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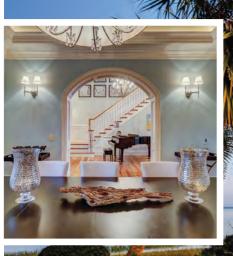


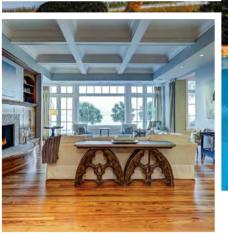
# 28 RIVER BEND DRIVE Okatie \$859,000 Beautiful home takes full advantage of

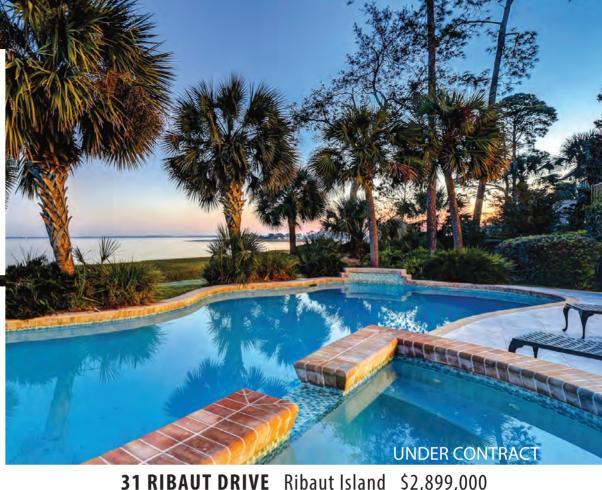
river views, floor to ceiling windows captures light reflected from the waterway











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# the team

# IN 2018, FOR THE FIRST TIME I'M GOING TO...

"... do a stay-cation and enjoy the amenities like so many tourists."



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"... play Oyster Reef and break 70 (front nine)." -LANCE



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"... take my kid on a pirate adventure, ARRR!!!"
- JEREMY



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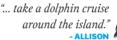
"... SUP. Dying to try it and this is the year!"

"... make all of my wildest



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dreams come true!'



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# JAN CONTENTS

# 14

# **Publisher**

New years are for new beginnings and bring an exhilarating sense of rejuvenation

# 16

# **Contributors**

Meet the writers and photographers behind this issue

# 18 Links

Special content you can find online at locallifesc.com



Feng Shui 101

Guidelines vou can follow that will make your home instantly more relaxing, energizing and in tune with the universe.











# 20

# **Blend**

Word on the street, this month's pet and more

32

# **Faces**

Find inspiration in three local body transformations

40

# **Celebrity**

Stage, screen and TV star Meredith Inglesby grew up here

# 44

# Wellness

Research shows people truly thrive better in "blue spaces"

76

# Style

See what colors will dominate upcoming spring collections

84

# **Shopping**

Outdoor gear and accessories available at local shops

86

# **Eats**

"Chopped" judge is coming to this year's Seafood Festival

114

# Living

Sea Pines family finds perfect getaway close to home

124

# **Outdoors**

Birds fly in from all over to feast on local fish

# 128

# **Destinations**

The nation's capital is glowing with new attractions

136

# **Culture**

Having a creative outlet affects all facets of our lives

138

# **Scene**

Images from December's top events and gatherings

142

# **Happenings**

Details on December's biggest festivals and events

160

# Porchin'

Hilton Head Island porch is a sanctuary for its owners





# Originality Resides Here

There's a place where no two dreams are ever the same, where the timeless lure of the Lowcountry comes to life in unique and refreshing ways. Spring Island is a rare, 3,200-acre canvas for America's leading architects to create original designs that reflect the character of their owners.



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# the best is yet to come



Happy New Year! Like so many of us do, I go into the new year thinking the year ahead will be the best one yet. This year, though, I honestly believe that 2018 will be the best year yet!

It is hard to believe this is only the fourth issue of LOCAL Life. The love, support and kind words have been more than I could have ever imagined. Thank you to our advertisers and to you, the readers, for believing in our vision.

In 2018, we vow to continue publishing each issue to our RULES – relevant, upscale, local, engaging and stylish.

Each issue, we focus on one aspect of our unique and rewarding lives here in the South Carolina Lowcountry. October was oysters, November was art and December was technology.

Since nothing is more important than our well-being, we thought we would start 2018 off right with an issue dedicated to good health.

Inside you will find inspirational stories and expert advice on a variety of heath and wellness topics, from workout tips for

beginners (Page 54) to exercises you can do at your desk (Page 68).

"A fit body leads to a fit mind."

You will also find plenty of other relevant local content. We put a great deal of thought and planning into each article and hope it shows. It is a true labor of love.

The LOCAL Life concept started with love: Love of the Lowcountry, love of the people here, the culture here, the love of publishing, the love of great paper and photography, the love of beautifully written and illustrated stories. We hope you can feel all this love in each issue (and now, I've got that Lion King song stuck in my head). Let us know how we did!

New years are for new beginnings and bring an exhilarating sense of rejuvenation. Let us celebrate this exciting, colorful, grand and magical new year with a great big smile. To the best year ever!

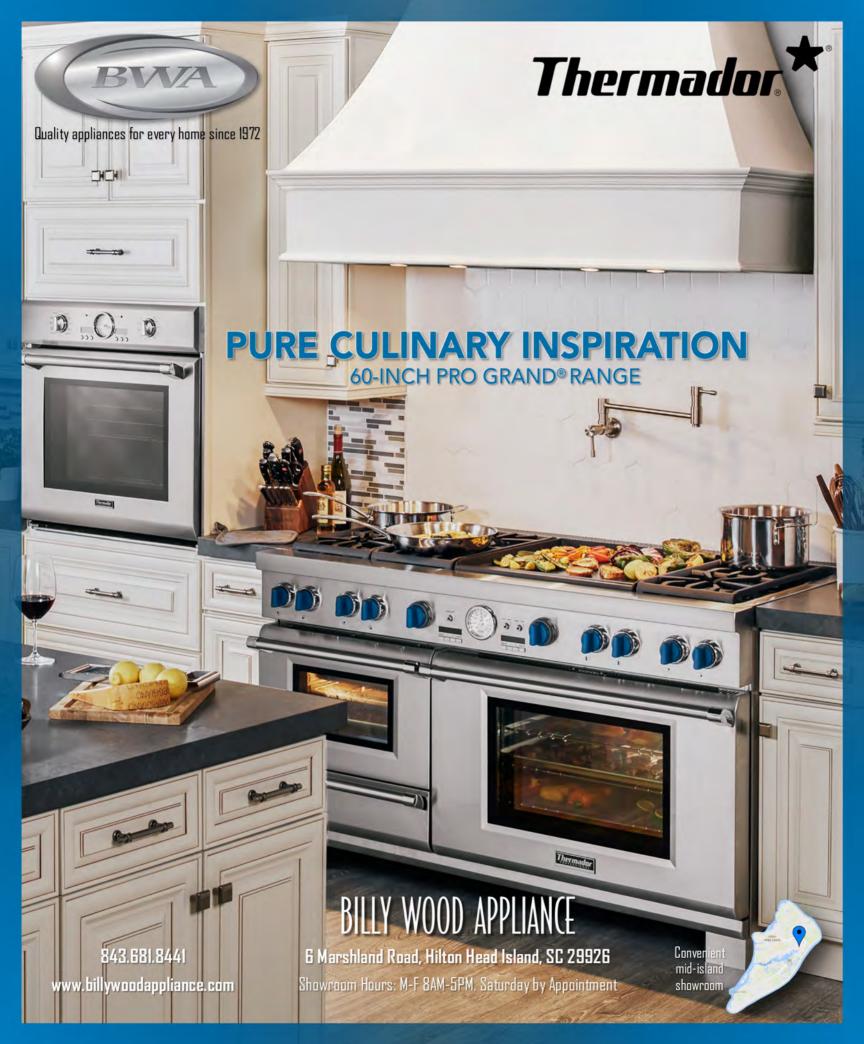


**MERRY MEN (AND WOMEN)** The LOCAL Life crew proudly cruised through the Bluffton Christmas parade. Sorry if you were the victim of a poor candy cane throw.



**PUBLISHER'S NOTE** If you would like to continue receiving this magazine in your mailbox, you must fill out the provided subscription card on Page 112.

If you have already filled one out, all is good!



# contributors

MEET OUR WRITERS + PHOTOGRAPHERS + PEOPLE BEHIND THE SGENES



### **Becca Edwards**

Writer and owner of b.e.WELL+b.e.CREATIVE

# **FOR THIS ISSUE:**

Contributed several healthbased pieces to simplify and inspire wellness.

# **OTHER CREDS:**

Certified yoga instructor, Barre instructor, holistic health coach, birth doula and master gardener. Graduated with a bachelor's degree in journalism from Washington and Lee University and master's degree in writing from SCAD.

### **NEW YEAR'S RESOLUTION:**

Become an EMT and help more lives.

# **Barry Kaufman**

Writer, Reverend (This is true. I was ordained online.)

### FOR THIS ISSUE:

Profiled a few locals who transformed their bodies through diet and exercise. Pretty inspiring stuff, and definitely gave me a moment of pause when brushing Cheetos dust off my keyboard.

# **OTHER CREDS:**

Founded Kaufman Copy in 2017, providing professional copy writing to an array of clients from realtors to vacation rental companies. Purveyor of brain-melting trivia Wednesday nights at Bluffton's Captain Woody's. Also, I ate the 10,000th sandwich ever served at Bluffton BBQ.

# **NEW YEAR'S RESOLUTION:**

I resolve to get around to coming up with a resolution. Maybe.

# **MariaNoël**

Cosmetologist

### **FOR THIS ISSUE:**

Made the beautiful models featured in the fashion shoot look even more amazing.

# **OTHER CREDS:**

Worked with luxury lines of cosmetics such as Becca, Smashbox and Lancome. Her professional makeup career began in 2012, and she quickly became one of the hottest artists in Northern California, and was voted one of the top seven "best makeup artists" in the Sacramento region. Moved to the Lowcountry in 2017 to be close to family and raise her daughter, SavannahRose.

# **NEW YEAR'S RESOLUTION:**

To be the best mom possible to my daughter Savannah and grow my bridal makeup business.



# Photographer

**FOR THIS ISSUE:** Captured stunning images of three CrossFit enthusiasts.

**Vitor Lindo** 

# **OTHER CREDS:**

I have spent the majority of my life traveling the world and I am a gypsy at heart. I'm a photographer through and through but most of all, I am a procurer of wonderful things. I'm an unabashed people watcher and I specialize in capturing moments that only exist for a heartbeat. I believe that photos are real magic, and the camera is my wand.

# **NEW YEAR'S RESOLUTION:**

I have no resolutions. I just get things done.



# **Robyn Passante** Writer

**FOR THIS ISSUE:** I learned I should be getting massages.

# **OTHER CREDS:**

My writing has appeared in SUCCESS Magazine, The Washington Post, GQ.com, South Magazine, Huffington Post and many other outlets, including countless lunchbox notes under the alias "Mom." I also have a writing and editing business at WellPhrased.com.

# **NEW YEAR'S RESOLUTION:**

I don't do resolutions. Instead. I pick a word I feel needs more focus in my life, and keep it in mind throughout the year. The 2017 word was "Intentional." For 2018, I'm going to focus on "Joy."

# **Robert Rommel**

Photographer

# **FOR THIS ISSUE:**

Crawled for days through Lowcountry pluff mud to photograph piscivorous birds.

# **OTHER CREDS:**

He will be showing artwork at 20 southeast art shows in 2018. He co-founded NaturePhotoSchool.com, which offers instructional workshops throughout North America. He recently won the Wildlife in Focus photography competition.

### **NEW YEAR'S RESOLUTION:**

To spend more time focused on the swamps, forests, and beaches of the Lowcountry.



# **Hallie Martin**

Writer

# **FOR THIS ISSUE:**

Profiled boutique fitness classes in the Lowcountry.

### **OTHER CREDS:**

Master of Science in Journalism from the Medill School of Journalism at Northwestern. Written for local newspapers and the Associated Press.

# **NEW YEAR'S RESOLUTION:**

Get 250 shakes at Pure Barre, and to make it through a CycleBar class without falling off the bike.



# **Carolyn Males**

Writer

# **FOR THIS ISSUE:** Road trip to Columbia

# **OTHER CREDS:**

You want a list of my creds? See my resolution below.

# **NEW YEAR'S RESOLUTION:**

I'm a compulsive list maker who gets her kicks crossing off or tallying up completed items. Trouble is I have a lot of lists and they're all a mile long. My resolution: Less lists? Shorter lists? Less lofty goals? Or maybe just go with the flow and forget making lists altogether.

# **Lisa Staff** Photographer

# **FOR THIS ISSUE:**

Collaborated with the best team of extraordinary women to create this month's fashion spread.

# **NEW YEAR'S RESOLUTION:**

To actively continue to make more connections with the positive and talented people in this area.







# AFTER BATTLING CANCER, CHRISTY FOUND BALANCE.

Christy thought she was too young for cervical cancer until she found out she had it. Yet, she remained calm and never panicked because of her confidence in the expertise at the Lewis Cancer & Research Pavilion. Dr. Richards, an expert in gynecological cancer treatment, performed minimally invasive da Vinci robotic assisted surgery to remove the cancer – reducing Christy's recovery time and minimizing complications. The results? Well, based on her yoga form, we'd say her balance and outlook on life is pretty spot on.





# links

LOCALLIFESC.COM + BONUS CONTENT + DIGITAL OFFERINGS



# online exclusives



# More local kids are staying in school

The Beaufort County School District's on-time high school graduation rate improved for a seventh consecutive year in 2017 to reach a new all-time high. The district's graduation rate – the percentage of students who complete high school "on time" and earn a diploma in four years - improved to 84.1 percent, up from 83.4 percent in 2016 and up from 75.3 in 2013. Find the reasons behind the good news online.

# Ask a tech guy

Got a technical question? Henrik de Gyor may have the answer. This month, the Bluffton technology consultant talks voice-controlled assistants, self-driving cars and the difference between Bitcoin and Blockchain. Read up on the topic before attending his free lecture on Jan. 31 at the Bluffton Library.





# The mayor speaks

LOCAL Life asked Bluffton mayor Lisa Sulka for 5 things local residents can look forward to in 2018. Construction at Buckwalter Place Tech Park and upgrading the Calhoun Street Dock were listed. Find the rest of the list online.

# About the Cover

The cover features a stunning image of stage, screen and TV star Meredith Inglesby, who grew up on Hilton Head Island. Photographers Mark and Lisa Staff captured the image in the marsh of the Harbor River, inside Sea Pines Plantation. The dress was provided by Birdie James. Check out our story on Inglesby on Page 40, then watch behind-the-scenes video of this shoot online at LocalLifeSC.com.



# online video

LOCALLIFESC.COM



### GET THE LOOK

Check out our stunning fashion shoot with local model Grace Lawton on Page 76, then see how it came together through several videos taken during the shoot.



### ON THE RUN

Grace Wang covered some ground during her photo shoot for our "Power of Transformation" story on Page 38. Watch her lace up her running shoes and go for a jog.



# **HEALTHY KITCHEN**

Watch H3 Healthy Kitchen executive chef Karla Williams prepare food used for our article on Page 98. Healthy food tastes better when you cook it yourself.



# **UP A CREEK**

Watch Nikki Oberfield of Outside Hilton Head perform yoga on a stand up paddleboard for our "Living well in the Lowcountry" article on Page 44.

To go behind the scenes and stay connected to LOCAL Life, follow and interact with us on social media!









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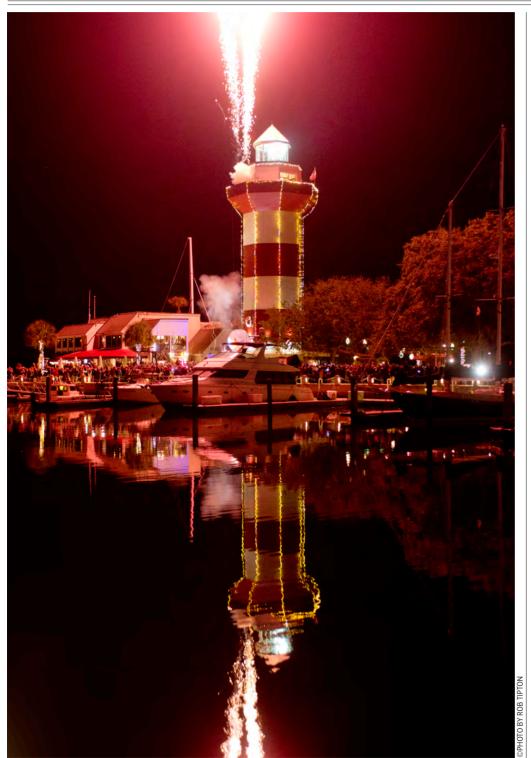




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# 

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



TO THE BEST YEAR EVER! Many positive changes are coming to Hilton Head Island and Bluffton in 2018.

# Bringing in the New Year!

2017 is sooo last year! Here are 10 things locals can look forward to in 2018. Special thanks to Town Managers Steve Riley and Marc Orlando for their input.

# HILTON HEAD ISLAND

- [1] The opening of the new University of South Carolina Beaufort Hospitality Management facility in September. The Office Park Road campus will house USCB's hospitality management program. We need more whippersnappers around here.
- [2] The start of **Coligny improvements**. Plans include a public park, playground, a new building for The Sandbox children's museum and street improvements for Lagoon Road, Nassau Street and South Forest Beach Drive. Should be a game-changer for the south end.
- [3] The completion of Sea Turtle Marketplace (fingers crossed). Highlights include restaurants Another Broken Egg, Jersey Mikes and Casale Wood Fired Ristorante. The frustrating wait should be worth it!
- [4] Opening of the expanded Island Recreation Center in late summer.
- [5] Enjoying the newly renourished beach, once it warms up a bit.

# BLUFFTON

- [1] Completion of May River Road Streetscape adding Historic District on-street parking spaces, sidewalks, crosswalks and streetlights from Squat 'N' Gobble to Parker's Market. More Old Town parking! Yay!
- [2] Completion of Dr. Mellichamp Drive Streetscape and an adjacent public parking lot adding Historic District on-street and off-street parking spaces, sidewalks, crosswalks and streetlights from Bluffton Road to Goethe Road. Even more Old Town parking. Double yay!
- [3] Sidewalks, lighting, crosswalks and public sewer installation along Buck Island, Simmonsville, Goethe and Shults roads. Much-needed upgrades.
- [4] Improvements to Oscar Frazier Park including a dog park and playground expansion.
- [5] Completion of Town of Bluffton Town Hall.

So what are you most looking forward to in 2018? Sound off on LOCAL Life's Facebook page.

# Hoppin' John A New Year's Tradition

BY KATIE ANGULO

# IN 2018 WE BRING YOU LUCK, PROSPERITY AND PROTEIN.

Gullah traditions began hundreds of years ago in Africa. Captured slaves, en route to American plantations, were often held in large groups. This imprisonment brought an unprecedented number of Africans from different countries and cultures together. Once on American soil, these Africans became the muscle and knowledge responsible for the rice and cotton business along the Carolina and Georgian coasts. They brought their cooking traditions with them and, combined, became what is now one of the oldest culture groups surviving in America today. Gullah cuisine is still consistent in its flavors and techniques. Traditionally cooked in one pot and containing rice, seafood, beans, okra and sweet potatoes, once experienced, Gullah food is rarely forgotten.

A popular dish on New Year's Day is Hoppin' John. A West African influenced dish, it is thought to bring luck and prosperity for the coming year. Normally served with cornbread to soak up the delicious "mess" this meal can resemble, it is steeped in African history. But, recently, a new wave of young brides are opting for a traditional Southern wedding. And, no Southern wedding feast would be complete without Hoppin' John. It pairs beautifully with pecan-encrusted chicken, sweet potato soufflé and fried okra. LL



# Hoppin' John

# **INGREDIENTS** (Serves 4 to 6)

1 cup chopped onion 1 tablespoon bacon drippings or butter 1/2 cup of chicken broth 3 cups cooked black-eyed peas 1 cup chopped cooked ham 1 head of cabbage, cut into large chunks 1/4 teaspoon ground cayenne pepper 3 cups hot cooked rice Salt & malt vinegar to taste

# **DIRECTIONS**

In a large saucepan, sauté chopped onion in bacon drippings (or butter) until tender. Stir in chicken broth, black-eyed peas, ham, cabbage and cayenne pepper. Simmer for 10 minutes or until cabbage is soft. Stir in hot cooked rice and salt. Serve Hoppin' John hot with cornbread. and a splash of malt vinegar.



# **Words of Encouragement**

"When life knocks you down, do a burpee"

"Sweat is just fat cryina"

"You are not going to get the butt you want by sitting on it"

"Runners will survive the zombie apocalypse"

"If at first you don't succeed, try doing what your trainer told you to do the first time"

"Exercise is the most underutilized antidepressant"

"Slow progress is better than no progress"

"Get fit in the gym. Lose weight in the kitchen"



# **Workout Playlist**

Need some motivation to complete that 100th rep? Resident meathead Jeremy Swartz compiled the following 20 rocking tracks to help you fly through your spinning class or pump up your pecks. Follow this and other LOCAL Life playlists by searching for spotify:user:locallifetunes on Spotify 'bro'.

> Thunderstruck - AC/DC Sail - AWOLNATION

Dirt Room - Blue October

Testosterone - Bush

The Clincher - Chevelle

Run - Collective Soul

The Light - Disturbed

The Warrior's Code - Dropkick Murphys

My Hero - Foo Fighters

Walk - Foo Fighters

Run - Foo Fighters

Hero of the Day - Metallica

Knights of Cydonia - Muse

We're in this Together - Nine Inch Nails

Wild International - One Day As A Lion

Go - Pearl Jam

Bro Hymn - Pennywise

**Bulls on Parade** – Rage Against The Machine

Kveikur - Sigur Rós

A Warrior's Call - Volbeat





From a flying selfie stick to a wristband that could save your life, we provide a sneak peak at gadgets certain to be popular when they become available this year.

WE SHOULD **HAVE IN 2018** 



# [2] SEVENHUGS SMART REMOTE

Have you ever dreamed of controlling everything in your home with a single remote? This smart device instantly adapts to anything you point at — like magic. Compatible with more than 25,000 devices and counting. \$229



# [4] KINGII WEARABLE

A wristband that doubles as the smallest inflatable in the world. Pull the lever and an inflation bag will help pull you to the surface. While it is not a replacement for a traditional life vest, it could help save your life in a water emergency. \$89



the need for a mobile phone, this stand-alone headset represents a new phase of VR hardware. Watch movies or concerts, play games or just hang out with your virtual friends. \$199



# [3] SELFLY

An autonomous flying camera which doubles as a phone case. Snap it off your phone, set it in the air and it flies itself, operating in cooperation with your phone to take hands-free selfies. It's like an invisible tripod. \$99



# [5] PROOF WEARABLE

A wrist-worn biometric sensor developed to provide an accurate and affordable means for anyone to continuously track their blood alcohol level without the need to blow into a breathalyzer or take a blood test. Users receive real-time, customizable notifications via a smartphone app. \$150

# [6] CHARGETECH PORTABLE POWER OUTLET

The first AC outlet you can take on the go. Power small devices such as laptops, lights, digital cameras and medical devices up to 85 watts. It weighs less than two pounds and can easily fit in your bag, purse or luggage. \$249



It has a colorful, durable, splash-proof design and features pinpoint GPS tracking with geo-fencing capabilities, a panic feature for emergencies and a battery that can last up to 48 hours. \$199



dbell



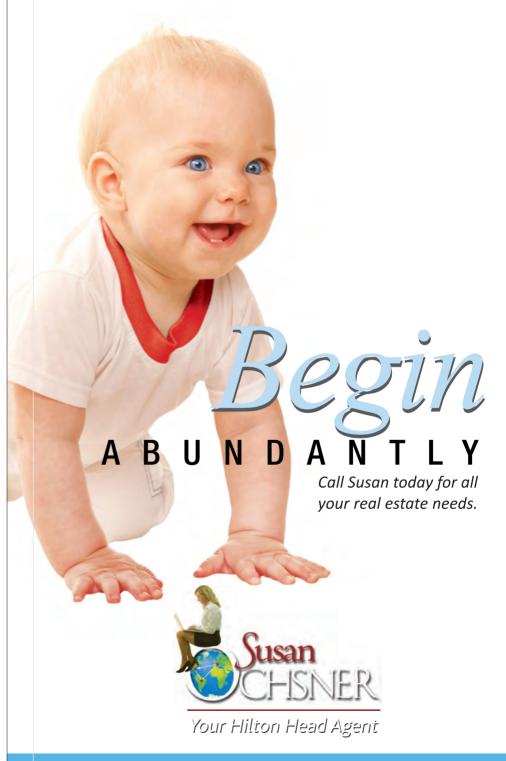
1111

# [8] DBELL HD+ DOORBELL

This smart doorbell allows you to answer your door from a smartphone, tablet or computer. When visitors press the call button, up to eight users can monitor and answer the door through Wi-Fi connected devices. \$139

# YourHiltonHeadAgent.com

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# SEVEN CIGARS WORTH SMOKING

# Life is too short to smoke cheap cigars.

Lucky for local aficionados, there are plenty of great options available here in the Lowcountry. LOCAL Life reached out to Donald Karell of Carolina Cigars for a few suggestions for 2018.

Andalusian Bull – La Flor Dominicana Chosen as the "Cigar of the Year" by Cigar Aficionado for 2017. They don't always get it right, but they did this time. The most unique cigar (flavor and shape) in recent memory. Almost impossible to find since they received their rating, but if you can find one, buy it!





**Diamond Crown Classic** The Diamond Crown Classic is a premium mild cigar produced for the J.C. Newman Company by Fuente. Using a proprietary Connecticut shade grown wrapper and fillers, the Diamond Crown has the reputation as setting the bar for smooth classic Connecticut cigars.

Ashton Estate Sun Grown We refer to the Ashton ESG as the twin brother of the "holy grail" Fuente Opus X. The ESG is handmade in the same Fuente factory using the same wrapper as the Fuente Opus X and routinely receives identical ratings from Cigar Afficionado. The secret: It retails for about half of the price of the Opus.





**A.J. Fernandez – New World** (Puro Especial and Connecticut) A.J. has got to be the hottest blender in the business at this point in time. His new world lines demonstrate the breadth of his expertise. The New World Connecticut is a smooth, mild, but flavorful cigar that is as good or better than cigars that are \$3 to \$4 more expensive. The New World Puro Especial is a rich, full-bodied powerhouse that has just enough spice to hold your attention.

Padron Anniversario and 1926 Pick your favorite size and shape, you cannot lose with any of the Padron cigars in the Anniversario or 1926 series. More often than not, Padron lovers simply cannot find another brand that meets their expectations.





**Diamond Crown – Julius Caeser** If you can find this cigar, try it. Sooooo smooth, rich and balanced. It is a delight any time of day.

Zino Platinum Crown Chubby
Especial Made by Davidoff of Geneva, Zino Platinum is the flagship
non-Davidoff branded cigar for the
company. The Chubby Especial is
uniquely a large perfecto shape
cigar and as such, the character of
the cigar changes as it is smoked.
Platinum Crown is a unique blend of
Peruvian and Dominican tobaccos.





# EXPERIENCE TIMBUK2

A cigar lounge has opened at Tim Singleton's Ruby Lee's South called TimBuck2. A sleek and sophisticated space cigar connoisseurs are sure to enjoy featuring a full bar, a state-of-the-art ventilation system, leather furniture, large TVs and an impressive selection of cigars, including Rocky Patel Vintage 2006, Montecristo White Series, Romeo y Julieta Reserve, Cohiba Churchill, Partagás Cameroon Robusto and H. Upmann Original.



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# **Local football player** named Big 12 Defensive Lineman of the Year

Poona Ford, a Hilton Head Island native, was recently named the Big 12 Conference Defensive Lineman of the Year. Ford led the stout Texas Longhorns defense on the interior all season. totaling 30 tackles, eight tackles for loss, 1.5 sacks, a forced fumble, a QB hurry, a pass breakup and a blocked field goal. A captain for the Longhorns, Ford started all 12 games at the defensive tackle position, helping Texas compile the nation's sixth-best rush defense. In addition to the honor, Ford accepted an invitation to play in the 93rd annual East-West Shrine Game, set for Jan. 20 in St. Petersburg, Fla.



# **Golfweek honors Long Cove course**

The golf course at Long Cove Club on Hilton Head Island was recently featured as the 19th best course in Golfweek's Top 100 Residential Courses in the United States. The course was the only South Carolina course ranked in the top 20. Each year, Golfweek's team of course raters surveys more than 3,600 courses. Long Cove Club was created by legendary golf course architect Pete Dye. It is one of his most celebrated designs.



# Adopt this Pet: Diamonds ....



# ADD SOME SPARKLE TO YOUR LIFE

# **MORE ABOUT DIAMONDS**

**Breed:** Terrier mix Age: 2 human years Weight: 30 pounds Likes: Cuddling with humans, ice cubes, beach walks Dislikes: The growing wage gap between rich and poor that is slowing resulting in the decline of the middle class. Adopt her: Hilton Head Humane Association, www.hhhumane.org or call 843-681-8686

Shine bright at your favorite pet-friendly hangout with this beautiful young girl by your side. Diamonds is a super chill 2-year-old terrier mix temporarily living at the Hilton Head Humane Association. She recently won an epic battle with heartworms and is now ready to find a new home. HHHA volunteers describe her as a calm lady with impeccable manners. She has lots of love to offer and can improve your life in more ways than one. Those who consider dogs man's best friend will be tickled pink to learn of the many health benefits dogs can bestow on human beings. Studies show that dog ownership during the period of infancy can increase immunity and even keep colds, ear infections and respiratory problems at bay. Studies have also shown having a dog lowers stress levels, increases task performance and can improve self-esteem. If you're looking to improve your life in 2018, Diamonds can help. She can be a girl's (or a guy's) best friend. The adoption fee for qualified owners is \$100.

# FIVE AWESOME **PLANNERS** AND AGENDAS

Get more organized in 2018. Paper planners and agendas are an old-fashioned yet effective way to keep track of everything you need to do by providing a visual space for jotting down ideas, to-do lists, notes and more. Plus, they're just a cool accessory to carry around.



# [1] MOLESKINE **PEANUTS PLANNER**

This 12-month weekly notebook features many useful tools such as time zones, international measurements, dialing codes and flight duration. \$25



Keep track of your big plans with this 17-month planner which features an elastic closure, inspirational quotes and sections for celebrations. \$34





# [3] BAN.DO I AM **VERY BUSY AGENDA**

This 17-month large agenda offers tons of notes pages, color-coded tabs, stickers, art, weekend to-dos and a slick poster. \$32

# [4] DAY DESIGNER PALM PLANNER

Make every day paradise with this tropical planner, featuring daily planning pages. Today, to-do, dinner, gratitude, notes and more. \$59





# [5] THE TOTAL PERSON

Gain the competitive edge with this planner from Hilton Head Island Performance Group. Incorporates life learning, time management, goal setting, and personal and professional development. \$43



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# **Local country club** recognized as one of America's healthiest

Sea Pines Country Club on Hilton Head Island was awarded an 88 percent on America's Healthiest Club's Health Report, making it one of the country's healthiest private clubs. The rigorous Health Report is based on a comprehensive evaluation of seven club categories: strategy, membership, fitness, food and beverage, golf, tennis and human resources. SPCC scored over 90 percent in strategy, fitness, food and beverage, golf and tennis. The club is currently undergoing a \$2.7 million uparade to numerous facilities. A \$450.000 indoor and outdoor pool renovation project was completed in April 2017.



# **Architects honor Colleton River Club course redesign**

The sixth annual American Society of Golf Course Architects Design Excellence Recognition Program honorees have been named. Colleton River Club in Bluffton was specifically honored for the recent restoration of the Pete Dye Course. Projects from 11 courses throughout the country were cited for their work by ASGCA members in addressing unique design challenges. The 18-year old facility had lost some of its character with many features losing their shape and definition. The meticulous work uncovered the original artistry of Pete Dye by first carefully hand digging around the bunkers and greens, discovering the original sand lines. Turf was removed as well as layers of organic material that had built up over many years. The course's bunker contours were restored, matching the original design and build.

# Community Foundation of the Lowcountry



**MISSION** "Strengthening community by connecting people, resources and needs."

**DEEP IMPACT** The Community Foundation is the largest source of unrestricted philanthropic resources dedicated to Beaufort, Colleton, Hampton and Jasper counties.

# HISTORY

In 1994, a group of visionary community leaders recognized the opportunity to create a community foundation. Through the sale of Hilton Head Hospital, Hilton Head Island Foundation, Inc., was born, with a mission to provide philanthropic leadership to a growing community. Seven years later, Hilton Head Island Foundation expanded its service area to include all of Beaufort, Colleton, Hampton and Jasper counties. To reflect this growth, the name changed to Community Foundation of the Lowcountry. Throughout its 23-year history, Community Foundation of the Lowcountry has embraced constructive change, expanded services and undertaken new initiatives to ensure it is serving the needs of the Lowcountry and providing donors, nonprofits and our communities with steadfast philanthropic leadership to transform, empower and enhance the Lowcountry.

# WHO IT HELPS

A community foundation is a complex organization that has many constituents. The foundation contributes to expanding philanthropy in the region by helping donors establish a variety of different philanthropic funds that allow it to practice meaningful giving while achieving maximum tax advantages. It currently has over 330 separate funds. Local students benefit from its scholarship program. Since 1994, the foundation has awarded 2,012 scholarships to deserving students. Nonprofits have received nearly \$66 million in grants. The foundation also serves as a resource to local nonprofits during times of crisis through its Disaster Recovery and Rebuilding Fund. The foundation identifies challenges facing our community and partners with other organizations to overcome them. Project SAFE is its initiative to connect low-income residents of Hilton Head Island to public sewer, thereby reducing failing septic systems and improving public health and our environment. The community also can enjoy the beauty of public art through the nine large-scale sculptures that have been installed around Hilton Head Island, thanks to its Public Art Fund. The foundation's reach is broad and its initiatives are diverse, but the entire community benefits in one way or another from the work it does

# HOW TO HELP

- [1] Establish a fund. If you have a desire to better our community and you have a passion for giving, you can establish a fund with a minimum of \$2,500. Or, donate to an already established fund that addresses an issue important to you. You can find a list and description of all of the foundation's funds on its website.
- [2] Get involved. The foundation has two women's giving circles: Women in Philanthropy in Beaufort County and PEARLS in Hampton County. These groups find empowerment through "group giving" and are always looking for enthusiastic and committed members.
- [3] Become an informed philanthropist.
- The foundation advocates purposeful and informed giving, encouraging donors to educate themselves about the nonprofits they support to assure their gifts have greater impact. You can help achieve this by utilizing the foundation's free online database, The Giving Marketplace, before making a gift to local nonprofits.
- [4] Attend a meeting. The foundation regularly holds "Connecting for the Greater Good" meetings, which are conversations that shape our community. Call the foundation office to find out when the next meeting will be held. L

# MORE INFORMATION ON COMMUNITY FOUNDATION OF THE LOWCOUNTRY

Call 843-681-9100 or go to www.cf-lowcountry.org



# Four-acre medical campus coming to Bluffton

St. Joseph's/Candler recently announced its plans to build a four-acre medical campus at the Buckwalter Commerce Park. Paul Hinchey, president and CEO of St. Joseph's/Candler, said the \$22 million capital investment project is expected to create more than 60 jobs. Hinchey said this medical campus will consolidate its services that are currently spread throughout Beaufort County. St. Joseph's/ Candler currently has nearly 10 facilities which include a primary care practice, imaging center, wound care center and a hyperbaric center. Within a decade, those services will be consolidated in the Buckwalter Commerce Park facility. Construction on the 40,000 square-foot medical campus is scheduled to begin in late 2019. The new facility will also add several medical services including medical oncology, brachytherapy, radiation oncology and an open MRI unit.



