazz Festival (Sept. 1)
Charleston Pride (Sept. 14)
Southeast Crab Feast (Sept. 7)
Charleston Beer Week (September 7-14)
Volvo Car Stadium: Kacey Musgraves (Sept. 20)

Columbia
Colonial Life Arena: Hootie and the Blowfish (Sept. 13)
Mann-Simons Site: Jubilee: Festival of Black History and Culture (Sept. 21)
Colonial Life Arena: Carrie Underwood (Sept. 29)
Williams-Brice Stadium: Alabama vs. South Carolina (Sept. 14)

IMPRESS YOUR FRIENDS BY STAYING INFORMED. KEEP THIS HANDY FOR QUICK REFERENCE.

Come See Why The Cypress Is A Great Place To Live And Work.



"We should have moved to the Cypress long ago! ***We love the wonderful amenitities,*** *great living* ***accommodations, World-class Chef, and stellar staff*** *all within a beautiful campus! Even Murphy has his own hangout,* ***Central Bark Dog Park."***

– Murphy, Nancy & Dick Flanagan
Club Members

"It's easy to ***love my job,*** *since I have the best of both worlds, the* ***Members*** *and* ***The Cypress."***

– Scotty Clements
Valet & Hilton Head Tennis Pro

The Cypress of Hilton Head Island

An Award-Winning Life Plan Community

SCHEDULE A TOUR & EXPERIENCE CYPRESS LIVING

Nona W. Story, Broker In Charge • **Rebecca C. Davis**, Sales Manager

cypressofhiltonhead.com | 800.**458.8585** | 843.**689.7000** | 20 Ladyslipper Lane, Hilton Head Island, SC 29926

SEPTEMBER happenings

Art showings, plays & performances



Symphony Under the Stars: R.E.S.P.E.C.T.

Conductor John Morris Russell and the Hilton Head Symphony Orchestra will bring the music of Aretha Franklin to Oscar Frazier Park in Bluffton for Symphony Under the Stars. The park opens at 6 p.m. followed by the concert at 7:30 p.m. The first woman inducted into the Rock and Roll Hall of Fame, Franklin was an artist of passion, sophistication and command. Her timeless recordings are anthems that define the soul. This event will not be tented, so all seating is under the stars. Reserved table seating is $50 per person (10 seats per table). Only 20 tables will be sold each night. Bring your own food and beverages for table seating. Lawn seating is $25 per person. Bring your own chairs, blankets and food for a great evening. Food trucks will be available. There is no rain make-up date.

SYMPHONY UNDER THE STARS
When: 7:30 p.m., Oct. 1-2
Where: Oscar Frazier Park
Details: hhso.org

Hilton Head Prep presents Fall Spectacular

When hired, Hilton Head Preparatory School's new artistic director, Patti Maurer, wanted to kick the new year off with a bang. As a way of showcasing the variety of talent among the students, she proposed starting a new Prep tradition with a Fall Spectacular, a cabaret-styled revue which will be held Sept. 26-28 at Hilton Head Prep's Main Street Theatre. Maurer has hundreds of dance, musical and directing credits, including a dozen shows at the Arts Center of Coastal Carolina as well as national and international productions. Her wide reach into the industry has allowed her to add some new and exciting twists to the Fall Spectacular. "We are thrilled to have young Broadway and film stars, Sarah Charles Lewis (Tuck Everlasting) and Austyn Johnson (Matilda, The Greatest Showman) join our talented cast of Prep students on stage to perform favorite musical selections from popular Broadway shows and movies," Maurer said.

In addition to these two evening revue performances, these young industry professionals will join Prep's very own ninth-grade student, Trey Middleton (Matilda), for a Broadway Q&A discussion exclusively for the students of Hilton Head Prep.

HILTON HEAD PREP FALL SPECTACULAR
When: 7:30 p.m. Friday, Sept. 26 and Saturday, Sept. 27; 2 p.m. Sunday, Sept. 28
Where: Hilton Head Preparatory School Main Street Theatre
Details: hhprep.org or 843-671-2286





SEPTEMBER SONG: MUSIC FOR FAMILY AND FRIENDS

The Hilton Head Choral Society kicks off its 2019-20 concert season with a pops concert, September Song: Music for Family and Friends. The concert features a 75-voice chorus with orchestra. This fall concert of music is meant to soothe the soul and lift the spirit with tunes from pop radio, inspirational favorites, Broadway shows and more. A diverse repertoire of family friendly pieces include a tribute to Doris Day, songs from the films "Mary Poppins," "Mary Poppins Returns," and Broadway favorites "Climb Every Mountain," "You'll Never Walk Alone," and "The Impossible Dream." A highlight of the evening promises to be "The Whole World Is Singing" with text in more than 10 languages.

HILTON HEAD CHORAL SOCIETY POPS CONCERT
When: 7 p.m. Friday, Sept. 20
Where: Holy Family Catholic Church
Details: hiltonheadchoralsociety.org or 843-341-3818



Mary M. Briggs
President & CEO

Welcome to the 2019-2020 Season of the Hilton Head Symphony Orchestra!

HHSO

Inspiring, enriching and uniting the Lowcountry.

The HHSO once again opens the new season with one of its most popular events, ***Symphony Under the Stars*** at Oscar Frazier Park in Bluffton on Tuesday and Wednesday, October 1 and 2, 2019. For the third year running, John Morris Russell and the Hilton Head Symphony Orchestra will present an evening you won't forget – this year, a tribute to the *"Queen of Soul", Aretha Franklin.*

The first women inducted into the Rock & Roll Hall of Fame, winner of 17 Grammy Awards, recipient of numerous honorary doctorate degrees including Harvard and Yale, a Kennedy Center Honoree and a Presidential Medal of Freedom winner, Franklin's powerhouse vocals made her a household name and a chart-topping sensation!

Join the orchestra as they bring you the music of this phenomenal legend at Oscar Frazier Park in Bluffton. Whether you put a table of ten together, design costumes, have your dinner catered or bring your own picnic, you won't want to miss the music of one of the most successful recording artists of the Rock & Roll era. Please see the ad on the right for seating information. **Please note that there is no rain make-up date.*

See you at the Symphony!

