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- LORI



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"Sheepshead fish. The human teeth are kind of creepy but they taste amazing!"

- LANCE



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- JEREMY



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"Multi-layered coconut cake."

- CHARLES



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"Fried chicken. Coming from the north, I thought Shake 'n Bake was fried chicken."

- LAURIE



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"Pimento cheese grits. Who knew two Southern staples could combine into something magical?"

- ALLISON



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"Grits! I'll take 'em any way I can get 'em!"

- LISA



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Spectacular seafood

The Lowcountry is awash in shrimp, crabs, oysters and fish because of the miles of rivers that are really ribbons of the ocean pushing inland. The Port Royal Sound is the fisheries' nursery of the East Coast.

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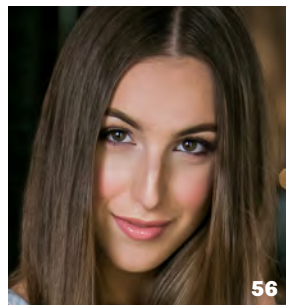
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Secret man cave

Check out an epic display of sports memorabilia hidden inside a Hilton Head Island home. The owner has spent thousands of hours over the past 35 years gathering autographs and collectibles to create a space any sports collector would love.



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Food for thought

There are three easy ways to my heart.

1. BUY ME FOOD. 2. MAKE ME FOOD. 3. BE FOOD.



©PHOTO BY LISA STAFF

“Good food is the foundation of genuine happiness.”

- AUGUSTE ESCOFFIER

Needless to say, I feel this issue dedicated to local food and drinks is the best thing since sliced bread (see what I did there?).

My friends and family know the passion I have for eating and how much I love to cook. I come from a family of great cooks, but the culinary bug didn't bite me (oops! ... I did it again!) until later in life.

When my children were young, I was a busy, single mom raising two kids and running a business. Chef Boyardee served up many meals of beef ravioli, mac & cheese and spaghetti & meatballs back then.

Now, I watch Food Network constantly, and love learning new tips and tricks. One of my favorites is using a cast iron skillet to cook fish.

Here in the Lowcountry, we are blessed with an abundance of unbelievable restaurants, fresh produce and seafood. It's a foodie paradise!

We celebrate all aspects of food this issue — from crowning the Lowcountry's best fried chicken (page 88) to sharing the best red sauce recipe you will ever make (page 78). We've got tips and advice from the best local chefs, mixologists and sommeliers and even take a close look at the farms where our food is grown.

Did you know Spring Island has a 6 1/2 acre farm for all of its residents to enjoy? They can pick as much produce as they want. How awesome of an amenity is that?!? Read all about it on page 94.

We touch base with the local honey expert (page 100), spend a day at Farmers Market Bluffton (90) and go crazy with coffee (112), cocktails (110), wine (106) and more.

There is plenty of non-food related content to ingest as well, including a stunning fashion shoot on page 56. Many thanks to Tracy and Todd Hawk (and their cat Dolce, pictured above) for allowing us to use their beautiful home as a backdrop. March means spring is just around the corner. Here's to good food, good wine, good friends and good times!

Lori

LORI GOODRIDGE-CRIBB

PUBLISHER

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MY FAVORITE
SIMPLE RECIPE:

Skillet-seared grouper

I love cooking in a cast iron skillet! You can't help but learn new tricks if you watch the Food Network as much as I do. **Here is my secret for how to cook the perfect piece of grouper.**

- [1] Heat oven to 400 degrees.
- [2] Properly season the fish on both sides with Old Bay Seasoning
- [3] Heat cast iron skillet on the stove to hot, then add a little butter.
- [4] Once butter is melted (butter has a low heat tolerance, but it works – just don't burn it), sear both sides until slightly golden brown.
- [5] Throw the skillet in hot oven for 10-15 minutes until the fish is opaque. Cooking time will vary depending on how thick the fish is. Once done, enjoy!



TWO LOCALS AND A JEEP Local Life publisher Lori Goodridge-Cribb with Nick Bergelt of Charbar Co. and Holy Tequila. Bergelt talks burgers, tacos and tequila on page 76.

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



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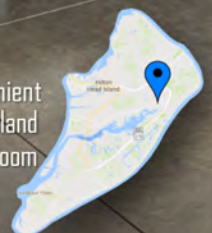
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MEET OUR WRITERS + PHOTOGRAPHERS + PEOPLE BEHIND THE SCENES



Celia G. Carroll
Photographer

FOR THIS ISSUE:

Drank way too much coffee at Grind, crashed the kitchen at Sea Pines and resisted stuffing her face with tacos at Holy Tequila.

OTHER CREDITS:

Recently expanded her social media and branding business with her lifestyle blog Harbour Affair. She will be completing her ninth half-marathon this month and will be covering a lot of beautiful things for Chamber Fashion Week 2018.

FAVORITE FOOD:

Waffles, anything with goat cheese

FAVORITE DRINK:

Gin & Ginger, made with Bulrush Gin

FAVORITE SIMPLE RECIPE:

Greek Yogurt Dip

Ingredients:

- 1 cup plain Greek yogurt
- 2 tablespoons olive oil
- 2 tablespoons dill
- 1 tablespoon lemon juice
- 1 tablespoon sea salt (adjust for taste)

Directions:

Combine all ingredients and add crumbled feta cheese on top. Serve with sliced cucumbers and pita.



Jackie Maloney
Illustrator

FOR THIS ISSUE:

Created the "How to Survive a Crawfish Boil" artwork

OTHER CREDITS:

Jackie travels to East Coast beach towns exhibiting at outdoor art festivals (She's a full-time art gypsy, part-time beach bum.). In 2015, Jackie self-published a cookbook featuring New England recipes titled, "The Shelter Island 36," by Chef Jason Casey.

FAVORITE FOOD:

Blue claw crabs and Old Bay Seasoning

FAVORITE DRINK:

Jalapeño margaritas

FAVORITE SIMPLE RECIPE:

Grilled Whole Fish

Directions: Take a cleaned porgy/sea bream, brush both sides with extra virgin olive oil, sprinkle with sea salt and pepper. Use a fish basket or place directly on grill grates. Cook on medium high for approximately 5 minutes per side. Remove from grill when skin is crispy and meat is white and flaky. Serve with lemon.



Amy Coyne Bredeson
Writer

FOR THIS ISSUE:

Learned about the many benefits of raw local honey and got to interview the executive chef at The Sea Pines Resort.

OTHER CREDITS:

Bredeson will be on Capitol Hill in early March to talk to congressmen about the importance of federal funding of research into tuberous sclerosis complex, a genetic disease her daughter fights. She and her husband, Matt, have two children and live in Bluffton.

FAVORITE FOOD:

Mint cookies and cream ice cream

FAVORITE DRINK:

Cherry Coca-Cola Zero

FAVORITE SIMPLE RECIPE:

Low-Carb Crockpot Mexican Chicken Soup

Directions: Place 1 1/2 pounds chicken at the bottom of a 6-quart crock pot. Add 15 1/2 ounces chunky salsa, 15 ounces chicken broth, and 8 ounces shredded Monterey or pepper jack cheese. Cook on high 3 to 4 hours. Shred the chicken. Serve hot.

Bob Stavitski Writer

FOR THIS ISSUE: Learned how Memory Matters has been making a difference in our community for a generation. **OTHER CREDITS:** Bob's local food and beverage experience includes the years he was known locally and internationally as "Mr. Bob," the globetrotter, recruiter, sponsor and mentor of several thousand of the international college students participating in food and beverage, culinary and hospitality internships on Hilton Head and around the country on the U.S. J-1 Visa program. **FAVORITE FOOD:** May River Oyster **FAVORITE DRINK:** Hurricane Daiquiri at the Frosty Frog **FAVORITE SIMPLE RECIPE:**

Hot Pepper Jelly and Cream Cheese **Directions:** An often-forgotten Lowcountry old school appetizer. Unwrap and plate original style cream cheese brick. Cover with your favorite hot pepper jelly. Traditional cracker for this is Bremner Wafers. Many exciting local farm-to-table pepper jelly flavors from mild to wild are available at our local outdoor markets.



HOB

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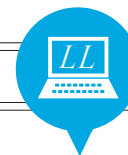


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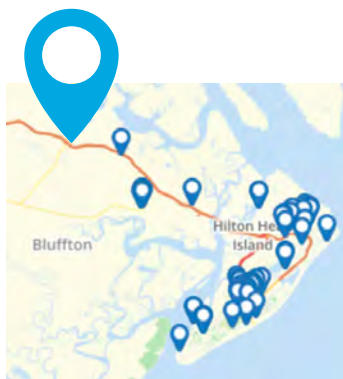
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Find LOCAL Life display stand locations

One of the most frequent questions we get is **"Where can I find a copy of LOCAL Life?"** To make it easier, our awesome web team has developed an online map of magazine stand locations at LocalLifeSC.com. New locations added this month include Island Child, Pretty Papers, Salty Dog T-Shirt Factory and the South Beach Inn. When you do get your hands on one, be sure to fill out a subscription card on page 16 to get it sent straight to your mailbox!

Ask a tech guy

Got a technical question? Henrik de Gyor may have the answer. This month, the Bluffton tech consultant writes about data breaches, automation and crowdfunding. Read up on the topics on our website before attending de Gyor's free lecture on March 31 at the Bluffton Library.