# New community coming to Hardeeville

The City of Hardeeville recently announced plans for a 7,351-acre community, located between U.S. 278 and Highway 170 called East Argent. The development has been originally approved for 12,574 residential units in addition to 1,392 acres of potential commercial development, anticipating commercial and institutional space combined, more than 1.5 million square feet. This project will increase the population of Hardeeville, which is presently 5,800, to well over 25,000 residents upon build-out. The new community expects to offer a residential product price range from \$250,000 to \$750,000, with a variety of residential as well as multi-family product offerings and price-points.



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— John Rush, Financial Advisor

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### LETTER TO THE EDITOR

Hilton Head Island resident Mike Overton sent us the following letter about his life as a local. Overton is founder, owner and CFO of Outside Brands LOCAL Life welcomes letters to the editor and comments to our website. Write to lance. hanlin@wearelocallife.com

# What makes it

# 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

# EVERYTHING REVOLVES AROUND THE TIDES

# BY MIKE OVERTON

On a record cold February evening in the late 1970s, as a student at the University of Vermont, my path crossed with a visitor who lived on an island off of the coast of South Carolina. He described the beauty of the place, how his small business was booming, and expressed his wish to open a windsurfing school. Since I knew how to windsurf and a warm island sounded pretty enticing in negative-30-degree weather, by midnight, we'd decided to go into business together.

When the semester ended in May, I loaded six windsurfers and a handful each of excitement and anxiety into my car and ventured into unknown territory, having never traveled south of my Washington D.C. hometown. By the time I hit Coosawhatchie, it was pitchblack, without a single light between I-95 and the open drawbridge onto Hilton Head.

After waiting for the bridge to re-open, I followed my new business partner's directions to the only traffic light on the island and found his condo in Shipyard. He greeted me at the door with a beer and some news. He'd decided to move to Vermont to live with his girlfriend. "But don't worry," he reassured, "I will introduce you to everybody." We went out that night and indeed met "everybody!"

The following week, I booked my first customer, taking him to the Beach Club to introduce him to the sport of windsurfing. He had a horrible time - cut his knees, got stung by a jellyfish and requested a full refund. I was devastated, but went back to the drawing board,



did some research, and found out that the No. 1 key to success for a windsurfing school was location, location, location. This meant somewhere with flat, safe water and consistent winds, and my hunt was on.

Eventually, someone recommended that if I wanted great advice on opening a business on Hilton Head, I should speak with Charles Fraser. After a few weeks, I was able to secure a 10-minute appointment with Mr. Fraser. Ten minutes turned into seven hours. He took me all over Sea Pines Plantation, to lunch, to the marsh, and for a sail on his boat, The Compass Rose. At the end of the day, he gave me advice that has guided my experiences, my business, and my life on Hilton Head Island ever since.

"If you wish to be successful with your goals, you must understand that everything in the

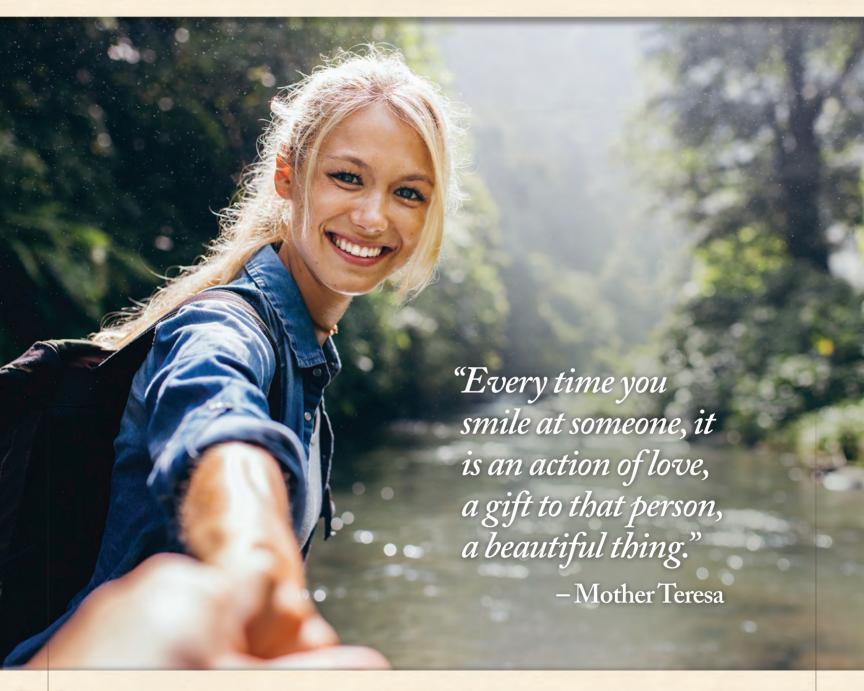
Lowcountry revolves around one thing – the tides. All of our history, all of our culture, all of our nature, all of our literature revolves and evolves around the tides. If you truly understand this, and if you can connect people to the tides and to the phenomena of this place where man discovers the shore, you will be successful."

The following week, he set me up with a card table in the back of the South Beach General Store from which to sell windsurfing lessons.

Now, almost 40 years later, I look back on these words and reflect on how appropriate they are to being a local.

From the Native Americans who floated the tides in dugout canoes as they hunted and gathered, to European settlers who were attracted to the large tidal sounds that their galleons could navigate, to planters and farmers who leveraged the tides with rice dikes and cotton and indigo fields, to the Gullah people who made a living harvesting our bounty of seafood, to modern development where homes are situated to take advantage of sea breezes. Throughout history, tides influence how people have moved around and lived on our island.

Much of my time is now spent being a proponent of our island to corporate groups seeking a place to meet. I explain to them that we have great golf, great food, great meeting spaces, great beaches, great hotels, but those things are not what our island is about. People choose to visit Hilton Head to get connected to the tides, as so many have before. LL



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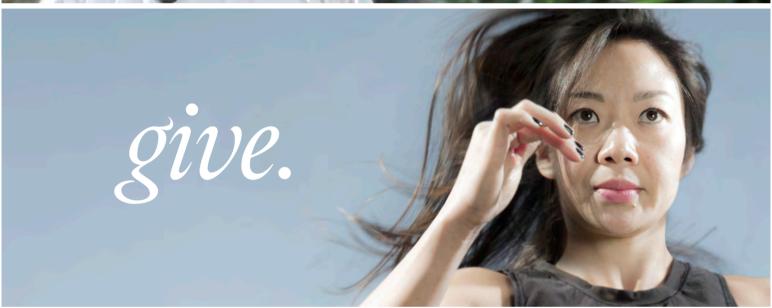
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# Power of transformation

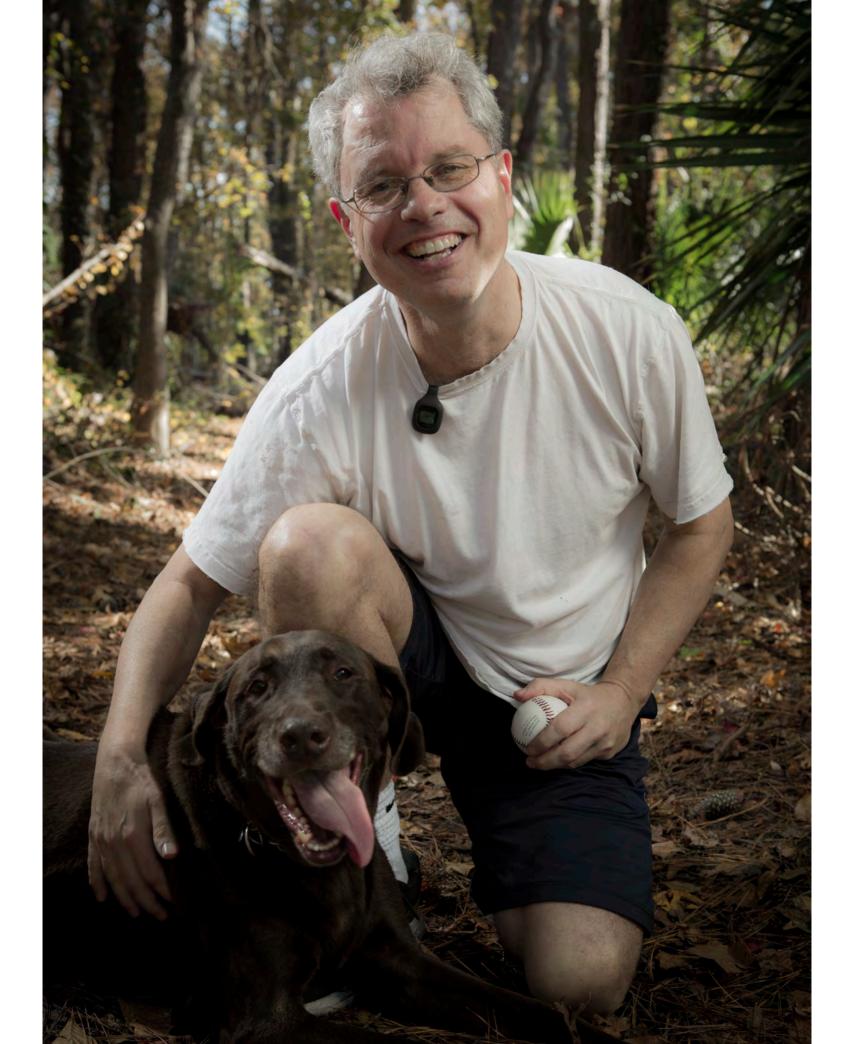
STORY BY BARRY KAUFMAN + PHOTOGRAPHY BY MARK STAFF

NEED A **OUICK HIT OF** INSPIRATION? THE STORIES BEHIND THESE THREE LOCAL RESIDENTS ARE GERTAIN TO DO THE TRICK.

Change. It's been said it's the only thing that stays the same.

There's a unique power in transformation, in changing. Sometimes that transformation means growth, whether spiritually or personally. Sometimes that transformation is one of contraction, carving away the unwanted and unhealthy like a sculptor divining the art within a block of clay.

Each of the three people profiled here is a testament to the power of transformation. In the spirit of an issue dedicated to health and wellness, this transformation is largely physical, but under each physical transformation you'll find a far greater metamorphosis. To simply call it a body transformation would be to minimize the immense amount of effort each took in taking charge of their own health. Whether divesting themselves of bad habits, instilling new habits and redefining how they viewed their daily lives or upending their entire relationship with food and nutrition, each took a different path on their journey. And while none of them will say they've truly reached their destination, each knows that the path they've taken is one they've already traveled to a healthier present.



# Dr. James Gigante

FOR DR. JAMES GIGANTE, THERE ARE TWO TOWERING WORKS THAT DEFINE HIS 50-POUND JOURNEY OF TRANSFORMATION.



The first is Charles Duhigg's "The Power of Habit," which breaks down the subtle neurological changes that come with our daily routines, and the power that can be unleashed when we break them.

The second is the Bill Murray classic "Groundhog Day," in which Murray's sarcastic, self-centered weatherman becomes trapped in an endless loop, repeating the same day over and over: Feb. 2 in Punxsutawney, Pa.

"It's a totally profound movie," said Gigante. "We're in our Groundhog Day. Your day is monotonously the same, if you'll admit it. You get into the same routine, 'When I do X, I will do Y.'"

Feeling somewhat hypocritical over being a physician tasked with monitoring his patients' health while himself being overweight, Gigante started by looking over his own daily habits. The morning meant Starbucks: chocolate chunk scone, café mocha, the New York Times, the Wall Street Journal. Then work: the highstress world of healthcare. Then home: a beer and an evening on the couch.

"I just started making small changes," he said. First, the morning Starbucks run just meant oatmeal and black coffee. Seven pounds vanished. Then he began adding some activity. Reading the Times at home, then taking a walk before work, and saving the Journal for the evening. Then his son wanted in, so Starbucks was replaced with a Keurig, and the time saved was spent at Breakthrough Fitness on a treadmill with his son.

"And it just started snowballing," he said. Just as gradually as he'd introduced exercise to his routine he began subtracting unhealthy food. He reduced processed foods, introducing more fruit and vegetables and less meat. His personal interest in nutrition spilled over into his practice, so he hired a nutritionist and began taking a more rounded approach to healthcare.

"Just doing it is the hard part; just forming the habit. To change a habit, you have to do it a couple dozen times and then it becomes ingrained," he said. "I got hooked on the Fitbit, and every once in a while the battery dies and it's painful for me. I'm like, 'Oh man, I'm not getting credit for this.""

And so using the Power of Habit, Dr. Gigante finds himself 50 pounds lighter and filled with a new set of healthy habits. It may have taken a few years to get from there to here, but how long do you suppose it took Bill Murray to finally get out of Punxsutawney? LL

# Grace Wang

THE ONGOING **EVOLUTION OF** GRACE WANG IS TESTAMENT TO THE POWER OF A GOOD SUPPORT SYSTEM AND RELENTLESS DISCIPLINE.



While she was never by any means what one would call overweight, a year ago she realized that a lifetime of bad habits was starting to crop up in some ways she found herself increasingly uncomfortable with. Bartending on weekends meant late F&B nights and social smoking that was having a huge impact on her life.

"A friend of mine opened CycleBar. I was so excited and got into it, but smoking and cycling don't go together," she said. "By the second or third class I was going to topple over. That was the moment where I knew I had to decide between having to pursue improvement and cutting out what's bad for me."

Cutting out the bad meant quitting cigarettes, cold turkey. Not a small task for someone who works part time in food and beverage, where social smoking is generally part of the job. Next came taking control of her nutrition, which posed its own issues for a self-described fast eater who used to double up on footlong subs for lunch.

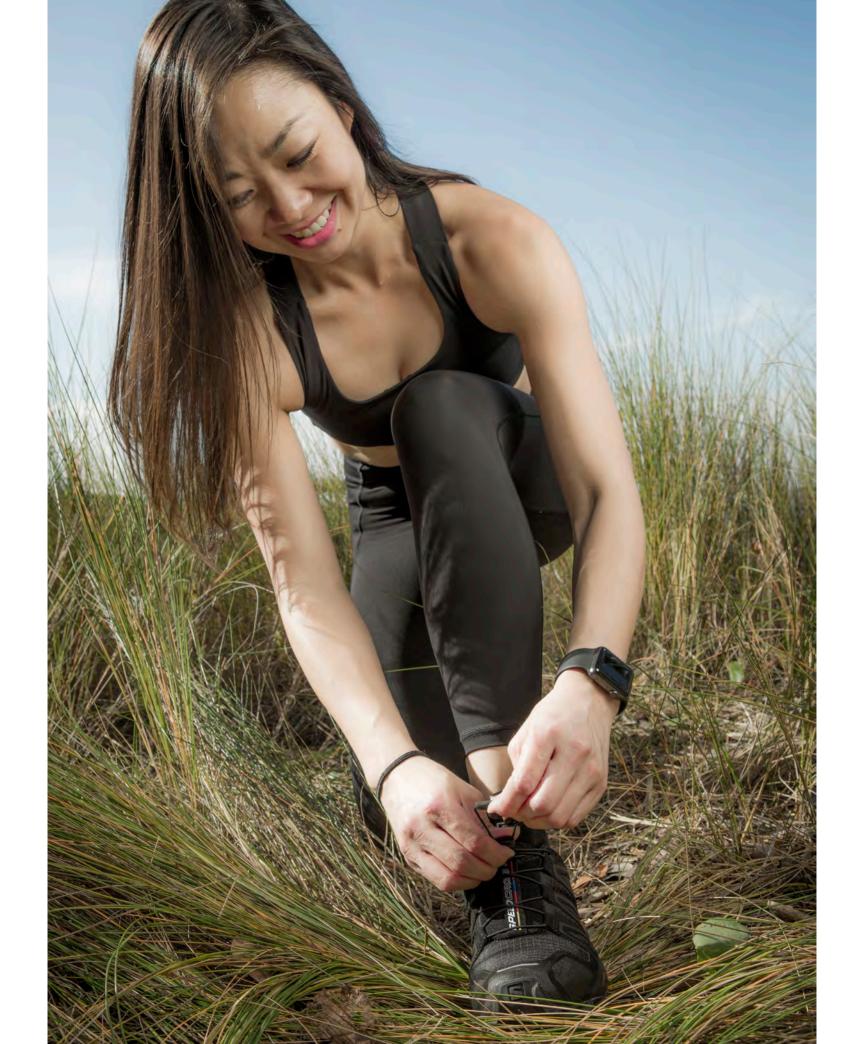
"I remember chefs watching me eat a burger, saying, 'You eat like a man.'"

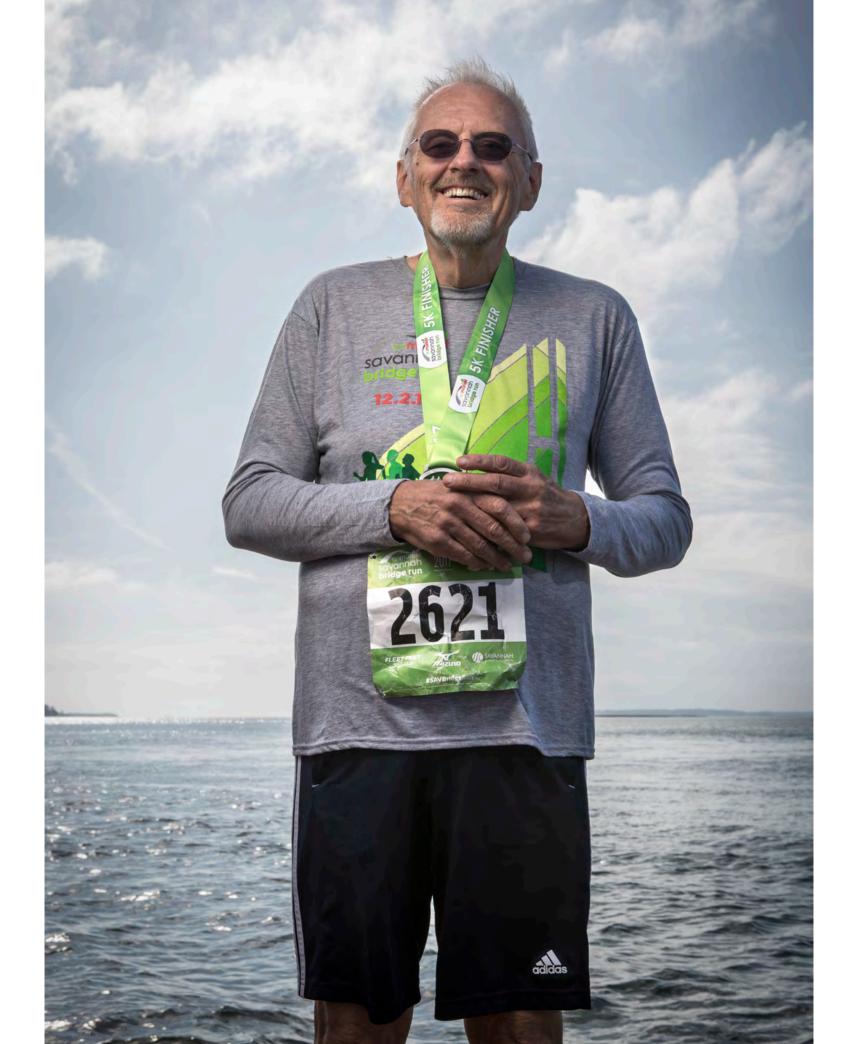
She began small, by reading labels and being more cognizant of what nutrition she was taken in, cutting back on portions and filling up on water.

Then, with the support and encouragement of her boyfriend Chip Colgary, she began running. From then on it was, pardon the phrase, off to the races. When she started, she was gasping for breath after a 14-minute mile. Then one inauspicious day, she realized she'd been running for two miles and could still go on. She recently did the "double pump" at the Savannah Bridge Run, combining a 10K and a 5K, beating her personal best.

Similarly when she started, she shied away from photos out of embarrassment. Then she bought a dress for Colgary's military ball and realized how much she had changed. "The dress was shipped to me while I was out of town. It wasn't until that night after I had my hair and makeup done that I put on the dress and realized it was big, not that it looked big, but it just felt too big for me."

The photo of her in the dress accompanied another photo of her five years ago in a Facebook post where she finally opened up to the changes she'd made over the last year. The difference is extraordinary. As she wrote on that post, "It's amazing what your mind and body can overcome with time, encouragement and a little effort." I.I.





# Jim Smith

TODAY HE'S KNOWN ONLINE AS THE "WHOLE FOODS, PLANT-BASED GUY." BUT 150 POUNDS AGO, IIM SMITH WAS A FAR DIFFERENT PERSON.



Morbidly obese, he was feeding himself a diet of unhealthy food supplemented by a cocktail of medications for blood pressure, high cholesterol and an enlarged prostate. He attempted to keep his weight in check through low-carb dieting, but it was a diet more geared toward weight loss than overall health. And then, tragedy struck.

"What changed me was in 2013, my wife passed away from brain cancer. It was like everything was fine one day and then one day she just started bawling. I took her to the emergency room and she spent the next three months in the hospital before passing away," said Smith. "I felt really strongly that one thing I wanted to avoid was ending up in the hospital."

That feeling led him to the Eat Smart Live Longer Club in Sun City, a group that encourages a plant-based lifestyle (not, it's worth noting, a diet). Despite the change in lifestyle being deeply at odds with his meat-heavy low-carb diet, and against his own confidence that at 66 he was too old to lose weight, he gave it a shot.

"I started doing what they were saying and the weight started to come off and my numbers got better," he said. A year later, he was off his medications. Two years later, he'd lost 150 pounds that he has kept off ever since.

"It's remarkable how much food affects our health," he said. His typical day now consists of two meals, both rich in nutrition and consisting entirely of whole foods. In the morning it's steel cut oats with turmeric and black pepper, maybe topped with flax seed, blueberry or walnuts, served with a grapefruit. Dinner will be a stew of sweet potatoes, beans and mushrooms with a salad, "Some of it sounds a little strange, but it works."

Along the way he started being more active. He spent the first couple of years just walking, working up gradually to yoga a couple of years ago and pickleball and hiking in the last year. Three months ago, he started running, building confidence toward the Savannah Bridge Run, under encouragement from his daughter. "I haven't run in 40 years, but I thought I'd give it a try," he said. "The first day I went out, I wasn't sure I was going to be able to do it. Now I feel pretty confident about it."

Up next is the Tybee Island 5K, then a trip to Washington state where he'll hike Mt. Rainier and Mt. Saint Helens.

"Before 2013, a 20-minute walk would have been a long walk for me. This is all part of the transformation," he said. LL



LocalLifeSC.com

STORY BY DEAN ROWLAND PHOTOS BY MARK STAFF



STAGE. SCREEN AND TV STAR MEREDITH INGLESBY TRADED THE ISLAND OF HILTON HEAD FOR THE ISLAND OF MANHATTAN MORE THAN 20 YEARS AGO. AND SHE LOVES THEM BOTH.

Born in Savannah, because there was no maternity ward on Hilton Head at the time, and raised on Hilton Head, the 43-year-old daughter, wife and mother speaks reverently and insightfully about her upbringing and life as an actress.

Inglesby attended Sea Pines Montessori School through eighth grade, graduated from Hilton Head Prep and collected many close friends along the way.

An art major in college, the strikingly attractive actress and lively conversationalist, who punctuates her words with a hearty laugh. lives with her husband Steve Blanchard, who is also an actor, and their 4-year-old daughter, Victoria, in a pre-war apartment in Astoria, Queens.

In her 23 years as a professional performer, Inglesby has appeared on Broadway as Babette in the "The Beauty and the Beast" and as Carlotta in "The Little Mermaid," both Disney shows.

Her credits also include national and regional tours and local stints at the Arts Center of Coastal Carolina in "Shout! The Mod Musical," "Spamalot" with her husband and a special benefit concert with singer Duncan Sheik in 2013.

Inglesby also appeared in the movie "Disney's Newsies: The Broadway Musical" and had a guest role on TV's "Law and Order." Her acting career began at the Community Playhouse (1976-1996) on Dunnagans Alley in "Fiddler on the Roof."

She and her family spent the Thanksgiving holiday visiting her parents, Bill and Ellery Inglesby, at their waterfront home in Sea Pines Plantation. She spoke with LOCAL Life during her visit and here are excerpts from the conversation:

#### A PEEK BEHIND THE CURTAIN:

You made your professional debut as Eliza Doolittle in "My Fair Lady." Describe that experience. [Meredith Inglesby] " did, here on the Island. It was a fortuitous thing. It kind of catapulted me into thinking I could do this as a career. Prior to that, I just did it for fun and I minored in it (theater) in college. I had a modicum of talent, I suppose, to do this, but I definitely got into it by accident. I was at a local restaurant and the then-artistic director of the theater (Arts Center of Coastal Carolina) Dallas Dunnagan saw me and said, 'Come audition for 'My Fair Lady,' so I did, and I got it as Eliza. . . The experience of playing Eliza here was such a gift."



**LIGHTS, CAMERA, ACTION** Actress Meredith Inglesby has a history of making the impossible seem possible. No sharks were harmed during the production of this creative photo.

You starred as Carlotta in Disney's "The Little Mermaid" on Broadway. Describe your journey from the beginning to now. [MI] "I just finished playing Ursala in the national tour of "The Little Mermaid." I did originate the (role) with the original cast of "The Little Mermaid" on Broadway several years ago. . . . It wasn't my first Broadway show, but going from playing Eliza in my hometown to being on Broadway was a dream I never knew I always wanted."

#### Has your career always been an ascension?

[MI] "Yeah, definitely. Of course, there are always setbacks in this business. It's cyclical. One day you're on top of the world, and the next you're a mom with children trying to figure out plan B. It's a difficult life with stability, if I still have any.... But I think so, and I'm looking forward to the next chapter, quite frankly. I haven't done nearly enough as an artist. I have a lot more to give on the horizon. Yes, it's been an ascension, and I see more ascension in the future. . . . I'm youngish! I see myself branching out into other mediums.... I've done a lot of voiceover work, and I love studio work singing."

You've acted on stage, in film and on TV. What's your favorite medium? [MI] "I do really love TV and film. Probably because it's so different from what I've done for the majority of my career, which has been mostly on-stage work. There is something so real and loose about TV and film work. Everything is so heightened on the stage, everything is so big, and I've gotten good at that. I've gotten good about playing big character roles that require me to be loud, large and dramatic, which I truly love. . . . With TV and film work, you're just speaking, you're not playing a character, so to speak. . . . you're saying the lines truthfully, quietly and sincerely."

What drives the inner you? [MI] "Finding balance, finding moments of quiet. I've had such a loud life over the past 15 or 20 years that I finally found quiet, through meditation, and grounding myself in who I am as a person and artist, a mother and a woman in this country and the crazy world we're living in now."

You were born in Savannah and raised on Hilton Head. Are you an Island girl at heart? [MI]

"Yes, definitely! But I have to say I've always had a restless spirit. There was always something else to see, somewhere else to go, new people to meet. I was always into diversity and people from very different backgrounds. Even though



I absolutely relish the fact I was raised here, especially in the '70s and '80s when it was so quiet. I almost don't recognize it when I come home now. I definitely would call myself an 'Island girl.' Growing up fishing and crabbing and shrimping in my backyard, and going out on the boat every weekend."

You and your younger sister, Catherine, grew up on Hillton Head in a household full of music. What was that like? [MI] "We did. My dad plays pretty much any string instrument you put in front of him and so does she (her sister). She has that talent as well. My mother

was a beautiful singer. My grandmother was on a radio show in the '40s. My cousin was a singer/songwriter for years in New York. It's a long line of performers... everybody was always singing and playing then, but no one ever did it as a career. . . just last night we were all sitting around at my dad's big house and my sister had one guitar and my dad had another. My little girl was playing her ukulele, and my husband is a beautiful singer. It's part of our daily normal."

When you come back to visit your folks here, what do you like to do? [MI] "I really end up

being quiet in the house a lot because it's so peaceful here. We end up visiting family in Savannah or Beaufort. I still have very dear friends here: Courtney May, Leslie Hughes, Julia Pratt. We're still all very close. They're core forever. My only sadness is I don't get to see them as much as I want to. One friend, Alex Meyer, lives up in the Hamptons (N.Y.) now, and he and I see each other pretty often."

What are your favorite restaurants and hot spots here? [MI] "Oh my, I'm so out of touch. I would say the Sage Room, and we go to Hinoki all the time. I love sushi. (I go to) Pomodori, Michael Anthony's is amazing. I know there are so many amazing restaurants that I just haven't been to. We end up just hanging out at home because it's so comfortable and wonderful here."

What's it like to perform here before your family and friends? [MI] "Oh my gosh! It's being home, being supported by my community where I grew up. I always feel like I'm the prodigal son coming home. I'm honored to be given the opportunity to work here. People I've seen my whole life coming to see me and people I don't know. I'm astounded at the group of people this island has attracted. To be compared with someone on the level as Duncan Shiek (another native Islander with a storied musical career who was the interview subject in this magazine's November issue) blows my mind. He's just unreal to me. We performed at the Arts Center years ago (2013) in concert. To come home is such a gift." LL



#### NOW STREAMING ON NETFLIX

**To see Meredith Inglesby**, check out "Disney's Newsies: The Broadway Musical," streaming now on Netflix. Inglesby plays Hannah, secretary of villain Joseph Pulitzer, played by her husband Steve Blanchard.

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# living well in the Lowcountry

#### THREE HEALTHY ITINERARIES ALL LOCALS SHOULD TRY

#### STORY BY BECCA EDWARDS + PHOTO BY MARK STAFF

Becca Edwards is a wellness professional, freelance writer, and owner of b.e.WELL+b.e.CREATIVE (bewellbecreative.com).

Destination wellness is one of the fastest growing tourism markets across the globe. It generates over a half trillion dollars a year. From yoga retreats in India, surf trips in Costa Rica, spa getaways in Hawaii, weight-loss facilities in California, and marathons in major cities, people are ready to travel. Even mainstream hotel chains like the Westin and famous, old hotel-estates like The Biltmore are adding more fitness facilities and programming. As destination wellness increasingly becomes more available, people increasingly have the luxury of picking where they want to go. Factors like convenience, cost and amenities influence their decision making.

"I was talking to an out-of-town friend the other day," said Jean Rioux, owner of Jiva Yoga Center in Hilton Head and Bluffton. "We were talking about the Chopra Center in San Diego and she said, 'Why would I go there? It's such a hassle to go through a busy airport and then drive against traffic to get there. Hilton Head is just so easy."

Hilton Head is also easy on the eyes — and morale. "Hilton Head's natural beauty switches your brain from a place of busy energy to a place of calm," Rioux added. And she's right. Research shows people truly thrive better in "blue spaces" or areas surrounded by the ocean, rivers, creeks, marshes, lagoons and even urban water features. And that's nothing new. In Victorian times, physicians prescribed the sea air to cure an assortment of ailments and the lure of the Lowcountry brought prominent northern families like the Carnegies, Rockefellers and Morgans here to bask and brine.

Even today, our area's siren song continues to attract visitors - especially in the Lowcountry. Just look at the numbers:

Southern Beaufort County encompasses 42 square miles of semi-tropical, Lowcountry geography.

There are 12 miles of beaches to get your feet sandy.

The average temperature is 70 degrees.

Like to bike? There are 117 miles of shared-use pathways.

What about golf? There are 24 championship golf courses with 18 open to the public.

Tennis, anyone? There are 300 tennis courts.

Accommodation options include

more than 6,000 villas, 3,000 hotel/ motel rooms, 1,000 timeshare units, 22 properties offering meetings and convention facilities, two RV resorts and one campground.

We also have two airports that service the Hilton Head Island area: The Hilton Head Airport, which is approximately five miles from all island resorts and the Savannah/Hilton Head International Airport, which is approximately 45 miles south of the island.

Looking at three of the most popular reasons why people choose destination wellness - relaxation, weight loss/jump starting healthier living, and competitive racing — here are three tailor made trips even locals would want to book a "stay-cation" and try.

#### The Get Zen Seeker

Rioux opened Jiva Yoga Center 18 years ago because of her love of yoga. "I had a passion and I wanted to share it with as many people as possible by providing a welcoming space," Rioux said. She believes yoga delivers people to a place of self healing because it allows us to become in tune with ourselves. "In yoga, we turn inward. We become mindful of our breath and how we feel at any given moment. And, surprisingly, a lot of times



we don't even take notice of our breath or how we feel," explained Rioux. Incorporating the power of yoga and mediation with the equally powerful effect of being immersed in nature, she helped develop the itinerary below.

#### YOUR ITINERARY



Early morning: Start the day with a gentle yoga class followed by a mediation. This can be a private or group class at a beach like Coligny Beach or at a yoga studio like Jiva Yoga Center. Then pick up a clean, nutritious smoothie from either Smooth, Pure Natural Market or Delisheeyo.

Mid morning: Either rent a stand-up paddle board or take a private SUP class on the water. You can meander along the creeks and marshes among a thriving population of plants and animals, challenge your core with SUP yoga, or hit the beach for ocean SUP.

Afternoon: Sit down to a healthy lunch preferably somewhere outside.

Late afternoon: Treat yourself to a massage or other spa service. There are so many different types of bodywork available on the Island. Jiva Yoga Center has several experienced therapists trained in several different modalities including therapeutic, deep tissue, Thai yoga, prenatal, cranial sacral and acupuncture.

**Evening:** If you haven't done so yet, visit the beach and bring a picnic. The beach takes on a whole new dimension at night.

#### The Get Glean In One Weeker

"There's a healthy mindset here," said Anuschka Schurr, owner of Anuschka's Kitchen. Schurr is referring to the people living on Hilton Head. When it comes to food, Schurr, an experienced chef, has seen, done and cooked it all. She offers pre-made meals that not only cater to your needs meal-wise, but also ingredients-wise. "Aside from food allergies, some people have very specific food needs. For example, some people want all organic. Some people want to save their money and only buy certain organic items and some others don't care anything about organic food." Schurr can accommodate large and small parties and for her, clean food is whole food. "People don't eat real food anymore," she said laughing. "I grew up eating whole foods like fresh vegetables and to this day cook using whole foods." Schurr also teaches cooking classes. "What I try to teach first and foremost is cooking doesn't have to be hard, and cooking healthy certainly doesn't need to be hard either." Other classes she teaches include knife skills, which is "especially important when cooking healthy," all about herbs, because "they make a huge difference in flavor and how much salt you use," how to cook staples like soups, and how to source the ingredients you need. Schurr, with the help of a holistic health coach (a.k.a. me), devised the below itinerary.

#### YOUR ITINERARY

Early morning: Begin the day with a detox juice, turmeric brew or kombucha from Smooth (the brew and kombucha come pre-made in a glass container that you can buy the day before), followed by a brisk morning walk either along a bike path or on a beach like the Sea Pines Beach Club.

Mid morning: Get a clean brunch like the bloom smoothie and vegan sampler plate from Pure Natural Market or the Buddha bowl from Delisheeyo.

Afternoon: Schedule an appointment at Oasis Life Spa, which offers several detox services. Or take a detox yoga class, like hot yoga at Jiva Yoga Center or Bikram Yoga Hilton

Late afternoon: Take a cooking class from Schurr.