Mary M Briggs

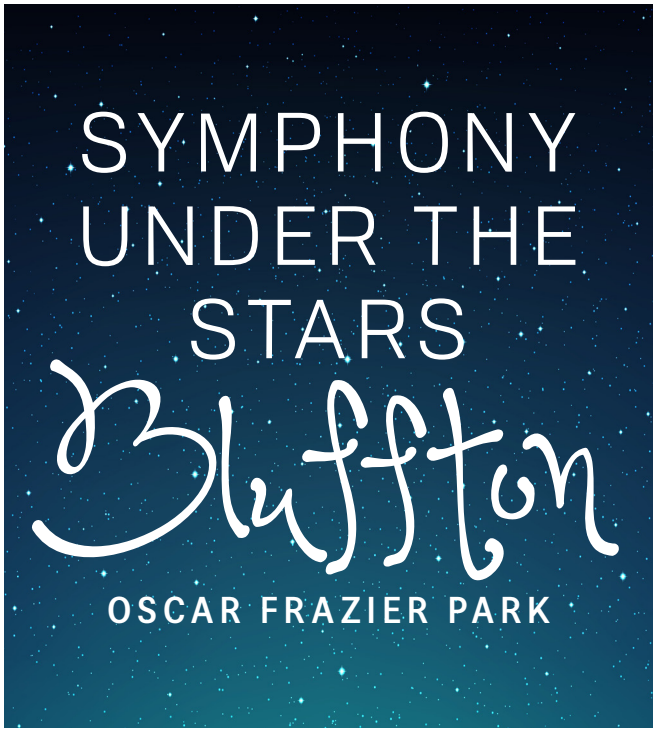
The traditional Symphony Under the Stars will be held in Hilton Head on April 7 and 8, 2020:

DREAM A LITTLE DREAM

John Morris Russell, Conductor and Kimberly Hawkey, Soprano

A sultry evening of scintillating classics, chanteuse and song revivalist Kimberly Hawkey makes her eagerly awaited return to mix an intoxicating cocktail of Jazz, Americana, and Broadway.

HILTON HEAD SYMPHONY ORCHESTRA PRESENTS





R. E. S. P. E. C. T.

A TRIBUTE TO ARETHA FRANKLIN

TUESDAY, OCT 1 & WEDNESDAY, OCT 2 AT 6PM

The first woman inducted into the Rock & Roll Hall of Fame, Aretha Franklin was an artist of passion, sophistication and command, whose recordings remain anthems that define soul.

Reserved Table Seating: $50/person (10 seats per table, only 20 tables will be sold each night!)
Lawn Seating: $25/person (bring your own chairs, blankets, and food for a great evening). Food trucks will be available for purchasing food and drink. This event will not be tented! All seating is Under the Stars.

For tickets go online at hhso.org or call 843-842-2055

bluffton
HEART OF THE LOWCOUNTRY

Art showings, plays & performances





Kim France presents Impressions of France

Twenty years as an interior designer prepared Kim France for her next creative career move as a painter. Her self-taught journey into painting began when she relocated to Hilton Head Island. Her work typically includes "micro moments in time." France's paintings often depict cottages, castles and villas — because the idea of "home" is compelling to her. "The show is a collection of vivid, impressionistic oils depicting scenes from Italy and the Lowcountry of South Carolina," said France, adding, "Hilton Head Island beach scenes will hang next to seascapes of the Amalfi Coast. Tuscan castles will hang next to Bluffton cottages. Pots of South Carolina geraniums will hang next to urns of Italian hibiscus."

IMPRESSIONS OF FRANCE

When: Exhibit runs Sept. 3-Oct. 6, with an opening reception from 3-5 p.m. Sept. 8
Where: SoBA Gallery, located in Old Town Bluffton
Details: sobagallery.com or 843-757-6586.



WEEKENDS AT THE JAZZ CORNER

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

WHO'S PLAYING

Doors open at 6 p.m. Concerts begin at 7:30 p.m.

1. **The Katie Thiroux Trio** *(Sept. 6-7)*
2. **The Noel Freidline Quartet featuring Maria Howell** *(Sept. 13-14)*
3. **The Lenore Raphael Quartet featuring Guitarist Howard Paul** *(Sept. 20-21)*
4. **Velvet Caravan** *(Sept. 27-28)*

Details: thejazzcorner.com or 843-842-8620



Festivals & fun



Portrait Connection event

Bluffton artists are creating enduring messages of compassion for families of children with serious medical conditions in the form of smiling portraits of the children they are working so hard to protect. On Sept. 12 the families and artists will come together to present all of the portraits at a beautiful reveal event. The public is welcome to come out and support the local families and artists..

PORTRAIT CONNECTION
When: Sept. 12 **Where:** Belfair, Bluffton
Details: portraitconnection.org

WELLNESS FESTIVAL

Did you know 1 in 5 people can develop a mental illness in their lifetime? Celebrate wellness and create a healthier and more balanced lifestyle. Live music, food, raffles, activities and games for adults and kids, a "Bust the Stigma" balloon pop, yoga, and locally-based wellness resources.

WELLNESS FESTIVAL
When: 10 a.m.-2 p.m., Sept.14 **Where**: Shelter Cove Community Park
Details: namilowcountry.org



Big Ten on Hilton Head Picnic

The Big Ten on Hilton Head is holding the 2019 seventh annual conference picnic at the Port Royal Plantation Beach House. Big Ten Network president Francois McGillicuddy will be the guest speaker and will talk about the latest news in the Big Ten Conference. Meal catered by Jimmy Fitts Barbecue. All Big Ten alumni, friends and supporters are welcome. Wear your school colors.

BIG TEN PICNIC
When: 4-6:30 p.m., Sept. 15 **Where:** Port Royal Plantation Beach House
Notes: Cost is $25, children 12 and under free. Registration deadline is Sept. 8
Details: Email BIG10onHH@gmail.com for information and registration forms.