Advice from a life coach

A positive attitude never goes out of style! Growing up, life coach Susan Sewell often heard the phrase, "Attitude is altitude, it all depends on you." Those words have proven to be true for her over and over again. How you choose to carry yourself is a choice — positive or negative.

About the Cover

The cover features an original LOCAL Life blue cocktail created by Old Oyster Factory bartender Gretchen Cram. The drink was shot on location at the Marshland Road restaurant. It is surrounded by Spanish moss, oyster shells from Broad Creek and the stunning view that earned Old Oyster Factory a spot on Open Table's prestigious **"Top 100 Scenic View Restaurants"** list. Special thanks to Cram, Bob Delmar, Katie Manley and the team at Old Oyster Factory for the hospitality and Mark and Lisa Staff for capturing the image in the pouring rain.



online video

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CHOP IT LIKE ITS HOT

The restraining order didn't work! Watch video of our photographers greeting chef Geist Ussery at the old parsonage (aka Geist's house). Read the story on page 40.



WHAT'S BUZZIN'?

Allergic to bee stings? You may need an EpiPen just to watch this video of beehive keeper David Arnal and his insect squadron. Read our local honey story on page 100.



MODEL BEHAVIOR

Watch behind-the-scenes video of fashion model Emily Vaughn at the home of Tracy and Todd Hawk, then check out our spring fashion spread starting on page 56.



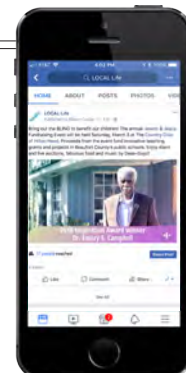
RAISE YOUR GLASS

Jesse Rodriguez was named "best new sommelier in America." Check out his story on page 42, then see how his photo shoot came together online.

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GUEST OF HONOR Gullah cultural heritage leader Emory Campbell is grand marshal for the 35th annual Hilton Head Island St. Patrick's Day Parade, set for 3 p.m. on Sunday, March 11.

MEET THIS YEAR'S ST. PATRICK'S PARADE GRAND MARSHAL: *Emory Campbell*

STORY BY FRANK DUNNE JR. + PHOTO BY MIKE RITTERBECK

Having lived on Hilton Head Island for almost 18 years, there are two things that make me say, "yeah," it's been worth it. One is contributing to local publications like this one. The second is being involved with the Hilton Head Island St. Patrick's Day parade for 15 years. Both have given me opportunities to meet truly amazing people who make this community special.

This time, it's Dr. Emory Shaw Campbell, the grand marshal for this year's St. Patrick's Day Parade on Hilton Head Island. The 35th annual event shares its anniversary with the Township of Hilton Head and the 50th anniversaries of the RBC Heritage and the Hilton Head Island-Bluffton Chamber of Commerce. It's a big year for Hilton Head history, and who better represents our island's history than a longtime local and director of the Penn Center? I had the pleasure of sharing coffee and conversation with Campbell.

Have you ever been to our St. Patrick's Day Parade? [Emory Campbell] You know, I have never seen it believe, it or not. I always seem to be out of town or have some other schedule conflict. I'd been to the parade in Savannah when I was younger, but this will be my first time here.

This will be one heck of a way to start then, won't it? You get a front-row seat.

[EC] It sure will!

Were you surprised when the committee contacted you? What were your thoughts? [EC] Yes, I was surprised and I actually took almost a month to think about it before accepting. Being somewhat unfamiliar with the event I wondered if it was a good fit. St. Patrick's Day, I thought, that's all about being Irish isn't it? But I said "yes" because it is quite an honor to be asked.

Well, we're a little different here. St. Patrick's Day is the vehicle, but our parade is more about celebrating our Hilton Head Island community as a whole. It's kind of a spring

fling for locals of all stripes before we get into the heat of tourist season. I think you'll be impressed by the friendly, unifying spirit in the air on parade day. [EC] That's wonderful. Anything that brings people together like that, I'm happy to be part of it.

It's going to be a big week for you. You've been awarded the Peggy May Inspirational Award by the Foundation for Educational Excellence. That ceremony happens a week before the parade. Are you accustomed to having this much praise piled on you all at once? [EC] Well, when you get to a certain age and have worked hard to be of service to others, these kinds of things tend to come your way. So yes, you do get used to it, and it's humbling. The real reward is in the affirmation that you've made a difference.

And you certainly have made a difference in this community and beyond. In your own words, what do you see as your most important accomplishments? [EC] I do not consider any of them major, but during my environmental work, I am proud to have helped bring potable water to low-income residents in the Sea Islands, including Hilton Head. In my Gullah cultural preservation work, I like that we now have a congressionally-designated Gullah Heritage Corridor and popular Gullah culture celebrations at St. Helena Island, Beaufort, Daufuskie Island and Hilton Head Island.

That's certainly more than most of us can say. Do you think this role as grand marshal will help you further your mission? [EC] Anything that puts what you're doing in front of the people helps. So, yes.

We're proud to have you as grand marshal for our 35th annual Hilton Head Island St. Patrick's Day Parade. We'll do our best to make it a day you'll never forget! [EC] Thank you. I'm looking forward to it. LL

Frank Dunne Jr. is a member of the Hilton Head Island St. Patrick's Day Parade committee. **This year's parade is scheduled for 3 p.m. Sunday, March 11** (the Sunday prior to St. Patrick's Day). The route is from Pope Avenue to Office Park Road, ending at Park Plaza. For more information go to hiltonheadireland.org.



Gaelic Slang

(Most effective when combined with Irish accent)

Ways to use Irish phrases in your Lowcountry life.

Banjaxed: To be tired or broken down.

"Stuck on 278. I'm completely banjaxed."

Bejesus: A mild expletive used to express surprise.

"The roofer was 40 minutes late, cocky as bejesus."

On the long finger: To procrastinate or delay something.

"The Sea Turtle project seems to be on the long finger."

Blaggard: A scoundrel; an untrustworthy person.

"He's such a blaggard. Must be a Patriots fan."

Olagonin': Moaning or complaining.

"Yes, it's hot. We're in the Deep South. Stop olagonin'!"

Whisht: Ask someone to be quiet.

"Whisht! You're spooking the pelicans."

Shenanigans: Silly or high-spirited behavior; mischief.

"All kinds of shenanigans at the Triangle tonight."

Jack: A toilet or restroom

"You don't know that. In fact, you don't know Jack!"



Paddy's Day Playlist

St. Patrick's Day is near. So why are you sitting down? Put on your green jeans, steam some cabbage and throw back a 4-pack of Guinness pub cans while listening to this 17-song playlist. We guarantee it will get your Irish bones jiggling. Follow this and other LOCAL Life playlists by searching for **Spotify:user:locallifetunes** on Spotify. Compiled by Lance Hanlin, a lifetime lover of Lucky Charms marshmallows.

"Come On Eileen" - Dexy's Midnight Runners

"Drunken Sailor" - Blaggards

"Salty Dog" - Flogging Molly

"Tessie" - Dropkick Murphys

"I Useta Lover" - The Saw Doctors

"Whiskey In the Jar" - Metallica

"Seven Drunken Nights" - The Dubliners

"Where the Streets Have No Name" - U2

"Paint the Town Red" - The Mahones

"Jump Around" - House of Pain

"The Foggy Dew" - The Chieftains

"Dirty Old Town" - The Pogues

"Seven Nights in Eire" - Reckless Kelly

"This Is A Rebel Song" - Sinead O'Connor

"Tubthumping" - Chumbawamba

"The Night Pat Murphy Died" - Great Big Sea

"Gotta Getaway" - Stiff Little Fingers

5 Pipe Bands

*SET TO STRIKE
THE RIGHT NOTES
AT THIS YEAR'S
PARADE*

One of the liveliest events each year is the St. Patrick's Day Parade on Hilton Head Island. While there are many unexciting entries (politicians and dignitaries without candy, waiving from the back of a convertible), the bagpipes are always a crowd favorite. Here's a look at five pipe bands that will travel here to perform in this year's parade, starting at **3 p.m. on Sunday, March 11.**



Boston Police Gaelic Column of Pipes and Drums

Hometown: Boston

Coming to the parade: 16 bagpipers, 6 snares, 3 tenors, 1 bass

Band notes: Formed in April 1992, in response and out of respect for Boston police officer Jeremiah Hurley Jr., who was killed by a bomb explosion. At that time, there were no police bagpipe bands in New England, so one had to be brought up from New York to play his funeral. The band is very active and continues to play a wide range of events, including parades, sporting events, awards ceremonies, and funerals. All members are police officers and most with Irish/American backgrounds. Most of the band's music reflects that heritage.

For 2018: The band's St. Patrick's Day season will kick off at the Hilton Head St. Patrick's Day parade. It also will perform at Reilley's Grill & Bar immediately following the parade.