**Evening:** Eat all the yummy things you made during your cooking class.







#### The Competitive Athlete

Hilton Head's year-long, moderate temperatures make it an easy place to train or compete in events like triathlons, half-marathons and 5K races. "When people get here, they just want to be outside," said Al Olivetti, owner of Go Tri Sports. Olivetti believes Hilton Head is an ideal place for people training for a race for this very reason. As for those looking for a competitive event, "We race year-round here," Olivetti said. "There's a 5K almost every other weekend, especially if you include Savannah and other nearby areas. We have the infrastructure and amenities to

#### YOUR ITINERARY (if you're training)

Early morning: Have a slice of the locally made Sprout Mama bread (available at Delishee Yo and Whole Foods) with any sort of protein. Then, option one - Bike to the beach or nearby pool (Note: Olivetti can recommend several bike/swim routes and he has many listed on his website, gotrisports.com.) and take a swim. Option two - Visit Jarvis Park where you can cross train at the fitness park or run laps on the path.

Mid morning: Shower, relax and rest up at your vacation home, which preferably is a waterfront property.

Afternoon: Nourish your body with a well-balanced lunch like one from Java Burrito. All the food is locally sourced when possible and free of artificial preservatives, growth hormones and antibiotics.

Late afternoon: Do your own practice or take a restorative or gentle yoga class.

**Evening:** Eat at a local seafood restaurant like Hudson's Seafood on Hilton Head, which has a waterfront view and serves local oysters, shrimp and fish, and watch the sunset.

pull off these races. When I'm overseeing a race, I know I make sure to cross my t's and dot my i's." In February, Olivetti is hosting a triathlon training camp with Robert Taylor, an elite triathlon athlete and coach. In March, the triathlon season kicks off with a sprint triathlon on Parris Island. In April, Go Tri Sports coordinates swim/runs. And the Beach Bum and kids' triathlon series start in May and run until July. Having raced all over the country, Olivetti helped work out the itinerary below. LL





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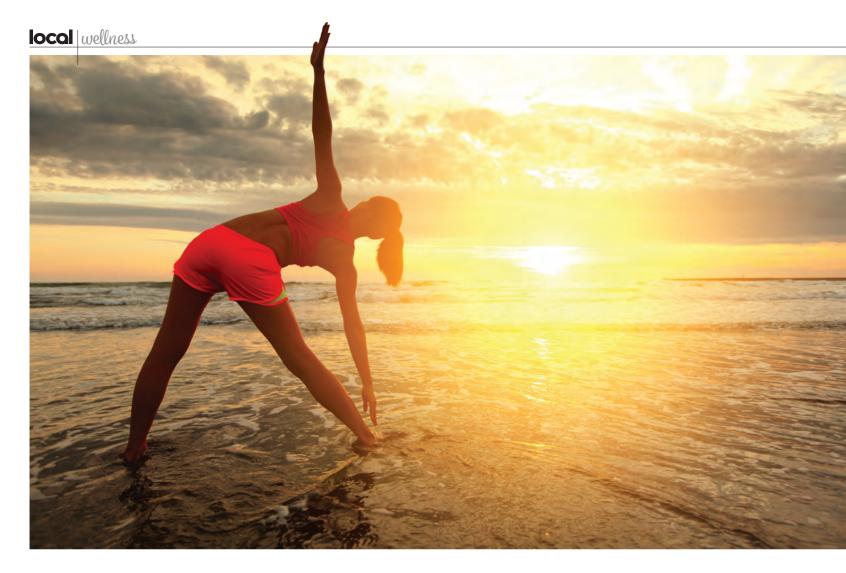
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# Where you live and wellness

DOES WHERE YOU LIVE AFFECT YOUR OVERALL WELLNESS?

#### STORY BY BECCA EDWARDS

Becca Edwards is a wellness professional, freelance writer, and owner of b.e.WELL+b.e.CREATIVE (bewellbecreative.com). Abso-mother-nature-loving-lutely. Refered to as "geomedicine" by many experts, the science of where you live can be just as vital to your health as how you live. Here are five reasons why living in the Lowcountry can add years to your lifespan.

# THE EFFECTS OF TEMPERATURE

Each person reacts differently to changes in temperature, which can affect the production of various hormones, organ function and bodily processes. Typically, a temperate environment is ideal for most people. Summer in Hilton Head can surely heat things up, but for the most part Islanders enjoy fairly moderate, seasonal temperatures, especially in the winter.

In addition, our climate encourages people to exercise outside year-round. And we all know the effects of consistent exercise.

#### THE EFFECTS OF VITAMIN D

You probably already know that vitamin D can be synthesized into our bodies when sunlight hits our skin. But did you know vitamin D is not a vitamin at all? It's a prohormone and it's lauded for:

- · Maintaining the health of bones and teeth
- · Supporting the health of the immune system, brain and nervous system
- Regulating insulin levels and aiding diabetes management
- · Supporting lung function and cardiovascular health
- · Influencing the expression of genes involved in cancer development

According to bestplaces.net, "On average, there are 215 sunny days per year in Hilton Head Island." That's 215 opportunities to build up vitamin D in your body, and bask in its benefits.

## THE EFFECTS OF HUMIDITY

A humid climate helps our skin to eliminate toxins. Because breathing dry air all day can dry out nasal passages and cause respiratory problems, humid air is better for our noses. Similarly, low humidity causes dry skin, dry hair, itching and chapping, whereas high humidity creates supple, moisturized skin.

#### THE EFFECTS OF NATURAL BEAUTY

The Lowcountry's lush and verdant environment and coastal waterways inspire people to be immersed in nature and play sports like golf and paddle boarding. These types of exercises aid us both physically and mentally. When it comes to trees, Japanese researchers found that practicing shinrin-yoku, or forest bathing (essentially, walking in a tree-dense setting) led to lower cortisol levels and lower blood pressure, and greater activity in the body's calming parasympathetic nervous system. When it comes to the ocean, another research team found that people who lived within 3.1 miles of the coast were more likely to classify their health as good. This causes a positive chain reaction. The more you feel healthy, the healthier you become.

## THE EFFECTS OF NATURAL INGREDIENTS

The Lowcountry is brimming with natural ingredients that help us be more radiant. Take saltwater for starters. Studies show that it helps in treating skin disorders like eczema, psoriasis and acne. Sand is a great exfoliant. And oysters contain:

- · Zinc—Which strengthens the immune system and promotes healing.
- Omega-3 Fatty acids, potassium and magnesium, which can help reduce your risk of heart attack, stroke and lower blood pressure.
- Essential nutrients—Including vitamins A, E, and C, B12, zinc, iron, calcium and selenium. LL



Left to Right: Front Row: Jennifer Farmer, Ed Brown, Allison Olweiler

Back Row: Eric Cleaves, Lori MacDonell, Joy Gentile, Jacqueline Alcock, Mike Kristoff, Nick Kristoff

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Your body will: Besides increasing flexibility and strength, Bikram yoga can detox the body, is good for your skin and defines muscles. "We... work every single part of the body so that nothing goes untouched," Irvin said. "This is time well spent."

**Need to know:** You'll need a yoga mat, a towel, water bottle and wear something you can really sweat in. During classes, you'll hear "lock your knee," which means stacking your knee above your ankle and your hip above your knee and contracting your leg muscles without holding your breath.

#### Why we love it:

"I am much leaner and very strong! I have also been able to decrease and eliminate prescription drugs. I love the way the practice has given me so much confidence, taught me patience and allows me to be in a very peaceful state on and off the mat. This practice keeps you young and helps to detox the body." - Eileen Mulligan, 64, Hilton Head Island, practicing Bikram for 4 1/2 years

"It transforms you literally from the inside out. . . mentally, physically and spiritually you experience growth. Even though the dialogue remains the same for every single class, you take away something new in each class. I've learned

about strength and flexibility and I reach new plateaus regularly. I've grown a half of an inch, my skin is exceptionally hydrated and my body is stronger." - Sheila Thomas Benson, 56, Hilton Head Island, practicing Bikram for 3 1/2 years

#### GYGLE BAR

**The Skinny:** It's not just a spin class. It's a low-impact, cardiovascular workout in theater-like studio. The class soundtrack has riders moving to beats. "CycleBar is a premium indoor cycling experience that offers a high-energy workout in a concert-like atmosphere," said Katie Knowles, who owns the Hilton Head Island studio, "We incorporate a weighted bar into a small section of the class for a total body workout."

Your body will: Indoor cycling is a high-intensity aerobic workout that will get your heart pumping, which has a huge range of benefits including weight loss, endurance and other general health benefits.

Need to know: All the equipment (shoes, towels, etc.) is provided. Classes range from 45, 60 and 75 minutes, and there are themed rides. concert series, endurance rides, performance and classic rides offered.

#### Why we love it:

"My aunt wanted me to try it with her. I was hooked after the first class. I love the class atmosphere. . . . Also, a little friendly competition helps push you! I have lost around 30-plus pounds doing CycleBar. . . . My blood pressure, cholesterol and mental well-being have all improved."

- Aggie Schmidt Lawson, 31, Hilton Head Island, riding since the studio opened in 2017



"I love how I feel after a workout. I have been an avid runner for years, however, while enjoyable, is hard on my joints. I do not have the pain in my joints after taking classes at CycleBar. The changes I have seen in my body include (about 15 pound) weight loss, increased energy

and overall body strength." - John Simpson, 56, Hilton Head Island, ridina for 6 months

#### ocal wellness





#### PURE BARRE

The Skinny: Swap your ballet shoes for sticky socks at barre classes. "The Pure Barre technique focuses on tiny (or isometric) movements that lift, tone and tighten the body," said Kara Raehn, who owns the Pure Barre studios on Hilton Head Island and Bluffton. "We utilize a ballet barre in class, but Pure Barre is not 'dance-y!' In contrast, the technique is very athletic."

Your body will: Classes focus on arms, abs, hips, buttocks and thighs, areas that Raehn says women struggle with the most. "We move quickly burning out a targeted muscle group, then follow it up with a stretch to create long, lean muscles without bulk," Raehn said. "Every class is completely different, so you'll never get bored and your body will never hit a plateau."

Need to know: There's a lingo (such as "tuck" and "pulse") to the 50-minute Pure Barre that takes a few classes to get used to. Sticky socks are required, but no other equipment is needed.

#### Why we love it:

"What I love most about Pure Barre are the results. . . . I enjoy the camaraderie of the class participants before and after class. During the class, you are in your own work zone, pushing you to your greatest potential. In my early 50s, with the onset of menopause, my body type turned into that of a endomorph, tending to store body fat. I tried Pilates for two years, then yoga for two years with unsatisfactory results. Results from Pure Barre came very guickly. It has turned my body type more toward mesomorph, enjoying long lean muscles, higher metabolism and responsive muscle cells. I have lost many inches and have gone down several clothing sizes with no change to my life except attending Pure Barre." - Kathi Plomin, 59, Hilton Head Island, "tucking" since March 2015.



"(Pure Barre) really is for everyone. All ages, all shapes and sizes, and people from all walks of life can do this. I have done many types of workouts in the past several years since I started my fitness journey (everything from Zumba to CrossFit style boot camps) and this is definitely the most challenging but also most

rewarding. Everyone from the teachers to the clients are so welcoming, encouraging and non-judgmental! Being a big girl, I am always a little hesitant to try a new workout in front of other people (especially when they already look fit) but I have never once felt too big or out of shape for this group of women. It's amazing. The biggest change I have seen or felt in my body is my strength. .. When I first started I struggled so much with nearly everything, and even though I still struggle with certain things in class, the amount of things I can do now is really amazing." - Amy Kay Hargrove, 30, Hilton Head Island, "tucking" for 2 years.

#### **YOGA**

The Skinny: Yoga is a series of poses designed to connect the mind and body. But it's more of a lifestyle than a workout, a practice of "mindful movement and breath," said Jean Rioux, who owns the Jiva Yoga studios on Hilton Head Island and Bluffton. "It is a powerful tool for self-transformation," she said. Most classes range from 60. 70 or 90 minutes.

Your body will: Yoga increases balance, strength, flexibility and range of motion. Every level - from the beginner to the conditioned athlete - can reap the benefits. "If you are an athlete... you can increase strength in your muscles' full range of movement, which will allow you to excel in your sport," Rioux said. "Your body will most likely become much more flexible by doing yoga, and so will your mind."

Need to know: There are at least a dozen variations of voga with more subcategories to each. Jiva Yoga offers Vinyasa based classes that focus on breath and movement, and other therapeutic classes. "Om" is a mantra you'll hear in classes no matter the level or type. "As we chant 'Om,' it takes us for a ride on this universal movement, through our breath, our awareness and our physical energy, and we begin to sense a bigger connection that is both uplifting and soothing," Rioux said. A yoga mat is helpful for classes.

#### Why we Love it:

"(Jiva) made a real family of friends for all of us. It's beyond the yoga itself. As a boy through the YMCA, I was taught the value of body, mind and spirit.

Practicing yoga covers all three. I am a cancer survivor, age 75, and I can't imagine a life without Jiva Yoga and my yogi friends." - Paul Landry, 75, Hilton Head Island, practicing yoga for

at least 7 years.

"I timidly started (yoga) with zero knowledge and grew into a complete nut trying to absorb as much as I could about the benefits. Yoga is a time for me. The energy in the room allows everyone to feel free to practice at their own pace depending on how they feel that day. What yoga provides is an inner change as much as a physical transformation. . . I feel far stronger today than any other time in my life. Not only physically but mentally. Depending on the class I have chosen to practice that day I am able to go full throttle and push myself combined with a beautiful sweat or I can make slower movements, which help strengthen my whole muscular body." - Anne Polhill, 57, Bluffton, practicing yoga for 4 years.



#### **PILATES**

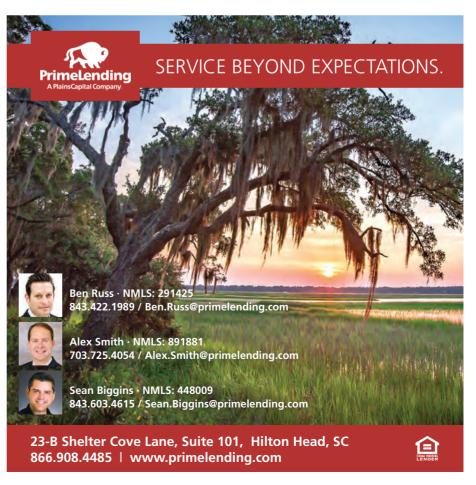
The Skinny: Focused on the body's core, Pilates is a series of movements and a full-body workout designed to increase flexibility and strength, according to the United States Pilates Association. "Pilates gives you longer and leaner muscles," said Esmeralda Flores, owner of Esmeralda's Massage Therapy & Pilates Center. "It also helps with injury prevention, stress relief, back pain and improved balance and coordination. It's effective for post rehabilitation and gives self confidence."

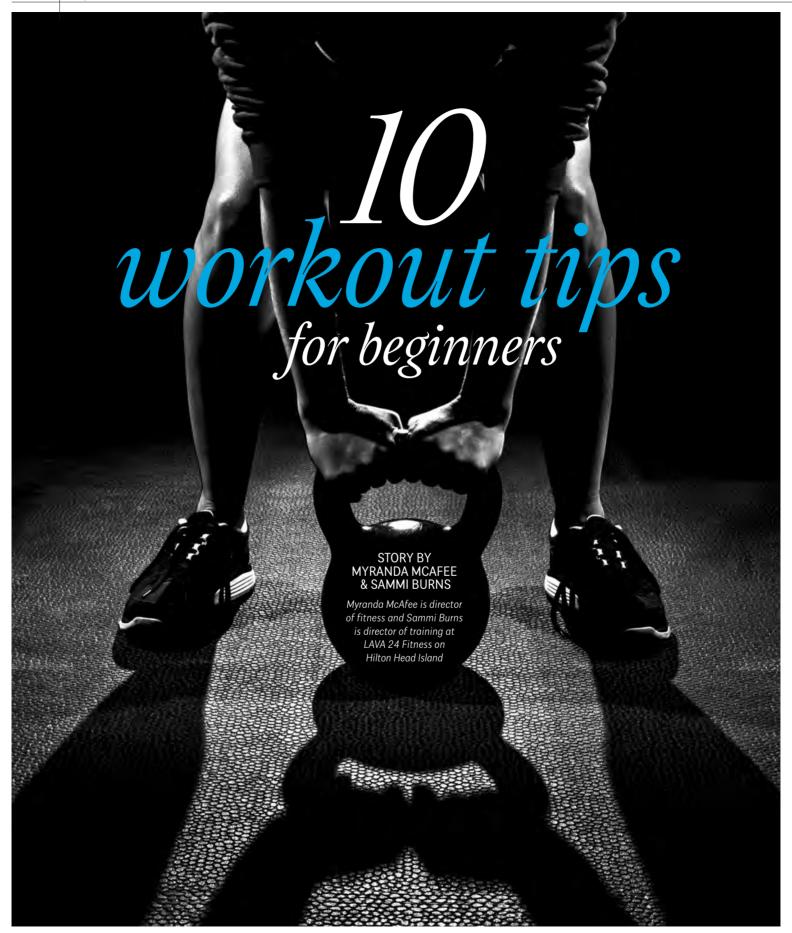
Your body will: The precise, controlled movements will encourage long and lean muscles rather than bulking up, and the exercise will increase flexibility and mobility.

#### Why I love it:

"I never had been good at other exercise programs. This is the first exercise I have stuck with. It was my gift to myself at age 60 because I wanted to maintain my balance. . . (Better posture) was one of the first benefits that other people noticed about me just weeks after I started. (I definitely have) an increase in core strength. Pilates is a really good workout but not stressful and pounding. Breathing correctly is part of the Pilates program so at the end of an hour session I feel relaxed and my muscles feel aerated. And I love being with the other women in the class!" - Jean Meaney Wheatly, 74, Hilton Head Island, practicing Pilates for 14 years. LL







# WANT TO GET IN SHAPE IN 2018?

Getting off the couch and into the gym can be an intimidating process, especially when you are unsure where or how to start. Many beginners put themselves at a disadvantage by developing bad habits. Here are 10 pieces of advice that can help any beginner build more muscle and burn more fat.



### Find your why

Why do you want to do this? Why is this important to you? What is causing you to want to make a change? Are you tired of your everyday habits? Does someone around you have a health issue you want to avoid? This will help motivate you to make it a habit. Exercise must become a priority if you want to live a long and healthy lifestyle.



#### Set realistic goals

Goals should be attainable, measurable and specific for each individual. Keep in mind that everyone is different and we are all on our own phases in our fitness journey. Document the progress you are making with a reasonable amount of time in between each check in.



#### 3. Find motivation

Stay accountable and stick to your goals. Find a workout partner to help you stay motivated and on track along your fitness journey. Write a plan. Who is supporting you on your journey? What are your first steps to make a change? When are you making time to exercise? Where are you going to do your workout?

Why are you here in the first place?



#### 4. Keep it fun

Listen to music. Choose whatever keeps you going! Switch up your routine. Don't let vourself get bored and burned out with the same exercises. This will also help you not plateau.



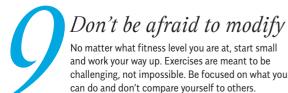
#### 5. Remember your proper nutrition

Exercise and nutrition play hand and hand. You are not going to see results without changing your diet as well. Check the ingredients on every label. If you do not know what an ingredient is, don't put it in your body. Avoid processed foods and eat more greens. Stay consistent and start with small changes. Don't restrict yourself too much because that's when you end up binging or overindulging. Remember that drinks have calories too, so try to drink zero calorie drinks. Water is the best choice.



#### Know when to take a break

Recovery is necessary for growth. It's not uncommon to start seeing results and then want to stay in the habit of training every day because you don't want that progress to stop. Exercise is addictive! It makes you happy, energized, enabled, empowered and attractive. But remember, you're doing this to help your body function at its best, not to hurt it. Your body needs time to repair itself so that your workouts will continue to be effective; you might actually notice a stall in progress if you overtrain.





#### Stretch

Stretching as well as warming up the body and cooling it down is extremely important to a workout. We need flexibility in the muscle and range of motion in the joints to keep our bodies healthy. Tight muscles can make you more prone to injury and limit you during your exercises.

#### 10. Start slow

Working out three times a week with a mix of cardio and strength training is a great start. Once you build up your stamina and gain some muscle, add in some more sessions each week. Adding HIIT (high intensity interval training) in your routine is the most efficient way to get the fastest results. With this type of training, you burn more calories in a shorter period of time by spiking the heart rate up and down. Our bodies turn into fat-burning machines when we train with optimal work/rest intervals. Depending on what your goals are, this type of training can be beneficial for gaining strength and fat loss.



If you are not watching your form, you are more likely to injure yourself. Using a mirror helps you focus on your movement throughout each exercise. Here are some proper form tips for these 4 exercises:



#### **SOUAT**

Never let your knees to go past your toes as you squat down. Put more weight on your heels rather than your toes. Always keep your core tight and engaged, doing so will also help maintain your posture, keeping your chest high and your back straight.



#### LUNGE

Do not let your knee go over your toe as you lunge with each leg. Chest stays high and core is engaged.



#### **PUSH-UP**

Hands are shoulder width apart, feet are planted on the floor and body is in straight line from head to toe starting in plank position. Inhale as you lower to the floor and exhale as you push up



Can be done on hands or elbows. Draw the belly button up and don't let your hips sink to avoid any pressure on the low back. Shoulders are directly over elbows; hands and neck stays neutral.

#### **CONCLUSION**

Understand that we all have to start somewhere and taking this first step is the hardest part. Surround yourself with people that will not only support you, but challenge you as well. Be confident in the gym and don't be afraid to ask questions. This journey you are on is a learning experience and a way to prove to yourself that you are capable of anything. La

## TOP FIVE FAB FITNESS APPS

These will keep you moving even when your batteries are low.



1. Couch to 5K: This oft-imitated program has helped thousands of new runners move from the couch to the finish line. Spend just 20 to 30 minutes, three times a week, for nine weeks, and you'll be ready to finish your first 5K (3.1-mile) race!



2. Blogilates: Finally you can carry YouTube fitness star Cassey Ho in your pocket... for free! Take her videos with you to the gym, cook fun and healthy recipes in the kitchen and follow the monthly workout calendar.



**3. Zombies, Run!:** You tie your shoes, put on your headphones, take your first steps outside. You've barely covered 100 yards when you hear them. They must be close. You can hear every guttural breath, every rattling groan - they're everywhere. Zombies. There's only one thing you can do: Run!



**4. Fitnet Live Coach:** A personal trainer for everyone! Exercise by yourself or add a boost to your goal by connecting with a live certified personal trainer. Personalized daily plans, selfie workouts and more than 200 free workout videos are included.



**5. Sworkit:** You choose what kind of workout you want and how long you have, then Sworkit will show you exactly what to do. No more needing a gym, or weights, or excuses. Just Sworkit.



Visit our page online to read how local people have made amazing transformations in their lives. **LocalLifeSC.com** 





#### Success stories: Get inspired to change your life

If you need motivation to actually stick to your New Year's resolution to shape up this year, look no further. These three Lowcountry residents are achieving their physical goals through determination, dedication and drive. Read more online!





# The power of positivity

STORY BY BECCA EDWARDS + PHOTOGRAPHY BY MIKE RITTERBECK

Becca Edwards is a wellness professional, freelance writer, and owner of b.e.WELL+b.e.CREATIVE (bewellbecreative.com).

HAVE NO DOUBT, A POSITIVE MINDSET POSITIVELY BENEFITS YOUR HEALTH, EVEN IF YOU ARE CURRENTLY SUFFERING FROM A HEALTH CHALLENGE.

The Mayo Clinic states, "Indeed, some studies show that personality traits such as optimism and pessimism can affect many areas of your health and well-being. The positive thinking that usually comes with optimism is a key part of effective stress management. And effective stress management is associated with many health benefits."

Researchers continue to explore the effects of positive thinking and optimism on health and link both to: increased life span. lower rates of depression, lower levels of distress, greater resistance to the common cold, better psychological and physical well-being, better cardiovascular health and reduced

risk of death from cardiovascular disease and better coping skills during hardships and times of stress.

In 2009, Hilton Head part-time resident Jeanette Sokulski was diagnosed with in-situ ductal carcinoma in both breasts. "It was found by a routine mammogram," Sokulski said. "A sonogram found more, and a PET scan showed even more. It had gone into my chest wall."

Sokulski underwent a bi-lateral mastectomy, chemotherapy and a total hysterectomy. Everything seemed to be fine until 2013, when doctors found a neuroendocrine tumor. "They could not call it as one certain cancer



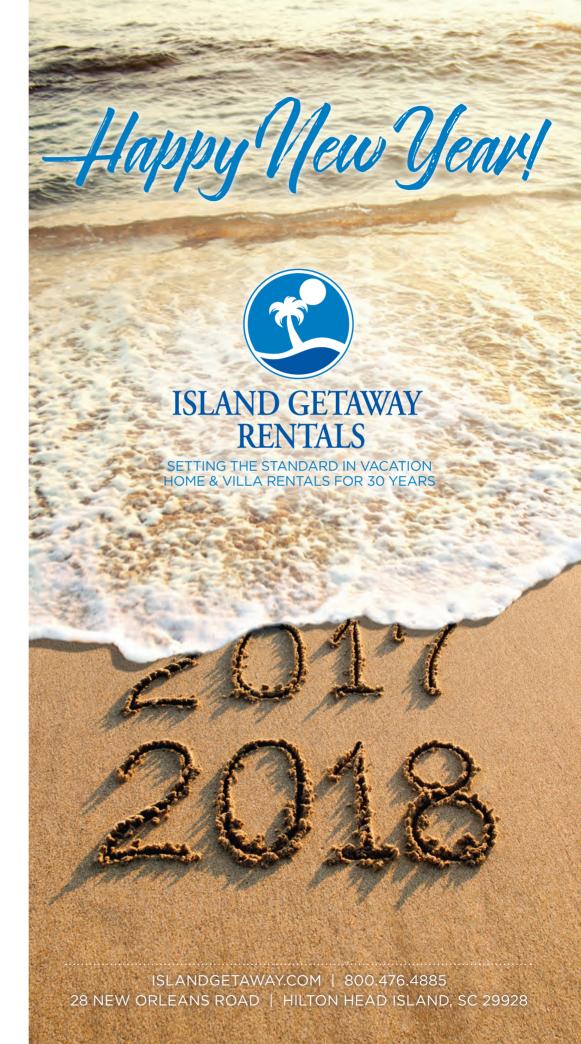
#### SOKULSKI'S SIX TIPS TO STAYING POSITIVE

- [1] Remember this is my life. And ask, "How do I want to live it?"
- [2] Get out in nature. It doesn't cost a lot.
- [3] Try meditation and yoga. Both help with being present and grateful.
- [4] Get the right people to help you even when well. Find a doctor you feel confident about or a holistic practitioner that you connect with.
- [5] Eat well. Food is fuel.
- [6] Help others be positive. It will, in turn, help you.

because there was no primary, but I had it everywhere, my liver, knee, lymphs, bones, lungs. It was stage four because it was affecting my organs."

Thankfully, now Sokulski is healthy once more and she attributes it to staying positive. "Obviously, the first time I got the news, it was devastating. You initially don't think you are going to get out of it. But I had wonderful support from my family and the website Helping Hands got us organized. People would sign up for meals or for taking me to chemotherapy. Getting organized is the best way to stay focused," she said.

The big turnaround was when her then 16-year-old daughter Melissa said, "Mom, you have to go through this. This is what will make you stronger." "And it hit me like a lead ballon," Sokulski said. "I accepted I had to go through this. My cancer was not going to control my life. It was not going to define me. I could not control the cancer cells but I could control what I put in my body both with nutrition and thoughts. And taking control of your body doesn't mean you have to do everything. I went to a dietitian, a therapist, et cetera. Get help."



# A Slim Chance

STORY BY BARRY KAUFMAN + PHOTOGRAPHY BY LLOYD WAINSCOTT

KEVIN BREEDLOVE TRANSFORMED HIMSELF ONE SMALL STEP AT A TIME.



THE MAN INSIDE THE MAN Hilton Head Island's Kevin Breedlove weighed 326 pounds when he was an offensive lineman in the National Football League. He wound up discovering underneath that offensive lineman was someone much healthier.

Kevin Breedlove. High school All-America player. Four-time All-SEC team pick. Captain of the 2002 University of Georgia squad that captured a conference championship. Former NFLer with the San Diego Chargers and the Tampa Bay Buccaneers.

You hear of Breedlove's impressive career in football, and then you meet him. Eyeing his broad shoulders and slender physique, you immediately think quarterback. Or maybe he's developed muscle over a lean frame since his playing days, and he used to play receiver or kicker.

Then you find out he played on the offensive line and suddenly nothing makes sense.

In a sport of giants, the thundering landmasses of the offensive line are the professional roadblocks. These are men whose ponderous bulk spills out of their pads and jerseys, the leviathans of the gridiron whose job is to stand in one place and move for no man. And Kevin Breedlove used to be among them. You look at him now and you look at him during his playing days and it's hard to believe it's the same person.

"That was about 100 pounds ago," he said with his trademark wide, easygoing smile. "I was always a big kid. But at 300 pounds you're strong, yeah, but you're just huge. You're carrying too much."

Like many of his colleagues on the O-line, Breedlove had always followed a steady course of diet and exercise to maintain his massive size. He said it wasn't uncommon to be asked to pick up a quick five pounds or drop a quick 10 to hit certain weight guidelines during his playing days, and he

But once his football career had ended, he got a wake-up call during a routine visit to a neurologist. As a former football player, he was being tested for any lingering effects of the head trauma that inevitably comes with the game, from early-onset Alzheimer's to Chronic Traumatic Encephalopathy (CTE), a degenerative brain disease found in athletes.

"The neurologist told me, 'I don't want you to worry about any of that. You're going to be dead long before any of those problems. The weight is going to kill you," Breedlove said. "That kind of wakes you up right there."

Having left the game, Breedlove was then teaching and had unfortunately, never adapted his eating habits to a life where he wasn't regularly called on to do two-a-days.





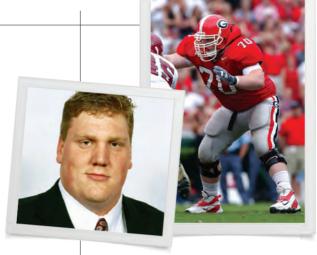


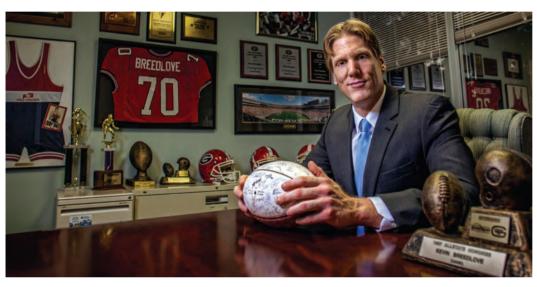
#### **TOP DOG**

After being named a consensus All-America football player, Kevin Breedlove attended the University of Georgia and started every game from 1999 to 2002. He was named to the He was named to the All-SEC team all four years and was a team captain in 2002.

The result was that at 300 pounds, he had ultimately lost weight, but only because his muscle had been slowly turned over to fat reserves. Rather than turn to a crash diet, he began his transformation through a series of small steps (see sidebar). He watched calories and gradually increased his exercise with the intention of simply feeling better and as he puts it "living to 100." Along the way, as it turned out, he wound up discovering underneath that offensive lineman was someone much healthier. In time he opened up his own gym on Hilton Head Island, Odyssey Health Club.

"It became this really great journey, an odyssey so to speak," he said, sneaking in a plug with a wry grin. "Originally it wasn't about losing weight. My goal was just to live as long as possible. . . . Since then, all these wonderful things started happening." LL





#### KEVIN BREEDLOVE'S 5 FAVORITE FOOTBALL MEMORIES

[1] HIS FIRST (AND ONLY) TOUCHDOWN "Back in middle school. There was a batted down pass and somehow or another I wound up with it. And again, I was a little bit bigger than your average middle schooler and not exactly fleet of foot. I remember just trucking it down the field and I score a touchdown. A lineman getting a touchdown - it never happens. I never scored a touchdown again; never even landed on a fumble again. It was quite a sight. I still have it on VHS."

#### [2] HIS PAINFUL INTRODUCTION TO SEC FOOTBALL

"I was 18, lucky enough to start as a freshman at UGA. We're playing LSU - not a great game for your first start in the SEC. The first drive I had eyes big as saucers; I was scared out of my mind. The first play, I get ready and do one of those quick shoves before the snap and get just lit up by the defensive tackle. Just 'boom,' and I'm knocked on my butt and rolling backwards. The announcer literally comes in and says, 'Welcome to the SEC, Kevin Breedlove.' It was a very humbling experience. Of course, Mom and Dad recorded the game. They're like, 'You don't want to watch it. Ever.'"

[3] MEETING DAD IN THE END ZONE "In college I got to play in the SEC championship and we won. It was in the old dome, in front of 70,000 people. . . I remember I'd run into the end zone and sit down, thinking I gotta take this all in. This is once in a lifetime. And there's my dad. Right there (in front of) 70,000 people and there's my dad right there. He sees me, I walk over, he walks down and I just give him a big

hug. That was an incredible moment because I got to share it with my dad. He's been my biggest cheerleader ever since I was a little kid. ... If I had been 50 feet farther down I'd have never seen him."

[4] THE BITTERSWEET JOY OF CUT DAY "I was an undrafted free agent when I came to San Diego. There's a cut day and they tell you that you need to be in your room at this time on this day. And if the phone rings, you're cut. If you don't get a call by this time, you made it. I had a roommate at the time, an awesome kid, Alex Tuttle. We got the call and he got cut. First I was scared, because which one of us is it going to be? Then I felt great because it wasn't me. Then I felt horrible because it's my buddy. But all of the sudden it was 10 o clock. I made it ... I'm a Charger."

#### [5] THE ONLY TIME A LINEMAN WANTS TO HEAR

HIS NAME "I still remember the first time I got to run out of that tunnel in the NFL. And they actually say your name, because they don't do that in college. 'Now playing at right guard, number 67 Kevin Breedlove.' It's just a moment of, 'did that really just happen?' You can't ever describe it. It was everything I'd worked for - when I was a kid they asked what I wanted to be when I grow up. I wanted to be a pro football player. I'd tell you that if you ask when I was 5 or 25. In that moment, I'm just thinking, 'Oh my

gosh. I'm a pro football player. This is incredible." LL

### 4 ways Kevin Breedlove lost 100 pounds

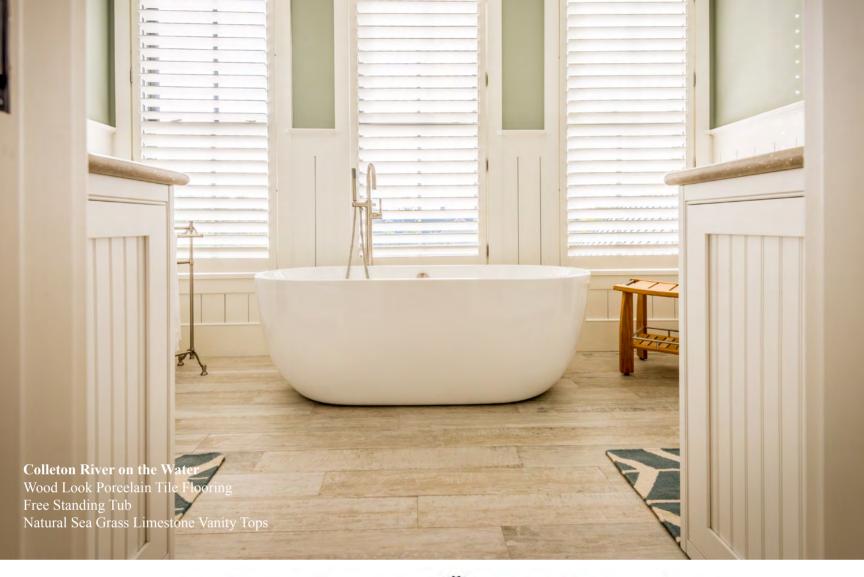
There is one caveat you should know before learning how Kevin Breedlove was able to escape the shape of a football player: Your mileage may vary. As he stated, "What works for me is not guaranteed to work for anyone else." That said, if you're interested in how Breedlove set out to simply prolong his life and wound up shedding triple-digits worth of fat, read on.