MAY RIVER MUSIC FESTIVAL

Enjoy the exciting sounds of the South at this festival weekend, bringing together signature singer-songwriters along the banks of the Lowcountry's majestic May River. Enjoy two premier musical evenings at Montage Palmetto Bluff and tune into the Southern notes while indulging in food, fun and libations.

MAY RIVER MUSIC FESTIVAL
When: 6-10 p.m. Sept. 20-21 **Where:** Montage Palmetto Bluff **Details:** montagehotels.com

CHOCOLATE CANOPY



Hilton Head's
Finest Confections Since 1982



Our quality chocolates and confections are created by hand using the finest ingredients.

55 New Orleans Road, Hilton Head
843.842.4567
Order online at ChocolateCanopy.com
Don't forget we ship nationwide!

Festivals & fun







BLUFFTEMBERFEST

The 2019 Bluffton Sunset Party Series concludes with BlufftemberFest – a Bluffton-style Octoberfest Celebration on the May River. Featuring live music from local favorite "Bobby Magyarosi" and Stones cover band "White Liquor," plus a food court, craft beer garden, wine bar, vendors and kids activities. Toast the end of summer with family and friends and usher in the fall down on the May River. Proceeds benefit a local charity.

BLUFFTEMBERFEST

When: 4-8 p.m., Saturday, Sept. 21 **Where:** Bluffton Oyster Factory Park **Notes:** Tickets are $5 at the door. Children 12 and under get in for free.
Details: blufftonsunsetparty.com or 843-757-8520

Daufuskie Island Vibes & Tides

This inaugural event is set to be a culinary and experiential celebration featuring a weekend of curated signature events throughout Haig Point's historic settings from "Beach Vibes' at the Oceanfront Beach Club to a Gullah inspired "Heaven Blue Dinner" at the well-appointed Haig Point Clubhouse. Vibes and Tides also will showcase the finest culinary talent, wine, craft beer, spirits, artisans, music and more.

VIBES & TIDES

When: Oct. 18-20 **Where:** Throughout Daufuskie Island
Notes: Island only accessible by boat or ferry, daufuskieislandferry.com
Details: daufuskieislandvibesandtides.com or Facebook



Light Up the Night at the Lantern Parade

Celebrate the history, ecology, and people of Hilton Head Island with volumes of light at this free event created by and featuring artist Chantelle Rytter. The only requirement to participate is having a lantern. Official after-party hosted by the Tiki Hut, with music by local band Pretty Darn.

LANTERN PARADE

When: Nov. 9; lineup begins at 6 p.m., parade starts at 7 p.m.
Where: South Forest Beach, Alder Lane Beach access
Notes: Visit culturehhi.org for a list of lantern workshops. **Details:** culturehhi.org

SEPTEMBER FEATURES LOWCOUNTRY LANDSCAPES

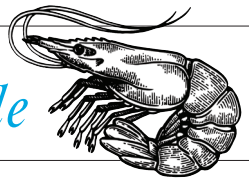


ROBERT ROMMEL
GALLERY OF NATURE

14 PROMENADE ST. SUITE 301
OLD TOWN, BLUFFTON, SC

843.949.7999
WWW.ROBERTROMMEL.COM

September happenings at Outside



Outside and Patagonia Party

September is give-back month at Outside. Twenty percent of every Patagonia purchase made during the month will go directly to The Outside Foundation to support its mission to get kids outside and protect and preserve our local environment. As part of the partnership between Outside and Patagonia, an in-store party will be held 5:30-8 p.m. Sept. 20 and will feature live music, food, Outside's signature 40th anniversary beer and information and exhibits about The Outside Foundation. outsidehiltonhead.com.

Lowcountry Boil Paddle Battle Paddleboard Race

Set for Sept. 7 at Hudson's Seafood House on the Docks, the event is part of the Southern Stoke Paddle Series and is a fundraiser for The Outside Foundation and The David M. Carmines Foundation. Race events include a long course (7-8 miles), short course (3 miles) and a fun/kids course. Cash awards for top three men and women long course finishers. A packet pickup and in-store party will be held the day before from 5:30-7 p.m., Friday, Sept. 5, at the Outside Hilton Head Flagship store in The Plaza at Shelter Cove. On the Sunday following the race, Sept. 8, race organizers, The Outside Foundation and Hilton Head Trash Heroes will host a trash cleanup of Skull Creek. paddleguru.com or outsidefoundation.org.

Vanishing Island Beachcombing Cruise

This three-hour boat cruise incorporates a two-hour Hilton Head dolphin tour with the added bonus of getting off the boat onto a remote vanishing island. Search for shells, sand dollars, crabs, starfish, and the occasional sharks tooth. Lowcountry sandbars are only available to visit at low tide, so this trip leaves at different times each day, depending on the tide. Led by naturalist captain guides, it's great for families with young children. outsidehiltonhead.com.



Lowcountry Shrimping

After a land-based intro on the art of throwing a cast net, head out on a traditional Lowcountry shrimping craft, The Carolina Skiff. This charter is offered late August through mid-October. Spend the day like a local. outsidehiltonhead.com.

Daufuskie Island History and Artisans Tour

This Daufuskie Island trip provides a glimpse into a fascinating chapter of Lowcountry history on the undeveloped side of the island. Visit several one-of-a-kind places, including the First African Baptist Church, the Praise House, Mary Fields School (memorialized in Pat Conroy's The Water is Wide), and the site of the Bloody Point Lighthouse. Tour studios and meet local artisans at Silver Dew Pottery and The Iron Fish, home to Martha Stewart American Made winner Chase Allen. Learn the rich history of the Native Americans, European settlers, the cotton trade, the Gullah people and the locals who have chosen to make this remote island their home. Tour includes boat cruise from Hilton Head Island, USCG licensed captain and interpretive naturalist/historian guide, golf cart, light snack, and refreshment. outsidehiltonhead.com.