Wake and District Pipe Band

Hometown: Raleigh

Coming to the parade: 12 bagpipers, 4 sides, 2 tenors, 1 bass, 1 drum major

Band notes: This organization was created to honor police officers and firefighters killed in the line of duty through the music of the bagpipes and drums; this band's mission formed the foundation for Wake and District. Today, under the musical leadership of Pipe Major Dalton Marshall and Drum Sergeant Michael Iannuzzi, band members continue to work together to accomplish common goals, both on the field and off. While they focus on their goals in competition, they recognize their duty within the community to be in service and perpetuate the art form. The band serves at the pleasure of the Colonel of the North Carolina State Highway Patrol and Mayor of the City of Raleigh.

For 2018: Can be found at Local Pie the night before the parade and drinking pints at Reilley's Bar & Grill after the parade. A small group will perform at Reilley's on Saturday night.



Charleston Pipe Band

Hometown: Charleston

Coming to the parade: 10 bagpipers, 4 snares, 2 tenors, 1 bass

Band notes: Founded in 1995 as The Charleston Police Pipes and Drums by Charleston Police Chief Reuben Greenberg and Former USAF Pipe Major Sandy Jones. They regularly compete in the Eastern United States Pipe Band Association (EUSPBA) and have won regional and seasonal championship titles several times over the years in all competitive grade levels in the association. They incorporated as an independent non-profit in 2015 as The Charleston Pipe Band and today are a self-sustaining non-profit dedicated to bagpipe excellence and service to the community through performance and education. Their kilts are of a custom tartan made especially for them and registered in Scotland in 2004. The Charleston Police Pipes and Drums Tartan has specific colors which reflect their ongoing association with the police department: Police Blue, Black (for the fallen), Gold and Silver (for badges and awards).

For 2018: Will play a set before and after the parade at Reilley's Bar & Grill.



Coastal Florida Police & Fire Pipes & Drums

Hometown: Palm Coast, Fla.

Coming to the parade: 12 bagpipers, 4 sides, 2 tenors, 1 bass, 1 drum major

Band notes: The duty band for the Flagler County Sheriff's Office, the Palm Coast Fire Department, Flagler County Fire Rescue, St. Augustine Beach Police Department, Welaka Police Department and Putnam County Sheriff's Office as well as numerous veteran and civic organizations. On the most difficult days, the band gives a hero's farewell to fallen first responders and military veterans. In 2017, the band performed for the 58th Inaugural Parade for the President & Vice President of the United States. Only two bands per state are awarded this honor every four years.

For 2018: The Coastal Florida Police & Fire Pipes & Drums are proud to represent the state of Florida at the parade. They dedicate their performance in memory of those police officers and firefighters killed in the line of duty.

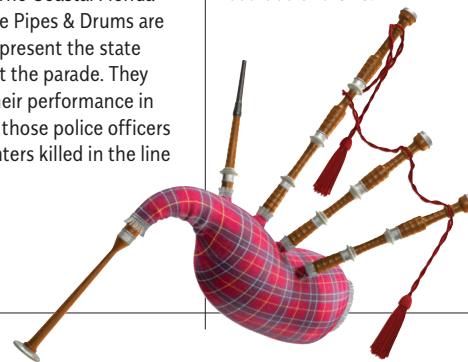


Police Pipes and Drums of Bergen County

Hometown: Bergen County, N.J.

Coming to the parade: 12 bagpipers, 6 snares, 3 tenors, 1 bass

Band notes: The band is comprised of members of law enforcement throughout Bergen County. The band serves at all official police functions including line of duty funerals, parades, academy graduations, memorial services and various civic functions. Its tartan is a solid Police Blue kilt with a French blue stripe, which is the traditional color of the majority of police uniforms throughout New Jersey. While on parade, band members wear traditional military bagpipe attire. In 2003, the band was crowned as the Eastern United States Pipe Band Association Grade 5 champions. The band has recorded two CDs.



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Local St. Patrick's Day Recipes

WE REACHED OUT TO A FEW LOCAL CHEFS FOR THESE IRISH-INSPIRED RECIPES, SURE TO PLEASE WHATEVER TYPE OF CROWD YOU ARE HOSTING ON MARCH 11 (HILTON HEAD ST. PATRICK'S DAY) OR MARCH 17 (REAL ST. PATRICK'S DAY).



FISH SEAFOOD & RAW BAR

Rueben Burger

INGREDIENTS (Burger)

1 pound ground beef, 80/20 blend
1 pound corned beef, ground
Artisan bread or good rolls
2 cups sauerkraut, drained
2 tablespoons butter, cut into pats
4 slices swiss or gruyere cheese
Salt and pepper
Grapeseed oil

INGREDIENTS (Dressing)

1/4 cup ketchup
1/4 cup pickle relish
1 tablespoon rice wine vinegar
1 tablespoon celery seed
1 tablespoon Tabasco
1/2 cup mayonnaise

DIRECTIONS: In a bowl, whisk together all dressing ingredients. Mix well, then blend with sauerkraut and hold. [1] In a different bowl, by hand, blend beef and corned beef, mixing well until both "beefs" are evenly and thoroughly mixed. Next portion beef into four equal patties, season evenly with salt and pepper on both sides then cook over preheated 350 degree grill. Cook burger on first side for 5-6 minutes, then flip and repeat cooking on second side.

[2] During cooking, in sauté pan over high heat, add grapeseed oil, allow to heat until smoking then reduce heat to medium. Next add dressed sauerkraut and cook for 3-4 minutes or until browned, stirring with a spatula during process. Once cooked add 1/4 of dressed kraut to cooked side of burger, then top with cheese. [3] To build burger, heat a pan over medium high heat, add butter to pan and brown buns one side at a time, repeating process until all buns have been browned. Then build burger with bottom bun, dressed beef and cheese burger then finish with bun top. Serve.

REILLEY'S GRILL & BAR

Cottage pie

INGREDIENTS

3 pounds ground beef or ground sirloin
1/2 cup diced onions
1 quart of beef stock
1/2 cup of roux (equal parts melted butter and flour)
2 cups frozen peas
Salt and pepper to taste
2 cups of grated sharp cheddar

DIRECTIONS: Brown ground beef or sirloin with onions then strain off all fat. Place back in pot. Add beef stock. Bring to a strong simmer then tighten with roux. Bring to simmer on medium heat. Stir frequently until thickened (2-4 minutes). Be careful not to burn. Add salt and pepper to taste.

INGREDIENTS (Whipped potato topping)

6 large potatoes, peeled
1/2 stick of butter
1 cup of milk
Salt and pepper to taste

DIRECTIONS: Hand mix until smooth with no lumps. Build your cottage pie in a 9-by-9 baking pan. [1] Add ground beef and gravy [2] Add peas [3] Spread mashed potatoes over mixture [4] Sprinkle grated cheddar on top of mashed potatoes [5] Place in 350 degree oven until the cheese is completely melted and the pie is hot.



PALMETTO BAY SUNRISE CAFE

Corned beef hash

INGREDIENTS

1 5-pound raw corned beef brisket (Grobbe's)
5 pounds russet potatoes, peeled
1 gallon water
1 can ginger ale
2 quarts beef stock

DIRECTIONS: Preheat oven to 400 degrees. In a large roasting pan, add brisket, fat side up. Add ginger ale and enough water to fill the pan halfway. Cover with plastic wrap and a piece of foil. Cook 3 1/2 hours. Uncover. Cook 30 minutes more. Let brisket cool. Remove fat and chop into 1/2 inch chunks. Chop potatoes into large dice. Pour the liquid in the roasting pan into a large stock pot. Add beef stock and potatoes. Cook potatoes until tender (20-30 minutes). Add corned beef. Stir. Try not to break up potatoes too much. Heat a heavy sauté pan or griddle. Spoon on corned beef. Cook to desired crispness.

LOCAL LIFE TEST KITCHEN

Irish coffee

INGREDIENTS

1 1/2 ounces Tullamore Dew Irish whiskey
1/2 ounce organic brown sugar
1/2 ounce FIJI water
3/4 cup Community Coffee (Coffee & Chicory)
1 can Reddi-wip cream
1 cinnamon stick

DIRECTIONS: Mix brown sugar and water. Heat until dissolved. Mix in Irish whiskey and coffee. Stir and pour into an Irish coffee glass. Garnish with whipped cream and cinnamon stick.



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LOWCOUNTRY IN NATIONAL



Who's talking: [PARENTS.COM](#)

Details: Featured Daufuskie Island in its "5 Under-the-Radar Island Escapes the Whole Family Can Enjoy."

Their words: "Off the coast of Hilton Head is a bridge-less, car-free barrier island that will win you over before you even get there. On the 30-minute ferry ride, expect to sit next to one of the 200 year-round Daufuskians who'll strike up a conversation like you're already friends — and it won't be long before you're having sundowners on their veranda and play dates on the surprisingly empty driftwood-dappled beaches. The lush, untamed setting has a Where the Wild Things Are feel (just swap monsters for alligators and armadillos)."

Who's talking: [SOUTHERN LIVING](#)

Details: Printed the article, "You'll Fall in Love with Bluffton, South Carolina."

Their words: "Since 2000, Bluffton's population has grown from just under 3,000 to just over 15,000. What's up in this moss-draped village on the beautiful May River? Locals will tell you it's the appeal of the "Bluffton State of Mind."