RUN THE NUMBERS "I looked at this and said, 'OK, I'm an analytical guy, I can figure this out. It's calories in vs. calories out." Starting with the notion that a pound is 3,500 calories, he began looking at his diet and seeing where he could simply cut a few hundred calories here or there. Then, he began incorporating more exercise into his routine and counting what calories he could burn in 30 minutes or an hour.

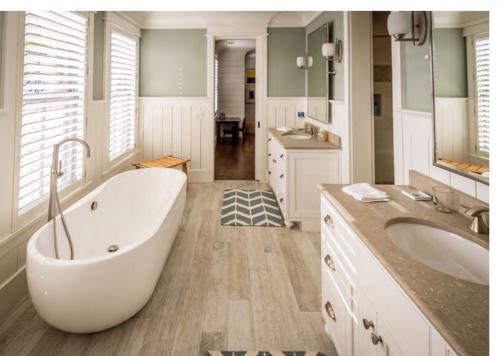
**CONTROL WHAT YOU EAT** One trick to short-circuit overeating is filling up with a small portion of something low in calorie to curb your appetite — like a few ounces of chicken breast, glass of V8 juice or water - 30 minutes before eating. "It takes 20 minutes for your brain to even recognize you're starting to eat," he said. "You fill up, and the best part is you get to eat something you enjoy without overeating."

PLAY THE LONG GAME As Breedlove never intended to make this lifestyle choice specifically for weight loss, it was never tied to a particular deadline. And that may be why it worked so well. "It's not instant gratification," he said. "But I didn't put the weight on overnight. If it took me 30 years to put it on, I had to realize it'll take 3-4 years to take it off."

**DON'T GET DISCOURAGED** The holidays were approaching as we spoke, and Breedlove recognized that he would most likely put weight back on thanks to Christmas cookies and holiday cheer. And that was OK. "You want to make sure you don't overindulge, you don't want to fall back in," he said. "But if you do, don't beat yourself up. You have time."







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STORY BY LORI SHRINER + PHOTOS BY PARLA PARKER

VOCATIONAL REHAB HELPED LOCAL ARTIST DAVID RUSSELL RE-ENTER THE WORKFORGE FOLLOWING A STROKE.

The high value of human talent

For decades, artists have flocked to the Lowcountry from big cities for a peaceful, quiet refuge. Many have shaped their careers here. David Russell, a graphic artist for group 46 Marketing in Bluffton, is among them.

Russell spends his days immersed in his craft, finding a unique connection between creative ideas and graphics. His artistry is transformed into impactful communication pieces representing local brands.

In his younger years, Russell found his artistic calling in painting and sculpture, as well as playing the drums. His parents were legendary figures of the "creative revolution" age of advertising in the early 1960s. Mary Jane Russell was an iconic supermodel featured in the work of photographers like Richard Avedon, Lillian Bassman, John Rawlings, Louise Dahl-Wolfe and Irving Penn. Her husband, Ed, served as the account supervisor for Volkswagen's "Think Small" campaign at an advertising agency in New York, later becoming president of the agency.

After spending time at Sarah Lawrence College, Russell studied at the Silvermine School

of Art in New Canaan, Conn. He worked for a book publisher, and the Franklin Library (as in the Franklin Mint). But he said found the rat race largely unappealing and later went to work for a printing press.

His parents moved to Bluffton for a quiet retirement. As they developed an increasing need for assistance at home, Russell came to the Lowcountry to look after them, hoping to continue his artistic career path.

On his birthday in 2013, Russell suffered a stroke. The physical trauma changed his world in an instant. He remembers waking in the middle of the night with a sudden realization that the left side of his body was completely paralyzed. Russell managed to roll out of bed, falling to the floor. He crawled to the phone to dial 911 barely able to speak - and was transported to Hilton Head Hospital, feeling incapacitated and terrified. He was soon airlifted to the Medical University of South Carolina's Comprehensive Stroke & Cerebrovascular Center.

Russell was fortunate to be in such excellent hands: MUSC was awarded a major grant from

the National Institutes of Health (NIH) to support the development of a Center of Biomedical Research Excellence (COBRE) in Stroke Recovery. The center currently supports 30 studies investigating stroke recovery processes specific to walking, balance and strength training, arm and hand function, voice and swallowing disorders, depression, visual neglect and sensation. Russell's positive experience with the MUSC staff remains as a deep gratitude for its outstanding level of care.

The VR Department serves as a workforce development partner, helping businesses achieve a competitive advantage by assisting qualified job candidates who are trained in a wide variety of skills and have good work habits. VR provides services to those affected by anxiety, depression, substance abuse treatment, physical impairments, or one of more than 130 other disabilities. Its goal is to help a person minimize or eliminate the impairment interfering with their job performance.

VR helps employees through counseling, guidance, medical or psychological evaluation and/or treatment, training in personal and social skills, job-site modifications, or accommodations and referrals to other service providers. Tax credits and other financial incentives are available to help with training, orientation and accommodation. After hire, assistance is provided to both the employer and employee for at least 90 days.

Russell's patient and persistent quest to recover was matched by his co-workers at group 46. They provided a nurturing environment for job-specific training and discovered his strong ability to adapt to rapid change, pleasantly surprised by the results of his beautiful work. The successful process gained notoriety, too: group46 President Ryan Lockhart was awarded Employer of the Year at the 2017 Vocational Rehabilitation ceremony for his advocacy and partnership with the agency.

Russell's advice for aspiring young artists and people with disabilities is to be willing to apprentice. "Don't go for the big bucks up front. Learn to take criticism," he said.

For more information about Vocational Rehab, visit scvrd.net or call 800-832-7526. LL

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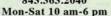




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# Pampering with benefits

MASSAGE THERAPY CAN PROVIDE RELIEF FROM MANY HEALTH ISSUES

> STORY BY ROBYN PASSANTE PHOTOGRAPHY BY MARK STAFF

The goal of getting healthier can include seemingly unpleasant tasks like exercising regularly, and eating more veggies and fewer sweets. But there is another way to help your overall health that isn't unpleasant at all. In fact, it could even feel like a reward for managing the first two.

Get a weekly massage.

"People used to think massage was a luxury. It's not," says Esmeralda Flores, co-owner and massage therapist at Esmeralda's Massage Therapy & Pilates Center on Hilton Head. "If everybody would have a massage on a regular basis, I don't think people would have stress or pains at all - if you don't have medical issues, of course."

While the massage has long been thought of as merely a pampering experience or a once-in-a-blue-moon splurge, experts in the health and wellness field say it is actually a useful tool with a plethora of health-related benefits beyond making you feel royally relaxed.

It eases anxiety and depression. Chronic pain which sometimes people become so used to they barely recognize it – stresses the body and mind. "So when you get release in your muscles through massage, and your pain is gone, your stress is gone," Flores says. "Through the massage we release tension, we release depression, even emotions. It's a mind and body combination."

It improves sleep. A relaxed body is much more apt to enjoy a restful night's sleep. "When you're tight or in pain when you go to sleep, you wake up tired," Flores says. "And when you wake up tired, you don't feel like doing anything."





### Massage 101

Massage therapist Esmeralda Flores says there's a proper way to prep for a massage.

#### MASSAGE PREP TIPS

- [1] Eat a light, healthy breakfast/lunch beforehand.
- [2] Be well hydrated.
- [3] Don't drink alcohol before the massage. "It will make your blood pressure too high."

#### **POST-MASSAGE TIPS**

- [1] Drink plenty of water. "It takes 24 to 36 hours for the toxins released through massage to be flushed from your system."
- [2] Rest and allow the stress-relieving relaxation techniques to take their full effect.
- [3] Make an appointment for your next massage!

**It can help your cardiovascular health.** A growing body of research points to massage's heart-healthy benefits because it can lower the blood pressure of massage patients.

It boosts immunity. According to the American Massage Therapy Association, more research is showing a link between regular massage and a boosted immune system. One study noted a rise in white blood cells by those getting massages. Flores says massage also assists the lymphatic system in flushing toxins from the body. "That's why some people get dizzy after a massage," she says. "It's because there are toxins being released."

For those interested in giving massage a try, Flores recommends making an appointment with an experienced practitioner who can assess the specific kind of massage your mind and body needs. "As a therapist I can see somebody come into my studio and see what the person comes with," she says. "I see the way they walk; I talk to them about what their problem is or how active they are."

There are several different types of massage, from deep tissue sports massage for an athlete to warm bamboo therapy that can decrease modern-day stress and provide relief from many physical and emotional problems. But all good massages should attend to the entire body.

"You have to have a full body massage. Say you have a problem like a high arch in your foot. That can cause a problem all the way to the neck," Flores says. "The body is like a domino – one piece links to the other piece. So you have to relieve the whole body."

INTRODUCING

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JAY PALACIO lives in Bluffton and has enjoyed life in the Lowcountry for 10 years. When not at work or spoiling his girlfriend, you can find him keeping fit at one of the local basketball courts.

You may have heard the phrase "sitting is the new smoking." That saving, coined by Dr. James Levine, director of the Mayo Clinic-Arizona State University Obesity Solutions Initiative, claims that you lose one hour of your life for every half-hour that you sit. While the actual amount of damage that sitting does to your body is debatable, much scientific research has linked long periods of sitting to diabetes, obesity, cancer, heart attacks, and a shorter lifespan.

That is especially troubling because 80 percent of American workers sit at their desks for an extended amount of time. While an office job might not be as hard or dangerous as being in construction or some other physically challenging field, it indeed does have its risks. People who work at desk jobs and sit for long periods are particularly prone to back and neck aches and injuries in addition to all the aforementioned bad things.

The primary way to combat this sitting epidemic is by getting up and walking more often. An even better idea would be to invest in a sit-stand desk or a treadmill desk. However, these options aren't always readily available for everyone, as many jobs keep people glued to their stations with immense amounts of work they have to do. Additionally, fancy high-tech ergonomic desks are quite often out of many people's price range. Luckily, there is a great solution. Anyone can counteract the pains and ill effects of prolonged sitting times by doing a few simple desk stretches and exercises. Here are a few to try:

### LET'S GET CRACKIN'

#### Head and Neck Stretches



#### TRY THIS:

[1] THE HEAD ROLL. Tilt your head back and swivel your neck to the right. Your head should lean in the way that your neck is moving. Doing the head roll three times to the right and then to the left should help you cope with neck pain that you might have gotten from sleeping.

#### TRY THIS:

[2] YES AND NO. Pretend that you are answering "yes" and "no" questions in an exaggerated way by slowly nodding or shaking your head. When you move your head to one side, hold it for at least 15 seconds before going to the other position. Like the head roll workout, this is great for getting rid of the kinks in vour neck



#### Arms and Wrists



#### TRY THIS:

[3] THE PRAYER. Put your hands together as if you are praying or giving yourself a high-five. Then, stretch your arms up so that they are flat, your hands tightly held together. You can lift your elbows to help put more pressure on the wrist. Hold this position for a few seconds and then flip your hands upside-down to do a Reverse Prayer. Move your wrists upward to stretch the bottoms of your wrists.



#### TRY THIS:

[4] THE ONE-HAND HIGH FIVE. This next exercise is similar to the Prayer except that you will be stretching only one wrist at a time. Start by putting one arm straight out in front of you. Your palm should be perpendicular to your arms as if you are giving your co-worker a rigid high-five. With your other hand, grab your fingers and pull back. You should feel a stretch in your wrist. Now turn your outstretched hand so that your fingers face downward. Use the other hand to pull toward your body, and you should once again feel a stretch in your wrist.

#### TRY THIS:

[5] WRIST CIRCLES. Grip your hands into tight fists and roll them around in circles. Do inward rolls with both hands for 30 seconds and then perform outward rolls for another 30 seconds. This exercise should help your wrists become more flexible. which is useful if you plan on typing or writing for long periods of time.

#### TRY THIS:

[6] THE ARM CROSS. In this exercise, you will stretch your arms across your body. Start by sticking your right arm straight outward. Use your left arm to grab your outstretched left arm. The best way to do this is to use the inside of your left elbow to grab your right elbow. Lift up your left forearm and pull back. Your arms should now resemble something of a cross or a plus sign, and you should feel a gentle stretch in your right arm. Hold this position for 30 seconds and then switch your arms.



#### TRY THIS:

[7] THE BACKSCRATCHER. This easy stretch helps your upper arms. Start by putting one hand behind your head touching your back as if you are trying to scratch an itch in the middle of your back. With your free hand, push down on your shoulder so that you feel a good stretch in your upper arm.



#### TRY THIS:

[8] THE TOWER. Interlock your fingers and then turn your hands so that your palms are facing outward. Now stretch your elbows so that both of your arms are face out. Slowly rotate your arms so that your shoulders are above your head. Keep everything straight, and you should feel a slight stretch in your wrists and arms.

#### Legs and Feet



#### TRY THIS:

[9] THE LEG HUG. While sitting, lift up one knee as high as you can. Then wrap your arms around your leg and pull it in tightly towards your chest. This stretch will help relieve some of the pain associated with sitting for long hours at your desk.

#### TRY THIS:

[10] LEG LIFTS. Here is a stretch that you can do underneath your desk without anybody else even knowing. Sit up in your chair so that your back is straight and then lift both your legs from the ground. Straighten them out so that they are parallel to the floor and practice bending and straightening your knees over and over. Alternatively, you can slightly lift and rotate both your legs by moving them in a circular motion.

#### TRY THIS:

[11] FOOT ROTATION. This stretch is very similar to the neck and wrist rotations mentioned earlier in this article. To perform this exercise, all you have to do is lift your legs and rotate your feet. Swivel them around in circular motions. You can either have them rotate the same way or in different directions. After doing the exercise for 30 seconds, pause briefly, and turn them in the other direction.

It can be harder to stay in shape when you are spending all of your days at your desk, barely moving. Those extended hours spent in a chair can slowly wreak havoc on your body in more ways than you can imagine. While it is probably impossible for you to take a short jogging break while you should be filing papers and answering phones, that doesn't mean that you can't still get some exercise. Sure, these simple movements will never turn you into an Olympic athlete, but they can help keep your body active and alert while pushing papers in your sedentary office job. You may also want to get up and walk whenever possible, even if you're just circling your desk. Another handy option would be to invest in an exercise ball as a chair substitute. These have become a trendy option as they allow the user to keep their muscles moving even when sitting still. LL



#### Fitness options for the desk jockey.

STAY BALANCED Work your core while finalizing those "TPS reports." Gaiam Balance Ball Chair (\$79) **PEDAL POWER** Get the blood flowing and your legs moving while staying productive in the office. DeskCycle (\$159) GET UP, GET DOWN Adjustable work station that alternates between sitting and standing. Varidesk Pro Plus 36 Black (\$395)



STORY BY WARREN DAVIES + PHOTOGRAPHY BY MIKE RITTERBECK

### COULD YOU GET THE TOP SCORE ON THE **US MARINES** FITNESS TEST?

Every year each Marine must complete a physical fitness test consisting of pull-ups, abdominal crunches, and a timed three-mile run. Achieving the top targets in each event will score the Marine the coveted 300-point maximum. You'll find all the goals broken down by age and gender to the right. Do you have what it takes to get the top score?



#### TRY THIS:

PULL-UP TECHNIQUE One pull-up rep starts with the arms fully extended, and you can't kip, swing your body or use your legs for momentum. You can face your palms towards yourself or away. When you lift your chin over the bar, that's one rep. Lower down to full lockout of the elbows and repeat. When your feet touch the ground, the test is over.

Pull-up top score targets, listed by gender, age range, and number required to achieve 100 points, are:

Men AGE - REPS 17-20 - 20 21-25 - 23 26-30 - 23 31-35 - 23 36-40 - 21 41-45 - 20 46-50 - 19 51+ - 18	Women AGE - REPS 17-20 - 7 21-25 - 9 26-30 - 10 31-35 - 9 36-40 - 8 41-45 - 6 46-50 - 4 51+ - 3
51+-10	51+-3



# TRY THIS: **ABDOMINAL CRUNCH**

Lie on your back with your knees bent, feet flat on the ground and your arms folded across your chest, leaving no gap between your arms and body. Lift your upper body so that your arms or elbows touch your thighs, then lower back down so that your shoulder blades touch the ground. You are allowed to have someone hold your legs. Your goal is to complete as many reps as you can in two minutes.

Abdominal crunch score targets, also listed by gender, age range, and the number of reps required to achieve 100 points, are:

Men AGE - REPS	Women AGE - REPS
17-20 - <b>105</b>	17-20 - <b>100</b>
21-25 - <b>110</b>	21-25 - <b>105</b>
26-30 - <b>115</b>	26-30 - <b>110</b>
31-35 - <b>115</b>	31-35 - <b>105</b>
36-40 - <b>110</b>	36-40 - <b>105</b>
41-45 - <b>105</b>	41-45 - <b>100</b>
46-50 - <b>100</b>	46-50 - <b>100</b>
51+ - <b>100</b>	51+ - <b>100</b>

### Men

AGE - TIME 17-20 - **18:00** 21-25 - 18:00

26-30 - **18:00** 

31-35 - 18:00 36-40 - 18:00

41-45 - **18:30** 46-50 - **19:00** 

51+ - **19:30** 

# Women

**AGE - TIME** 17-20 - **21:00** 

21-25 - 21:00 26-30 - **21:00** 

31-35 - 21:00 36-40 - **21:00** 

41-45 - 21:30 46-50 - **22:00** 

51+ - **21:30** 

# TRY THIS:

THREE-MILE RUN This one is not too technical -- simply complete a timed 3-mile run on reasonably level ground as fast as you can. Choose either a looping course (greater than 440 yards per loop) or an out-and-back course. Avoid courses with sharp turns that would cause you to decelerate excessively.

Three-mile run score targets, according to gender, age range, and the number of reps required to achieve 100 points, are:



These are only the targets for the maximum score. The minimum marks for entry to the Marines are lower but still quite challenging. If you're thinking of applying, you'll impress if you score that 300-point maximum. LL

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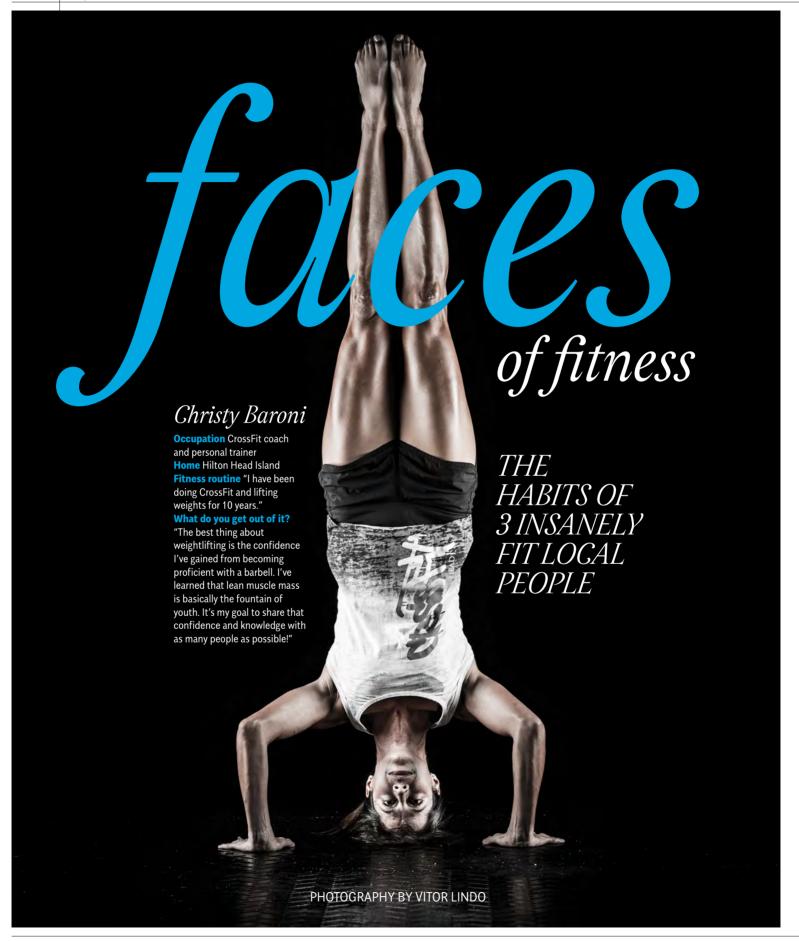


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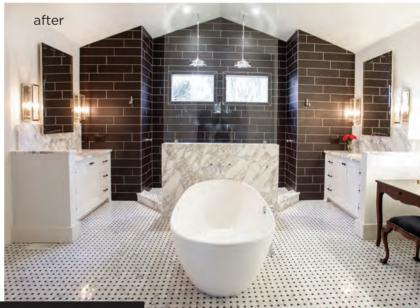
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# Get busy

It's a known fact that if you're excited about your workout clothes, you're more likely to actually work out. With that in mind, LOCAL Life stylist Roxanne Gilleland selected these sporty items to help keep you moving.







YETI

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1. Garmin Fenix 5 Multisport GPS Smart Tracker Watch (Available at Outside Hilton Head) 2. Peter Millar Nagano Lightweight Jacket 3. Peter Millar Rio Technical T-Shirt 4. Sperry Gold Cup Sport Casual Sneaker 5. Peter Millar Innsbruck Stretch Sport Pant 6. Peter Millar Placid Full-Zip Hoodie (Available at Knickers) 7. YETI Hopper Two 20 soft-sided cooler 8. YETI Rambler 30 oz Tumbler (Available at Outside Hilton Head)



1. Hobie Mirage Sport Kayak (Available at Outside Hilton Head) 2. Spartina 449 Mermaid Dive Bag Charm 3. Spartina 449 Idea Folio 4. Spartina 449 Pocket Pen Notebook 5. Spartina 449 Mermaid Wristlet (Available at Spartina 449) **6.** YETI Rambler 30 oz Tumbler (Available at Outside Hilton Head)

# Gelebrity chef Maneet Chauhan

THE JAMES BEARD AWARD WINNER AND JUDGE OF "CHOPPED" IS COMING TO HILTON HEAD FOR THE SEAFOOD FESTIVAL

STORY BY BARRY KAUFMAN



FIRST LADY After being the only Indian female ever to compete on "Iron Chef" and a fierce competitor on "The Next Iron Chef," Maneet Chauhan is now a full-time judge on the Food Network hit show "Chopped."

Fans of Food Network's culinary competition show "Chopped" need no introduction to Celebrity Chef Maneet Chauhan. The judge of the hit show has built a celebrated career on a solid foundation of globally inspired dishes drawn from her early life growing up in India

After graduating at the top of her class at India's top culinary school, and again at the Culinary Institute of America, Chauhan garnered further acclaim when she served as opening chef for Chicago's Vermilion. This allowed her to venture out on her own, opening her own culinary and hospitality company Indie Culinaire, competing on "Iron Chef," judging "Chopped" and gaining a James Beard Award for Excellence along the way.

And now, she comes to our neck of the woods as part of the The James Beard Foundation's Celebrity Chef Tour dinner series, as part of the Hilton Head Island Seafood Festival. In advance of her visit, we got to know the acclaimed chef.

LOCAL Life: Is this your first visit to Hilton Head Island? What do you have planned for your time here? [Maneet Chauhaun] Yes, this will be our first time visiting Hilton Head. We'll probably check out the local restaurants and spend some time on the beach.

There's a great "comfort food" tradition in the South I'm sure you're well aware of. Of the classic staples of Southern cuisine - okra, collard greens, etc., what are your favorites to work with, if any? Where does Southern food stack up globally? [MC] I definitely love okra because it's something that I also grew up with. It's also my husband's favorite vegetable. I love working with all of the local produce here in the South. I use collards to make my version of saag paneer, which is Indian mixed greens with cheese.

You've made no secret that you're not a fan of pineapple, and I get it. However, as a symbol of hospitality, it's particularly big in the South. What would it take for you to come around? [MC] I actually love pineapple now. I love working with it, and it's one of my favorite fruits.

Of all the culinary traditions you've encountered all over the world, what's one country's cuisine that doesn't get enough love? [MC] Indonesian cuisine. When I visited Indonesia, I was blown away by the intricate and deep flavors and their very unique take on regular ingredients. In fact, my husband lived there for 4 or 5 years and opened the first Indonesian restaurant in Manhattan a few years back.





You tend to infuse traditional global dishes with Indian spices and ingredients - what was the hardest dish to put your own spin on? Any that worked out better than you thought they would? Any that just didn't work?

[MC] The hardest dish to put my own spin on was Nashville hot chicken. It wasn't so much the recipe, but I had to be very mindful of the fact that I was taking a Nashville favorite and putting my own spin on it. I wanted it to be as good as the original to give it its due respect.

As trends come and go both in cooking and in the restaurant business, what do you see as the next big thing? [MC] The next big thing is the fact that global food is no longer being labeled as "ethnic." It's now mainstream.

Indian cuisine seems to be pretty pervasive in other parts of the world, but largely limited to bigger cities in the U.S. What do you think it would take for Americans to embrace Indian food? [MC] As more Indian restaurants like Chauhan pop up in small towns, fresh ingredients and familiar flavors will show people just how approachable Indian cuisine can be.

The popularity of shows like "Chopped" is a relatively new phenomenon. We've had cooking shows for decades, obviously, but they were more straight forward instructions. Why do you think the public has become so interested in the cooking process as entertainment? [MC] I think people get more excited about competitions and feel personally invested in the contestants on shows like "Chopped."

What's "Chopped" like behind the scenes? It seems like such a fun environment on set from what we see. [MC] It's so much fun! We're like one big family, and we love hanging out with each other.

Maneet Chauahan will be on the island during Hilton Head Island's first ever Celebrity Chef Tour Dinner, Thursday, Feb. 22, at Omni Hilton Head Oceanfront Resort. VIP Premier Patron tickets for the dinner include a private "Meet & Greet" Champagne reception with hors d'oeuvres from local Hilton Head Island and Bluffton chefs. For tickets and information, visit www.hiltonheadseafoodfestival.com. III.

### **SPICE GIRL**

In 2014, Maneet Chauhan opened Chauhan Ale & Masala House in Nashville, Tenn. Her first cookbook, Flavors of My World, was released in 2013. She is currently developing a signature spice line.

# Game on Three simple and satisfying recipes from health coach Amanda Walton

STORY + PHOTOGRAPHY BY MIKE RITTERBECK



# FAST FACTS: Amanda Walton

Five things she can't live without: Good bourbon. good food, a great book, a sharp knife, live music Favorite local restaurant: FARM Bluffton Favorite celebrity: Jason Isbell Favorite hobby: Running. Since her transformation in 2008, she has competed in several 5Ks and half marathons across the Southeast. She is an active member of the local triathlon community. Other involvement: She is taking a seat on the board of the Hilton Head Symphony Orchestra this month and is involved in the new SoundBytes program, which performs special concerts in private homes.

After having a child in 2008, Bluffton resident Amanda Walton decided to focus on getting back in shape by making significant lifestyle changes. Through diet and exercise, she lost 30 pounds in two years. She now helps others achieve their wellness goals as a nutritional health coach. Walton is the founder of WellFed, a private practice that promotes healthy eating and living through nutritional coaching to community groups and individuals, cooking classes, workshops and professionally prepared healthy meals. She shared the following simple and satisfying recipes with LOCAL Life.



# Avocado chocolate pudding

### **INGREDIENTS**

- · 4 very ripe Hass avocados (about 2 pounds total)
- · 1/4 cup coconut milk
- · 3-5 tablespoons unsweetened cocoa powder
- · 2 teaspoons vanilla extract
- 1/4 teaspoon fine salt
- · 2 to 3 ounces of dark or bittersweet chocolate (70 percent or higher)
- · 1/4 cup honey (local is preferred)

### **DIRECTIONS**

**Prep the avocados:** Cut 1 avocado in half with a sharp paring knife, making sure to avoid the large pit. Separate the avocado halves, and using a spoon, remove the pit. Scrape off any avocado flesh that may be stuck on the pit and place it in the bowl of a food processor or a blender. Scoop the avocado flesh from each half into the food processor or a blender. Watch out for the small hard tip at the stem end, which often comes out easily in ripe avocados and isn't edible.

Add the milk, cocoa powder, vanilla and salt to the avocados in the food processor or blender. Cover and process or blend for 30 to 45 seconds until fully combined and the avocado is smooth. Leave the mixture in the processor or blender with the cover on while you melt the chocolate.

**Melt the chocolate:** Chop or break the chocolate into small (1/2-inch) pieces. Place in a microwave-safe bowl. Microwave on high power at 20-second intervals until the chocolate is melted, about 1 minute in total. Remove the chocolate from the microwave and stir well until smooth and free of any clumps, about 45 seconds. Add the honey to the melted chocolate and stir until completely combined.

Add the chocolate to avocado mixture: Remove the cover from the processor or blender. Quickly add the melted chocolate mixture to the avocado mixture, scraping the bowl with a soft silicone spatula to get every drop (if you try to add the melted chocolate through the tube feeder or the top, you will lose a good amount of chocolate).

**Process or blend until smooth:** Cover the processor or blender and mix until fully combined, about 45 to 50 seconds. Remove the cover and scrape down the side of the bowl or blender. Cover and process or blend for 1 full minute.

Chill and serve: Scoop the pudding into a large bowl, or if you would like individual servings, scoop about 1/2 cup pudding into each of 4 ramekins or cups. This recipe makes about 2 1/4 to 2 1/2 cups. Cover the bowl or ramekins or cups with plastic wrap and chill for at least 20 to 30 minutes before serving.



# BIRDIE JAMES

AUTHENTIC CHIC

















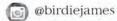
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Winter quinoa salad

# **INGREDIENTS (SALAD)**

- · 1 1/2 cups quinoa, cooked
- 1 bunch kale, washed and chopped
- · 1 cup walnuts, chopped
- · 1 cup dried cranberries
- Feta

# **INGREDIENTS (DRESSING)**

- · 2 tablespoons Dijon mustard
- · Salt/pepper
- · 2 tablespoons honey
- · 1 clove garlic, minced
- · 1/4 cup balsamic vinegar (of high quality)
- · 3/4 cup olive oil

# **DIRECTIONS**

Once the quinoa has been cooked and cooled, mix it with the other four ingredients.

For the dressing mix the first four ingredients in a bowl. Once mixed, slowly whisk in the olive oil. Dress the quinoa salad. This can also be topped with grilled chicken, filet or another lean protein. I like to top it with microgreens for that added nutritional punch.





# **PRE-MADE CLEAN MEALS**

Health coach Amanda Walton posts weekly menus to her WellFed Facebook page. Choose from five premade, gluten-free healthy meals. Walton uses all hormone and antibiotic free meats, organic produce and sources locally, when possible. She can also provide catering for parties and specializes in food intolerances and allergies.



# Mushroom soup

# **INGREDIENTS**

- · Red onion, diced
- · 1 bunch spinach
- · 16 oz. mushrooms, sliced (get a good variety here)
- · 2 cloves garlic, minced
- · 4 cups beef broth (if you want to make this vegetarian, use vegetable stock)
- · 2 tablespoons cream
- · Parsley, minced

# **DIRECTIONS**

Sauté the onion, garlic and mushrooms until they have released most of their juices and reduced some. Add the broth and the spinach and cook until the spinach has wilted. Add the cream and parsley, and stir until combined. Enjoy! This recipe is also great with chicken if you want to add some protein. LL



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# Veg out! Quick and easy dinner ideas from vegan chef Michelle Grandy

STORY + PHOTOGRAPHY BY MARK & LISA STAFF



FLAVOR MEETS HEALTHY Michelle Grandy operates a vegan meal delivery service called Ohhlicious.



MICHELLE GRANDY'S LOVE AFFAIR WITH **COOKING BEGANAT** THE AGE OF 9. GROWING **UP IN THE PROJECTS** OF WASHINGTON D.C., WATCHING HER GRANDMOTHER GOOK.

She took the skills she learned from her food mentor and sharpened them with proper kitchen training while living in Washington, Atlanta, Syracuse and Bluffton. Grandy is the founder of Ohh Michelle, LLC, a company dedicated to empowering people to reconnect with their body, mind and soul through lifestyle transformation. She is also the creator of Ohhlicious Food, a company offering a line of vegan/plant-based lifestyle products. She has authored two books and a vegan cookbook with over 70 recipes that are good for the soul. Grandy shared the following healthy, hearty and delicious vegan recipes with LOCAL Life.



# Sweet kale salad

INGREDIENTS (servings 6-8)

- 1 bunch kale (any kind) remove ribs, shred
- · 2 broccoli spears, shredded
- 10 whole brussel sprouts, shredded
- 1 small red cabbage, shredded
- 1 small radicchio red chicory, shredded
- · 1 bunch parsley, shredded
- 1 cup all natural dried cranberries
- 1/2 cup toasted pumpkin seeds

### DIRECTIONS

Toss together all ingredients; drizzle vegan poppy seed dressing to taste. Serve and enjoy!

# Toasted pumpkin seeds

# **INGREDIENTS**

· 1 cup pumpkin seeds

# **DIRECTIONS**

Preheat oven to 375 degrees. Scatter pumpkin seeds onto an oven-ready pan in a single layer and drizzle with olive oil. Sprinkle with salt and pepper and toss to coat. Bake for about 8 minutes, until light brown and crispy.



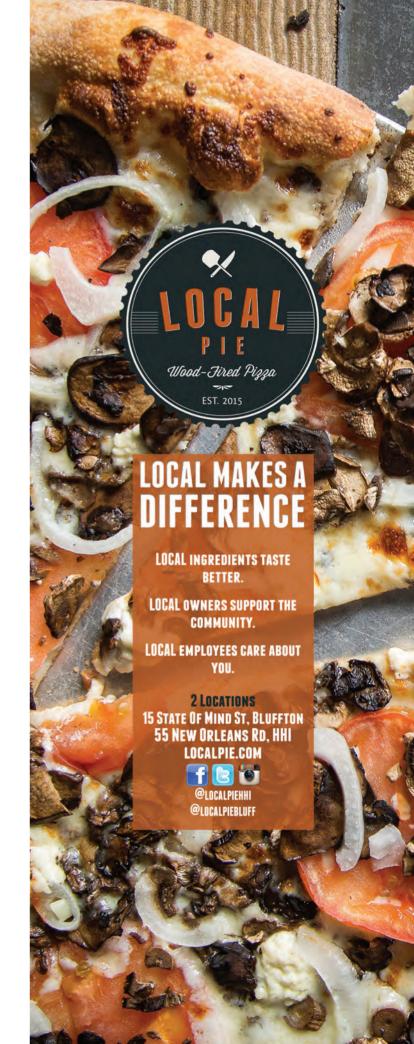
# Vegan poppy

# seed dressing

- · 1/2 cup grape seed oil
- · 3 tablespoons red wine vinegar
- · 2 tablespoons rice vinegar
- 1/4 cup white cane sugar
- · 1 teaspoon kosher or sea salt
- · 1 teaspoon dijon mustard
- · 1 1/2 teaspoons poppy seeds
- · 1 tablespoon sweet onion, grated

# **DIRECTIONS**

Combine everything except oil in a blender or food processor. With the blender on low/medium, remove the top of the blender and slowly stream in the oil until well combined. Transfer dressing to a jar or container with a tight-fitting lid. Refrigerate for at least one hour before serving. Keeps well in the refrigerator for up to 3 weeks.