Endless Possibilities

CARPET • HARDWOOD • LAMINATE
TILE & STONE • VINYL • AREA RUGS



Floors To Go®
(843) 681-4925
hiltonheadisland@floorstogo.com
123 Mathews Drive • Hilton Head Island

Fundraising events

Boys & Girls Club 15th annual Par Fore Kids Bluffton Golf Classic

Join the community in support of local youth and after-school programs. Each year the tournament draws local golfers who spend a day of play that helps fund a safe place for young people. The tournament, one of the Club's largest fundraising events, will begin at noon with a shamble format. The top three teams will receive prizes and everyone receives lunch, dinner, and a goody bag. Bid on golf packages from local and national golf courses.

PAR FORE KIDS BLUFFTON GOLF CLASSIC
When: Noon, Sept. 9 **Where:** May River Course at Palmetto Bluff
Details: bgcbluffton.org/golf or 843-757-2845

The Ancient Order of Hibernians host the Irish Open golf tournament

The AOH will be hosting the fourth annual Irish Open golf tournament at the Okatie Creek Golf Course. All proceeds from the event will help support Catholic education as well as numerous other charities in the Lowcountry.

IRISH OPEN GOLF TOURNAMENT
When: Sept. 21 **Where:** Okatie Creek Golf Course **Details:** bplaoh.org



HEARTS OPEN GOLF TOURNAMENT AT SEA PINES COUNTRY CLUB

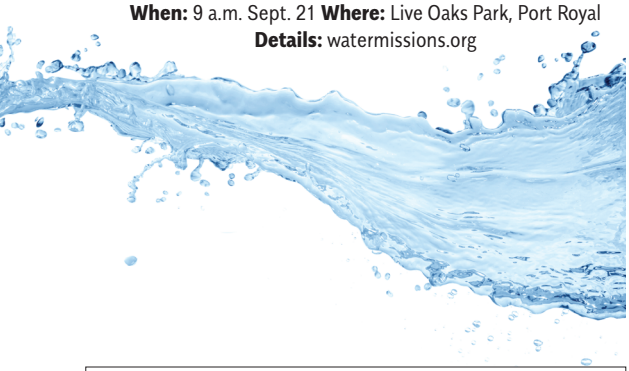
Support Hospice Care of the Lowcountry, an independent, community-based, nonprofit organization established to give comfort, honor, and dignity for end-of-life patients and their families. The tournament will include a $10,000 hole-in-one prize, closest to the line, closest to the pin, and a putting contest. The registration fee includes a Lowcountry cookout with all your favorite foods. Cash bar opens at 5:30 p.m., dinner begins at 6:30 p.m.

HEARTS OPEN GOLF TOURNAMENT
When: Sept. 16 **Where:** Sea Pines Country Club **Details:** hospicecarelc.org

Beaufort's Walk for Water

What if you were one of the millions of people who had to walk miles for water every day, water that in most cases is contaminated? Every 37 seconds a person dies from a water-related illness. You can take a stand against this global crisis and join the Walk for Water. A donation of $25 provides one person safe water for life. A latrine for a community is covered by a $500 donation. It's time to #PickUpTheBucket.

BEAUFORT'S WALK FOR WATER
When: 9 a.m. Sept. 21 **Where:** Live Oaks Park, Port Royal
Details: watermissions.org



Hilton Head Lustgarten Walk

Join in an inspiring day where 100 percent of every dollar goes directly to pancreatic cancer research. Join friends and family on this walk to invigorate, raise awareness, increase research funding, and honor everyone impacted by the disease.

LUSTGARTEN WALK
When: 8:30 a.m. registration, 9:30 a.m. walk; Oct. 12
Where: Shelter Cove Community Park
Details: lustgarten.org

THE 26TH ANNIVERSARY CIRCLE OF CARING GALA

Enjoy an evening of charitable giving that includes a super silent live auction with music and dancing by the incomparable Deas Guyz. Funds raised will benefit women's health issues. Presented by Volunteers in Medicine, who provided free medical, dental and mental health care to over 3,000 patients last year.

CIRCLE OF CARING GALA
When: Nov.23
Where: Westin Hilton Head Island Resort & Spa
Details: vimclinic.org

Dream Big. Hope Big. Relay Big.

Support the fight against cancer at the Relay For Life of the Lowcountry. The public is invited to attend this free event and join in the festivities. Food, music, a silent auction and a luminaria survivors walk make this event special.

RELAY FOR LIFE
When: 3 p.m.-9 p.m. Sept. 21
Where: Oscar Frazier Community Park
Details: facebook.com/RelayForLifeofHiltonHeadSC





Meetings & gatherings

State of the Region features former Charleston Mayor Joe Riley



One of America's longest serving mayors will be the keynote speaker at the 24th Annual State of the Region. Joe Riley served as mayor of Charleston for 40 years, and was at the helm during its transformation to a top destination, as well as rebuilding after the destruction caused by Hurricane Hugo in 1989. Charleston is now recognized as one of the most livable and progressive cities in the United States.

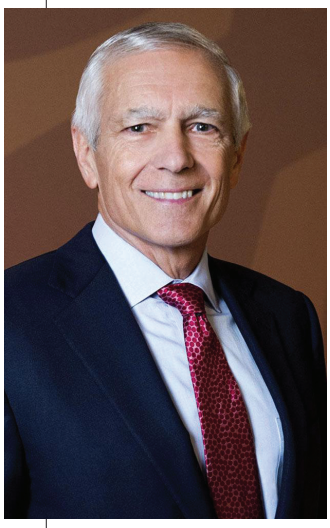
HILTON HEAD ISLAND-BLUFFTON STATE OF THE REGION
When: 11 a.m., Oct. 1
Where: Hilton Head Marriott Resort and Spa
Details: hiltonheadbluffchamber.org



Memory Fest 2019

Optimize your brain wellness and find out how your brain learns, creates memories, and manages emotions. Also learn about neurogenesis, neuroplasticity, and five easy interventions. Hilton Head Island (Sept. 10, First Presbyterian Church) and Bluffton (Sept. 17, Saint Gregory the Great).
Details: mymemorymatters.org or 843-842-6688

General Wesley Clark to open World Affairs Council of Hilton Head Speaker Series



Retired Gen. Wesley Clark is uniquely qualified to open the Friday Speaker Series with his new initiative: Renew America Together. The year's theme is Deglobalization: Threats and Opportunities, focusing on the pros and cons of diminishing interdependence and integration of nation-states. Deglobalization is the antithesis of globalization which grew from WWII until the current emergence of protectionist policies, tariffs, and eroding trade agreements.