Who's talking: [WOMEN'S HEALTH](#)

Details: Featured Hilton Head Health in an article, "The 6 Best Weight-Loss Camps for Lasting Results"

Their words: "Whether you're looking to shed a few pounds or lose 50+, you can find the right fit at this all-inclusive resort located on a beautiful island in South Carolina. Choose from its one-week "Jump-start" program, which acts as a "launching pad" for successful weight loss, the four-week "LoseWell" intensive program for those with chronic weight issues, or the "LivingWell" program to customize your ideal healthy vacation."

Who's talking: [BRAVOTV.COM](#)

Details: Listed Daufuskie Island in its list of "The Best Islands in America You've Never Heard Of."

Their words: "On Daufuskie Island, Haig Point, a luxury community, is only accessible by ferry, as there is no bridge to connect the island to the mainland. No cars are allowed on the island, making for a quiet atmosphere with golf carts and bicycles being the only mode of transportation. Lodging options overlook the Calibogue Sound — a 13-mile-long stretch of curving waterway shops, a spa, and abundant natural wildlife — that connects the Atlantic Ocean to the Port Royal Sound. The tiny island, less than five miles long, features a rum distillery and winery, art gallery, history museum, and a handful of family friendly restaurants."

Source: Hilton Head Island-Bluffton Chamber of Commerce



©PHOTO BY MIKE RITTERBECK

Adopt this Pet: Shortstop LOVABILITY METER

ADD THIS BEAUTIFUL BROWN-EYED GIRL TO YOUR LINEUP

The Yankees had Jeter, the Orioles had Ripken and the Cardinals had Ozzie. Everyone needs a good shortstop on their team. This beautiful brown-eyed girl is ready to take her ball and go to your home. She's 5 1/2 in dog years (around 40 in human years) and has tested well with people and other dogs at the Hilton Head Humane Association. She's not a big fan of cats, but who is, really? In ancient times cats were worshipped as gods; they have not forgotten this. No scummy cat has ever been called "human's best friend," but this lovable terrier mix could be. Shortstop is a quintessential team player that just wants to play. Consider adding her to your lineup!

MORE ABOUT SHORTSTOP

Color: Chestnut

Age: 5 1/2 (about 40 human years)

Likes: Toys, balls, Milk-Bone biscuits

Dislikes: Hair metal bands. "Dudes with long hair, ripped jeans and earrings wailing out power ballads with little to no musical talent? Come on late 80s, you were better than that!"

Adopt her: Hilton Head Humane Association, www.hhhumane.org, 843-681-8686

LET THE SUN SHINE!

Daylight Saving Time begins at 2 a.m. on the second Sunday in March (March 11). Don't forget to turn your clocks forward an hour. The downside: You will be losing an hour of sleep.

The upside: You will be gaining an extra hour of daylight. Here are **FIVE IDEAS** of what to do with the bonus hour of glorious sunshine.



[1] PICNIC PARTY Enjoy a sunset picnic at Shelter Cove Community Park or on the bluff next to The Church of the Cross.



[2] TAKE A STROLL Take an after-dinner walk on the beach or in Old Town Bluffton.



[3] BE ACTIVE Get in nine holes of golf or challenge a friend to a tennis match after work.



[4] GROW Plant a vegetable garden. Peppers are easy to grow here and require little effort. Pick varieties hard to find at grocery stores, such as Anaheim, cowhorn and dragon cayenne.



[5] ROAD TRIP Take an evening drive to Beaufort. CBS News recently named the town among its "5 Surprise Romantic Getaways in the U.S."

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NON-PROFIT SPOTLIGHT



The Children's Relief Fund

MISSION

“The Children's Relief Fund recognizes that every person, no matter what their disability, has a place in our society. Its mission is to provide the special needs children in the Lowcountry with the appropriate tools to live productive lives in our community. These very special children, like all children, deserve their chance to shine.”



HELPING HANDS The Children's Relief Fund is the largest local supporter of programs for special needs children.

HISTORY

The Children's Relief Fund is an all volunteer non-profit organization founded in 1991 by Rose and Frank Fotia. Their son, Gregory, suffered from a rare seizure disorder called West Syndrome. Gregory had multiple disabilities and was the inspiration behind The Children's Relief Fund. The organization consists of volunteers who raise money to help fund various therapies, special equipment, summer programs and many other group activities for disabled children in the Hilton Head/Bluffton area.

WHO IT HELPS

The Children's Relief Fund has been serving special needs children and their families in the Hilton Head/Bluffton area for more than 26 years. Along with therapy and equipment, the organization also is the major funding source for the area's Special Olympics. Other programs that benefit from the organization are Heroes on Horseback, SOAR, Fishing with Friends, Pockets Full of Sunshine and The Island Recreation Center.

HOW TO HELP

Volunteer to help support the organization's fundraising efforts or participate in one of the various programs they support. Attend CRF's main fundraiser, the “Straight From The Heart” Spring Fling on March 24 at the Westin Hilton Head Island Resort & Spa. Donate an item for the silent auction. *LL*

MORE INFORMATION ON THE CHILDREN'S RELIEF FUND

Contact Rose Fotia at 843-681-7668 or visit www.thechildrensreliefund.org



KILLER COOKBOOKS

Here in the Lowcountry, cookbooks are much more than a collection of recipes — they're literature worthy of the coffee table. Here are a few Southern classics to consider.

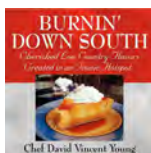
Cooking the Gullah Way: Morning, Noon & Night By Sallie Ann Robinson

The queen of Gullah cuisine highlights some of her favorite memories and recipes from her life growing up on Daufuskie Island, where islanders traditionally ate what they grew in the soil, caught in the ocean and hunted in the woods. It includes 75 easy-to-prepare recipes and 25 folk remedies, demonstrating how in the Gullah culture, food and medicine are closely linked.



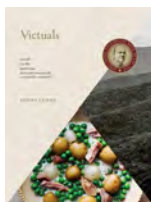
Burnin' Down South By David Vincent Young

Chef David Vincent Young is well known on the local restaurant scene, working in many popular kitchens including The Sea Shack, Roastfish & Cornbread (RIP), Burnin' Down South (RIP), Ruby Lee's, Poseidon and Skull Creek Dockside. He shares some of his best recipes here, including one for his signature sweet potato cornbread.



Victuals By Ronni Lundy

This James Beard Foundation Book of the Year Award-winning effort explores the diverse and complex food scene of the South through recipes, stories, traditions and innovations. Each chapter explores a specific defining food or tradition of the region — such as salt, beans, corn (and corn liquor).



Heritage By Sean Brock

The first offering from the chef behind game-changing Lowcountry restaurants Husk and McCrady's Tavern. With a drive to preserve the heritage foods of the South, Brock cooks dishes that are ingredient-driven and reinterpret the flavors of his youth in Appalachia and his adopted hometown of Charleston.



Charleston Receipts

By the Junior League of Charleston

First published in 1950, this classic cookbook is a must-have for any collector. It contains 750 recipes, Gullah verses and sketches by Charleston artists. The lasting quality of its recipes is remarkable. It was inducted into the Walter S. McIlhenny Community Cookbooks Hall of Fame.



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USCB follows its students

EVENTS AND
HOSPITALITY CENTER
FOCUSES ON HOW
THE AREA'S BREAD IS
BUTTERED: TOURISM

BY LISA ALLEN

For more than 50 years, Hilton Head Island has been a powerful magnet for visitors and retirees seeking a gorgeous area with world class accommodations and eateries. The area hasn't disappointed.

The University of South Carolina Beaufort's Center for Event Management and Hospitality Training Center opens this fall at the gates of the area's hospitality origin, right outside of The Sea Pines Resort at 32 Greenwood Drive.

"Most hospitality students work while in school," said Charles Calvert, professor and dean of USCB's Hilton Head campus. "Fifty percent of students complete their internship while working on Hilton Head Island."

Having the center close to where they work will make it easier for students and more closely align the center with area restaurants and resorts.

It's a perfect location for a training center, Calvert said, because it's right in the middle of a world renowned destination with revered restaurants and resorts from the industry's most respected names, such as Marriott and Hilton.

"Our aspirational peers are the University of Nevada Las Vegas as a destination leader and Cornell University for its curriculum," Calvert said. Both are among the nation's top hospitality schools.

USCB started its hospitality program as soon as it began offering bachelor degrees in 2004. Program internships blend hands-on experience with business management, from food costing, menu pricing, event planning, service coordination, customer analytics, workflow assessments and marketing measurements, Calvert said.

"Interns are still working, be it serving or hosting or working the front desk, but they're also analyzing their work experience," he said.

Tourism is a \$1 billion industry for Beaufort County and the need for managers is acute, said Alan Wolf, director of operations of the island's biggest employer, the 10-restaurant SERG Group which provides 425 full-time and 375 part-time jobs. Its workforce swells to more than 900 at the height of summer season.

"We are in desperate need of a workforce in our restaurants," Wolf said. "There is a limited talent pool. This program provides a group of people who have chosen the path of hospitality. They are our future leaders."

Arismel Arana, a Beaufort native, graduated from the program in 2007 and is now director of guest services for Ocean Oaks, Hilton's new timeshare.

"I love the flexibility of the hours and the constant variety," she said of her chosen career. "You might go from helping a guest celebrating a life event to a staffing problem. It's never the same. I love change."

Arana said her degree helped accelerate her rise through the ranks. She said Calvert set realistic expectations about the industry for his students. "You have to work your way up," she said.