# Curry lentil soup

# **INGREDIENTS** (servings 6)

- · 2 cups sprouted lentils, rinsed
- 1 medium onion, diced
- · 2 tablespoons olive oil
- · 2 medium celery stalks, diced
- · 2 medium carrots, peeled, diced
- · 4 garlic cloves, minced
- · 1 quart vegetable broth
- · 1 tablespoon oregano
- 1 tablespoon cumin
- · 2 tablespoons curry powder
- · 1 bay leaf
- 1 tablespoon thyme
- · 1 tablespoon cilantro
- 1 tablespoon rice vineaar
- 1 teaspoon tabasco, for flavor
- · Sea salt and pepper, to taste

### DIRECTIONS

Heat the oil in a large saucepan over medium heat. Add the celery, carrot and onion and cook, stirring occasionally. until softened. Stir in the garlic and cook for an additional minute. Add pinches of salt and pepper along with curry powder and stir. Stir in broth, spouted lentils, bay leaf, thyme, oregano, cumin, cilantro, tabasco to combine. Bring to a boil. Cover, allow to simmer on low for 15 minutes. Stir and continue to simmer on low until the lentils are soft. about 20 minutes more. Taste and season with more sea salt or pepper as needed, stir in the vinegar. Ladle lentils into bowls and sprinkle with cilantro. Serve and enjoy!





# Vegan chili

### **INGREDIENTS** (servings 6-8)

- · 1 15-ounce can organic black beans, rinsed, drained
- · 1 15-ounce can organic kidney beans, rinsed, drained
- · 1 pack Beyond Meat beef crumbles (gluten free, soy free and can be found in frozen section of grocer)
- · 1 28-ounce can organic crushed tomatoes
- · 1 can organic tomato paste
- · 2 tablespoons olive oil
- · 1 onion, chopped
- · 2 cubes of vegan bouillon or 2 cups vegetable broth
- · 2 carrots, peeled, thinly sliced
- · 1 red bell pepper, seeded, chopped
- · 3 jalapeño chilies, seeded, minced (about 4 tablespoons) or red pepper flakes and tabasco (to taste)
- · 1/2 cup nutritional yeast flakes
- · 2 tablespoons rice vinegar
- · 5 garlic cloves, minced
- · 3 tablespoons chili powder
- · 2 teaspoons ground cumin
- · 1 teaspoon ground coriander
- · 1 teaspoon ground cinnamon
- · 2 tablespoons cilantro
- · 2 tablespoons basil

# **DIRECTIONS** (Instant Pot)

Place all ingredients in Instant Pot, select chili (set timer to 20 minutes). Ladle chili into bowls and sprinkle with your favorite vegan cheese or nutritional yeast flakes. Serve and enjoy!

# **DIRECTIONS** (Stovetop)

Heat 2 tablespoons olive oil in heavy large pot over medium-high heat. Add beefy crumbles, onions, carrots, red bell pepper, garlic and jalapeños and sauté until beefy crumbles are brown. About 5 minutes. Add crushed tomatoes, tomato paste, 2 cups water, bullion (or 2 cups vegetable broth), beans, rice vinegar and all spices. Bring to boil. Reduce heat to low, simmer and cook, covered until mixture thickens, stirring often, about 20 minutes. Ladle chili into bowls and sprinkle with your favorite vegan cheese or nutritional yeast flakes. Serve and enjoy!





# Cashew cheese sauce

# **INGREDIENTS** (servings 6)

- · 1 cup raw cashews soaked in water (can soak up to 24 hours)
- · 1/2 cup nutritional yeast flakes
- · 1 tablespoon white miso paste
- · 1 teaspoon garlic powder or fresh minced garlic
- · 1 teaspoon onion powder or fresh minced onion
- · 1/2 teaspoon mustard powder
- · A pinch of ground nutmeg
- · Sea salt and pepper to taste
- · 1 cup almond milk or any dairy-free milk (unsweetened)

# DIRECTIONS

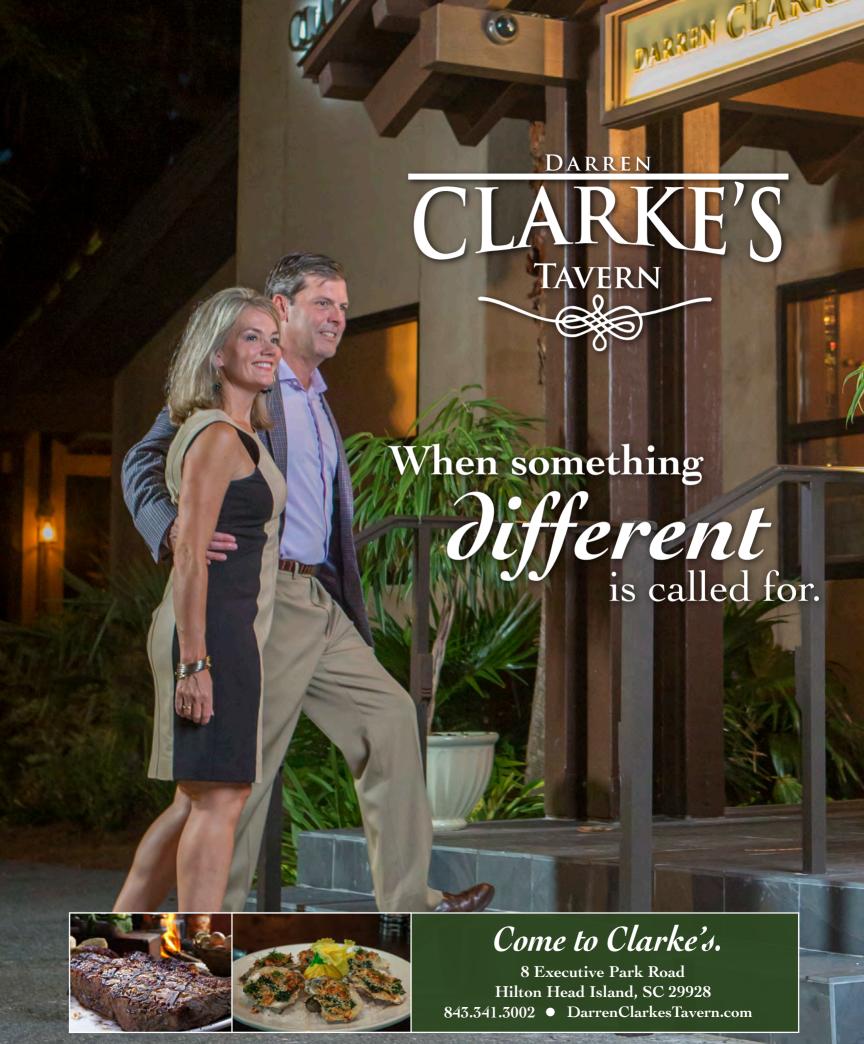
Drain water from the cashews, discard water. Add cashews to a high-powered blender along with addition ingredients and blend until smooth. Add more dairy free milk if needed for consistency. Use immediately or store in a glass container in the refrigerator for up to four days. This ohhlicious dairy-free cheese sauce is perfect for soups, salads, pizza, pasta and more. LL

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# MUCIN

# The healthy benefits of drinking your fruits and vegetables

# JUICE RECIPES

These three juice recipes, provided by The Juice Hive in Bluffton, are great for beginners. They taste great and are more mild than some vegetable combinations you may have tried in the past.



# Eat Your **Colors**

# **INGREDIENTS**

3 small beets 2 green apples 1 cup blueberries Half knob ginger 1 carrot



Daily **Necessity** 

# **INGREDIENTS**

1 cup spinach 1 apple 1 bunch parsley 1 lime 1 lemon 1 knob ginger



All you need is "G" and Love

# **INGREDIENTS**

4 carrots 2 beets 3 oranges 1/2 knob fresh ginger 1 lemon

Juicing continues to be a way of life for many health conscious individuals, and for many good reasons. Juicing, which is the process of extracting the juice from fresh fruit or vegetables resulting in a nutrient-rich liquid, is a more effective way to absorb high concentrations of these nutrients into the body. With the same nutrients as the original whole fruit and vegetables, the juicing process removes fiber to make the juice more concentrated, making nutrients easier to digest. Often referred to as "vitamin and mineral infusions," your body does little digestive work in order to extract the nutrients, allowing high concentrations of nutrients to be absorbed directly into your blood stream and cells.

Not only is juicing a great way to get both kids and adults to benefit from nutrient-dense fruits and vegetables they might not eat on their own, but juicing also has a number of specific health benefits. In addition to being easy to digest, juices are the easiest way to get phytonutrients in their most absorbable form and provides juices that are extremely alkaline (important in overall health because cells in the body need to maintain their natural alkaline balance in order to stay healthy.).

Juicing offers health benefits that most people say they feel immediately, providing far more energy than coffee, aiding in proper and healthy bowel movements and sometimes assisting in weight loss. In addition to being low in calories, juices curb your appetite and consumed on a regular basis, can lead to diminished cravings for sugar and refined carbs. Equally as important for those who may tend to shy away from eating their vegetables, you can consume an enormous amount of vegetables at one time, making "eating healthy" easier than ever.

"The juice from fruits and vegetables are pure gifts from the earth," said Leslie Rohland, owner of The Juice Hive, a juice bar in Bluffton Village that offers a wide variety of organic cold-pressed juices and smoothies. "It is the most natural way to feed, nourish and heal our body."

While there are a number of proven health benefits of juicing, some experts also note that juicing also has some potential downfalls. Since you'll need to use a far larger quantity of fruits and vegetables to make a glass of juice than you would



typically eat in one sitting, you may sometimes get more sugar and calories with some juices. In addition, by getting rid of the fiber that's in whole fruits and vegetables, you'll have to make sure you are getting enough fiber from other foods.

Juicing is not only a great way to conveniently take in more nutrients, but a great way to add variety to your diet. Today there are many different choices when it comes to freshly juiced combinations of fruits and vegetables, making it easier (and tastier) than ever to eat your fruits and vegetables.

# THE THREE MAIN TYPES OF JUICERS



**Centrifugal juicers (\$50-\$300):** The most commonly found electric juicers and usually the least expensive as well. They produce juice by chopping up the foods with a sharp cutting blade and spinning it at a high speed. The juice is then separated from the pulp by a strainer basket with tiny holes that lets only the juice pass through. Our pick: Breville BJE510XL Juice Fountain, \$210

Masticating juicers (\$250-\$500): Also known as slow juicers or cold-press juicers. They have a single screw-shaped gear that rotates slowly at around 100 rpm and crushes the produce into pulp, releasing juice in the process. Our pick: Omega NC900 HDC Nutrition Center Juicer, \$305





**Triturating juicers (\$400-\$1,800):** These massive and heavy appliances work with two intertwined gears that rotate inward and crush everything that comes between them into very dry pulp. Triturating juicers operate slowly but incredibly efficiently, giving you the highest quality juices. Our pick: Tribest Green Star Elite GSE-5000, \$550





WHAT'S COOKING H3 Health Kitchen executive chef Karla Williams teaches people to crave healthy meals.

# H<sub>3</sub> Healthy Ritchen

# GOOD-FOR-YOU FOOD TASTES BETTER WHEN YOU COOK IT YOURSELF

# STORY BY AMY COYNE BREDESON+ PHOTOGRAPHY BY MARK & LISA STAFF

Since opening in 1976, thousands of people from all around the world have sought the help of Hilton Head Health when trying to lose weight and live healthier lives.

Dietitians, chefs, health coaches and fitness instructors teach guests of the all-inclusive weight loss resort how to eat and exercise properly, and how to maintain a healthy lifestyle.

A big part of making healthy food choices is learning how to cook those foods in a way that makes people actually want to eat them. The organization's Healthy Kitchen executive chef, Karla Williams, helps guests do just that.

"I think you build a much better relationship

with food when you cook it," Williams said. "If you are the person investing your money and time at the grocery store and preparing your food for you and your family, you get to enjoy it while it's cooking - the scent of it, the sound of it sauteeing, the smokiness coming from the grill. That's part of the eating experience. If you completely eliminate that, you don't have an appreciation for what you're putting in your body."

With degrees in nutrition science and the culinary arts, Williams is able to cater to guests' diet restrictions, teaching them how to cook for a vegan, vegetarian, dairy-free or gluten-free lifestyle.

Several classes are held each week, some specifically for in-house guests and others for the general public. Take a hands-on cooking class, or sit back and watch a cooking demonstration. Sign up for private lessons, or watch two chefs compete for best entree in the 2 Chefs... 2 Stations class. The Healthy Kitchen will even host private events, such as birthday parties and rehearsal dinners.

The state-of-the-art Healthy Kitchen features gourmet ranges, six cooking stations for hands-on classes, and two monitors so guests can see up close what the chefs are doing.

Williams said the resort's nutritional philosophy is overall health. It recommends eating 1,200-1,400 calories a day, with whole foods, plenty of vegetables and everything in moderation. The kitchen serves dessert to in-house guests twice a week.

"Let's eliminate elimination diets," Williams said. "If you eat more vegetables and use portion control, you can include all your favorite things into your lifestyle."

To people who don't like cooking, Williams recommends starting small and trying out one new recipe either every week or once a month. The time commitment and lack of experience with a recipe can be overwhelming, and the last thing she wants is for frustration to discourage people from cooking.

For those who want to ease into healthy cooking, Williams suggests meal services, such as Plated, Blue Apron or Green Chef.

After taking one of the many classes offered at the Healthy Kitchen, ask for a tour of the resort; get a massage, facial and mani/pedi at the Indigo Spa; then have a meal at True, where in-house guests eat during their stay at Hilton Head Health.

"We don't feed them four cups of kale eight times a day, and we don't feed them cheeseburgers," Williams said about program participants. "We know you're going to go this way one day, maybe more this way one day, but if we can keep you relatively down the straight and narrow, and find a lifestyle within that you will maintain forever and ever, and enjoy, that's what we're looking for." LL

# DIY: RECIPES FROM H3'S HEALTHY **KITCHEN**

# Coconut carrot curry soup

# **INGREDIENTS**

- · 1 tablespoon olive oil
- · 2 cups onion, peeled and diced
- · 2 cups carrots, peeled and diced
- · 1 tablespoon curry powder
- · 3 cups water or vegetable stock
- · 1/4 cup low fat canned coconut milk
- · 1/4 teaspoon salt
- · 1/4 teaspoon ground black pepper

### **DIRECTIONS**

In a large soup pot; heat olive oil on medium heat. Add onions and carrots, sweat for about 12-15 minutes, stirring occasionally. Add water, coconut milk, curry, salt and pepper. Turn heat down to low. Cook until carrots have softened, about 10 minutes. When the carrots are soft, allow soup to cool. Blend soup in batches in blender until smooth.

# **NUTRITION FACTS**

Serves: 8 Serving Size: 1/2 cup

Calories: 60

Fat: 3 grams

Sodium: 90 milligrams Carbohydrates: 8 grams

Protein: 1 gram Fiber: 2 grams





Chef's Note: Squash bowls pack in the fiber and protein while cutting the carbohydrates, perfect for portion control.

# Spaghetti squash lasagna bowl

### **INGREDIENTS**

- · 2 small spaghetti squash (about 1 1/2 pounds each)
- 1 teaspoon olive oil
- · 4 garlic cloves, minced
- · 8 oz. fresh spinach
- · 1 tablespoon Italian seasoning, dry
- · 1/2 cup part-skim ricotta cheese
- · 1/4 cup mozzarella cheese, shredded
- · 1/2 pound ground turkey breast
- · 1 1/2 cups marinara sauce
- · 1/4 cup Parmesan cheese, shredded

# **DIRECTIONS**

Preheat oven to 350 degrees. Cut each squash in half lengthwise. Scoop out seeds; discard. Place squash halves, cut sides up, on a baking sheet. Bake at 350 for 50 minutes. Let stand 10 minutes. Scrape inside of squash with a fork to remove spaghetti-like strands. Place spaghetti strands in a separate bowl. Increase oven temperature to 425 degrees. Heat a large skillet over medium-high heat. Add oil to pan. Add garlic, turkey, marinara, and Italian seasoning. Cook turkey through. About 10 minutes. Add spinach, cook until it wilts. Add ricotta cheese. Remove from heat. In a large bowl combine; squash and ground turkey mixture. Evenly scoop mixture into squash halves.

Top each squash half with parmesan cheese and mozzarella cheese. Bake at 425 for about 20 minutes or until cheese is golden brown.

# **NUTRITION FACTS**

Serves: 4

Serving Size: 1/2 of spaghetti squash

Calories: 280 Fat: 9 grams

Sodium: 630 milligrams Carbohydrates: 28 grams Protein: 25 grams Fiber: 7 grams



# Slow cooker coconut oatmeal

# **INGREDIENTS**

- · 2 cups steel cut oats
- · 1 can full fat coconut milk
- · 8 cups water
- · 1 tablespoon vanilla extract
- · 1/4 cup flax seeds, ground
- · 1/4 cup maple syrup
- · 1 cup shredded coconut flakes, unsweetened

In a slow cooker combine; oats, coconut milk, water, vanilla extract, flax seeds, and maple syrup. Turn slow cooker on low heat and allow to cook for 4 hours, or until oats reach a creamy consistency.

# **NUTRITION FACTS**

Serves: 12

Serving Size: 1/2 cup Calories: 220 Fat: 12 grams

Sodium: 10 milligrams Carbohydrates: 26 grams Protein: 5 grams Fiber: 4 gram



# MICHAEL ANTHONY'S CUCINA ITALIANA

# Farro salad with apples, chicken and cranberries

**INGREDIENTS** Serves 4-6

2 cups farro

1/2 cup gorgonzola, crumbled 1 cup sliced almonds, lightly toasted

1/2 cup dried cranberries

1 cup cooked chicken breast, diced

1 small package baby arugula

2 Granny Smith apples, cored and cut into small dice

1/2 to 2/3 cup extra virgin olive oil

3 tablespoons white wine vinegar

Salt and pepper

**DIRECTIONS:** To prepare farro, wash it well, picking out impurities such as bits of pebbles or bad grains. Cook farro in a large pot of boiling salted water until just tender, about 30 minutes. Drain well and place on baking sheet to cool.

In a large mixing bowl, add the cooled farro, almonds, cranberries, chicken, arugula and apples and toss to combine. Add the extra virgin olive oil, vinegar, salt and pepper. Toss well and adjust seasonings.

Add the gorgonzola before serving and toss thoroughly. Finish with a drizzle of extra virgin olive oil.

# Healthy Recipes from local restaurants

MAKE HEARTY YET HEALTHY MEALS AT HOME WITH LIGHT AND DELICIOUS DINNER RECIPES FROM YOUR FAVORITE EATERIES

# **CAPTAIN WOODY'S**

# Blackened scallops with mango salsa

# **INGREDIENTS (MANGO SALSA)**

1 mango, diced

1/2 red bell pepper, diced

1/2 cup red onion, diced

2 tablespoons chopped cilantro

Pinch of salt

1 tablespoon apple cider vinegar

1 jalapeño, seeded and diced

1/2 lime, squeezed for juice

# INGREDIENTS (SCALLOPS)

Blackened seasoning

Fresh scallops

Avocado

Chipotle mayonnaise

**DIRECTIONS:** Mix together mango salsa ingredients and set aside. Add blackened seasoning to scallops and sear at medium heat for 1 minute on each side. Remove from heat and place each scallop on a bed of sliced avocado. Top with prepared mango salsa and a dollop of chipotle mayonnaise. Garnish with chopped cilantro.





# **PALMETTO BAY SUNRISE CAFE**

# Italian dressing

# **INGREDIENTS**

1/4 cup fresh oregano

6 leaves fresh basil

1 garlic clove

1 tablespoon dijon mustard

4 tablespoons red wine vinegar

1/4 cup olive oil

1/4 cup vegetable oil

Pinch salt and pepper

**DIRECTIONS:** In a food processor, add oregano, basil, garlic, mustard, salt, pepper and vinegar. Pulse a few times. Slowly drizzle in oils on low speed until combined. Makes 1/2 cup dressing for two salads.



# **INGREDIENTS (TUNA)**

5 oz. of Big Eye tuna 1 teaspoon of kosher salt

1 oz. cookina oil

# **INGREDIENTS (SALAD)**

4 oz. roasted beets

2 oz. Niçoise olives, pitted

4 oz. roasted grape tomatoes

2 oz. shaved carrots

2 oz. diced cucumber

1 hard boiled egg, chopped

1 cooked and quartered Yukon potato

2 oz. fresh and chopped basil, chives, mint

2 oz. sherry vinaigrette

# **INGREDIENTS (VINAIGRETTE)**

2 oz. sherry vinegar

1 tablespoon dijon mustard

4 oz. olive oil

10 oz. kosher salt

# **INGREDIENTS (BASIL CHIMICHURRI)**

1 bunch of basil, blanched then chilled

1 teaspoon of red pepper chili flakes

1 juice of fresh lemon

1 bunch of parsley, blanched and chilled

2 oz. red wine vinegar

1 teaspoon of kosher salt

DIRECTIONS: For tuna, get a sauté pan hot on med-high heat then add 1 oz. cooking oil. Season the tuna on both sides with kosher salt and place in hot pan. We suggest 45 seconds on each side to keep a beautiful rare. Take tuna out of pan and place in refrigerator to cool.

To make the sherry vinaigrette, place vinegar, mustard and salt in blender and slowly blend in the oil. If it gets too thick, add a small amount of warm water to thin it out. Set aside for plating.

For the basil chimichurri, place all ingredients in a blender and puree. Set aside for plating.

For salad, place olives, herbs and vegetables in a mixing bowl and add 2 oz. of sherry vinaigrette and mix well. Place onto the center of the plate.

Take the tuna out of the refrigerator and slice into five portions and place on top of vegetables. Final step is to take a tablespoon of the basil chimichurri and drizzle around the plate for garnish. LL



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

Classes are held several days each week in our Tuscan inspired state-ofthe-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.



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



# RESTAURANT news

BEST KEPT SECRETS + MUST-TRY MENU ITEMS + NOW OPEN

# The Cottage claims Beaufort Shrimp Festival award

The Cottage Café, Bakery and Tea Room was honored at the 23rd annual Beaufort Shrimp Festival, winning the **People's Choice Award** in the best shrimp category for its shrimp salad, and finishing second for the festival's Silver Cup award. The restaurant competed against 15 local restaurants for the best shrimp honor. The Old Town Bluffton restaurant is open for breakfast, lunch, Sunday brunch, tea and Thursday tapas after the Farmers Market. It serves dinner on Friday and Saturday.





# Things are heating up at SunRise Cafe

Palmetto Bay SunRise Cafe will be closed from Jan. 2-11. During that time, the Hilton Head restaurant will be enclosing its outdoor patio for winter's cold mornings and afternoons. Its regular hours are 6 a.m. to 2 p.m. on Monday through Friday and 6 a.m. to 3 p.m. on Saturday and Sunday.



# New pizza place opening at Reilley's Plaza

MidiCi's Neapolitan Pizza is opening at Reilley's Plaza on the south end of Hilton Head Island, in the spot that had been occupied by Hilton Head Brewing Co. The restaurant has several locations and specializes in fast, casual pizza. It will offer fully personalized, authentic Neapolitan pizzas, baked in traditional wood-fired ovens that bakes pizzas in 90 seconds. Its dough is made with only four ingredients - non-GMO double zero flour imported from Naples, Italy, water, sea salt and live veast. Garnishes will include crushed non-GMO Italian peeled tomatoes, "white gold" buffalo mozzarella, fresh whole mozzarella and organic, non-GMO and Italian extra virgin cold-pressed olive oil. The restaurant is targeting a spring opening.



# **Chef David now at Skull Creek Dockside**

Fans of chef David Vincent Young announced he has accepted the sous chef position at the new waterfront restaurant Skull Creek Dockside. The Hilton Head Island native developed a strong following working at **The Sea** Shack, Roastfish & Cornbread, Burnin' Down South, Poseidon and Ruby Lee's South. His cookbook, "Burnin' Down South," is available through Amazon.



# **Local mixologist wins Savannah** bartender challenge

For the second consecutive year, Bluffton's **Paul Rabe** was awarded the arand prize in the Savannah Food and Wine Festival bartender challenge. Rabe bartends at **Calhoun Street Tavern** in Bluffton and **Lucky Rooster** Kitchen and Bar on Hilton Head Island. His winning drink is a tequila cocktail called Farrier's Reward, made with Herradura anejo tequila, Amontillado sherry, spiced tepache and Demerara syrup. Rabe's concoction earned him \$1,000 and a cocktail shaker trophy.









# *FEATURED* estaurants

# A SELECTION OF EATERIES THAT LOCALS MUST TRY

# **HILTON HEAD -NORTH END**

### THE CRAZY CRAB

**Seafood** Specializing in fresh seafood with two waterfront locations. The north end restaurant features a playground for the little ones and the largest salt water fish tank on the island. The south end restaurant is situated in the heart of Harbour Town. \$\$ thecrazycrab.com 104 William Hilton Parkway, Hilton Head Island 843-681-5021 149 Lighthouse Road. Hilton Head Island 843-363-2722

# **FRANKIE BONES**

Italian, Steakhouse This swanky restaurant has the feel of the '50s and '60s city lounges of Chicago, Las Vegas and New York. Specializing in steaks, seafood, pasta and hand-shaken martinis. Open seven days a week for lunch, dinner and Sunday brunch \$\$ frankieboneshhi.com 1301 Main Street. Hilton Head Island 843-682-4455

# **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

# окко

**Asian** Specializing in contemporary Japanese and Thai cuisine. The atmosphere is sleek and upscale. Watch the hibachi chef prepare your meal to order from a selection of fresh meats, seafood and vegetables. \$\$

# SPICE UP YOUR LIFE



Next time you are at **Farmers** Market Bluffton, be sure to check out the 7th Heaven Spices booth Hilton Head Island residents **Bernadette and Tom Wilson** have been creating spice blends for over 15 years and specialize in wholesale spice blends to many local chefs and restaurants. Blends such as Gullah Spice Blend, Geechee Greens and Lowcountry Boil are sure to take your cooking game to the next level.

Check them out from 1 to 6 p.m. every Thursday at Farmers Market Bluffton on Calhoun Street.

okkohhi.com 95 Mathews Drive, Suite C, Hilton Head Island 843-341-3377

# **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 Dunnigans Alley, Hilton Head Island 843-785-7825

# **SKULL CREEK BOATHOUSE**

Seafood Enjoy beautiful views of Skull Creek, fresh local seafood, unique sushi creations and some of the best cocktails around. A fantastic place to be at sunset. \$\$ skullcreekboathouse.com 397 Squire Pope Road, Hilton Head Island 843-681-3663

### SKULL CREEK DOCKSIDE

**Seafood** The newest restaurant from SERG Restaurant Group. The restaurant resembles an oldstyle river house, full of authentic architecture, reclaimed wood. and nautical accents that leave you feeling like you've stepped into a Melville novel. The menu includes popular American, Italian, and Southern staples, including steaks, barbecue, and of course, seafood. \$\$ docksidehhi.com 2 Hudson Road. Hilton Head Island 843-785-3625

# **STREET MEET**

American The menu at this familyfriendly tavern is full of surprises from its award-winning hot dogs to

healthy options such as the Power Bowl and the Skinny Bowl. It's also the unofficial headquarters for Cleveland Browns fans. \$\$ streetmeethhi.com 95 Mathews Drive, Hilton Head Island 843-842-2570

### **WISE GUYS**

American, Steakhouse Unique to the island for its contemporary, sophisticated and urban feel. Each steak is prepared in a Montague Steakhouse broiler, which sears the meat at temperatures up to 1,800 degrees. \$\$\$ wiseguyshhi.com 1513 Main St., Hilton Head Island 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. Fresh local seafood and a great early bird special. \$\$\$ alexandersrestaurant.com 76 Queens Folly Rd. Hilton Head Island 843-785-4999

# **ALFRED'S**

American European-trained executive chef Alfred Kettering combines some of the most appealing elements of classic American and Continental cuisine. alfredshiltonhead.com 807 William Hilton Pkwy, Suite 1200, Hilton Head Island 843-341-3117

### FLA'S BLU WATER GRILLE

**Seafood** Exceptional water views, fresh catch seafood, prime cut steaks and a sophisticated atmosphere. Family owned and operated. \$\$\$ elasgrille.com

1 Shelter Cove Lane, Hilton Head Island 843-785-3030

### **FISHCAMP AT BROAD CREEK**

**Seafood** The pet-friendly patio of this waterfront eatery offers a full bar, backyard games and live music. A good time will be had by all. \$\$ fishcamphhi.com 11 Simmons Road, Hilton Head Island 843-842-2267

### THE FRENCH BAKERY

Bakery In addition to their loyal customers, the Belka family provides bread for many local restaurants, golf clubs, hotels and Whole Foods. \$\$ frenchbakeryhiltonhead.com 28 Shelter Cove Lane. Shelter Cove Towne Centre 843-342-5420

### **HAROLD'S DINER**

**Diner** The owner and head chef love to give customers a hard time as part of the entertainment. Harold's serves up one of the best burgers on the island.\$

641 William Hilton Parkway, Hilton Head Island 843-301-0895

### **JANE BISTRO AND BAR**

American Anne Sergent, executive chef and owner, offers a classic menu with an urban twist. Try the toasted pecan cranberry chicken salad and coconut cake. \$\$

ianehhi.com

28 Shelter Cove Lane. Shelter Cove Towne Centre 843-686-5696

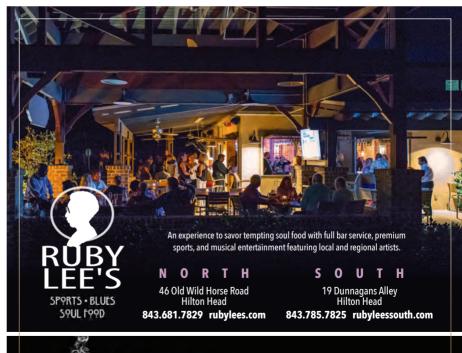
# **LUCKY ROOSTER KITCHEN + BAR**

American, Southern An American bistro with Southern soul. The menu is small and focused, but offers a large variety of refined comfort foods and adventurous dishes. \$\$ luckvroosterhhi.com 841 William Hilton Parkway, Hilton Head Island 843-681.3474

# **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, Hilton Head Island 843-681-6040









### **POSFIDON**

Seafood The most popular restaurant in booming Shelter Cove Towne Centre. Great lunch and dinner menus with late night events on the Rooftop Bar. \$\$ poseidonhhi.com 38 Shelter Cove Lane. Shelter Cove Towne Centre 843-341-3838

# **RUAN THAI CUISINE**

Thai Authentic central Thai cooking at its best. Madefrom-scratch recipes have been passed down through generations. The Shrimp Pad Thai is amazing. \$\$ myruanthaihut.com 811 William Hilton Pkwy, Hilton Head Island 843-785-8575 1107 Main St., Hilton Head Island 843-681-3700 26 Towne Drive, Bluffton 843-757-9479

# **SANTA FE CAFE**

Southwestern Authentic Southwestern cuisine. After dark, dine under the stars in the open-air climate controlled rooftop cantina. The Painted Desert Soup is fantastic. \$\$ santafehhi.com 807 William Hilton Parkway. Hilton Head Island 843-785-3838

# **SEA GRASS GRILLE**

Seafood Intimate yet casual dining in a Lowcountry beach house setting. Locally famous for their fresh seafood. Try the Grouper Piccata. \$\$ seagrassgrille.com 807 William Hilton Pkwy, Suite 1000, Hilton Head Island 843-785-9990

# **HILTON HEAD -SOUTH END**

# **ANNIE O'S KITCHEN**

**Southern** Healthy Southern inspired dishes created with fresh, organic, all-natural

ingredients like grass-fed beef, pastured pork, free-range chicken and wild sustainable seafood. \$\$ annieohhi.com 124 Arrow Road, Hilton Head Island 843-341-2664





Popular breakfast and lunch hangout **Palmetto Bay SunRise Cafe** has concocted several warmand-toasty cocktails to help locals stay warm during colder weather. Spiked coffees include chili chocolate Kahlúa, salted caramel Baileys, pumpkin spice Baileys, apple cider with caramel vodka, hot chocolate with peppermint vodka and hot chocolate with caramel vodka.

# THE BIG BAMBOO CAFE

American A South Pacific themed cafe across from the beach specializing in local seafood and salads. Live music with a great beer selection. \$\$ bigbamboocafe.com 1 N Forest Beach Dr, Suite 210, Coligny Plaza 843-686-3443

# THE BLACK MARLIN **BAYSIDE GRILL**

# Seafood, Steakhouse

Featured on the Food Network. Great selections of fresh local

seafood. Dine inside or out on the expansive covered patio. \$\$ blackmarlinhhi.com 86 Helmsman Way, Hilton Head Island 843-785-4950

### **BULLIES BBO**

Barbecue Lean pork, chicken and brisket slow-smoked over hickory and mesquite woods. The hot slaw must be tried. \$\$ bulliesbbq.com 3 Regency Parkway, Hilton Head Island 843-686-7427

### **CAPTAIN WOODY'S**

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

# CHARBAR CO.

**Burgers** Award-winning gourmet burgers. Additionally, it features specialty craft beers and music memorabilia spanning the decades. \$\$ charbar.co 33 Office Park Road, Suite 213, Hilton Head Island 843-785-2427

# CHARLIE'S L'ETOILE VERTE

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

# **CHOW DADDY'S**

Southern Offering sensational, amped-up Southern food in a relaxed, casual setting. Southern comfort meets unpretentious sophistication. \$\$

chowdaddys.com 14B Executive Park Road, Hilton Head Island 843-842-2469 15 Towne Drive, Bluffton 843-757-2469

### **COAST**

Seafood, American Located at Sea Pines Beach Club. Rated a "Top 100 Best Al Fresco Dining Restaurants in America" by OpenTable. \$\$\$ coastoceanfrontdining.com 87 N Sea Pines Drive, Hilton Head Island 843-842-1888

### **DARREN CLARKE'S TAVERN**

Steakhouse Professional golfer Darren Clarke teamed up with an experienced New York City restauranteur to create this one-of-a-kind establishment. Steaks are imported from the mountains of Montana. \$\$ darrenclarkestavern.com 8 Executive Park Road, Hilton Head Island 843-341-3002

# **DELISHEE YO**

Healthy Organic meals, freshly pressed juice and clean snacks make this a favorite for the yoga, fitness and health community. \$ delisheeeyo.com 32 Palmetto Bay Road, Hilton Head Island 843-785-3633

# **FAT BABY'S PIZZA AND SUBS**

**Pizza** A place that captures the spirit of a classic, 1970s neighborhood pizza joint. Fresh, fast, homemade and really, really good. \$\$ fatbabyspizza.com 1034 William Hilton Parkway, Hilton Head Island 843-842-4200

# HINOKI

Asian Celebrating 16 years of serving locals great sushi, sashimi and other Japanese specialties. The interior is peaceful and serene, with cypress wood (hinoki) throughout the restaurant. \$\$ hinokihhi.com 37 New Orleans Road, Hilton Head Island 843-785-9800



VOTED HILTON HEAD'S
BEST MEXICAN, BEST
MARGARITA, BEST TACOS
& TOP 12 MEXICAN
RESTAURANTS IN SC







Holy Tequila represents a new breed of "Mexican" food that incorporates new American flavors, nontraditional gourmet ingredients, and pairs them with authentic preparation methods centered around a wood burning grill.