WORLD AFFAIRS COUNCIL OF HILTON HEAD SPEAKER SERIES
When: 10-11:30 a.m. Oct. 4
Where: First Presbyterian Church, Hilton Head Island
Details: wachh.org or 843-384-6758





THRIVE LOWCOUNTRY WOMEN'S CONFERENCE

Join the premier women's gathering focused on enhancing and empowering personal and professional growth. This year's keynote speaker is South Carolina Lt. Gov. Pamela Evette. In addition to networking with over 200 local, Lowcountry and visiting women, guests will be treated to an impressive list of thought-provoking speakers, each one an entrepreneur, business professional, or community leader from a diverse selection of backgrounds, industries, and interests. Female entrepreneurs, solopreneurs, business professionals, or nonprofit or community leaders are invited to learn, grow, make new connections, forge new friendships, and—above all—be inspired by amazing women at THRIVE!

THRIVE LOWCOUNTRY WOMEN'S CONFERENCE
When: Sept. 26-27 **Where:** Hilton Head Island Marriott Resort & Spa
Details: hiltonheadchamber.org

Informative & entertaining

Toastmasters Humorous Speech Contest

Check out a free evening of humor at The Fast Trackers Toastmasters Club of Hilton Head Humorous Speech and Speech Evaluation contest. Come hear "light-hearted ladies and gents talking about funny events," and view the essence of communication improvement: positive constructive improvement in a competition of speech evaluators. This is a wonderful opportunity for anyone interested in public speaking, enjoying a few chuckles, and learning about the local chapter of the premier international public speaking organization. Winners of the contest advance to the area contest in Charleston in late September.

TOASTMASTERS HUMOROUS SPEECH CONTEST
When: 6 p.m. Sept. 6
Where: Palmetto Electric Community Room
Details: toastmastershhi.org or 704-650-3389

HERITAGE LIBRARY HAPPENINGS

The Cultural and Natural History of Port Royal Sound *(10-11:30 a.m., Sept. 10)*

Starting Your Family Tree *(12:30-2:30 p.m., Sept. 11)*

Native Americans of Port Royal Sound *(10-11:30 a.m., Sept. 17)*

MacKiev Family Tree Maker-Get with the Program *(12:30-2:30 p.m., Sept. 18)*

Heritage Quest and Family Search Overview *(12:30-2:30 p.m., Sept.25)*

Scottish Ancestry *(12:30-2:30 p.m., Oct. 2)*



FELICITY GOES HOME



THE LITTER BOX
VOTED HILTON HEAD'S FAVORITE THRIFT SHOP

EVERY DAY

we provide safe haven for the abandoned cats and dogs of the Lowcountry.

EVERY DAY

a wonderful and healthy animal is ready to enrich your life as a beautiful new family member.

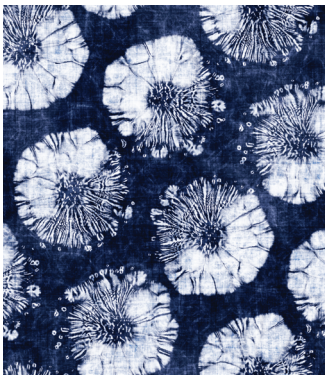
Come see who's waiting for you.

HILTON HEAD HUMANE ASSOCIATION

10 Humane Way | 843.681.8686
www.hhhumane.org

Coastal Discovery Museum

Details: coastaldiscovery.org or 843-689-6767



Discovery Night at the Museum: Indigo Exploration

Take a journey to the past and "meet" Eliza Lucas Pinckney. In 1739, when Eliza was just 17 years old, her experiments with indigo resulted in a very profitable industry for the colony of South Carolina. Hear her unique story, learn how indigo dye was made, and make your own indigo dye T-shirt to take home. This family friendly educational experience is fun for all ages.
When: 5-7 p.m., Sept. 5
Notes: Cost is $15 per person and reservations are required.



Lowcountry Insects

Join the Museum's manager of natural history to learn about many beneficial insects that live in the Lowcountry. Find out how to help protect them in your own yard. Participants will make a take-home insect house to provide shelter for some fascinating, local, and beneficial insects, such as the grass carrier wasp and the four toothed mason wasp.
When: 5-7 p.m., Sept. 19
Notes: Cost is $15 per person and reservations are required



Lowcountry Reptiles and Amphibians, Up Close

Alligators, snakes, and turtles oh my! Take a closer look at the fascinating and unique characteristics of local reptiles and amphibians. Interact with a few live critters and discover the importance of these often misunderstood animals. Learn how to protect these amazing creatures and safely enjoy sharing the Lowcountry with them. Take home a hands-on craft that reminds you of your experience.
When: 5 p.m., Sept. 12
Notes: Cost is $15 per person (for ages 10 and older) and reservations are required.



Sweetgrass Basket Making Classes

Learn about the history of the Sweetgrass basket, one of the Lowcountry's best known art forms, from a local Gullah basket maker. Then, try your hand at starting a basket of your own using locally found natural materials.
When: 10:30 a.m.-12:30 p.m. Sept. 7 and 21, Oct. 5 and 12, Nov. 2, 16 and 30
Notes: $65 adult and reservations are required.
Details: Coastaldiscovery.org or 843-689-6767 ext 223.

Sweetgrass Basket Workshop

The Coastal Discovery Museum at Honey Horn will offer a Sweetgrass Basket Workshop on September 26 from 5-7 pm as part of the Discovery Night at the Museum series.
When: 5-7 p.m., Sept. 26
Notes: $65 adult and reservations are required.