Wolf is on the center's advisory board and is happy to see the program's emphasis on catering and large events. "It's a huge part of what we do here, but most restaurants don't do it often enough that it's second nature."

Students will learn essential lessons about the business side of hospitality, from labor costs and sourcing ingredients to managing a large staff, and even knowing what to do if there is a power outage.

While the center will have a full demonstration kitchen, its focus is not culinary arts but how to manage chefs, servers and support staff, Calvert said. The program is working with Technical College of the Lowcountry as it develops its culinary institute. Students can earn an associate's degree at TCL and then transfer to USCB to complete a hospitality bachelor's degree.

The center will help restaurants train staff on new food trends and equipment, such as sous vide cookers, which cook vacuum-sealed food in a bag to a very precise temperature in a water bath. That enables food to be cooked to a certain point and then held there, allowing caterers to plate hundreds of perfectly cooked steaks at the same time.

With the combination of a degree and hands-on experience at household name resorts, graduates can land jobs anywhere they want. "You have career mobility," Calvert said.

The area will benefit from a ready supply to managers to maintain the quality of area restaurants and resorts as well as a continuous wave of entrepreneurs, Calvert said. Students will be able to test ideas in laboratories where they can put together marketing plans, sample menus or catering and event plans.

The facility also will teach employees about the brand of Hilton Head Island itself.

"That's so important to setting us apart," Wolf said. "This is not a typical area. We have a great story and everyone in hospitality should be able to tell it." LL

SOUTHERN HOSPITALITY

The USCB Center for Event Management and Hospitality Training is a collaboration between the Town of Hilton Head Island and The University of South Carolina Beaufort's Hospitality Management Program.

The center's key focuses are:

- Expanding destination events
- Assisting in local event management
- Training local hospitality professionals
- Supporting the local hospitality industry



EXPERIENCE THE DIFFERENCE

Terry has been in the insurance industry since 1979. He joined the Correll Insurance Group of agencies as the President of Coastal Plains Insurance (CPI) and South East Coastal Underwriters (SECU). Terry is part owner and responsible for the day to day operations.

Prior to joining CPI Terry was owner of an insurance education and consulting firm.

Terry continues to accept national and international speaking engagements. In his spare time Terry is also recognized by Federal and State courts as an expert on insurance coverages and serves as an expert witness.

Terry holds the following professional designations; Certified Insurance Counselor (CIC), Chartered Property and Casualty Underwriter (CPCU) and Construction Risk and Insurance Specialist (CRIS).

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Each March, wine and food enthusiasts from all corners of the country gather on Hilton Head Island for the Wine & Food Festival, one of the largest outdoor tented public wine tastings on the East Coast. With the 2018 event just around the corner (March 8-11), we celebrate "Best of Show" winners from the past three events. Keep an eye out for these labels at your favorite local restaurants and wine shops. Cheers!



2017 BEST OF SHOW: RED ● *Family Crest Shiraz 2015* By Angove Family Winemakers

Tasting notes: Deep intense red with inky hues. Upfront pepper on the nose, plus red cherry and black chocolate with allspice following. Dark chocolate and licorice notes on the palate. Red cherry/raspberry notes with mouth-filling presence and soft lingering tannins and finely integrated oak.



2017 BEST OF SHOW: WHITE ● *Gewürztraminer* By Cooper's Hawk Winery & Restaurants

Tasting notes: Pours golden yellow. Lush and fragrant, releasing kiwi, Bosc pear, lychee, rose petal, and honeycomb on the nose. On the palate, it's opulent and medium-bodied with a sweet/tart candy note carrying hints of nutmeg on a long-lasting finish.



2015 BEST OF SHOW: RED ● *Cyrus 2010* By Alexander Valley Vineyards

Tasting notes: Cyrus is this California winery's highest expression of Cabernet. Its blend is 51% Cabernet Sauvignon, 26% Merlot, 18% Cabernet Franc, 3% Petit Verdot and 2% Malbec. It is a rich, complex wine with flavors of dark fruits, spice, oak, vanilla and cocoa powder.



2015 BEST OF SHOW: WHITE ● *Grand Vintage 2005* By Champagne J. De Telmont

Tasting notes: This French champagne uses Chardonnay, Pinot Noir and Pinot Meunier grapes and is ideally paired with rich food such as meaty fish, poultry, veal, grilled meat, fruit, aged cheeses and crème brûlée.



2016 BEST OF SHOW: RED ● *Two Messengers 2013* By Maison L'Envoye

Tasting notes: This Pinot Noir from Willamette Valley (Oregon) is soft and ultra-smooth. It offers hints of cherry, vanilla, cedar and fresh herbs. Lightly spiced purple fruits are in place, and a hint of a vegetal note is almost invisible.



2016 BEST OF SHOW: WHITE ● *Chardonnay 2013* By Chalk Hill Estate

Tasting notes: This Sonoma County (Calif.) classic exhibits beguiling aromas of hazelnut, vanilla, peach, orange blossoms and notes of nutmeg with flavors of red apples, pears and cream follow with a slightly sweet honey finish.

UPCOMING WINE SEMINARS

A COMPARISON OF "BURGUNDIES" FROM FRANCE AND OREGON

When: 6 p.m., Thursday, March 8

Where: Plantation Golf Club

Details: Hosted by Scott Cohen of Grapevine Distributors in the Magnolia Room of Plantation Golf Club. Taste Oregon wines from Domine Drouhin (Dundee Hills) and Rose Rock Drouhin (Eola-Amity Hills) and Maison Joseph Drouhin from Burgundy, France. \$95.

More info: hiltonheadwineandfood.com

BLENDS AROUND THE WORLD

When: 11 a.m.-12:30 p.m., Friday, March 10

Where: Plantation Golf Club

Details: Taste six different blends from Napa, Australia, Argentina, Washington, Italy and France. Host Tom Hines will help you understand the differences in the wines from each country and how they are used in blending in each region. \$50

More info: hiltonheadwineandfood.com



WINE ACCESSORIES FOR 2018

Oh look, it's wine o'clock! These accessories and gadgets are **guaranteed to enhance** your next sipping experience. Just chill, pop and pour!



CORKCICLE AIR Just store this magic wand in your freezer for 90 minutes and insert into your favorite bottle of room-temperature red or chilled white. The pour-through feature enables you to serve wine without removing it. Available at Gifted. \$24.99



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LETTER TO THE EDITOR

This month's "What's Make it Local?" article was provided by Sara Johnson Borton, former president and publisher of The Island Packet, The Beaufort Gazette and The State Media Co. She retired from those positions in December 2017. LOCAL Life welcomes letters to the editor and comments to our website. **Write to** lance.hanlin@wearelocallife.com

What makes it local

adjective. lo-cal | lō-kəl

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

No strangers call the Lowcountry home

*UNLIKE MOST COMMUNITIES,
BEING LOCAL IN THE
LOWCOUNTRY IS RELATIVE.*

BY SARA JOHNSON BORTON



BEACH LIFE Sara Borton, shown with her twin sons Evan (left) and Ian, has lived on Hilton Head Island since 1983.


If you have lived here one week, you are local. If you are a fifth generation islander, you are local. Anyone can become a local because we live in a warm and welcoming community. The "local" designation is a badge of honor.

We accept neighbors and friends without worrying about their North Dakota or Lithuanian roots. There is a sense that everyone belongs here; no one is a stranger. I did not fully appreciate our inclusive culture until I traveled for work the last several years.

I was introduced to this area when my family moved to the Lowcountry in 1968. I returned here to start my career in the newspaper business in 1982. I met and married the love of my life, and our four children were born here. I established deep and lasting friendships, and I worked in a profession that I believed made a difference in our community every day. I thought of my days as typical. Trust me, our days are atypical.

We have the Atlantic in our backyard. We watch dolphins frolic in the Intracoastal. We buy seafood fresh off the boats. We have forest preserves and conservancies. We have golf courses, tennis courts and beaches and bike paths that enhance our active lifestyle. And we are a community that solves problems. We rarely take no for an answer. We recognize behind the facade of pure beauty is also pure need. As a local you willingly become a steward of the community.

I was honored to serve this community as publisher of The Island Packet and The Beaufort Gazette. Although I officially retired from the newspaper business, I still have new chapters to write. And I can tell you one thing for certain. I will be writing them as a local. *LL*



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a gift to that person,
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Southern Hospitality

THE IMPORTANCE OF OUR SERVICE INDUSTRY CAN'T BE OVERSTATED

STORY BY BARRY KAUFMAN
PHOTOGRAPHY BY MARK STAFF

Food and beverage.

Around here, it's more than an industry. It's a way of life.

The legion of servers, hosts, bartenders, chefs, sommeliers, restaurateurs and everyone in between serves as the backbone of the Lowcountry. These are the folks who put in the long hours, the folks on their feet all day. They're forced to greet lousy tippers with a warm smile, work in a blazing hot kitchen during the blazing hot summer and see their hours dwindle during the winter months.

But most importantly of all, in a community defined by hospitality these are the folks on the front lines, our public face to the world. As our culinary reputation grows, we wanted to show our appreciation and respect to those who make this industry hum.