By using higher-quality, locally-sourced products, Holy Tequila is redefining the standard for a Mexican food experience. The menu features a variety of gourmet tacos, tortas, quesadillas, salads and signature plates.

Additionally, the bar offering features Mexican-inspired, hand-crafted cocktails, Mexican & craft beer, a curated list of Spanish wines, and over 50 premium tequilas ranging from blancos to añejos, reposados and mezcals.



# **HOLY TEOULA**

Mexican Gourmet tacos, salads. guesadillas, burritos and small plates all around \$10, with a full bar offering mixologist-inspired cocktails and over 50 kinds of tequilas. Be sure to order the Street Corn before your main course and the churros after. \$\$ holyteguila.com 33 Office Park Road, Park Plaza 843-681-8226

# JAVA BURRITO CO.

Mexican A family-owned and operated Mexican grill and coffee bar. The burrito bar sources organic and local food. Everything tastes ultra-fresh. The coffee is some of the best on the island. \$\$ javaburritoco.com 1000 William Hilton Parkway, Suite J6. The Village at Wexford 843-842-5282

# THE JAZZ CORNER

Jazz Club, American An authentic big city nightclub atmosphere. Live music seven nights a week with some of the world's best jazz musicians taking the stage. The food is world class as well. \$\$\$ theiazzcorner.com 1000 William Hilton Parkway, Suite C-1, The Village at Wexford 843-842-8620

# **LIVE OAK**

Southern, Seafood Located in the beautiful Plantation Golf Club in Sea Pines. Southern-inspired cuisine and regionally-sourced produce and products. Floor-toceiling windows provide awesome 270 degree views. \$\$\$ liveoaklowcountrycuisine.com 100 N Sea Pines Drive. Hilton Head Island 843-842-1441

# **LOCAL PIE**

Pizza Neapolitan-style woodfired pizza baked crisp and thin in 900 degree custom pizza ovens. Everything is locally sourced. The daily specials are bold and adventurous. \$\$

localpie.com 55 New Orleans Road. Hilton Head Island 843-842-7437 15 State Of Mind St., Bluffton 843-837-7437

# A LOWCOUNTRY BACKYARD

**Southern** The travel website "Only in Your State" ranked the shrimp and grits the best in the state of South Carolina. We feel the Charleston Fried Green Tomato BLT is even better. \$\$ hhbackyard.com 32 Palmetto Bay Road, Hilton Head Island 843-785-9273

# **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, Hilton Head Island 843-785-6272

# **OMBRA CUCINA RUSTICA**

Italian Chef Michael Cirafesi has collected many awards and accolades for his classical Italian cuisine. Antique brick and reclaimed barn wood timbers give the restaurant a Tuscan farmhouse feel. \$\$\$ ombrahhi.com 1000 William Hilton Parkway, Suite G2. Hilton Head Island 843-842-5505

# **ONE HOT MAMA'S**

Barbecue Known for their pitto-plate meats, smoked low and slow. A family-friendly place run by Orchid Paulmeier, a finalist on the Food Network Star reality series. Great "meat and 3" lunch offerings. \$\$ onehotmamas.com 7 Greenwood Drive. Hilton Head Island 843-682-6262

## 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, Hilton Head Island 843-686-3232

# CAPTAIN WOODY'S SPECIALS ONLINE



To help celebrate its 35th anniversary, Captain Woody's is offering two online discount coupons at LocalLifeSC.com. A buy one, get one free lunch entree coupon can be used up to four times. There is also a coupon for \$10 off any purchase of \$30 or more. The PDF coupons can be printed off or pulled up on a smartphone. The coupons are valid at both Hilton Head Island and Bluffton locations.

# **POMODORI**

Italian A family owned and operated Italian eatery. Casual yet sophisticated dinner offerings of traditional favorites, as well as fresh seafood options and antipasti plates. Best bolognese in the Lowcountry. \$\$ gopomodori.com

1 New Orleans Road. Hilton Head Island 843-686-3100

### **RED FISH**

Seafood, American A blend of housemade spices, tropical fruits and vegetables are combined with Lowcountry specialties at this local favorite. The restaurant uses produce from its own farm. \$\$\$ redfishofhiltonhead.com 8 Archer Road. Hilton Head Island 843-686-3388 32 Bruin Road, Bluffton 843-837-8888

# **REILLEY'S GRILL & BAR**

American An island institution since 1982. Serving steaks, seafood and pub sandwiches in a setting reminiscent of a true Boston pub. \$\$ reilleyshiltonhead.com 7D Greenwood Drive, Hilton Head Island 843-842-4414 95 Matthews Drive. Hilton Head Island 843-681-4153

# **ROCKFISH SEAFOOD & STEAKS AT BOMBORAS**

American, Seafood An Ohio family owned and operated restaurant near Coligny Beach, offering fresh and local Lowcounty ingredients paired with craft beers and wines. Great happy hour. \$\$ bomborasgrille.com 5 Lagoon Road, Hilton Head Island 843-689-2662

# **SALTY DOG CAFE**

Seafood Hilton Head's most famous restaurant. Serving seafood, salads and sandwiches at an incredible waterfront location. Eat inside, out on the deck or at the expansive outdoor bar. \$ saltydog.com 232 S. Sea Pines Drive, Hilton Head Island 843-671-2233 1414 Fording Island Road, Bluffton 843-837-3344

# **SAGE ROOM**

American Considered one of the island's best restaurants. Fine dining in a casual atmosphere with unique appetizers, diverse cuisine and

innovative nightly specials. You can't go wrong with anything on the menu. \$\$\$ thesageroom.com 81 Pope Ave., Suite 13, Hilton Head Island 843-785-5352

# THE SEA SHACK

**Seafood** Fresh seafood made to order and served on paper plates in a diner-like atmosphere. Blackboard specials change daily but fried favorites are always on the menu. Locals and loyal visitors keep this place hopping. \$\$ seashackhhi.com

6 Executive Park Road. Hilton Head Island 843-785-2464

### SIGNE'S

Bakery, Cafe A Hilton Head Island tradition for more than 36 years. Specializing in Southernstyle baked goods made fresh daily. Perfected breakfast recipes, savory salads and sandwiches and heavenly desserts. \$\$ sianesbakerv.com 93 Arrow Road, Hilton Head Island 843-785-9118

# **THE SMOKEHOUSE**

Barbecue, Southern Serving up its famous, award-winning barbecue on the island since 1999. It offers a diverse lunch and dinner menu, including many specialties such as ribs, wings and chili. Terrific happy hour. \$\$ smokehousehhi.com 34 Palmetto Bay Road, Hilton Head Island 843-842-4227

# **TRUFFLES CAFE**

American A diverse menu featuring incredible soups, salads and sandwiches, signature chicken pot pie, house-breaded fried shrimp, pasta, ribs, steaks and scrumptious desserts. \$\$ trufflescafe.com 71 Lighthouse Road, Hilton Head Island 843-671-6136 91 Towne Dr., Bluffton 843-815.5551

# VINE

American Tucked away in the corner of Coligny Plaza, this cramped and loud dinner spot is one of the highest rated restaurants on the island. The food is unique and not for the unadventurous. The Caprese salad is locally famous. \$\$\$ 1 N. Forest Beach Drive, Hilton Head Island 843-686-3900





## **WATUSI**

Breakfast, American The interior mirrors a warm, cozy living room where families and friends can gather and enjoy food, coffee and tea in a casual home-style setting.

islandwatusi.com 71 Pope Ave., Hilton Head Island 843-686-5200

# **BLUFFTON**

# **BLACK BALSAM & BLUE**

Pizza, Italian Making the very best New Jersey tomato pies on earth is an unyielding passion for coowners Jeremy MacNealy and Hillary Lovell. They've been using the same sourdough starter since 2010. \$\$ blackbalsamblue.com 1534 Fording Island Road, Bluffton 843-837-2583

# **BLUFFTON BBQ**

Barbecue. Southern This is not fast food: it's slow-cooked for at least 12 hours. It is served until the food runs out, and then there's always beer. Possibly the Lowcountry's best barbecue with an awesome Old Town location. Owner Ted Huffman is a local legend. \$\$ 11 State Of Mind Way, Bluffton 843-757-7427

# THE BLUFFTON ROOM

American Simple American cuisine prepared with the finest available ingredients in an intimate and vibrant atmosphere. Well-crafted cocktails, gracious service and tableside preparations evoke the feeling of the classic dinner party. \$\$\$ theblufftonroom.com 15 Promenade St. Bluffton 843-757-3525

## **BUFFALO'S**

**American** The most popular restaurant in Palmetto Bluff, offering patrons picturesque views of the May River as they enjoy a menu featuring market fresh salads and sandwiches, pastries and fresh spun ice cream. \$\$ palmettobluff.com 1 Village Park Square, Bluffton 843-706-6630

### **CAHILL'S MARKET**

Southern, Chicken Experience a taste of some true Southern comfort food in a relaxed country atmosphere with hanging baskets, colorful blooms and family-style dining. Their menu changes daily, but one item you can count on is the scrumptious fried chicken. \$\$ cahillsmarket.com 1055 May River Road, Bluffton 843-757-2921





Don't miss the Osso Bucco special each Friday night at **Michael Anthony's Cucina** Italiana. The beautifully braised veal shank is prepared in a delicate wine reduction sauce and is served over perfectly creamy Parmesan risotto. \$41.

# **CLAUDE & ULI'S BISTRO**

French, Seafood Chef Claude Melchiorri applies his classic French training and international experience in preparing local seafood, meats and produce. The result is exquisite dishes at affordable prices. \$\$ claudebistro.com 1533 Fording Island Road, Hilton Head Island 843-837-3336

# **THE COTTAGE**

Cafe, Bakery Serving up scrumptious food with a side of oldworld Southern charm. Dine indoors or out on the porch of this cozy, restored 1868 cottage in the artrich historic district of Old Town. \$\$ thecottagebluffton.com 38 Calhoun Street, Bluffton 843-757-0508

### **FARM BLUFFTON**

American Open for lunch and dinner. The culinary team is continually evolving the menu, taking inspiration from the seasonal bounty of local produce, cultural traditions from around the world and contemporary culinary ideas. \$\$\$ farmbluffton.com 1301 May River Road, Bluffton 843-707-2041

## **FAT PATTIES**

Burgers, Beer Open for lunch and dinner. Choose from six different types of patties: grass-fed beef, chicken, beef and bacon, turkey, shrimp or black bean. Great beer, great ice cream and Bluffton's best team trivia each Thursday night. \$\$ fat-patties.com 207 Bluffton Road, Bluffton 843-815-6300

# **HOGSHEAD KITCHEN AND WINE BAR**

American Open daily for lunch and dinner. The food is upscale, yet moderately priced. You can have anything from a burger to a five-course tasting menu expertly paired with wine, and all things in between. \$\$ hogsheadkitchen.com 1555 Fording Island Road, Hilton Head 843-837-4647

# JIM 'N NICK'S BAR-B-Q

Barbecue, Southern Open for lunch and dinner. Classic pulled pork or Carolina-style pork? There isn't a wrong answer at this Bluffton favorite. Don't leave without eating a cheese biscuit. And good luck eating just one. \$\$ jimnnicks.com 872 Fording Island Road, Bluffton 843-321-4175

# **MAY RIVER GRILL**

Seafood, American Open for dinner. Chef Charlie Sternburgh serves up truly memorable food featuring fresh ingredients culled from local rivers and farms. Ever try sautéed calf's liver? You should. \$\$ mavriverarill.com 1263 May River Road, Bluffton 843-757-5755

# THE PEARL KITCHEN & BAR

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





Holy Tequila recently unveiled its winter menu with several new items, including two new auesadillas, three new burritos. two new tacos, a new side dish and several new drinks and cocktails. Pictured is the new Adobo Molcajete dish.

# **POUR RICHARD'S**

American Serving dinner. The menu changes nightly. Chef Richard Canestrari and pastry chef Ally Rogers have developed a strong local following, serving upscale food in a bar-like atmosphere. \$\$\$ pourrichardsbluffton.com 4376 Bluffton Parkway, Bluffton 843-757-1999

try this:



# THE PEARL KITCHEN & BAR Big Eye Tuna Poke

Ponzu, pineapple, avocado, sesame and wonton chips. \$16



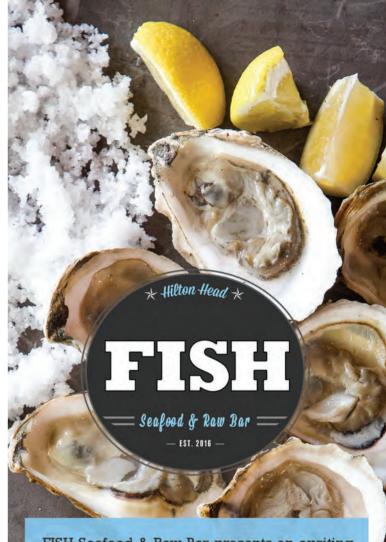
# CHARLIE'S L'ETOILE VERTE Crab Stuffed Avocado

Tempura fried avocado stuffed with crab salad, drizzled in remoulade sauce. \$9



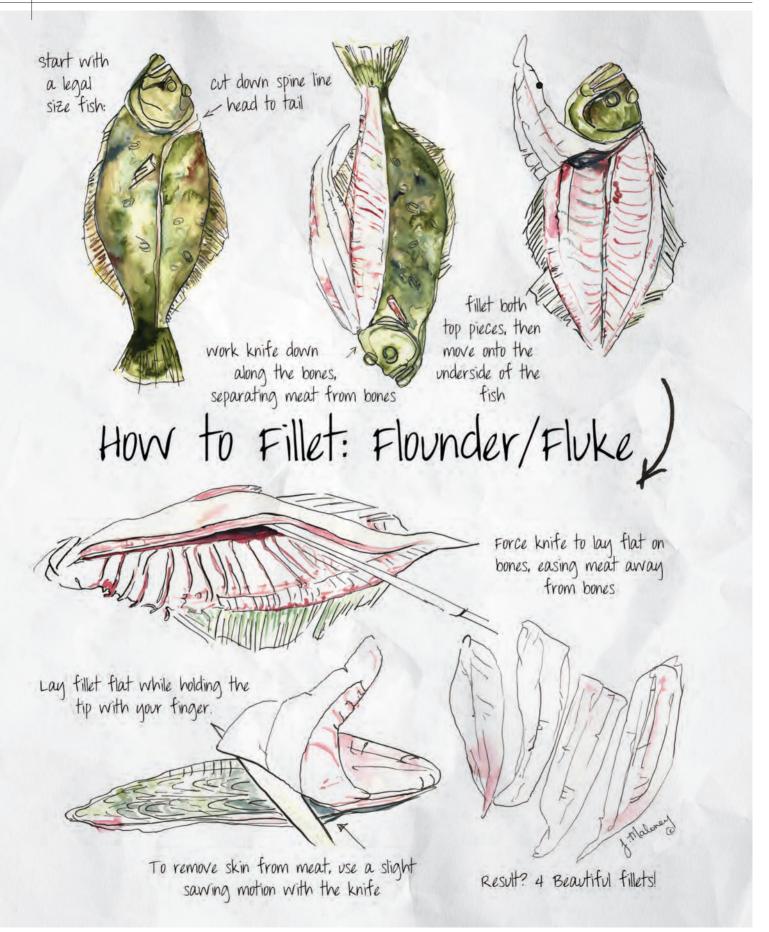
# NOLA Gumbo

A New Orleans classic made with chicken, crawfish and andouille sausage. \$6.50



FISH Seafood & Raw Bar presents an exciting new dining experience on Hilton Head Island; one that places a premium on sourcing delicious seafood from local sources and lightly preparing it with a deep respect for regional foodways and Lowcountry culinary history. Our courteous and knowledgable staff can guide you on a delectable journey of inspired seafood dishes in a relaxed, enjoyable atmosphere among a variety of dining and lounging areas. The experience continues among three different bars, with live entertainment providing the perfect spot for an after-dinner cocktail.













# The Strauss House: Palmetto Bluff Style

SEA PINES FAMILY FINDS PERFECT LUXURY GETAWAY HOME A SHORT DISTANCE AWAY

STORY BY DEAN ROWLAND
PHOTOGRAPHY BY CLAYTON GIRARD

It's a short drive from Mackenzie and Peter Strauss' everyday life at their Hilton Head home to the serene coastal calm of Palmetto Bluff for a weekend getaway. Yet, the two homes offer different Lowcounty lifestyles.

"It's (Palmetto Bluff home) very casual, not pretentious at all," said Lisa Whitley, an American Society of Interior Designers (ASID) designer for J. Banks Design Group on the island, where she has worked for 10 years. "It's a very classic, quintessential, Lowcountry river house. . . . When you come in, it feels like you can sit back and relax. It feels like a vacation home."

Although the homes are only about 45 minutes apart, the homes are very different in their feel.

That's exactly what the Strausses wanted when, in 2015, they sat down with KRA architects in Bluffton and builder Full Circle Development in Ridgeland. Whitley joined the team as the architectural planning was winding down and construction was amping up.

The Strausses and their four young children have enjoyed their four-bedroom, four-and-ahalf bathrooms, 2,530-square-foot home at The Pointe village community almost every weekend since they moved in just before Thanksgiving of 2016. Their coastal residence is twice as big as their Palmetto Bluff home.

local living









MODERN LOWCOUNTRY Rustic, traditional and industrial elements come together in this unique home.

"We wanted a contemporary feel but a very relaxed getaway, where you would feel comfortable sitting in any area," said Peter, owner of the Strauss Law Firm. "My favorite room is the screened porch. I can start a fire in the fireplace, put on a ball game and relax outside. It's real nice and has a traditional Lowcountry street view. Palmetto Bluff is like a timeless, classic neighborhood so you can look out from the porch and see the brick sidewalks, see the kids eating ice cream on the front porch."

Picture a Norman Rockwell painting; Americana with a flavor of Southern comfort.

"This was a place where they have holidays, Thanksgiving, and a lot of their family will be coming to the house to stay with them," added Whitley, both an interior and exterior designer.

Peter, a Kentucky native, said one of the joys of living at Palmetto Bluff starts at the entrance.

"The best part about it is when you pull into the gatehouse at Palmetto Bluff. There's an instant feel of relaxation. You feel at home immediately; it's very comfortable."

Home includes some of the walls with a blank canvas hue, which brings a pop of color and works great for artwork and furnishings. Vintage rugs are used throughout, giving the look of old and new.

"That's what makes the home really cozy," Whitley said.

The living room is joined with the airy kitchen in the open floor plan. An antique Persian rug (with splashes of red, blue, green, yellow and orange) is coupled with a modern marble fireplace. Modern side chairs blend seamlessly with a neutral-colored couch and vertical traditional shiplap on the walls.

There is not one dominant color in Whitley's palette, largely because, "Mackenzie (a Hilton Head native) likes color. She's not scared to use color at all, which was fun for me."

Custom-made, blue with gray undertone cabinets showcase the kitchen, along with double-laminated, waterfall-edge countertops. The four-seat island features custom-made reclaimed wood cabinets underneath for storage.





AT ONE WITH NATURE The 2,530-square-foot Lowcountry river house blends in perfectly with its beautiful surroundings.

White marble countertops stretch between the built-in appliances on either side, and a painted white brick backsplash shows an aesthetically pleasing backdrop.

"It's traditional material brick used in a completely non-traditional fashion to make it more modern," Whitley said.

Billy Wood Appliance, the iconic island store since 1972, created a "cook's dream" kitchen with stylized and highly functional, high-end products, co-owner Mike King said.

The top-of-the-line kitchen is complete with Thermador appliances that include a refrigerator column, a freezer column, a raised double oven, a 36-inch range top and a 42-inch range hood. There's also a 24-inch, built-in wine column, an under-counter wine refrigerator, a microwave drawer, a warming drawer, a dishwasher and a built-in Miele coffee system.

A handful of black window frames strategically positioned "invoke an old iron window feeling," while the window coverings are neutral with linen or a natural woven shade.

The downstairs master bedroom anchors one wing of the home and a guest bedroom occupies the other side.

"We did a modern take on the traditional board back detail, so instead of vertically, we did the back horizontally. In between each batten, we applied a wall treatment that actually is made of horse hair to reflect the community's equestrian life." Whitley said.

The master bathroom described as "very modern, monochromatic and clean." features large mirrors with hanging pendants instead of traditional lighting fixtures. The glass shower door slides along a barn door track for easy access.

Reclaimed red and white unstained barn oak flooring adds an unpolished natural feel and look throughout the home. Several reclaimed oak beams nudge the ceilings between the kitchen, informal dining room and living room.

"She nailed it," Peter said of Whitley's vision.

When Whitley joined the project early on, she made some architectural changes, such as enlarging the kitchen and adding valuable storage space here and there.

"One of the elements we had to work with was smaller spaces that we had to give multi-function," she said. "We needed a lot of storage because the family has four kids who are all very young."

One notable example is in the living room, where concealed storage space behind the walls replaced the more traditional Lowcountry touch of built-in bookshelves on either side of the fireplace. Additionally, a wine refrigerator peeks out from underneath the stairwell.

Overall, the interior design effectively blends several architectural styles.

"It's modern Lowcountry, a lot of modern, rustic, traditional and industrial elements," Whitley said. "I tried really hard not to make it too modern, because I thought that would be too trendy." LL

# The home team.



# Feng' Shui

STORY BY BARRY KAUFMAN

**ANCIENT** WISDOM FOR THE MODERN **HOME** 

Your home is a temple, a sacred space and a refuge from the stressors and hectic pace of the outside world. But how do you build that temple? How do you harness the sacred in a way that will help you enter your home and breathe deeply in the comforting energies of your own space?

The answer lies in Feng Shui, a 5,000-year-old Chinese philosophy that hovers somewhere in the gray area between art and science. While the deeply personal and endlessly interconnected philosophical underpinnings of Feng Shui make it nearly impossible to create a "how to" guide, there are a few guidelines you can follow that will make your home instantly more relaxing, energizing and in tune with the universe.

Daufuskie Island resident Joanne Loftus studied under several masters of Feng Shui as well as a Grand Master, Lin Yun, in her 20 years of training and consulting in the ancient Chinese practice. Her thorough consultations vary from home to home, based on a number of factors ranging from the birthdates of every resident to the structure's history and past owners. Each plays an integral role in defining the home's energy. While she cautions against any instruction being taken as an endall, be-all guide to Feng Shui, she shared some of the basics with us.

And if these don't work for your space or tastes, don't worry. As Loftus said, "There are no mistakes. It's just tweaking details to create a positive change."

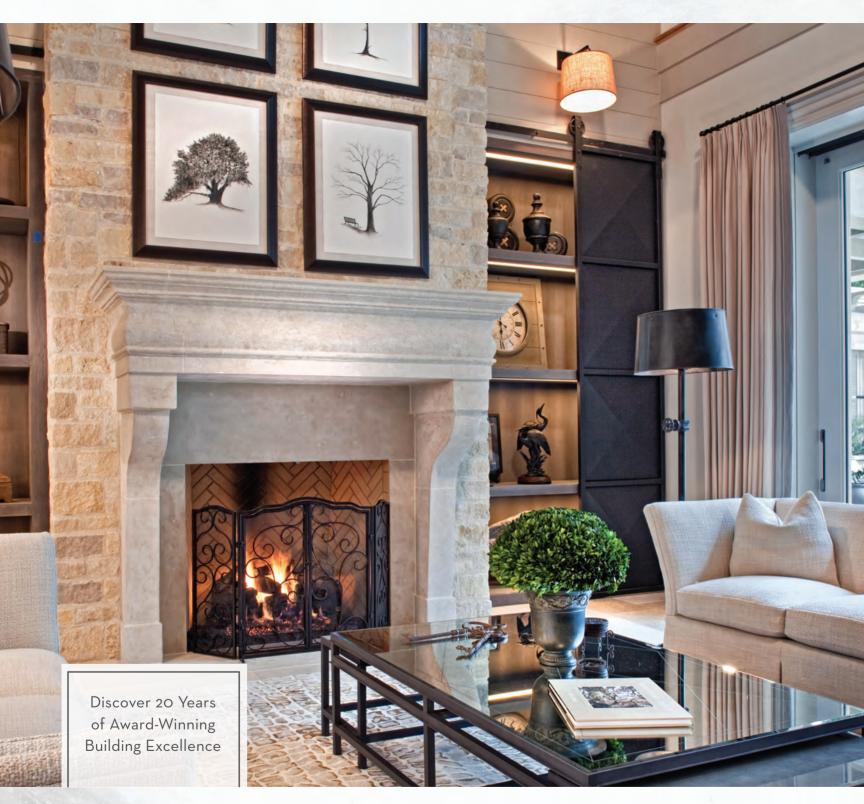
# INVORE THE ESSENCE AND MOVEMENT OF WATER IN YOUR FOYER

"The essence of water is movement," said Loftus. "You want to move wonderful energy into your home."

As such, she encourages invoking the shapes and colors of water as you enter the home. The foyer is one of the three most important areas in the home for Feng Shui, according to Loftus. It's a prime



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place to utilize water energy. "Your fover is the boundary between the home and rest of your world," said Loftus. "It's where public energy meets private energy."

Begin with a half-circle doormat and a round rug inside. This shape invokes a tree, which Loftus reminds serves as physical connection between heaven and earth.

Inside, hang a mirror somewhere near the door to mimic the reflective surface of water. "But don't place it so it's the first thing you see, as that will push your reflection outside."

Finally, she recommends one larger piece of art that invokes the water, either through color or through its subject. But avoid red. "You don't want too much red in your home," she said. "Red is the essence of fire, of burning."





# 3 Principles of Feng Shui, from Joanne Loftus

# 1. Everything is alive with energy (chi): This is why it's so important to clear clutter in your home and fill it with decor that affirms personal hopes and dreams.

- 2. Every person, place and thing is connected by chi: Everything you do has a ripple effect.
- 3. Chi is ever-changing: Each day we have a new chance to create positive. That's why this new day is called "the present."

# SEER PHYSICAL AND SPIRITUAL NOURISHMENT IN THE KITCHEN

The kitchen is the next of the three most important space in a home, and here Loftus recommends emphasizing cleanliness both in counter space and color schemes.

"Avoid red in the kitchen, particularly," she said. "You want it to be basically light neutral colors. You want the essence of the food to take over."

As such, she recommends keeping counters free of clutter (particularly knives when not in use). What does remain out in the open should be those items that nourish us the most - a simple bowl of fruits or vegetables. The table should convey welcoming energy, and the chairs should be comfy and support relaxation after the meal.

"The home has its own metabolism, and it wants to welcome you in," said Loftus. "That's why when you have people over, they never leave the kitchen. It's a sense that they're being taken care of."



# FIND TRANQUILITY AND BUILD SPIRITUAL ENERGY IN THE BEDROOM

Finally, we come to the room considered in Feng Shui to be of utmost importance: The bedroom.

"You spend a third of your life sleeping," said Loftus. The principles of Feng Shui dictate that as our physical bodies sleep, our spiritual bodies awaken. "The relationship is so powerful, it's critical your bedroom be arranged and decorated with utmost care," Loftus said. "This is a room you want very yin - very peaceful."

To begin with, Loftus recommends a palette of softer earth colors, with no bright colors to distract you from your restfulness.

Next, your bed should be in what Loftus calls "the power position," where you can see the door easily when you sit up at night. "The theory is, you have control and can see who comes in. If your headboard is on the same wall as the door, they can see you before you can see them."

Finally, Loftus recommends you keep all the electronic gadgets and devices that dominate our daily lives as far away from your bedroom as possible. "Electricity is the essence of fire, and especially at night this current is very active and it's right near your head," she said. "You won't necessarily feel it when you walk in the room, but when you're sleeping, you are sensing that electric vibration." LL







# STORY BY ELEANOR FALL

Eleanor Fall is vice president for programs for the Herb Society of Hilton Head Island. She also helps with programs for the historic Heyward House in Bluffton. In 2014, her garden earned the Garden of Distinction award on the All-Saints Garden Tour. Before moving to the Lowcountry seven years ago, she worked as a teacher, librarian and professor.

# Grow herbs for good taste and good health

Herbs have been used since ancient times. Be it for decoration and aroma, to season and preserve foods, or for medicinal needs. Herbs need sun - at least four hours a day - and well-drained soil. The soil doesn't have to be rich. Overly fertile soil may lead to lanky growth and produce less essential oil in the herbs. Most herbs only need 12 inches of soil for adequate root growth.

The following sampling of mighty eight herbs are edible favorites that grow well in the Lowcountry. All have been proven to be good neighbors in my herb garden and all but basil have wintered over every year. These herbs are also chosen because most cooks are familiar with them, they may be purchased locally and are easily cultivated.

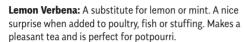
# The Mighty Eight

Invite herbs into your life. After all, herbs play an important role in every cuisine in the world. Herbs are prized for their flavor, but also open up another world of fragrance, and medicinal properties, real or imagined!

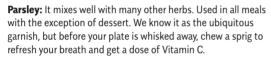
**Basil:** Plant each spring as it is tender. It is the summer ambassador and considered the "world's favorite," the perfect pot herb and a must for Italian tomato dishes.

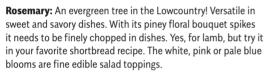


**Chives (garlic or onion):** Make a nice hedge in the garden to use when a mild onion favor is desired. A must for vichyssoise. The light purple edible flower has a mild onion flavor.



**Oregano:** The calling card for Greek and Italian cuisine, the pizza and marinara sauce herb. Grows in mounds with tiny pink flowers. Contains more antioxidant phenolic compounds than any other culinary herb. A real powerhouse!





**Sweet bay:** The aromatic leaves are the complete background for flavorful soups and stews. The bay leaf is the symbol of victory and valor. A bay leaf in the pantry will keep your flour and dry foods pest free.

**Thyme:** The many varieties may be used sparingly as to not overpower soups, clam chowder, oven-fried potatoes, butters and more. Contains a healthy number of flavonoids.















# LET THE GOOD THYME GROW

# STORY BY NANCY HUDAK

Start the new year with a project that's fun and rewarding and will add fresh ingredients to your meals. In a terra cotta pot, start an herb garden mobile enough to move from room to room, depending on the sunlight.

- [1] Choose a pot at least 12 inches in diameter (or more, depending on how many herbs you plan to include). Terra cotta is preferable to plastic or ceramic for better drainage.
- [2] Next, place broken terra cotta pieces or river stones on the bottom of your pot, also to insure good drainage.
- [3] Fill your pot with good potting soil, leaving about 5 inches for the placement of your herbs, filling in the spaces with potting soil.

Herbs do well in the Lowcountry as long as they are protected from intense sun. Basil, ruffled and flat parsley, cilantro, chives, oregano and mint are all good starters. Tarragon, on the other hand, does better in the winter and is a great addition to chicken and fish recipes.

As your plants grow, you'll feel proud while you snip your fresh herbs to enhance your lunches and dinners. ALL





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# Birds with a taste for fish

# STORY + PHOTOGRAPHY BY ROBERT ROMMEL

Robert Rommel is a wildlife and landscape photographer based in Bluffton. He is a featured presenter for the Coastal Discovery Museum's Discovery Lecture Series. Find more of his work online at www.robertrommel.com

More than a third of the area of Beaufort County is covered by salt water. Inland areas are dotted by countless lagoons and freshwater ponds. Water is everywhere we turn and that water teems with fish. The plentiful birds here in the Lowcountry take advantage of this aquatic cornucopia.

Eagles, osprey, herons, egrets, bitterns, spoonbills, storks, ibises, kingfishers, cormorants, pelicans, gulls, terns, skimmers, grebes, gannets, loons, anhingas and mergansers are some of the names of birds that feed on the local fish. The birds have almost as many ways of catching the fish as they have names.

Some of these birds hunt for fish year-round while others come to the Lowcountry only during winter months when northern waters freeze over or the fish are inaccessible. As long as the fish are plentiful in Lowcountry waters, the birds will come here to entertain us as they feast on nature's bounty. LL

# ART THAT ELEVATES



Featured Artist | Lynn Parrott | Heaven on Earth

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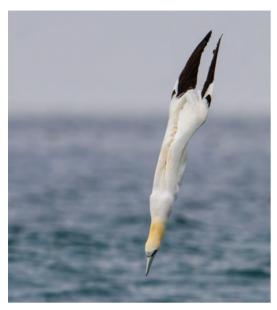
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# Black Skimmer

Night-loving Black Skimmers earn their name as they fly across the ocean's surface with an elongated lower beak dragging in the water as they wait to feel the delicate touch of a fish.







Gannet Far offshore Gannets plunge headfirst at speeds in excess of 100 miles per hour, propelling them deep underwater into schools of fish.



Brown Pelican The Brown Pelican dives bill-first like a kingfisher, often submerging completely below the surface momentarily as it snaps up prey.



Wood Stork Ancient Wood Storks stir the mud with their bald heads and open beaks probing for any scared fish that dart away.







# The nation's capital is glowing with new attractions





**ABOVE** Vietnam Veterans Memorial **BELOW** National Gallery of Art

Washington D.C. is no longer the sleepy one-industry town. While the monuments remain unchanged, there's been a building boom and the city is alive with new, chic hotels, award-winning restaurants and mural-covered neighborhoods. Visitors can take advantage of the sightseeing buses like Big Bus Tours or Old Town Trolley, both excellent ways to re-familiarize yourself with the nation's capital. Before going on your trip, visit washington.org.

The nation's capital is a place where history happened and where history continues to happen. Nowhere is that more palpable than on the National Mall. No matter how many times you may have visited, taking time to reflect at the Vietnam Veterans Memorial, standing at the Wall is a powerful experience.

Fifty years later, the Vietnam War informs us how Americans view their government. Through Jan. 6, 2019, the National Archives hosts an exhibition called "Remembering Vietnam," that frames 12 important chapters of the war and defines generational lines with

archival maps, photographs, Congressional records, personal diaries and letters, as well as recently discovered documents that shed light on essential details of the war.

A time capsule of a different stripe is across Constitution Avenue at the National Gallery of Art. In addition to holding an exceptional catalogue of Western art dating back to the Middle Ages, including the only painting by Leonardo da Vinci in the Western Hemisphere, the gallery hosts special exhibitions. Through Jan. 21, the Gallery's East Building is illuminated by "Vermeer and the Masters of Genre Painting: Inspiration and Rivalry." This show weighs the artistic exchanges between Johannes Vermeer and his contemporaries between 1650-1680 by comparing and contrasting almost 70 works (including 10 by Vermeer) by theme, motif and composition. One wall features rowdy tavern scenes, on another, young women playing keyboards, and on another they feed pet parrots. It's up to the viewer, as it was almost 400 years ago, to delight in the virtuoso details.





**ABOVE** National Museum of African American History **BELOW** The Museum of the Bible

The newest addition to the Smithsonian Institution is the National Museum of African American History and Culture, which opened in the fall of 2016. The museum has received capacity crowds ever since. The building sits closest to the Washington Monument near the National Museum of American History, and is itself an architectural treasure. Designed by David Adjaye, the shape nods to three-tiered Yoruba crowns and a welcoming Southern porch. The exterior is wrapped in an aluminum corona inspired by ironwork forged by African-American slaves in Savannah, Charleston and New Orleans. Inside, 36,000 objects tell the story of the African-American experience from the origins of the slave trade to present day. Shackles for children, Harriet Tubman's Bible, Emmett Till's coffin, Chuck Berry's crimson Cadillac and Oprah Winfrey's couch are there to view.