Uncovering the Roots of Reconstruction

A partnership with the Coastal Discovery Museum, Hilton Head Island Land Trust and the Mitchelville Preservation Project offers a unique tour to visit two historic sites connected to the Civil War and Reconstruction eras on Hilton Head Island. Every other Friday, visit the site of the self-governing community of Mitchelville (est. 1862) and Fort Howell to learn about the Port Royal Experiment, Civil War era, emancipation, and reconstruction on Hilton Head Island. Nearby, join a guide for a tour of Fort Howell, built in 1864 to protect the town of Mitchelville. Learn about the 32nd U.S. Colored Infantry troops who built the fort, the methods used to construct it, and the importance of its preservation.

When: 9:30 a.m. every other Friday, starting Sept. 13
Notes: $15 for adults, $10 for children ages 6-12 and reservations are required

Art Quilters of the Lowcountry

The Coastal Discovery Museum will host "Inspired Threads" by the Art Quilters of the Lowcountry in their gallery. The opening reception will be held from 5-7 p.m., Oct. 3, and everyone is welcome to attend. The quilters will have walks and demos on Fridays in October from 12:30-2 p.m.

When: Sept. 23 through Dec. 2

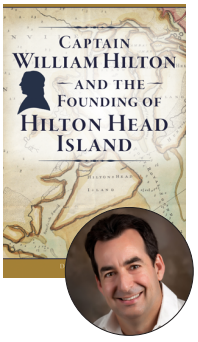


Beerology: The Natural History and Archaeology of Beer

Beer is the foundation of civilized life as we know it. Rex Garniewicz will give a presentation that will take you from ancient Mesopotamia, China, and Egypt to the jungles of the Amazon. Learn some of the science behind how beer is made and to see how it has impacted our lives in ways we likely never think about. You will view this beverage in a new light by the end of the lecture, even if beer isn't your thing.

When: 2 p.m., Oct. 4
Notes: Cost is $7 per person and reservations are required.





Captain William Hilton and the Founding of Hilton Head Island

Behind the pristine beaches and world renown of Hilton Head Island lies a history that dates back to the early exploration of the nation. Author Dwayne W. Pickett details the life of Hilton, his exploration of the Carolinas coast and the founding of an iconic island. After the presentation, books will be available for purchase and signing by the author.

When: 2 p.m., Sept. 25
Notes: Cost is $7 for the presentation and the book will be additional. Reservations are required.

ONE GOOD APPLE

Taylor Fote, *Administrative Assistant*

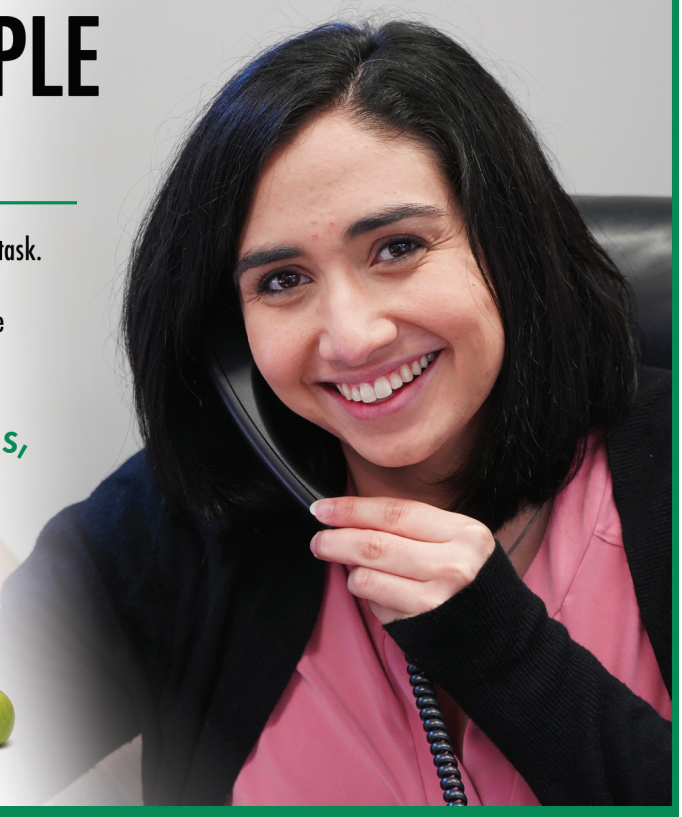
The coordination of the largest team of pest control professionals is no small task.

When you see one of our pest control professionals on the road, the office staff that stands behind them is one reason for their success.

When you compare apples to apples, only one comes out on top!

HILTON HEAD EXTERMINATORS
HILTON HEAD: 843-681-2590
BLUFFTON: 843-706-9933





WWW.HILTONHEADEXTERMINATORS.COM

LOWCOUNTRY
WOMEN'S CONFERENCE
thrive
Educate. Engage. Empower.
Achieving Results
Hilton Head Marriott Resort & Spa | September 26-27
Join us for the third annual premier women's gathering focused on enhancing and empowering personal and professional growth. The keynote speaker is South Carolina Lt. Gov. Pamela Evette. This year's conference will also feature Bizpitch, where women entrepreneurs can compete to win cash and in-kind prizes to start or expand their businesses.
Presented by SCORE FOR THE LIFE OF YOUR BUSINESS
POWERED BY SBA U.S. Small Business Administration
HILTON HEAD ISLAND-BLUFFTON CHAMBER OF COMMERCE
Register at www.HiltonHeadBlufftonChamber.org/Thrive-2019

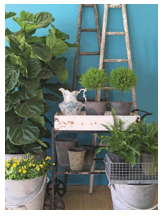
Hilton Head Preparatory School
2020 Niche Rankings
#1 College Prep Private High School in South Carolina
#2 K-12 Private School in South Carolina
#1 Boarding School in South Carolina
#1 K-12 Private School in Beaufort County
Top 13% of all K-12 Private Schools in America
Inspiring Students to Be Exceptional
HILTON HEAD PREPARATORY HHP Est. 1965
Hilton Head Preparatory School
Please Call for a Personal Tour | www.HHPrep.org
8 Fox Grape Road | Hilton Head Island, SC 29928
Mrs. Bobbie Somerville, *Director of Admissions*
bsomerville@hhprep.org | 843.671.2286
A private, independent school serving students in preschool through twelfth grade
TUITION ASSISTANCE AVAILABLE
ratings by NICHE