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LONG, HOT SIMMER

Bluffton chef Geist Ussery has more than 25 years of experience in catering, hospitality and event management. His work took him all over the United States and prepared him to return home to open Geist & Company, a full-service catering, event-planning and private chef business.



Geist Ussery

For Geist Ussery, 25 years of experience in and around the catering and event planning business have led him right back to where he started. And there's no place he'd rather be.

"It took me moving away and living in extraordinary places. . . . you get a good perspective on what life is elsewhere," he said. "You get intoxicated by this area."

Ussery, from a family of eight, grew up in the community of Cherry Point in Okatie on the banks of the Okatie River. Those two factors played a huge part in the foundations of his culinary background.

"Meals were always a focal point for us, and when you're a family of eight, you're your own little café," he said. Everyone in the family chipped in for these meals. "Not only did we go out and catch lunch we prepared it."

His food and beverage career continued when he came of age, with his first job bussing tables at a Coligny Plaza restaurant with a name that escapes him. "Lord, I don't even remember what I had for lunch," he said with a laugh, peppering his gentle Southern accent.

As much as family dinners and bussing tables provided a foundation for his love of fine food and entertaining, his career didn't really take off until this prodigal son left home. His journey took him all over. At Buckhead's famed Candide, he ran special events and parties at a nightclub and art gallery that regularly hosted a who's who of Atlanta's elite.

While working with Marriott International, Ussery lived in Palm Beach, Fla., San Francisco and San Diego. In Park City, Utah, he worked alongside James Beard nominee Bill White at his restaurants Grappa and Chimayo. In Birmingham, Ala., he learned flower design from Sybil Sylvester.

"I kind of haphazardly fell into everything and picked up tricks of the trade along the way," he said. "Through passion and love of what I did it came to fruition that I do what I do."

Eventually, the long journey of discovery and education brought him back to the Lowcountry he loves. Returning to his roots, he launched Geist & Company, a full-service catering, event-planning and private chef business. And with each meal, Ussery brings an entire world of influence to the Lowcountry cooking he used when his client base was his family.

"People will tell me, 'Oh you're an expert.' I'm just like, 'Please don't call me that.' But I think it's because I love what I do and take a great deal of joy in making people happy." LL

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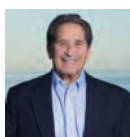
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WHO'S WHO IN
LUXURY
REAL ESTATE
R L H



POUR DECISIONS

Jesse Rodriguez, the director of wine at Montage Palmetto Bluff, has worked at many famed restaurants and resorts, including The Phoenician (Scottsdale, Ariz), The French Laundry (Napa Valley, Calif.) and The Grand Del Mar (San Diego).



Jesse Rodriguez

If you've been out to Palmetto Bluff, and especially if you've experienced the Montage resort, you've probably figured out it doesn't do things by half measures. The food, the décor, the service, it's all executed at a level that could go up against any high-end resort in the world.

If you assume that the director of wine, Jesse Rodriguez, is kind of a big deal, you'd be right. But in the broader sense, you would be vastly under-selling it.

He's been a part of two different teams that earned Wine Spectator grand awards. He was named "best new sommelier in America" by both Wine & Spirits and Food and Wine magazines. At the various restaurants and resorts where he's worked, Rodriguez's carefully curated wine programs have earned an entire galaxy of Michelin stars. He's worked with James Beard award winners and traveled the world elevating wine programs everywhere he goes.

Not too bad for a guy who started out as a volunteer firefighter before studying history and anthropology at Arizona State University while aspiring to fly jets for the Air Force.

"Yeah, I tried a little bit of everything," he said with a laugh. "It was a good experience."

But before all of that, Rodriguez was just a kid in a big Southern California family that lived and breathed the restaurant business. His grandparents owned a place called Jimmy's Casa Gigueroa, and to hear him tell it, "Growing up, my aunts and my mom and even my dad would help out from time to time. It was always a place to get together and talk and celebrate holidays and christenings. It was a gathering place."

With restaurants in his blood, and finding himself surrounded by Arizona's restaurant renaissance of the late '90s, it only made sense that Rodriguez would pursue the F&B lifestyle. His career choice has taken him to many famed restaurants and resorts, including The Phoenician (Scottsdale, Ariz), The French Laundry (Napa Valley, Calif.) and The Grand Del Mar (San Diego).

Now, he's brought that immense pedigree and famed skill at building wine programs that set the world on notice to our own little neck of the woods. He and his wife Tiffany (director of banquets for Montage) recently built their first home together in Bluffton.

"The South is a very special spot. It's beautiful," he said. "We love it." *LL*



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REEL MAN
Fisherman Robby Maroudas helps provide seafood for his popular Hilton Head Island and Bluffton restaurants, Red Fish.



Robby Maroudas

When fishing gets in your blood, it stays there. For those who have been, ahem, hooked on the sport, it becomes the reason you do everything else. We work so that we can afford to go fishing, with the work itself being one of the few things keeping us from fishing all the time.

Robby Maroudas managed to flip the script. The part owner of Red Fish got into the restaurant business to facilitate his fishing. And it turned out, having a legendary local fisherman (one who holds the state cobia record, no less) comes in pretty handy when you're a seafood restaurant.

"People talk a lot about fresh and local all the time; those words can be stretched some," Maroudas said. "When we're able to directly harvest a product or have people in the area harvest it, it comes directly from the boat to us. The quality it provides us is pretty dynamic."

A West Virginia native, Maroudas found his love for fishing during summers on Kentucky's Cave Run Lake where his family had a lake house. Whether with his grandfather or stealing out with some of his friends, he became enraptured with the sport.

A move down to Hilton Head Island sealed his fate. He was, and forever would be, a fisherman. He got his sea legs learning from charter fisherman Phil Smith. "In football you have a coaching tree. I'm from the Phil Smith fishing tree," he said. "Another guy Phil taught, Michael Perry, when we get together and fish we think on the same lines because we come from the same lineage of how to do it."

Having mentored with Smith, Maroudas was ready to put out his shingle as a charter fisherman. He quickly found out, however, that "running a fishing charter is a hard way to make a living." Fortunately, his friend and eventual business partner Ric Peterson was able to hook him up with a second job bussing tables.

It also opened the door for an eventual partnership between the two for Red Fish, a restaurant that was dock to table before anyone had ever heard such a buzzword. Maroudas was able to put his considerable skills as a fisherman to use providing fare for the restaurant's famed menu of seafood creations.

"You can target certain fish, but you can't guarantee that's what you're going to catch. There are times when the chef expects certain things coming through the door and sometimes it's different," he said. "I've got a great culinary team. They're able to adapt to what comes through the door." *LL*

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Q+A

Celebrity Connection: Darren Clarke

STORY BY JEREMY GRACE
PHOTOS BY MITCH GUNN

PARTNERS IN PRIME

Restaurateur Mike Doyle and professional golfer Darren Clarke teamed up to open Darren Clarke's Tavern on Executive Park Road.



HAPPY-GO-LUCKY IRISH GOLFER DARREN CLARKE FANCIES FINE CARS, FINE WINE, FINE CIGARS AND FINE CUISINE — ESPECIALLY THE FARE SERVED AT HIS UPSCALE HILTON HEAD ISLAND TAVERN.

Tiger Woods looked unbeatable in 2000. Having won three of golf's four majors and six other PGA Tour events, he seemed invincible heading into the Andersen Consulting Match Play Championship in California. After cruising past Michael Campbell, Retief Goosen, Paul Laurie and Davis Love III in the early rounds, the rampant Tiger was a 66-1 favorite to defeat his opponent in the final — an out-of-shape, cigar-smoking Northern Irishman named Darren Clarke.

Clarke turned the golf world on its ear that day with a stunning upset. He didn't just beat the world's best player, he dominated him. After the dust settled at La Costa, headlines read, "David Slays Goliath," "Fat beats Fit" and "Tiger No Match For Happy-Go-Lucky Irishman."

Clarke instantly became one of the biggest names in the sport. Since then, he has won a number of tournaments, including the 2011 British Open. His name carries extra significance here on Hilton Head Island, thanks to his steakhouse on Executive Park Road, Darren Clarke's Tavern, which opened last summer. LOCAL Life reached out to the golf legend to get his thoughts on his restaurant, his game and his plans for the future.

INSIDE THE ROPES:

Tiger Woods and Graeme McDowell are both in the restaurant/bar industry. Did their success in Jupiter and Orlando inspire you in this new business venture? [Darren Clarke]

"They're both top guys with really good places but it was more that a great opportunity presented itself here and I jumped at it. I'm really pleased with how things have turned out. Mike Doyle (managing partner) and the guys who are running it are fantastic and I'm proud of what we're doing."

Of all the places in the world, why was Hilton Head Island selected? [DC]

"I've always loved the United States and have had so many great times there. Hilton Head Island is an area synonymous with golf and people there know how to have a good time so it's been perfect."

How involved were you in the conceptual and execution stages of the tavern? [DC]

"We have some of the best in the business behind the Tavern so they take care of the finer points, but I'm pretty clear on what I like in a bar and a restaurant and we've certainly lived up to that."



MAJOR ACCOMPLISHMENT Darren Clarke's biggest victory came when he won the 2011 Open Championship in England, his first major win after more than 20 years and 54 attempts.