In November 2017, Washington welcomed another new museum that encourages reflection and celebration: the 430,000-square-foot Museum of the Bible. This private attraction is a technologically sophisticated experience, complete with Epcot-style motion simulation ride, Washington Revelations that "flies" riders over the city in search of Biblical references on D.C.'s skyline. For anyone interested in Western culture, it's an absorbing experience. For Evangelicals, it's a must-visit destination where families can immerse themselves in the influence of the Bible as a day to learn, dine or catch a show in the state-of-the-art 472-seat theater. Gift shop items range from a \$1 postcard to a \$125,000 necklace.







**ABOVE** Felicia Curry in Timberlake Wertenbaker's Jefferson's Garden

There is no shortage of thought-provoking conversations between Jan. 15-Feb. 15, 2018, when the Women's Voices Theater Festival brings one new play by a woman to a consortium of playhouses across Washington. Locals love live performances - hold your jokes about politics - and D.C. has more live theaters than movie theaters and many within walking distances. During the festival Ford's Theatre is staging "Jefferson's Garden," by Timberlake Wertenbaker and Woolly Mammoth presents "Familiar," by Tony Award-winner Danai Gurira, known to many as the fictional character Michonne on the TV show "The Walking Dead." LL

# **EAGER FOR A NEW ADVENTURE?**

Washington celebrated the opening of a new neighborhood in October 2017. The mile-long stretch along the southwest waterfront is an entertainment district and an attraction in itself. This \$2.6 billion, 24-acre riverfront development features three hotels (Canopy by Hilton, Hyatt Place and InterContinental Washington, D.C. - The Wharf) and more than 15 restaurants.

The development also has four piers, a high-speed water taxi system, a free shuttle boat connecting the Wharf to the nearby Potomac Park, and a yacht club. It's a game changer and will come into its own this spring when most of the restaurants will be open for indoor/outdoor dining across the Washington Channel.

The Wharf will make an excellent base for exploring the famous blossoming cherries and other fruit trees in the spring. As delightful as Washington can be in the winter, the capital is in full glory during the National Cherry Blossom Festival, March 20-April 15.



# Suggestions from a Local...

LOCAL Life asked Hilton Head Island resident Nancy Lee Honey-Marsh to share a few hidden gems from the "The District." The longtime travel professional lived outside of Washington D.C. for 35 years and frequently returns to visit.



Vietnam War Memorials When the Wall, which designed by architect Maya Lin was dedicated in 1982, over 58,000 names were engraved on it. Allow plenty of time to reflect on the brave soldiers who gave their lives for our freedom. Ten years later, Glenna Goodacre's poignant Women's Vietnam Memorial was dedicated nearby, honoring women, many of them nurses who served.



Smithsonian Air And Space Museum It's no wonder this museum is the second most visited in the world. With its history from the Wright Brothers to Apollo 11 and Satellites, this amazing structure explores the history of air transportation and its impact on the world.



The National Zoological Park For animal lovers, there is nothing more fascinating than discovering the 1,500 animals at the Zoo. Be prepared to be amazed by the astonishing cat family. From endangered species births to reintroduction to the wild, the zoo has reached many milestones since its founding in 1989.

# *WHERE TO EAT*



The Capital Grill A brilliant view of the Capitol Building and mouth-watering steaks are only a few amenities this upscale spot at 601 Pennsylvania Ave. NW offers. Choose a cozy booth, or one of the comfortable lounge tables in the bar and discover the delights its clientele have enjoyed since 1994.



The Dubliner This vibrant, fun-loving Irish delight has entertained locals and visitors for over 40 years. Serving delicious comfort foods. such a cottage pie and beef stew. it is considered an institution on the hill. Live music and people watching add to its popularity and make it a unique experience.



**Obelisk** In this simple but elegant venue near DuPont Circle, enjoy an amazing 5 course (prix fixe) Italian dinner on Tuesday-Thursday (\$78); and Friday-Saturday (\$88). Nestled in a quiet townhouse in 2029 P St. NW, look for the menu posted outside, instead of a noticeable sign. Everything is made from scratch on a daily basis.



The Willard Two blocks from the White House in downtown D.C., this iconic Virtuoso hotel (membership only organization upgrades, welcome package, breakfast) offers a combination of historic charm and contemporary luxury. It's Red Door Spa by Elizabeth Arden promises a relaxing treat after a busy day.



The Fairfax Embassy Row With reasonable rates, ideally adjacent to DuPont Circle, The Fairfax is only two blocks from the metro, which provides easy access to the National Mall, Lincoln Memorial and the White House. An energizing breakfast buffet in the newly renovated Capitol Room will give you a jump start on the day.



The Jefferson Born from a 1923 Beaux Arts apartment building, transformed in 1955 to a gracious hotel, and renovated in 2009, The Jefferson has emerged as Washington's finest historic hotel. A classic marriage of notable antiques, artwork, original, signed documents and modern-day luxury makes this gem unforgettable.

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STORY BY CAROLYN MALES + PHOTOS PROVIDED BY EXPERIENCE COLUMBIA SC

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New hotels, restaurants, housing and high-tech startups also have rolled in on a wave of urban revitalization.

In the Vista, once a light industry and transportation hub that is listed on the National Register of Historic Places, new infill hotel buildings are popping up alongside old warehouses and other commercial buildings that are being repurposed for lodging, dining and shopping.

Sports fans have a lot to rally around, too. There's the Williams-Brice Stadium, home of USC football, and the Colonial Life Arena, used by the men's and women's basketball teams. The volleyball, soccer, baseball and equestrian teams use different venues. In April through early September, the Fireflies, a Class A baseball team affiliated with the New York

Entertainment options include the USC symphony, the philharmonic, chamber music, ballet, touring Broadway shows, rock concerts, music and comedy at local clubs and bars. LL

Mets, take over Spirit Communications Park.

# While you're visiting...

# WHAT TO DO

# **EMBARK ON AN ART QUEST**

Columbia abounds with attention-getting public art - wall murals, bold sculptures, yarn bombed trees and monuments. Look for Neverbust, a massive welded-steel chain suspended between two building on Main Street. The homegrown band Hootie and the Blowfish are honored through a giant guitar pick and stainless-steel spires monument in the Five Points neighborhood.

While the upper floor of the Columbia Museum of Art, home of the state's largest fine arts collection, is undergoing a renovation (reopening in fall 2018). The lower galleries remain open with not-tobe-missed shows like Henri Matisse: Jazz & Poetry on Paper. If thought-provoking pieces are your passion, visit Tapp's Art Center. Check out the If Art Gallery in the Vista. Afterward, drive to One Eared Cow Glass, a shimmering wonderland of hand-blown paperweights, vases, bowls, garden ornaments, light fixtures and bird feeders. On weekdays, artisans twist, ripple, layer and fold molten glass into these magical shapes.







TOP Columbia Museum of Art MIDDLE One Eared Cow Glass **BOTTOM** ByFarr work at Tapp's Art Center.



**ABOVE** South Carolina State House **BELOW** The Robert Mills House

### **DISCOVER CITY HISTORY**

While much of the downtown district burned during General Sherman's 1865 occupation, a number of antebellum structures remained standing. Historic Columbia offers tours of three pre-Civil War houses and of the state's only presidential site. For a chronological progression, begin at Hampton-Preston Mansion and Gardens. Built in 1818 for wealthy merchant Ainsley Hall and his wife Sarah, the Greek Revival mansion passed through two other families before housing four different colleges and a tourist home. Across the street sits the Robert Mills House, named after its famous architect who also designed the Washington Monument. The Halls, who'd decided they wanted to upsize their digs, commissioned the magnificent classic revival brick mansion and watched it being built from their front porch across the way. Alas, the patriarch died before the last nail was driven in and a Presbyterian seminary took up residence. The humbler Mann-Simons Site traces several generations of the African-American family (1843-1970) who lived and worked in a complex of buildings that once stood on the property, while the 1871 Woodrow Wilson Family Home offers a glimpse of our 28th president when he was a teenager called "Tommy." The latter, set up as a museum of the post-Civil war Reconstruction Era. offers a fascinating journey into politics and social changes in the War's aftermath.

# **EXPLORE THE OUTDOORS**

When the great outdoors beckons, head to Three Rivers Greenway, the network of trails along the Saluda, Broad, and Congaree rivers. At West Columbia Riverwalk Park, the pathway passes under two bridges, offering views of the city skyline and a beached century-old paddle wheeler. Off Laurel Street, a 2.5-mile trail lines Riverfront Park and Historic Columbia Canal. The Canal, built by Irish laborers in the 1820s, is also the site of the city's original waterworks.

Still want more adventure? Zipline over the Saluda River, climb the Sky High Safari rope course, or go on a walkabout at the Riverbanks Zoo & Garden.

Congaree National Park, the largest intact old growth bottomland hardwood forest is 20 miles southeast. Pick up a brochure for a self-guided tour of champion trees, fauna and flora along the elevated boardwalk. In season, take a ranger-led canoe tour through one of the world's tallest deciduous forests.

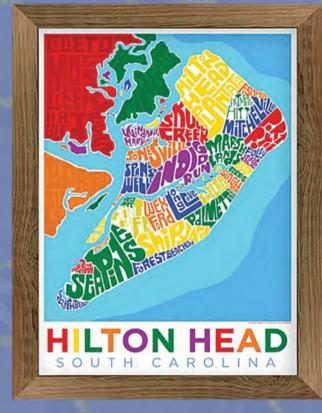






**TOP** Sea lions at Riverbanks Zoo **MIDDLE** The Endangered Species Carousel at Riverbanks Zoo **BOTTOM** Congaree River

# EXCLUSIVE RETAILER OF I LOST MY DOG ART





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Mariposa Caspari Le Cadeaux John Medeiros Crislu Meghan Browne

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# WHERE TO EAT



### **NEW SOUTHERN**

Bourbon. Creative cocktails like the "Heart of Darkness," a bourbon, chicory, Thai tea syrup and bitters concoction served up with smoke spilling over the rim. The place has more than 350 whiskeys. Complement chef Frank Bradley's unique take on Cajun-Creole classics, like braised pork shank with roasted root vegetables, eggplant jambalaya and boudin-stuffed quail. (bourboncolumbia.com)



## **COFFEE & MORE**

The Wired Goat Cafe. Tucked in an alley behind Newk's in the Vista, the bistro-style coffee shop, with its exposed brick walls and reclaimed wood floors, is a cozy spot to enjoy specialty coffees. Nosh on salads, sandwiches, paninis and baked goods, all made from locally sourced ingredients. (wiredgoat.cafe)



# INTERNATIONAL

Cantina 76. Sip margaritas from chunky glasses while dining on a wide variety of Mexican-inspired tacos, enchiladas and chimichangas. The menu also offers fusion creations of chicken terivaki tacos. The restaurant has two locations in Columbia. (cantina76.com)



# THE GREAT OUTDOORS

Soda City Market. Saturday mornings downtown bursts into a lively street market. As chicken and arepas sizzle on grills the tempting aromas of specialties from around the globe - bratwurst, pupusas, Belgium waffles, burritos and barbecue - fill the air. While you eat and shop for fresh produce and crafts, musicians - teenaged cellist, a jazz trio, a seasoned accordionist and more provide the sound track. (sodacitysc.com)

# WHERE TO STAY



### **STAY IN STYLE**

**Aloft.** This Vista newcomer references the neighborhood's commercial past with its hip industrial-decor lobby and large open communal space where you can mingle at the WXYZ bar, play pool, lounge on couches, grab snacks or surf the internet. Local art enhances the gray walls and blues, oranges and pinks of the sleek décor. Guest rooms include large windows, plush bedding and walk-in showers. (aloft.com)



# **DOWNTOWN BOUTIQUE**

Hotel Trundle. Chain hotels like the Marriott and the Sheraton are on Main Street. Hotel Trundle is around the corner on Taylor Street. The hotel, with a planned opening in early 2018, promises to be a game changer. Three old storefronts are being transformed into a sophisticated 41room boutique hotel, with an emphasis on service. Touches of local flavor, including original art, continental breakfast from neighborhood bakeries, plus personally tailored recommendations for area restaurants and activities. (hoteltrundle.com)



# **CLOSE TO CAMPUS**

# Inn at USC Wyndham Garden.

Fortunately, this elegant 1910 home in the heart of the USC campus did not get razed for a proposed parking lot in the 1970s. Today, this boutique hotel with its art deco touches serves as reception and social meeting areas for the 117-room inn. Traditionally furnished rooms include pillow-top beds and black-out shades. Close to Five Points' eclectic mix of shops, restaurants and nightlife. Shuttle service is available.



# TRAVEL TIP:

Hop the Soda Cap Connector's teal buses for free trips around a 5.5-mile loop connecting the Vista, Main Street, USC, Five Points neighborhoods, the State Museum and other points of interest. Tuesday through Saturday, 10 a.m.-6 p.m.

# Top 3 budget travel destinations for 2018

BY KEVIN OI DROYD

2018 is here, and now is the perfect time to take a look at a few of the best budget travel destinations for Lowcountry residents interested in traveling abroad. Some have been known for their low prices for years, while others are just now beginning to emerge as real budget vacation areas. For those looking to travel on the cheap, each of these spots is a fantastic option.

# **ZAGREB, CROATIA**

Long overlooked as a travel destination over the more scenic coastal cities. Zagreb is just now beginning to emerge as one of the most vibrant cities in Europe. On the surface, Zagreb may appear dull, but dig a little deeper, and you'll find a colorful town filled with life



For outdoor enthusiasts, Zagreb has some of the best options around. The most well-known place to hike is in Maksimir Park, a 780-acre area filled with numerous lakes and trails. The botanical garden in downtown Zagreb is also a favorite place to enjoy the city's fresh air. In the heat of summer, head southeast to Lake Jarun where you can find people swimming, playing sports and getting some sun.

# LA PAZ, BOLIVIA

La Paz, the highest capital city in the world, has seen a steady rise of tourists over the past decade. However, prices remain low for those looking to visit in 2018. This city is much more than just a stopping point on the way to the Unuyi salt flat. It's become a popular destination



for backpackers around the world, thanks to its affordable prices and a vast range of different activities available.

In recent years, the nightlife in La Paz has become some of the best in South America. Many bars here offer drinks for remarkably low prices, and despite the government ban on serving drinks after 4 a.m., many speakeasies stay open until the early morning hours.

# ESSAOUIRA, MOROCCO

Morocco has been a fantastic budget destination for the past several decades. Cities like Marrakesh and Casablanca have been at the forefront of visitors' minds, although in more recent years, Essaouira has become one of the most popular cities to visit on a shoestring budget.



Essaouira has maintained the same charm that some travelers feel no longer exists in cities like Marrakesh. Narrow alleyways and colorful buildings are everywhere here, but it's the cuisine that seems to be Essaouira's most revered charm. The freshly caught seafood available for only a few dollars is reason enough to list this city as one of the best budget travel destinations in 2018.

# Begin the New Year with a New View







CREATIVE MEDICINE Hilton Head Island artist Brucie Holler inspires many locals to be creative and teaches several art workshops at her studio on Pope Avenue.

# STORY BY BECCA EDWARDS + PHOTOGRAPHY BY MARK & LISA STAFF

Becca Edwards is a wellness professional, freelance writer, and owner of b.e.WELL+b.e.CREATIVE (bewellbecreative.com).

# Greativity and wellness









Every January, we talk about self-improvement with the majority of our New Year resolutions focused around better health.

Approximately 21.4 percent of the population vows to lose weight or eat healthier, 7.1 percent to quit smoking and 5.5 percent to work out more often. In that mix, 12.3 percent commit to improving their lives.

Locally loved and respected abstract painter Brucie Holler believes accessing your creative side is one of the best ways to both improve your health and your life. "Absolutely having a creative outlet affects all facets of our well being," Holler said. "And being creative doesn't have to take place in a studio. It can happen in the garden, in the kitchen, or even on a yoga mat."

Holler inspires many Islanders to be creative and teaches several art workshops at her studio on Pope Avenue. A South Carolina native, Holler received a B.A. in painting from Florida State University and did her graduate work at the Maryland Institute, College of Art in Baltimore. She then moved to Telluride, Colo., and for five years taught and served as Director of Exhibitions for the Ah Haa School

# Benefits of Creative Engagement

- [1] Decrease in depressive symptoms
- [2] An increase in positive emotions
- [3] Reduction in stress responses
- [4] Improvements in immune system functioning Source: "Psychology Today"

for the Arts, a non-profit art school. She has studied with a variety of internationally known artists including Richard Smith, Mario Martinez and Truman Lowe, just to name a few, and has shown her work in galleries in Florida, South Carolina, Georgia and Colorado.

"If you did not grow up in a creatively nurturing environment, people tend to be afraid of being creative. I hear people say all the time, 'Oh, I'm just not a creative person.' But it's our birthright as humans." When helping someone cultivate their creativity, Holler said visual arts provide an excellent blueprint. "Collaging and decoupaging are low pressure, immediate gratification, minimal cost ways to spark the creative process." LL

# HERE ARE SIX SIMPLE STEPS TO GOLLAGING:

Step 1 Round up a few fashion magazines. Look through the pages and find images, shapes and colors that speak to you, and tear them out.

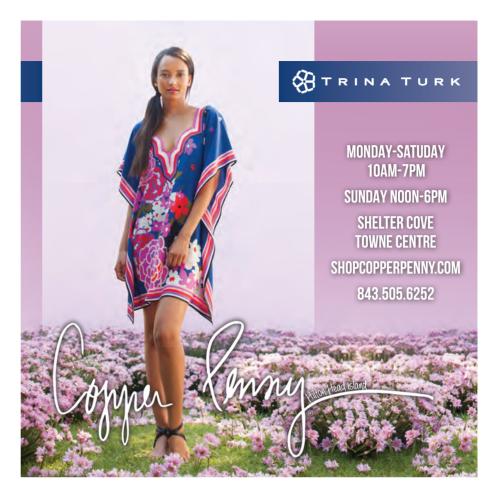
Step 2 Buy an accordion album. It you go to dickblick. com, you will find some for as inexpensive as \$5.44.

**Step 3** Get a few glue sticks and a pair of scissors.

**Step 4** Carve out some time. This could be for an entire lazy Sunday afternoon, or for 30 minutes, depending on your mood. Either way, make sure there are no distractions or interruptions. It's just you and the project. You might even want to create a playlist that gets you in the groove.

Step 5 Commit to no judgement. Just start cutting, playing with placing the cutouts, and pasting the cutouts to the pages of your accordion album. You can work on multiple collages at a time or just focus on one.

**Step 6** After completing, think about how you did with the project. How did you feel? What helped you get into your creative zone?



# WE ARE GETTING NEW DIGS IN 2018!



Glenn Harrington

Children In Sun Hats

14"x 20" Oil

The Red Piano Art Gallery is moving to Old Town Bluffton! See us there in 2018!

View art by appointment or through our website.



# The Red Piano Art Gallery

Visit us at redpianoartgallery.com Please continue to contact us at 843.842.4433











# **Photos by Thomas Love**

Many locals turned out for the 2017 Bluffton Christmas Parade. Patrons were treated to hundreds of floats, bands and vehicles rolling through historic Old Town, including the LOCAL Life Jeep. Find more images of the festivities online at trmediaworld.com.





The Boys & Girls Club of Hilton Head Island's Torch Club launched a bake sale initiative to raise funds for hurricane relief in Puerto Rico, amassing \$1,000 in donations.

> Troy Woloszyk delivers a bike as part of Beach Properties' "Giving Back" holiday campaign for The Deep Well Project and Neighborhood Outreach Connection.



# **Barbers of the Lowcountry**

raised \$550 for the American Cancer Society during the monthlong cancer awareness campaign called No Shave November.

# **Straight Edge Barber Shop**

donated 125 pairs of shoes to benefit area at-risk youth served by the Boys & Girls Club of Hilton Head Island.











# **Annual Community Thanksgiving Dinner - Photos by Thomas Love**

More than 1,600 people turned out for the annual Community Thanksgiving Dinner at Hudson's Seafood House on the Docks. The meal included the traditional fixin's of mashed potatoes, stuffing, baguettes, collard greens, gravy, whole pies, cranberries and more than 90 turkeys. Find more images of the event online at trmediaworld.com.





# The Long Cove Yacht Club donated \$1,845 to the Hilton Head Reef Foundation. Funds were raised from the LCYC and 18 Long Cove Yacht Club families to assist the Hilton Head Reef Foundation and its effort in working to keep Broad Creek safe for navigation.







In its third competitive grant cycle of 2017, Community Foundation of the **Lowcountry** awarded \$216,995 in grants to five local organizations — Bluffton Self Help, Lowcountry Legal Volunteers, OSPREY Village, Second Helpings and the University of South Carolina Beaufort. Since January 2017, the Community Foundation has awarded \$479,726 in competitive grants to local nonprofits.





# SYMPHONY OF THE LOWCOUNTRY





John Morris Russell CONDUCTOR

**Sterling Elliott CELLO** 

# LOVE IN THE TIME OF WAR

SUNDAY, JANUARY 14, 2018 • 5PM MONDAY, JANUARY 15, 2018 • 8PM

VAUGHAN-WILLIAMS Symphony No. 5 HAYDN Cello Concerto No. 1
GRIFFES The Pleasure Dome of Kubla Khan

Vaughan Williams' Symphony No. 5 reflects the tranquility and serenity of his later life, while Charles Griffes The Pleasure Dome of Kubla Khan was inspired by Coleridge's famous poem Kubla Khan, describing the beautiful palace of Xanadu. A highlight of the evening is the guest soloist, Sterling Elliot, a 17-year old cello prodigy and national competition award-winner.

**SPONSORS** 



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DESCRIPT & SDA

The Westin Hilton Head Island Resort & Spa "Official Hotel of the HHSO and the HHIPC"

**Subscriptions/tickets** available online at hhso.org or call the office at 843-842-2055. **Tickets:** \$30, \$45 & \$55. Concerts held at First Presbyterian Church on William Hilton Pkwy.

# Happy New Year from the HHSO!

We welcome the New Year with wonderful and exciting events – 3 concerts, a youth concerto competition and a new event from the Hilton Head International Piano Competition!

Our January concert, Love in the Time of War, includes the tranquility of Vaughan-Williams' Symphony No. 5 with guest soloist Sterling Elliott, a 17 year old cello prodigy, while February brings two great concerts



SYMPHONY OF THE LOWCOUNTRY

- the stunning Beethoven's Eroica with soloist Ray Ushikubo, the 2017 HHIPC First Prize Winner playing Mendelssohn's Piano Concerto No. 1 - and pops concert Porgy and Bess. This symphonic arrangement features such favorites It Ain't Necessarily So and I Got Plenty of Nothing with soprano Angelique Clay, baritone Michael Preacely and The Claflin University Concert Choir.

February also brings the wonderful HHSO Youth Concerto Competition. Held on February 3rd at Saint Luke's Church, this Competition features 10 finalists ages 12-18 from the southeast region who are vying for cash prizes and the opportunity to perform in recital and with the HHSO. These exciting young musicians are the future and are so inspiring.

And in March, the Hilton Head International Piano Competition announces a new and exciting 3rd addition to its rotation schedule – BravoPiano! ...a festival from Bach to Brubeck. Debuting March 8-12, this new event will spotlight outstanding former prize winners of our competitions, as well as other world-famous pianists, as they perform in solo recitals, chamber music programs, and concertos with the Hilton Head Symphony Orchestra. Especially exciting is the introduction of a jazz thread throughout the festival. You'll also be able to attend lecture/recitals

and discussions about music, both classical and jazz.

Happy 2017!

Mary M. Briggs
President & CEO

 $36^{\text{TH}}$  SEASON | 2017-2018 | HHSO.ORG FOR TICKETS CALL 843.842.2055

HILTON HEAD INTERNATIONAL PIANO COMPETITION PRESENTS

A FESTIVAL FROM BACH TO BRUBECK

March 8-12, 2018

JON KIMURA PARKER • DR. KELLER COKER • THE CHRISTIAN SANDS TRIO

CHARLIE ALBRIGHT STEVEN LIN ELLIOT WUU RAN DANK SOYEON KATE LEE FEI-FEI DONG



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# COLENOIO

So long, 2017. Hello, 2018! January is a slower time around the Lowcountry, but there are a few festivals and other events worth checking out. Here are our top picks, along with other days of national and international interest.

Cut this page out and stick it on your fridge!

400				I	I	I
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	New Year's Day National Hangover Day Outback Bowl: Michigan vs. South Carolina Rose Bowl: Oklahoma vs. Georgia Sugar Bowl: Clemson vs. Alabama	2	Festival of Sleep Day Fruitcake Toss Day	Farmers Market of Bluffton National Spaghetti Day National Trivia Day	National Bird Day	Bean Day Feast of the Epiphany NFL Wild Card Round
NFL Wild Card Round Old Rock Day	College Football National Championship Bubble Bath Day	9 Play God Day	Houseplant Appreciation Day National Take the Stairs Day	Farmers Market of Bluffton Pilobolus Master Dance Class Step in a Puddle Day	National Pharmacist Day	5th Annual Chowder Challenge International Skeptics Day Make Your Dream Come True Day NFL Divisional Round
Hilton Head Symphony Orchestra Dress Up Your Pet Day	Martin Luther King Jr. Day Hilton Head Symphony Orchestra National Hat Day Australia Open begins	Appreciate a Dragon Day National Nothing Day	Ditch New Years Resolutions Day	Farmers Market of Bluffton Thesaurus Day Winnie the Pooh Day	From Bach to Broadway Robert E. Lee's Birthday National Popcorn Day National Tin Can Day	National Buttercrunch Day National Cheese Lover Day Penguin Awareness Day
<sup>2I</sup>	22	23	24	25 Farmers Market	26	27



**NFL Conference** Championships

National Hugging Day Squirrel Appreciation Day



National Blonde Brownie Day **National Pie Day** 



National Handwriting Day Measure Your Feet Day



**Beer Can Appreciation Day** Compliment Day

of Bluffton Lean Ensemble Theater

Opposite Day Winter X Games begin



Australia Day Spouse's Day

THINGS TO DO NEARBY



**Chamber Ball** Hilton Head **Snow Day** 

Chocolate Cake Day Punch the Clock Day



Pro Bowl Data Privacy Day Fun at Work Day National Kazoo Day



**Bubble Wrap** Appreciation Day National Cornchip Day



**National Inane Answering** Message Day



Inspire Your Heart with Art Day

# Savannah Area

The Sleeping Beauty (Jan. 6) Dirty Dancing (Jan. 9) P.O.D., Alien Ant Farm (Jan. 19) Remodeling Expo (Jan. 19-21)

# **Charleston Area**

Travis Tritt (Jan. 4, 13) Henry Rollins (Jan. 5, 8) Badfish (Jan. 12) Miranda Lambert (Jan. 18)

# Jacksonville Area

Jackson Browne (Jan. 7) Winter Jam 2018 (Jan. 12) Jake Owen (Jan. 19) Marvel Universe Live (Jan. 19-21) Cirque Zuma Zuma (Jan. 30) The Lion King (Jan. 31-Feb. 11) Joe Satriani (Jan. 31)

# Columbia Arena

Harlem Globe Trotters (Jan. 12)



# THE ONLY "DOG DAYS" AT THE CYPRESS BELONG TO YOUR DOG

s man's best friend, I only want the best for my owner, and we sure got more than the best when we moved to The Cypress! When we bought our home, they customized it just for us (new carpet and paint for him, a doggy door for me). There's plenty of room for me to explore around the 100-acre campus, and we've met so many new four and two- legged friends on our adventures around the three-hole Cypress Club golf course. There's lots of time to play in Central Bark dog park since The Cypress maintains our home and yard, and I've never felt safer than on our campus within gated Hilton Head Plantation. Of course there's still plenty of time to get in my naps while he is busy at the Clubhouse or is out attending activities and trips with his new friends. And the best part is the food. When he's feeling generous, he'll sneak me a delicious snack from one of the on-campus restaurants. (I'm always excited to see a Cypress doggie bag!) The Cypress even has a healthcare center on campus if he needs it (and I hear it's much nicer than a visit to the v-e-t). Yep, The Cypress life is far from "ruff," come see for yourself... even if you're a cat person.



An Award-Winning Life Plan Community

# TANUARY NO PORTUGS



*TEENAGE* CELLO PRODIGY FEATURED IN HILTON HEAD **SYMPHONY** ORCHESTRA'S "LOVE IN THE TIME OF WAR"



Under the baton of conductor John Morris Russell and featuring a 17-year-old cello prodigy, the Hilton Head Symphony Orchestra will present "Love in the Time of War" on Jan. 14-15 at the First Presbyterian Church on Hilton Head Island.

Two well-known symphonies were written during a war-torn era but the music reflects nothing but love. English composer Vaughan Williams' "Symphony No. 5" was written between 1938 and 1943, and reflects the tranquility and serenity of his later life. Charles Griffe's "The Pleasure Dome of Kubla Khan" was composed in 1912 and revised in 1916. It was inspired by Coleridge's famous poem "Kubla Khan," which described the Xanadu palace.

The highlight performer of "Love in the Time of War" is guest soloist Sterling Elliott, a 17-year-old cello prodigy and national competition award-winner.

Elliott began his cello studies at 3 years old. The youngest of three siblings, he originally wanted to play the violin like his older brother and sister. After a bit of encouragement, he made the Elliott Family String Quartet perfect by learning to play the cello. He continues to perform frequently with his siblings and mother in the Elliott Family Quartet/Trio.

Elliott made his solo debut at 7 years old, when he became the first place junior division winner of the PYO Concerto Competition. That was the beginning of many other notable accomplishments and awards, including the 2016 Isaac Stern Award by the Sphinx Organization. He has also performed for Yo Yo Ma and alongside recording artist Jennifer Hudson.

Professionally, Elliott has soloed with the Virginia Symphony Orchestra, Hampton Roads Philharmonic, Cleveland Symphony Orchestra, South Bend Symphony Orchestra, Colours of Music Festival Orchestra, New World Symphony, Buffalo Philharmonic Orchestra, San Francisco Chamber Orchestra, as well as a National TED dinner in Vancouver, Canada. In 2015 and 2016, he performed a seven-week national

tour with the Sphinx Virtuosi Ensemble, which included a performance at Carnegie Hall.

Elliott is attending the Juilliard School, and currently studies with The Virginia Symphony Orchestra's principal cellist Michael Daniels and the Richmond Symphony Orchestra's principal cellist Neal Carey.

### "LOVE IN THE TIME OF WAR"

What: "Love in the Time of War" presented by the

Hilton Head Symphony Orchestra

When: 5 p.m. Jan. 14 and 8 p.m. Jan. 15

Where: First Presbyterian Church, Hilton Head Island

Notes: Tickets are \$30-\$55

**Details:** 843-842-2055 or www.hhso.org

# FEB 3

### HHSO YOUTH CONCERTO COMPETITION

When: 1:30 p.m., Feb. 3

Where: St. Luke's Church, Hilton Head Island Contact: 843-842-2055 or www.hhso.org

# HHSO Youth Concerto Competition returns

One of the most understated events takes place on Hilton Head each year, and yet it is a major stepping stone in the life of a young musician. The HHSO Youth Concerto Competition has been attracting the most talented young musicians from throughout the southeastern United States every year. Sponsored by the Hilton Head Symphony Orchestra, the competition provides a rare opportunity for a young musician to perfect a concerto movement from the professional repertoire, to a level which must far exceed what is required in the studio, because it will be evaluated by professional musicians.

The competition, designed for ages 8-18 who play a musical instrument other than a piano, and is the most prestigious in the region. Applicants are reviewed by a jury and 10 are selected to compete as finalists for cash prizes and the chance to solo with the orchestra. Last year's first place winner, violinist Phoebe Liu, performed at the Holiday Pops Concert December 3-4.

# HHIPC ADDING NEW EVENT

The Hilton Head International Piano Competition (HHIPC) announced a new addition to its schedule - BravoPiano! ... a Festival from Bach to Brubeck. Debuting March 8-12, this innovative festival will spotlight outstanding former prize winners of HHIPC competitions, as well as other world-famous pianists, as they perform solo recitals, chamber music programs, and concerti with the Hilton Head Symphony Orchestra. During the festival, you will also be able to attend lecture/recitals and discussions about music - piano in particular.

Many of the BravoPiano! events will be held at the Westin Hilton Head Island Resort & Spa - the official venue for hotel accommodations. Several performances, including solo recitals and chamber music will be held at All Saints Episcopal Church. The grand finale of the festival will be held at First Presbyterian Church.

### SPECIAL EVENTS

### **JANUARY 5-6**

The Mose Allison Project with Richard Julian and The John Chin Quartet, "Anything Mose!" live recording

### **JANUARY 12-13**

The Rodney Jordan Quintet CD Release Tour

### **JANUARY 19-20**

"Chicago Jazz," the Kris Tokarski Trio featuring authentic 1920s-style cornetist Andy Schumm and legendary New Orleans percussionist Hal Smith

### **JANUARY 26-27**

The Peter and Will Anderson Trio

### **JANUARY 28**

Dixieland Jazz Society of the Lowcountry Jam

# The Jazz Corner celebrates 19 years

The Jazz Corner, Hilton Head Island's internationally renowned live music venue, has released its January calendar, "Celebrating 19 years of Jazz." All Jazz Corner concerts begin at 8 p.m.; doors open at 6 p.m. Reservations can be made by calling 843-842-8620. For more information, visit www.thejazzcorner.com.

### THE REGULARS

Sunday: Deas Guyz, "R&B and Motown"

Monday: The Martin Lesch Band, "A Journey Through Jazz"

Tuesday: The Jazz Corner Ensemble, Fat Tuesdays, "Celebrating New Orleans and Beyond" Wednesday (Jan. 3, 17, 31): The Earl Williams Quartet, "Contemporary Jazz and Blues"

Wednesday (Jan. 10, 24): The Bobby Ryder Quartet, "Big Band, Blues & Sinatra"
Thursday: The Lavon Stevens Quartet featuring Louise Spencer, "Jazz, Broadway and Blues"



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FOLLOWING INTUITION: EXPRESSIVE ABSTRACTS FEATURED AT SOBA GALLERY Penny Beesley is the January featured artist at the Society of Bluffton Artists (SoBA) gallery. "Following Intuition: Expressive Abstracts" will be an exhibit of acrylic, charcoal and pastel. The show is will be Jan. 2-Feb. 4. Opening reception is 3-5 p.m. Jan. 7.

Beesley was raised in an art-loving family and her weekends were often spent at her father's elbow in his studio. Art was a focal point during high school followed by Eastern Michigan University, attaining a bachelor of fine arts in ceram-

ics and painting. Inspiration and motivation continue to come from nature's surrounding stimulus of color, form and light, a background presence of music, man-made or natural and the emotions brought on by them.

"My initial approach is spontaneous and intuitive. I begin by gathering a selection of paint colors and papers often inspired by the environment I live in," Beesley said.

Visit www.sobagallery.com for a complete calendar of upcoming events or call 309-883-1019.



6 Bow Circle Hilton Head Island • 843.785.5166





# Coastal Discovery Museum offers educational classes

### **SWEETGRASS BASKET MAKING CLASSES**

10:30 a.m.-12:30 p.m. Jan. 6, Jan. 20, Feb. 3, Feb. 17 Coastal Discovery Museum

Learn about the history and significance of Sweetgrass baskets from a local Gullah basket maker, and then make your own using local materials. \$65 for adults. Reservations required by calling 843-689-6767 ext 223.

### **LOWCOUNTRY OWLS**

### 3 p.m. Jan. 8 at Coastal Discovery Museum

Nancy Owen, federally licensed wildlife educator and co-founder of Gryphon
Den on St. Helena Island, will present a live program on the five species of
owls found in the Lowcountry.

\$7 per person. Reservations required by calling 843-689-6767, ext 223.