Looking forward

Maison Beaufort Fall Weekend Home & Garden Extravaganza

Maison Beaufort is a four-day event featuring 20-30 carefully selected vendors offering a variety of items for the home and garden — a blend of antiques and art, vintage one-of-a-kinds, lighting and furniture, linens and garden accents. A spectacular home furnishings show and unparalleled chance to shop hard-to-source treasures. Clear your calendar for the preview party that includes wine, nosh and first chance to buy. Tickets available at MaisonBeaufort.org

MAISON BEAUFORT
When: Preview Party 4:30-7 p.m., Oct. 24
Main Event 10 a.m.- 6 p.m. Oct. 25-26; 10 a.m.-4 p.m. Oct. 27
Where: Tabby Place in downtown Beaufort
Details and More: MaisonBeaufort.org


Lowcountry Speaker Series 2020

Global thought leaders and storytellers bring insight to our community with a broad range of well-timed topics. Gain greater awareness and broader understanding of new, sometimes controversial ideas. Tickets sold as 4-event subscriptions.

SPEAKERS AND DATES
Condoleezza Rice *(Jan. 14)* **Sanjay Gupta, M.D.** *(Feb. 11)*
Paul Nicklen *(Mar. 10)* **Robert O'Neill** *(Apr. 7)*
Details: lowcountryspeakerseries.com

TURN TRASH INTO CASH AT THRIFT STORE FLIP

Thrift Store Flip is back! Support Hospice Care of the Lowcountry and have a blast unleashing your creativity on the thrift store item of your choosing. Then donate your creation to the silent auction and come to the party. A panel of judges will pick their favorite items and award cash prizes. Dance to music by Malcolm Horn and nosh provided by Calibogue Catering. All proceeds benefit programs of care offered by Hospice of the Lowcountry.

THRIFT STORE FLIP
When: 5:30-8 p.m., Nov. 7
Where: LOCAL Life offices in Main Street Village
Details: hospicecarelc.org

More Online

Find more September happenings online at ***LocalLifeSC.com***

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 four homes you are sure to love.

We feel these luxury properties — located in Sea Pines, Port Royal Plantation, Spanish Wells at Point Comfort — 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 five properties should be at the top of your list.

Million dollar dream homes



67 Baynard Park Road | Hilton Head Island
Charter One Realty | Herman and Davis Properties
Becky Herman, Agent
Monica Davis, Agent
843.384.4473
$4,500,000

Real Estate Marketplace



75 Fort Walker Drive, Port Royal Plantation

Excellent location, easy walk to the beach, golf course in front and in back, tennis courts a 'lob' away! Great room open design with kitchen to casual dining to big family room. Formal dining room too. Den and full bath and laundry room on main floor. Bonus room, powder room and office on next split-level. 4 bedrooms, including master suite on 2nd floor. Full bath and recreation room above that. Lot's of outdoor environments; porches and decks, plus huge 3/4 acre homesite. $1,075,000

David Carroll 843.384.8111
www.HiltonHeadHomeSource.com

CharterOne Realty · Luxury



19 Bald Eagle West, Hilton Head Island

Stunning traditional home with great rental history, 6th row from ocean, private beach path behind home - short walk to Sea Pines' Tower Beach Club, at the quiet end of a cul-de-sac. Private guest house (1,030 sq ft) and beautiful pool. Room for the extended family to gather for that special vacation. 7 bedrooms, 6 baths, beautifully furnished and ready for private living or excellent rental opportunities. Co-listed with Cindy Creamer. $1,495,000

Jackie Riggins 843.384.6960
www.DunesRealEstate.com

Dunes Real Estate · Luxury Portfolio International



48 Brams Point Road, Hilton Head Island

Mediterranean-inspired home is unmatched in location and luxury finishes. Located on a private 1.2-acre homesite, this Spanish Wells sanctuary includes a beach with deep water private dock with a 16,000 lb and an 8,000 lb boat lift. Outdoor entertainment area includes a heated pool and spa, and an outdoor kitchen. Enjoy 5,838 sqft of living space featuring 5 suite-size bedrooms, 5.5 baths, Cathedral ceilings, California closets, and 2nd level deck. Just some of the must-see features! $ 3,695,000

Cindy Creamer 843.298.2356
www.CindyCreamer.com

Dunes Real Estate · Luxury Portfolio International



7 Nautilas Road

Unbelievable sunset views from this 2017 constructed home make this a must see! Features include an award winning kitchen with numerous upgrades, 2 story family room, 3 BR 3.5 bath, 2 story fireplace, hot water on demand, screened porch, elevated deck perfect for entertaining or just relaxing. Walking distance to Point Comfort boat ramp and park. Wonderful location and surrounded by newly constructed million dollar homes. Perfect as a primary or second home. $1,150,000

Becky Herman 843.301.3355 Monica Davis 843.384.4473
www.HermanAndDavisProperties.com