We have more than 250 restaurants in this area. What do you feel makes your place unique? [DC] "We guarantee a warm welcome, the best local food and a great pint of Guinness. What more could you want?"

Is it everything you thought it would be? [DC] "Whenever I've been, I've been delighted with how it's turned out. It's everything I hoped it would be and more and that's all down to Mike and the guys. It's a special place and I know that people will have a great time there. That's all I wanted."

Is there a particular tavern out there you wanted your place to emulate?

[DC] "I wouldn't say so. It's fair to say I've been in one or two bars and restaurants in my time. So I know what I'm after and we've got it just right I think."

What feedback have you gotten?

[DC] "I've been really pleased with what people have been saying about the place and I'm hoping word continues to spread."

Many of your friends and colleagues will be coming for the PGA Tour's RBC Heritage in April. Will you be here as well?

[DC] "I'm not sure what my schedule is just yet and I'm playing a lot in Europe at the moment so we'll have to see. It's always a fantastic week and I'm sure we'll have plenty of golf fans through the doors."

If you do end up coming, are you excited to show Darren Clarke's Tavern to them?

[DC] "I'm hoping that a few of the guys will find their way there. I'm sure it will be bouncing that week."

Speaking of the Heritage, you have played here five times. What are your fondest memories of the tournament and of Hilton Head Island? [DC] "It's one of the iconic weeks on the PGA Tour isn't it? For any player, American or not, it's one that you look forward to when you first get on the PGA Tour and I always like playing there."

You finished runner-up to Peter Lonard in 2005. What do you remember from that tournament? [DC] "I played some great golf on the first two days and I think I had a four-shot lead early in the final round and then lost to Peter on the final hole. I could have done with the Tavern being open that day, that's for sure!"



Many professionals are fond of Harbour Town Golf Links, particularly European players. Why do you think that is? [DC] "It's one of the great stop-offs on the calendar. The lighthouse is obviously one of the most famous views in golf and it's a great layout."

You formed the Darren Clarke Foundation in 2002 to help discover the Irish stars of the future. Any up-and-coming superstars local golf fans may want to watch out for? [DC]

"The impact of Irish golfers is a real source of pride for everyone in our country. We're a relatively small country but we're passionate about our sport and I'm sure we'll have another young talent on the scene very soon."

Speaking of Irish athletes, what is your take on Conor McGregor's meteoric rise to fame? [DC] "It's an incredible story really. Not many people could do what he's done and he's a great character with it."

You have accomplished so much in your career. What are you most proud of? [DC]

"Having my name on the Claret Jug. Golf has been very good to me and there are lots of moments that I look back on with pride, from other wins to Ryder Cups, but winning the Open Championship is as good as it gets."

Winning The Open Championship is something most golfers only dream of. What

doors did your victory in 2011 open for you? [DC] "It's something that can never be taken away from you and it was a lifetime's ambition fulfilled. It's something I'm asked about all the time and I will never grow tired of talking about it."

You played in five Ryder Cups and were Ryder Cup Captain in 2016. In your opinion, what separates players here in the United States from international players? [DC]

"I don't think you can make it as black and white as that. Europe has had a great run and unfortunately we couldn't continue that at Hazeltine two years ago. Each match just gets better and better and I'm sure that Paris will be another classic."

How often do you play golf? [DC] "I still have the same love/hate relationship with it! I've got quite a full schedule at the moment and I'm playing a lot of tournaments on the European Tour."

What is the best advice you can give the casual golfer? [DC] "Short game, short game, short game. You should spend 80 percent of your time working on your game from 120 yards in. It really will make a big difference to your game." LL



SHEDDING SOME LIGHT ON THE "PRINCE OF DARKNESS"

Born: Aug. 14, 1968 (49); Tyrone, Northern Ireland

College: Wake Forest

Turned professional: 1990

Professional wins: 21

Key victories: 2000 WGC Match Play Championship, 2003 WGC-NEC Invitational, 2011 British Open. Was a member of five consecutive European Ryder Cup teams in 1997, 1999, 2002, 2004 and 2006. Ryder Cup captain in 2016.

Personal: Lost his wife Heather to breast cancer in 2006. Father to sons Tyrone and Conor. Appointed Officer of the Order of the British Empire in 2011. Remarried in April 2012 to former Miss Northern Ireland, Alison Campbell. His father and grandfather were both professional soccer players.

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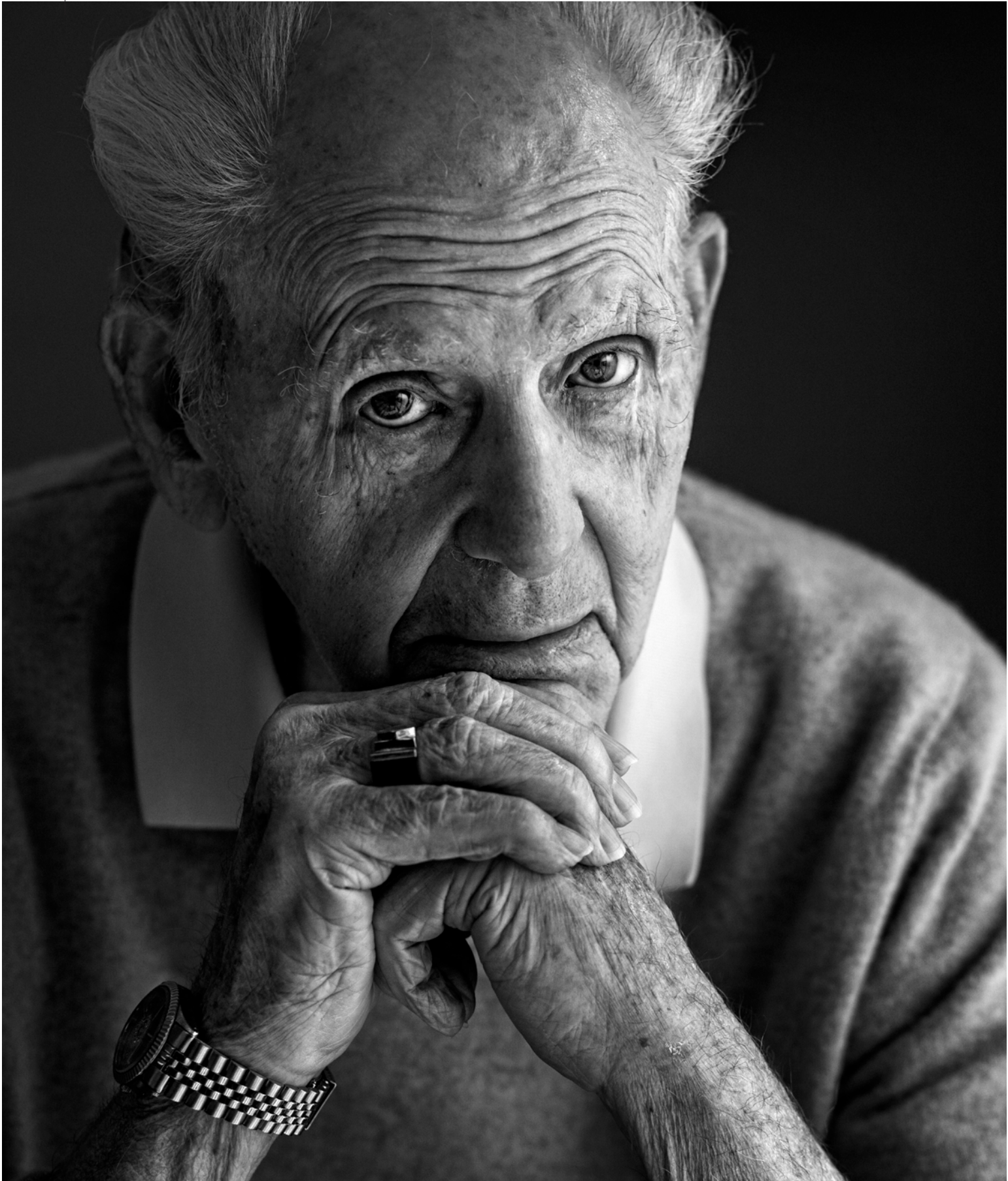
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AMERICAN HERO Ronald Quadt, a 93-year-old participant at Memory Matters, earned many medals for bravery during World War II.

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STORY BY BOB STAVNITSKI

PHOTOGRAPHY BY LLOYD WAINSCOTT

Rebecca's life was full. Her career as an accomplished registered nurse spanned 30 years. Life was productive, exciting and fun for her and her husband, Nick. But their lives were about to change forever. "When the joyful 'good morning, honey' stopped, I knew something was terribly wrong," Nick said.

Two years ago came Rebecca's shocking diagnosis of Alzheimer's disease at age 59. Right away, however, Rebecca was certain, "I've got to do something, I am going to do something."

That's when she discovered Memory Matters, a local not-for-profit center that serves dementia-affected participants and families dealing with cognitive impairment in southern Beaufort and Jasper counties.

Encouraged and empowered by the center's early-diagnosis Connections classes, Rebecca has rediscovered herself and found a new purpose.

"If I can help just one other person through this, then walking through the fire will have been worth it," she said.

Memory Matters has an outstanding reputation built on 20 years of achieving remarkable results such as Rebecca's.