### **BALD EAGLES IN SOUTH CAROLINA**

### 3 p.m. Jan. 10 at Coastal Discovery Museum

Tom Murphy, a retired South Carolina Department of Natural Resources (SCDNR) biologist and principal investigator for the Bald Eagle program, will present a program on bald eagles in the Lowcountry, and the successes and difficulties in recovering and maintaining the species in South Carolina. \$7 per person. Reservations required by calling 843-689-6767 ext 223.

### **HERBARIUM WORKSHOP**

### Jan. 13 and Feb. 10 at Coastal Discovery Museum

Three local artists will lead participants in creating a herbarium using local materials, hand-made paper, illustrations and poetic prose. \$45 per person. Reservations required by calling 843-689-6767 ext 223.

### **SHORE BIRD MIGRATION**

### 3 p.m. Jan. 24 at Coastal Discovery Museum

Nicholas Wallover, the regional biologist for the ACE Basin National Estuarine Research Reserve, will present a program on shorebirds and how they use South Carolina's beach and marsh habitats.

\$7 per person. Reservations required by calling 843-689-6767 ext 223.

### **CAMELLIAS - HISTORY AND ROMANTIC STORIES OF OUR WINTER ROSE**

### 10 a.m. Jan 30 at Coastal Discovery Museum

Master gardeners and Coastal Discovery Museum's Camellia Garden founders,
Donna and Fred Manske, will present more information on camellias and tips
on growing in the Lowcountry.

\$10 per person. Reservations required by calling 843-689-6767 ext 223.

### **WADING BIRDS OF SOUTH CAROLINA**

### 3 p.m. Jan. 31 at Coastal Discovery Museum

Christy Hand, a wildlife biologist for the SCDNR, will present a program on the conservation status and overall health of South Carolina's wading birds. \$7 per person. Reservations required by calling 843-689-6767 ext 223.

For more information on each class, visit www.coastaldiscovery.org.

# IAN 14

### CHOWDER CHALLENGE

What: Fifth annual Chowder Challenge and Silent Auction

When: Noon- 4 p.m., Jan. 14

Where: Reilley's Plaza, Hilton Head Island Notes: \$5 per ticket, \$1 per tasting ticket

Details: www.theheathertrewfoundation.org/news--events



# CHOWDER CHALLENGE FEATURES LOCAL TASTINGS

The Chowder Challenge returns to Reilley's Plaza. Local restaurants will compete for bragging rights of "Best Chowder" as attendees cast their votes for their favorite dish. The Jan. 14 festivities also include a kids zone, music from the Headliners, and silent auction items to benefit the Heather Trew Foundation for organ, eye and tissue donation.

# Daddy Daughter **S**Dance Masquerade set

Dads, grandfathers, step-dads and big brothers can take their special girls to the Daddy Daughter Dance Masquerade, hosted by the Island Rec Center on Jan. 20 at Hilton Head Beach and Tennis.

General admission tickets include the dance, a photo and light refreshments. VIP tickets include a buffet dinner of chicken fingers, mashed potatoes, roll, green beans, salad bar and dessert served at 5 p.m., plus a photo, VIP wristband and a mask.

# <u>JAN 20</u>

### DADDY DAUGHTER DANCE MASQUERADE

When: 6:30-8:30 p.m. Jan. 20 Where: Hilton Head Beach and Tennis

**Notes:** VIP tickets (pre-sale only through Jan. 15) are \$80 per couple and \$20 for each additional ticket; General Admission is \$50 per couple (\$60 at

the door) and \$15 (\$20 at the door) for each additional ticket **Details:** www.islandreccenter.org/community-events

# HILTON HEAD SNOW DAY

When: 11 a.m.-4 p.m. Jan. 27 Where: Shelter Cove Community Park Notes: \$10 for ages 2-17, adults free

Details: www.islandreccenter.org/community-events



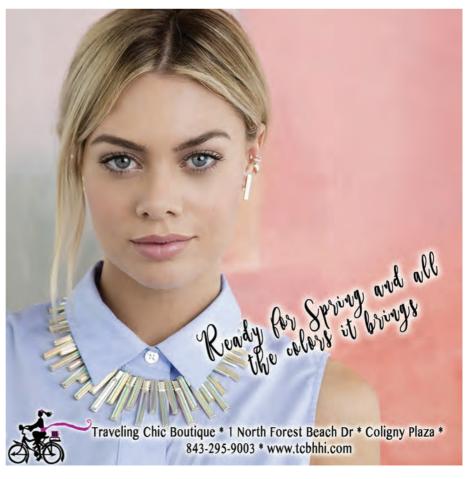
# Annual Snow Day comes to Shelter Gove Community Park

Hilton Head Island sees snow just once a year at the Island Rec Center's annual Snow Day event Jan. 27 in Shelter Cove Community Park. Kids who may have never experienced snow can enjoy a snowfield plus inflatable rides and entertainment.

# Comedy Magic Cabaret offers family-friendly shows

Kerry Pollock's "Funny Not Filthy" comedy venue is now open at South Island Square on Hilton Head Island. Tickets range from \$24 to \$28. Shows include stand-up comedy, magic and variety. Find more information online at www.comedymagiccabaret.com.







# Modern dance to the max

Twisting, turning, contorting and gliding, the acrobatic dancers of the Pilobolus Dance Company will bring two performances of "Pilobolus: Maximus" on Jan. 12 and Jan. 13 to the Arts Center of Coastal Carolina stage. "Pilobolus Maximus" combines the most diverse and theatrical elements of modern dance.

The Pilobolus dance company was founded at Dartmouth College in 1971 by a group of men, each with his own athletic and educational focus. Over the past 46 years, the group has performed over 100 choreographic works in more than 64 countries, and on Broadway and television, at the Oscars and Olympics, and in movies, advertisements, schools and businesses. Pilobolus has been recognized with many prestigious honors, including a TED Fellowship, a 2012 Grammy Award Nomination, a Primetime Emmy Award for Outstanding Achievement in Cultural Programming, and several Cannes Lion Awards at the International Festival of Creativity. In 2015, Pilobolus was named one of Dance Heritage Coalition's "Irreplaceable Dance Treasures."

# PILOBOLUS: MAXIMUS

### When: 8 p.m., Jan. 12-13

Where: Arts Center of Coastal Carolina Notes: Tickets are \$61 Details: Sign up at 843-842-ARTS (2787) or tickets.artshhi.com



### PILOBOLUS MASTER DANCE CLASS

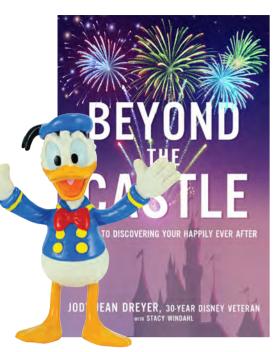
When: 5:30 p.m. Jan. 11 Where: Arts Center of Coastal Carolina Notes: Classes are \$25 per student Details: Sign up at 843-842-ARTS (2787) tickets.artshhi.com

# *LEARN* **ACROBATIC** DANCE FROM **PILOBOLUS COMPANY**

Learn the acrobatic and creative style of Pilobolus dance when a group of performers comes to Hilton Head Island on Jan. 11.

Dancers in the Pilobolus Master Dance Class can take their training to the next level by using Pilobolus's signature techniques. Classes include partnering, collaborative choreography, and peer to peer feedback. The Pilobolus Master Dance Class is designed for ages 8 and up.





# Local author shares life lessons at Disney

In Jody Jean Dreyer's book, "Beyond The Castle: a Guide to Discovering Your Happily Ever After," she shares life lessons from a decades-long career at Disney that anyone can be inspired by.

Dreyer will share those insights during a meet and greet at 10 a.m. Jan. 20 at the Church Mouse. All book sale proceeds from the event will be donated to the Church Mouse.

Over a 30-year career, Dreyer served in 22 positions within Disney's marketing, advertising and community relations departments. From glimpses into a meeting defining what a princess is, to conversations with Roy E. Disney, to her year as the Walt Disney World Ambassador where she worked a shift in nearly every Disney World department, Dreyer's book shares insights and life lessons that readers can apply to their everyday lives.

# "BEYOND THE CASTLE"

When: "Beyond the Castle" Author Meet and Greet with Jody Carbiener Dreyer

When: 10 a.m.-3 p.m., Jan. 20 Where: The Church Mouse, 78 Arrow Road,

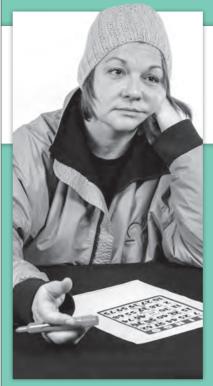
Hilton Head Island

Notes: All book sale proceeds will benefit

the Church Mouse

Details: www.Beyondthecastlebook.com

# LEAN ENSEMBLE THEATER



# **Good People**

by David Lindsay-Abaire directed by Blake White

HHPS MAIN STREET THEATRE 3000 main street, hilton head island

Jan 25-27 & Feb 1-3 7:30 pm Jan 28 & Feb 4 2 pm matinee

\$40 evenings • \$35 matinees \$15 students/active military group & special rates available

843.715.6676 LEANENSEMBLE.ORG

# FOLLOWING INTUITION: EXPRESSIVE ABSTRACTS

JANUARY 2 - FEBRUARY 4, 2018



**IANUARY'S FEATURED ARTIST:** 



**OPENING RECEPTION:** 3 - 5 P.M. SUNDAY, JANUARY 7, 2018

**CALL FOR ENTRIES:** 24th Annual Judged Show

March 6-April 1, 2018 Register: www.sobagallery.com



6 CHURCH STREET • OLD TOWN BLUFFTON (f) (a) 843-757-6586 • SOBAGALLERY.COM



# LEAN ENSEMBLE THEATER EXPLORES JUST WHO IS "GOOD PEOPLE"

STORY BY CAROLYN MALES

## IAN 25-27 & FEB 1-3

When: Jan. 25-27 and Feb.1-3 at 7:30 p.m. Sunday matinees Jan. 28 and Feb. 4 at 2 p.m.

Where: HHPS Main Street Theatre, 3000 Main Street, Hilton Head Island Tickets: \$40 evening performances; \$35 matinees; \$15 students/active military. Group and discount rates available www.leanensemble.org or call 843-715-6676

Bingo! It's a loaded word for Maggie Walsh, who has just gotten canned from her job as a clerk at a dollar store in the hardscrabble Southie neighborhood of Boston. A mother of a developmentally disabled adult daughter, she's been living paycheck to paycheck. But she has hope. She's a regular, along with her pals, at the church's bingo games. Maybe, just maybe, a win will change her luck. But the odds seemed to be stacked against her.

When she discovers her old high school flame, Mike Dillon, is now a wealthy fertility doctor living in pricy Chestnut Hill, she launches a scheme to redirect her life. If she can "win" him over with an appeal to

his humble roots then bingo, for once she'll come out ahead.

But life isn't so simple. Their reunion turns out to be more like a chess game. Both Maggie and Mike, along with his wife, a black college professor, navigate tricky moves as they take aim at each other with funny zingers about their past actions and present day assumptions. While Maggie believes in pure luck steering one's destiny, Mike proclaims his good fortune has been all about pulling himself up by his own bootstraps. He labels his lifestyle "comfortable." She replies with a touch of sardonic humor, "I guess that makes me 'uncomfortable."

Pulitzer Prize-winning playwright David

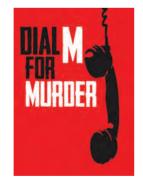
Lindsay-Abaire explores the topical subject of haves and have-nots in Lean Ensemble Theater's production of his acclaimed "Good People." Peppered with humor and warmth, this dark comedy challenges our perceptions about how we label people as well as our beliefs about ourselves. And moment to moment it leaves us wondering just who is "good people."

The 2011 NYC Drama Critics Award-winning play is directed by Lean Ensemble's Blake White. Cast members include Shelia Kadra and Katherine LeRoy, along with ensemble members Matt Mundy, Nick Newell, Sarah Newhouse and Jenny Zmarzly. Talk backs are planned after each performance.

# Tony Award winning thriller comes to Arts Center of Coastal Carolina

"Dial M for Murder," the Tony-award winning thriller, comes to the Arts Center of Coastal Carolina Stage Feb. 6-25.

Tony Wendice married and then planned to murder his wife for her money. But when the would-be murderer ends up dead, he tries to frame his wife for



the crime. Add in a blackmailing scoundrel, a former lover and a police inspector from Scotland Yard, and "Dial M for Murder" turns into a thrilling whodunit.

(save \$10 Feb. 6-8).

When: Feb. 6-25. Check www.artshhi.com for showtimes. Where: Arts Center of Coastal Carolina. Notes: Tickets are are \$49 for adults and \$36 for children

> Details and Tickets: 843-842-ARTS (2787) or https://tickets.artshhi.com

# DON'T CRY FOR ME, HILTON HEAD ISLAND: "EVITA" AUDITIONS COME TO ARTS CENTER

The Arts Center of Coastal Carolina is holding auditions is the award-winning musical "Evita" on Jan. 22. Auditions are by appointment only, and actors are asked to prepare a 32-bar selection in a style consis-

AUDITIONS FOR ARTS CENTER PRODUCTION EVITA

When: Noon-7 p.m., Jan. 22

Where: Arts Center of Coastal Carolina

Notes: Auditions by appointment only. Contact Gail Ragland at 843-686-3945, ext. 202 or GRagland@artshhi.com.

Details: www.artshhi.com/auditions

tent with the character(s) they are interested in auditioning for. Choose from the modern musical theater or rock opera canon. All performers returning for callbacks will need to sing and dance. Principals will also need to dance. If you dance, please bring in character shoes. Actors are also asked to bring a picture and resume, stapled together. A monitor is not provided. Find character descriptions on the Arts Center website.

The Arts Center performance of "Evita" will be directed by Gail Luna and Choreographed by Patti Maurer. Rehearsals for "Evita" begin on April 10, and performances run from May 2-27. Actors must be available for all rehearsals and performances.

"Evita" follows the early life, rise to power, charity work and death of Eva Perón, the Argentine political leader and the second wife of president Juan Perón. With music by Andrew Lloyd Webber and lyrics by Tim Rice, the musical rock opera concept album was released in 1976. The movie featuring Madonna and Antonio Banderas was released in 1996.



# Regional bridge tournament comes to Hilton Head Island

The top bridge players from the U.S., Canada and England will flock to Hilton Head Island for the Lowcountry Classic Regional Bridge Tournament, hosted by the Hilton Head Island Bridge Club on Feb. 5-11 at the Hilton Head Marriott Resort & Spa.

Organizers of the week-long tournament are expecting 3,000 tables. There is also a special intermediate/novice program with free play all day on Feb. 6 for players with 0 to 5 master points.

The Lowcountry Classic is American Contract Bridge League's third largest regional tournament. There will also be lectures on bridge as well as registration gifts and prizes for section tops and overall winners.

## FEB 5-11

### LOWCOUNTRY CLASSIC REGIONAL BRIDGE TOURNAMENT

When: Feb. 5-11

**Where:** Hilton Head Marriott Resort & Spa **Notes:** No pre-registration is required.

Details: Tournament chair, Ann Grindstaff at 843 341-6337

or www.bridgewebs.com/hiltonheadisland



Learn more about the Wexford Charitable Foundation at WexfordFoundation.com

over \$100,000 for local charities.

# local happenings







# TOP CHEFS, TALENT RETURN FOR SEAFOOD FESTIVAL FEB. 19-25

Seafood is synonymous with Hilton Head Island as so much of the culture and cuisine here is based around the water. The 11th annual Hilton Head Island Seafood Festival on Feb. 19-25 is a culinary and cultural celebration with food and drink. The week-long festival brings together top chefs, mixologists, sommeliers, local seafood, artisans, live music and wildlife.

The festival is hosted by the David M. Carmines Memorial Foundation, which raises funds for other non-profit organizations including the Coastal Discovery Museum, Island Recreation Scholarship Fund, Port Royal Sound Foundation, Gullah Heritage Museum and Medical University of South Carolina. Details and tickets for each event are available on www.hiltonheadseafoodfestival.com.

### **LOWCOUNTRY SEAFOOD EXPERIENCE ON THE WATER**

Times vary based on tides, Feb. 19-Feb. 22 at Hudson's Seafood on the Docks A two-hour excursion that includes instruction on shrimping, oystering, clamming and crabbing. Enjoy the catch at Hudson's after the excursion. Call 843-304-2878 for reservations.

### **PITMASTER 101**

4:30-6 p.m. Feb. 22 at Waddell Mariculture Center

Learn techniques while guest pitmasters prepare for the Pig Pickin' & Oyster Roast.

### AMES BEARD FOUNDATION'S CELEBRITY CHEF TOUR

6-10 p.m. Feb. 22 at Omni Hilton Head Oceanfront Resort

Get a taste of New York City's James Beard House right here on Hilton Head Island. The multi-course dinner with wine pairings features a group of James Beard Foundation Award winners. The VIP Premier Patron ticket includes a private Meet & Greet Champagne Reception with the chefs and sommeliers.

### **PIG PICKIN' + OYSTER ROAST**

6-9 p.m. Feb. 23 at Waddell Mariculture Center

Local and celebrity chefs and pit masters will prepare quintessential, Lowcountry-style dishes of local shrimp, whole hogs, whole chickens, chopped barbecue and more. There will be beer, wine, signature cocktails and live music.

### 11TH ANNUAL HILTON HEAD ISLAND SEAFOOD FESTIVAL

11 a.m.-5 p.m. Feb. 24 at Historic Honey Horn Plantation

Local restaurants will serve seafood specialities at the family-friendly festival. There's also a kids zone, silent auction, crab races, arts and crafts booths and live music by Deas Guyz. The VIP Lounge will have exclusive catering and bars and private parking access.

### **SEAFOOD, CHAMPAGNE + GULLAH SUNDAY BRUNCH**

10:30 a.m.-1:30 p.m., Feb. 25 at Hudson's Seafood on the Docks

A special brunch menu combines live music and bottomless Bloody Marys on the water.

# Chamber Ball says 'Cheers to 50 Years' to RBC Heritage

The 2018 Chamber Ball on Jan. 27 will sav "Cheers to 50 Years" as the RBC Heritage presented by Boeing ushers in its golden anniversary year.

Each year, the Hilton Head Island-Bluffton Chamber of Commerce recognizes those who have made a lasting, positive impact in the community. Find out who will be honored this year with the Alice Glenn Doughtie Good Citizenship Award, Outstanding Organization of the Year Award, Small Business of the Year Award, Zonta Woman of the Year, Bluffton Regional Business Council Member of the Year and the Sue West Educator of the Year award. This year's ball will feature special guest tributes, and exclusive oneof-a-kind silent auction items.

Enjoy an evening of celebration, fun, dinner, dancing with Deas Guyz and awards at the Lowcountry's favorite black tie event. There are corporate tables and individual tickets available.

### **CHAMBER OF COMMERCE 2018 BALL**

What: Hilton Head Island-Bluffton Chamber

of Commerce 2018 Ball When: 6:30 p.m. Jan. 27

Where: Hilton Head Marriott Resort & Spa. Notes: Ticket packages include corporate tables of 10, couple, and individual. Details: www.HiltonHeadBlufftonChamber.org

# Have a Heart: 21st annual Heart Ball

More than 500 people from Hilton Head Island and Savannah's business, medical, social and philanthropic groups are expected to attend Southern Coast Heart Ball Feb. 3 at the Westin Hilton Head Island Resort & Spa.

The black-tie gala benefits the American Heart Association and features a cocktail reception, silent auction, elegant dinner, a planned program and entertainment.

### SOUTHERN COAST HEART BALL

When: 6 p.m. cocktail reception; 7 p.m. dinner and dancing, Feb. 3

Where: The Westin Hilton Head Island Resort & Spa

**Details:** www.southerncoastheartball.org



# Annual month-long celebration of Gullah culture returns

Showcasing and celebrating the Gullah culture on Hilton Head Island, the monthlong Gullah Celebration includes a variety of events for residents and visitors to experience the food, music and history. The Hilton Head Island Gullah Celebration has been recognized by the Southeast Tourism Society as one of the Top 20 Events in the Southeast. A number of events take place Feb. 1-28 around Hilton Head Island, including:

### **Arts Ob We People Art Exhibition and Sale**

Begins 10 a.m., Feb. 1 at the Art League of Hilton Head Gallery at the Arts Center of Coastal Carolina.

### 2018 Hilton Head Island Gullah Celebration opening party

6 p.m., Feb. 1, Art League of Hilton Head Gallery at the Arts Center of Coastal Carolina.

### **Gullah Heritage Music Series Featuring Choir Singing** and A Capella Performance

7 p.m., Feb. 2, Mt. Calvary Missionary Baptist Church.

### A Taste of Gullah

Event features storytelling, Lowcountry food, basket weaving, gospel music and crafts. Free event. Noon, Feb. 3, Arts Center of Coastal Carolina.

### **Gullah Heritage Music Series Featuring Gospel Classics**

7 p.m., Feb. 9, First African Baptist Church.

### Ol' Fashioned Gullah Breakfast

8 a.m., Feb. 10, Historic Cherry Hill School.

### The Freedom Experience at Mitchelville

11 a.m., Feb. 10, Historic Cherry Hill School

### **Sweetheart Ball With Deas Guyz**

7 p.m., Feb. 11, Lowcountry buffet dinner, dancing and cash bar at Sea Pines County Club. \$75 per person, or \$650 for table of 10.

### **Gullah Heritage Music Series Featuring Gospel Choirs**

7 p.m., Feb. 16, Queen's Chapel AME Church.

### **Gullah Market and Festival**

11 a.m. Feb. 17 at Shelter Cove Community Park. A day of experiencing Gullah culture including demonstrations, food and crafts, storytelling, music and other entertainment by Gullah Geechee Ring Shouters, Heritage Storyteller Louise Cohen, Cora Miller as Harriett Tubman, Parris Island Jazz Band, Deas Guyz and more.

> \$10 general admission, \$5 ages 5-12, free for ages 4 and under.

### **Gullah Heritage Music Series Featuring Quartets**

7 p.m., Feb. 23, St. James Baptist Church.





# 10WGOUNTRY T REAL ESTATE TO CONTRY T REAL ESTATE T REAL ES



# **Lowcountry Estate Marketplace**



### 31 Ribaut Drive, Ribaut Island, Hilton Head Plantation

Within the private enclave of Ribaut Island is a property that enraptures the heart and soul! Watch from the pool as yachts sail the intercostal waterway to ports unknown. Relax on the terrace as the setting sun paints amazing portraits in the sky every evening. \$2,899,000

### Eric & Hillary Dollenberg 843.816.6489

www.EricDollenberg.com





### 4 Jessamine Place, Sea Pines

Newer style home just a short walk from the best beach on Hilton Head Island! 8th row home has all of the exceptional features one could want... gourmet kitchen, generously-sized bedroom suites, open and inviting living areas. Numerous upgrades including paver driveway, beautifully landscaped outdoor living and swim area complete with heated pool, outdoor kitchen and fire-pit and an oversized 3 car garage. Newer top of line HVAC's and foam insulation. \$1,549,000

### Eric & Hillary Dollenberg 843.816.6489

www.EricDollenberg.com





### 24 Heritage Road, Sea Pines Resort, Hilton Head Island

Superior home for a sophisticated homebuver is the essence of 24 Heritage Road. The architecture of this lovely home can go cozy traditional or modern with the open spaces, solid beams and tall windows. 4 BR/ 4.5 BA, media room and wine room and outdoor shower. All this conveniently in between Harbor Town and the best beaches in the area. Must see to appreciate. \$1,395,000

### Susan Ochsner 843.816.6388

www.YourHiltonHeadAgent.com





### 26 Sandhill Crane, Sea Pines, Hilton Head Island

6200 square feet of oceanfront elegance including two master suites, and two living areas, a hardy plank beach deck allows for an amazing beach access and dining area. Cedar closets, Texas limestone, a two-car garage, brick walkway to the beach, fountains, and stone work around the pool are among the countless beautiful extras and features. With 6 terraces three fireplaces and three fountains, it could not be reproduced at any price. \$5,450,000

### Susan Ochsner 843.816.6388

www.YourHiltonHeadAgent.com



# **Lowcountry Estate Marketplace**



### 16 Widewater Road, Spanish Wells, Hilton Head Island SC

This incredible residence shows like new with every imaginable upgrade! Beautiful touches such as travertine tile and gorgeous views of Broad Creek flow throughout the home. Its elegant yet comfortable open floor plan boasts gracious living and dining rooms, a gourmet kitchen open to the family room, a beautiful master suite, and separate offices. The ideal outdoor oasis features expansive patios, a freeform pool, a jacuzzi and dockage. \$3,950,000

> Mark Mayer 843.816.0693 www.MarkMayer.evusa.com

ENGEL&VÖLKERS® MARK MAYER TEAM



### 176 Mooring Buoy, Hilton Head Island

Spectacular home overlooking the gorgeous views of the 11-mile lagoon and multiple golf views of the Robert Trent Jones Golf Course. This Palmetto Dunes 5 bedroom/ 6 full and 2 half-bath home is a short stroll to the Atlantic Ocean. Two fully-equipped kitchens, wine cellar, two fireplaces, elevator, laundry/mud room by pool area. Two bedrooms have a private, separate entrance. Granite counters, stone and hardwood floors. \$1,795,000

Philip A. Schembra 843.785.2452

www.SchembraRealEstate.com





### 156 South Shore Drive, Leamington

Direct oceanfront townhouse. Being sold furnished. In great condition with all the bells and whistles including a private pool. Extreme high quality construction. 5 bedrooms, 5 baths & 3 car garage. Some features include: lots of molding & trim, high ceilings, hard coat stucco, fireplace & elevator, Geothermal HVAC System & tile roof. Study/Media Room could be the 6th bedroom. Turnkey home. Just buy it and start enjoying the amenities of the beach. \$2,695,000

> James Wedgeworth 843.384.7825 www.JamesWedgeworth.com





### 19 Donax Road, Port Royal

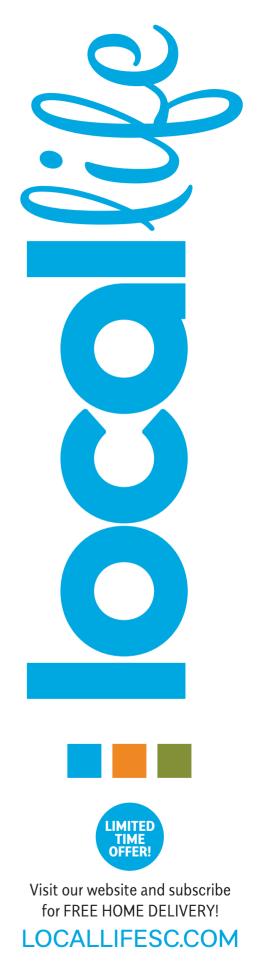
Oceanfront home built on 2 lots. High ceilings with ocean views. Separate formal dining room. Spacious kitchen featuring Thermador stainless steel appliances & granite counter tops. Master bedroom with a large master bath including a sauna on the 2nd floor. Most rooms have ocean views. Large bonus room over the 3 car garage. Back deck looks over the beautiful private pool. Private walkway to the beach. Lovely landscaped grounds enhanced with exterior lighting & two ponds. \$2,650,000

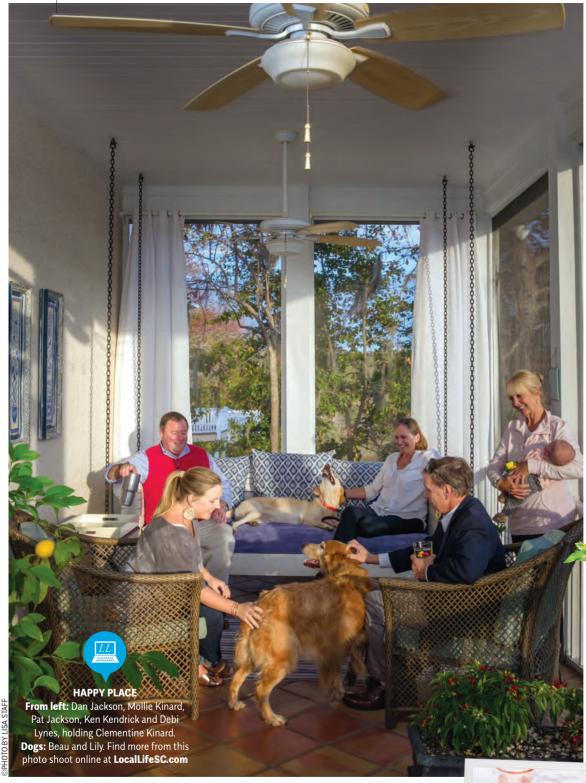
> James Wedgeworth 843.384.7825 www.JamesWedgeworth.com



# advertiser index

Alexander's Restaurant & Wine Bar 91	Island Getaway Rentals 59
Ameriprise Financial	Knickers
Apartments at Shelter Cove Towne Centre149	KPM Flooring 2, 3
Ben Ham Images	KRA Architecture + Design
Billy Wood Appliance	LAVA Fitness
Birdie James	Lean Ensemble Theater 151
Brighton Builders	Litter Box
Budget Blinds	Local Pie
Camellia Art	Michael Anthony's Cucina Italiana 101
Captain Woody's	Oak Advisors
Charlie's L'etoile Verte 101	Old Oyster Factory Inside Back Cover
Coastal Orthodontics 127	Outside Hilton Head Inside Front Cover, 1
Coastal Treasures	Palmetto Bay SunRise Cafe 105
Cocoon	Plantation Interiors
Community Foundation 121	Polaris Capital Advisors
Copper Penny	Prime Lending (a Plains Capital Company) 53
Darren Clarke's Tavern	Pyramids
DayBreak Adult Care Services 129	Ruby Lee's
Distinctive Granite & Marble	SAV/HHI International Airport 131
Dr. Bonnie Rothwell	Serendipity Medical Spa 127
Eric & Hillary Dollenberg 4, 5	SoBA Society of Bluffton Artists 151
FACES DaySpa	Spartina 449
FISH Seafood & Rawbar 111	Spring Island
Forsythe Jewelers Back Cover	St. Joseph's/Candler Health System 17
George Mason Mortgage 49	StoneWorks
Gifted	Susan Ochsner Sea Pines South Beach 23
Grayco	The Back Door
group46	The Cypress of Hilton Head 143
H2 Builders	The Greenery 6, 7
Hilton Head Dermatology 47	The Pearl Kitchen & Bar
Hilton Head Island Seafood Festival 103	The Red Piano Gallery 137
Hilton Head Preparatory School 135	Traveling Chic Boutique 149
Hilton Head Symphony Orchestra 140, 141	Wexford Plantation Charitable Foundation153
Holy Tequila 106 107	Worth New York 129





# The best medicine

Wellness is more than being free from illness. It also runs deeper than just diet and exercise. The spiritual, intellectual and social choices we make in life are as important as what we decide to swallow or how much we choose to move our bodies. Want better health and well-being in 2018? Resolve ways to fill your life with joy.

To close this vigorous issue, we offer this refreshing scene of family and friends gathered on the porch of Dan and Pat Jackson's Hilton Head Island home. The couple moved into the custom-built Walking Horse Street residence in 2000.

"My husband and I wanted to raise our three boys on the marsh - fishing, crabbing and kayaking," Pat said. "Soon after moving in, I realized that my porch would be my sanctuary to get away from ESPN and the chaos that comes from living with four males. . . There isn't a day that goes by that I am not out there sleeping, reading, working on the computer or enjoying coffee or cocktails."

Bluffton caterer Geist Ussery provided the perfect prescription for such simple pleasures.

# SKINNY MOJITO

1 cup of ice

6 lime wedges

1 1/2 tablespoons lime juice

2 tablespoons mint leaves, torn

1/2 teaspoon warmed honey

2 ounces rum

4 ounces club soda

### **DIRECTIONS**

Fill a martini shaker with 1 cup of ice. Add lime wedges, lime juice and fresh mint leaves. Muddle lime and mint with a pestle or a long spoon until well-bruised and fragrant. Combine warmed honey, rum and club soda; stir gently to dissolve honey. Add to muddled mixture: stir until mixture is well-chilled. Strain into a rocks glass filled with ice; garnish with mint and lime. Enjoy!

### GEIST'S CUBAN SHRIMP WITH BLACK BEANS & RICE

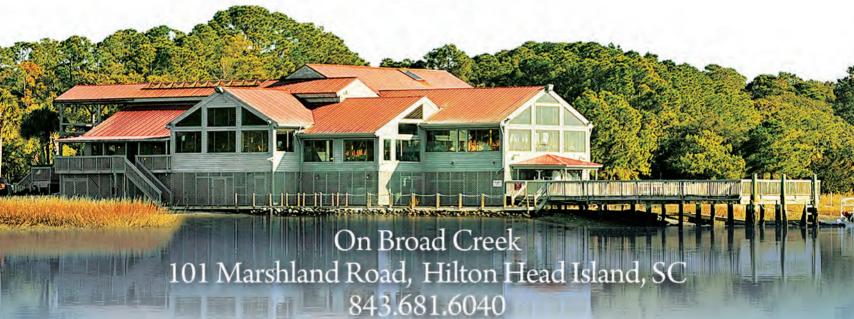
### **INGREDIENTS**

1 pound large local shrimp 1 can of organic black beans 1 can Rotel tomato, lime and jalapeño Fresh limes, fresh cilantro Jasmine rice Garlic, sweet peppers **DIRECTIONS** Place black beans and Rotel in pot. Add cup of chicken broth, 1 minced garlic clove, teaspoon of cilantro and squeeze 1 fresh lime. Bring to boil. Cook two cups of jasmine rice.

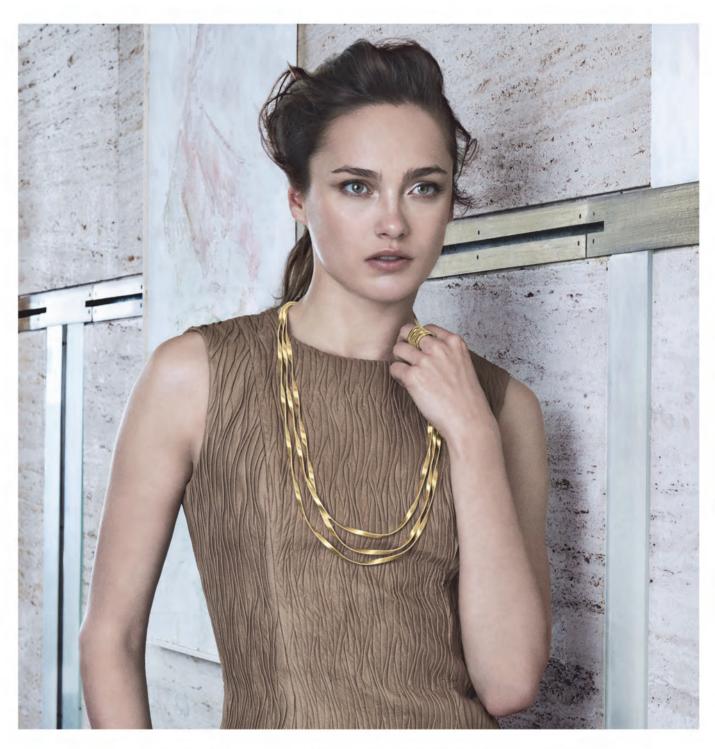
**DIRECTIONS FOR SHRIMP:** Marinate shrimp in minced garlic, olive oil, salt, pepper and cilantro. Pan sauté shrimp and place on top of black beans and rice in large bowl. Hit with fresh cilantro and minced sweet peppers.

Olive oil, salt and pepper





oldoysterfactory.com



# MARCO BICEGO