H&D Herman and Davis Properties

advertiser index

Alexander's Restaurant & Wine Bar 99
American Wood Reface 95
Appliances by Design 111
Arlene Williams Kitchen Design 69
Beach Properties of Hilton Head. 119
Belfair. 27
Ben Ham Images 13
Berkeley Hall 59
Beverly Serral Properties 47
Bezilla Kinney Wealth Management Group 97
Biological Center for Dentistry 7
Billy Wood Appliance 17
Bishop Eye Center 31
Bluffton Dental Care 125
Budget Blinds 145
Callawassie Island 33
Camellia Art 87
Catherine Donaldson
Celia Dunn Sotheby's International Realty 79
Charlie's L'etoile Verte 103
Chocolate Canopy 155
Clark & Stevens Attorneys at Law 121
Closets By Design 73
Coastal Plains Insurance 41
Coastal Treasures 116
Cocoon 159
Colleton River Club. 55
Community Foundation of the Lowcountry . . . 137
Custom Audio Video 71
Distinctive Granite and Marble 8
Dividend Assets Capital 49
Dr. Bonnie Rothwell 35
Expressions Furniture 115
Floors To Go by High Tide 158
Forsythe Jewelers. . . . . Back Cover
Fripp Island Golf & Beach Resort. 157
Gifted Hilton Head 117
Gigi's Boutique 149
Haig Point 63
Hampton Hall 6
Hargray 57
Healthy Habit 11
Hilton Head Christian Academy 131
Hilton Head Dermatology - Dr. Bundy 61
Hilton Head Distillery 93
Hilton Head Exterminators 163
Hilton Head Humane Association 162
Hilton Head Plastic Surgery and MedSpa 30
Hilton Head Preparatory School 164
Hilton Head Properties Realty & Rentals 141
Hilton Head Regional Healthcare 134
HH Symphony Orchestra/SoundWaves 153
Hudson's Seafood House on the Docks. 107
Island Child 147
Island Lavender Market 111
Island Optique 148
J. Banks Design Group 77
Kilwins at Shelter Cove 112
Kinghorn Insurance 121
Knickers 144
KPM Flooring 9
Le Cookery. 91
Lowcountry Mercantile 160
Lowcountry Pick 139
Lucky Rooster 113
LUX ~ A Medical Spa. 18
Marge Agin Photography 142
Michael Anthony's Cucina Italiana. 103
Moss Creek 161
Motiva Marketing 56
Nash Gallery. 139
Oak Advisors. 141
Optical Solutions 133
Outside Hilton Head . . . Inside Front Cover, 1, 154
Palmetto Bay SunRise Cafe 101
Palmetto Bluff. 28, 29
Palmettoes. 58
Palmetto Running Company 129
Plantation Interiors. 39
Polaris Capital Advisors 45
Port Royal Plaza. 95
Pure Medical Spa 145
Pyramids 138
Red Fish . . . . . Inside Back Cover
Regina Banis Law 4, 5
Robert Rommel Photography. 156
Ruby Lee's 113
Savannah Facial Plastic Surgery 125
Scout Southern Market 140
Sea Pines Country Club 25
Shop! 147
Signature Closets of the Low Country 143
Skull Creek Dockside. 105
SM Bradford Company 159
Sprout Momma 93
St. Joseph's Candler 19
StoneWorks 75
Susan Ochsner
Sea Pines Real Estate at the Beach Club 37
Spartina 449 89
Spring Island 53
The Back Door 10
The Cypress of Hilton Head. 151
The Dollenbergs
Carolina Realty Group 2, 3
The G-Free Spot 101
The Pearl Kitchen & Bar 108
The Red Piano Gallery 15
The Salty Dog 109
The Spirited Hand 149
Thrive Women's Conference 164
Village Park Homes. 127
Vineyard Assisted Living and Memory Care 43
WaterWalk at Shelter Cove Towne Centre 96
Weniger Plastic Surgery 20
Windmill Harbour. 123
Women's Financial Network 135
World Affairs Council of Hilton Head 21

DON'T MISS AN ISSUE!

OR SHARE LOCAL LIFE!

Don't miss a single issue!

How about **sharing** Local Life by signing up a friend to receive it?

Subscribe by visiting Locallifesc.com and clicking the Subscribe button.

While your there, enjoy all our website has to offer.

locallife MAGAZINE

LOCALLIFESC.COM

KEEP IT ROLLING!





TWINKLING STARS
Susan and Ed Forbes open their beautiful home each month for Sparkleberry Parties. The couple is shown with their granddaughter, Piper; their dogs, Luke and Marley; and friends Kris Brown, Will Dennington, Kathy Cramer, Marcus Smith and Kayonna Simmons.



HOW SWEET IT IS
Add fun for kids with ***bright candies*** served in old-fashioned candy or apothecary jars. For added fun, the mixed-color licorice pieces are straws, which didn't last long!

Porch with a purpose

PHOTOGRAPHY BY LISA STAFF

Each month, a very generous couple hosts an event that has become known to Special Olympians and their families as "Sparkleberry Parties." The homeowners want to make a difference for these athletes so, with the help of SOAR Special Recreation, they open their homes up every month for a pool party. The guests get to unwind on the porch while everyone swims, plays lawn games and dances up a storm. Even with a little bad weather at the most recent celebration, no one was deterred from coming out to enjoy sodas, pizza, and most importantly, the great company.

SOAR Special Recreation is a nonprofit organization that facilitates these social events, recreational activities, and works to engage individuals with disabilities in our local community. Kathy Cramer and Julie Harrison operate SOAR without any government funding but are able to serve more than 500 athletes in the Lowcountry through generous donations and sponsorships.

In this photo, guests include the hosts (baby Piper with her grandparents and yellow Labs Luke and Marley), Special Olympians Will Dennington, Marcus Smith, Kayonna Simmons and Kris Brown. SOAR Executive Director Kathy Cramer (in the denim jacket) said, "The parties at Sparkleberry have been life-changing for our athletes and have taught me that donations can come in many forms, but they all come from the heart. No money can buy the experience our participants get when they spend time socializing with typical peers and the pride their parents feel watching them from the porch." *LL*

FAKE IT OR MAKE IT?

Who said fancy drinks need to be difficult to make? Jazz up a carton of ***strawberry lemonade*** with fresh fruit and a glass pitcher. Just make sure you hide the carton before your guests arrive.





red fish

HILTON HEAD

The freshest cuisine

AND

A GREAT

WINE SELECTION.

843-686-3388 • **REDFISHOFHILTONHEAD.COM** • 8 ARCHER RD, HILTON HEAD ISLAND


Jude Frances
FORSYTHE
JEWELERS • SINCE 1927
Trunk Show
Wednesday • September 25 • 10 am – 7 pm | Thursday • September 26 • 10 am – 5 pm.
The Shops at Sea Pines Center | 71 Lighthouse Road | Hilton Head Island, SC 29928 | Gate pass always cheerfully refunded | 843.671.7070 | ForsytheHHI.com