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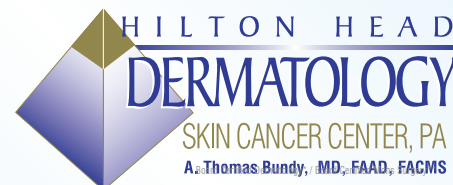
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Motivated by a diverse and active board, and a dedicated staff, the organization has had an outstanding reputation from its inception. The in-person experience of it far exceeds expectations. The worthy organization reached national recognition when it was featured on a PBS program in 2013.

Mike Cooke, Hilton Head Island's indomitable British ex-patriot, was recently acknowledged by Mayor David Bennett as an "Honored Islander" for his work with Memory Matters. In January, Cooke took the reins as chair of the Memory Matters board that facilitates the Connections Program.

"Every day wonderful things happen here, I call them our 'mission moments.' When you can see the light bulbs go off, and the lights shine behind their eyes, it's moving."

In 2017, the organization welcomed new Executive Director Sheila Strand, an Iowa native who comes to the Lowcountry by way of the Washington D.C. area.

Strand explained, "Brain health is one of the last frontiers in medicine to be de-stigmatized. Seniors and couples especially can be fiercely private about this issue." Strand has set many new lofty goals for Memory Matters. "It would be amazing to have every citizen of Beaufort County take a baseline memory screening. We administer the easy testing right here at Memory Matters, it does not take long at all." She stressed, "Memory testing should be done regularly as we age, just like other tests like mammograms or routine blood work."

Memory Matters is a "South Carolina Angel Charity," a state designation recognizing charities that spend donations wisely. The organization also sends professional trainers called "Purple Angels" out into the community with corporate training designed to create a dynamic sustainable dementia-friendly community.

More than 1,500 area employees representing more than 50 local businesses and organizations have been trained by certified Memory Matters coaches as Purple Angels. The personnel understand how to recognize signs in clients who might be dealing with dementia. They learn ways to be more sensitive to their needs, as well as to be ambassadors for early intervention when warranted and appropriate. In this effort Memory Matters enhances the offerings of Hilton Head's hospitality brand.

To view Mike Cooke's blog and learn more about Memory Matters, upcoming events, how to volunteer and how to donate, visit www.memory-matters.org. *LL*



TOP Harold Knowlton (participant) and Arlene Leone (volunteer). **ABOVE** Bob Burchette (participant in red vest), Pat Cleary (program director), Sheila Strand (executive director) and Ed Taylor (participant).



HERE TO HELP Memory Matters is a local not-for-profit organization that improves the quality of life for persons with dementia and their families, providing resources, support, respite and adult day services.



SIGNS AND SYMPTOMS

Worried about you or a loved one's memory? Here are some **warning signs**:

- Generalized memory loss
- Difficulty performing familiar tasks
- Forgetting simple words
- Getting lost in time and place
- Poor judgment
- Problems with abstract thinking
- Misplacing things
- Rapid mood swings
- Dramatic changes in personality
- Loss of initiative or interest in one's usual pursuits

If your loved one has several of these symptoms, discuss them with a physician. Early diagnosis and treatment is important. You also can call Memory Matters at 843-842-6688 for more information. If you or someone you love is experiencing signs of cognitive impairment, get help now. Too often families wait to seek help until they are in crisis.

Source: memory-matters.org



NEW OPPORTUNITIES IN CHARITABLE GIVING

We know you don't give to charity because you'll get a tax break. You give because you care about making a difference and you want to see our community flourish.

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There's a lot of buzz right now about the impact the new tax law will have on the financial benefits of charitable giving. What you may not know is there are ways you can continue giving to causes you care about and get tax benefits, too. IRA rollovers and charitable gift annuities are just two examples, and two of the many giving vehicles available at Community Foundation of the Lowcountry.

We know you want to make a positive impact on your community. Let us show you how you can do this while optimizing your tax situation.

Call us to learn more.



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SHORT & SWEAT:

7 SIMPLE STRATEGIES FOR STICKING TO YOUR FITNESS ROUTINE

STORY BY JEN EDWARDS
PHOTOGRAPHY BY MIKE RITTERBECK



John Tutterow decided Hilton Head Island would be a fabulous retirement location, so 2 1/2 years ago he made the move from Charlotte to the Lowcountry. He certainly isn't resting too much during his retirement. His favorite workouts include high intensity interval training like boot camps, tennis and running. If he's in the mood for something more relaxing, Tutterow can be found exploring the Lowcountry by bike.

As 2018 moves along, it seems finding excuses to keep your well-intended resolutions is easier than finding time and energy to workout. For those ready for a fitness resolution "restart," here are some simple strategies to help you get back on track and keep you there:

[1] Find an accountability buddy to keep you honest. Enlist a friend to meet you a few times a week for a run or a group fitness class. It's harder to back out of your workout if you know someone will be waiting to sweat with you and then ready to go for coffee afterward.

[2] Schedule your workouts in your calendar a week before. Think of your workouts as important meetings for you. Blocking out the time in advance helps you make that commitment to yourself rather than finding reasons to skip it.

[3] Track your progress. Whether it's running an extra mile, holding a plank for 20 seconds longer, or losing three pounds on the scale, tracking your progress will show you that it's all worth it and keep you motivated to make more gains.

[4] Celebrate your success. When you achieve a goal you've set for yourself such as fitting into a smaller size, running your first 5K or finishing a boot camp class, reward yourself to mark the occasion. Buy yourself new fitness apparel or grab your workout buddies for a healthy lunch out.

[5] Vary your workouts to prevent boredom. Keeping your workouts fresh and varied is not only good for your body, it's also more fun. If you feel stuck in a rut with your fitness routine, think outside the box and try something new to keep you interested in sweating. If you're used to working out in a gym, try an outdoor class. If you only take group fitness, try a few personal training sessions to spice things up a bit.

[6] Use your alarm clock. If you have exhausted all time options during the day and still can't figure out when to workout, make the time. Set your alarm clock for an hour earlier than usual, place your workout gear and shoes next to your bed and workout immediately upon waking.

[7] Don't be your own worst enemy if you slip up. It doesn't matter where you are in your fitness journey, it's OK to have a day or two where you just don't feel like sticking to the plan. Maybe you're under the weather, on vacation or busy at work and choose not to complete your scheduled workout. Don't beat yourself up over it. Accept that you're human, remind yourself why you started in the first place and recommit to getting back on track as soon as possible.



Jen Edwards has 20 years of experience as an Athletics and Fitness Association (AFAA) fitness trainer and is the creator and owner of SWEAT Boot Camp in Hilton Head & Bluffton.

The Workout:

RESOLUTION RESTART AT COMPASS ROSE PARK

Located at the corner of Pope Avenue and New Orleans Road, Compass Rose Park offers a slice of tranquility to an otherwise bustling area of Hilton Head Island. The small park's water fountains, sculptures and shaded pavilions make for a wonderful workout spot. **Try completing two rounds of this circuit to burn fat, sculpt muscle and jump start you back into shape.**



TRY THESE:

1. PAVILION PLANK JACKS

Begin in a plank position, supporting your body with your hands and feet. Your body should be in a straight line from the top of your head to the bottom of

your feet, with your shoulders directly above your wrists. From this position, jump your legs out wide and then narrow like you would a standing jumping jack. Repeat continuously for one minute.

2. TOY SOLDIER CARDIO KICKS

In a standing position, kick one leg up straight to the height of your hips as you reach to touch that foot with the opposite hand. Lower that leg, and repeat on the other side. Continue right and left Toy Soldier Cardio Kicks for one minute.



3. BENCH TRICEP DIPS Begin by sitting on a bench, legs straight out in front of you. With arms straight, lift your hips off the bench by pressing away from the bench with your hands. Bend elbows so they point behind you as you lower your hips in front of the bench. Straighten and bend your arms repeatedly for one minute.

4. CARDIO HEEL CLICKS Stand with feet wider than shoulder width apart, knees slightly bent. Swing your arms over your head as you jump into the air and click your heels together. Be sure to land lightly on your feet with knees bent. Repeat the Cardio Heel Clicks continuously for one minute.



5. GLUTE BRIDGE WITH LEG EXTENSIONS Lie on the grass facing the sky, with knees bent and feet flat on the ground. Squeeze your glutes and press your hips up toward the sky and hold. From this bridge position, extend one leg straight up

toward the sky, holding for a second or two before switching sides. Repeat the Glute Bridge with Leg Extensions for a minute. *LL*

Not loving those love handles?



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You're hosting a dinner party but have nothing to wear. Don't fret. Per usual, LOCAL Life stylist Roxanne Gilleland has got you covered in the outfit idea department. When it comes to dinner parties, you want your outfit to be the perfect balance of casual and sleek. Of course, the ideal ensemble depends on your specific situation, but the outfit ideas over the next seven pages are sure to get your wheels turning, no matter who you have invited over.

*DINNER
PARTY
OUTFIT
IDEAS
WITH...*

style

Credits.

PHOTOGRAPHY Lisa Staff **STYLIST** Roxanne Gilleland **MODELS** Emily Vaughn, Jason Jureka, Sammie Jureka
MAKEUP MariaNoël **LOCATION** Home of Tracy and Todd Hawk, H2 Builders



← Available at **BIRDIE JAMES** Available at **THE BACK DOOR** ↑



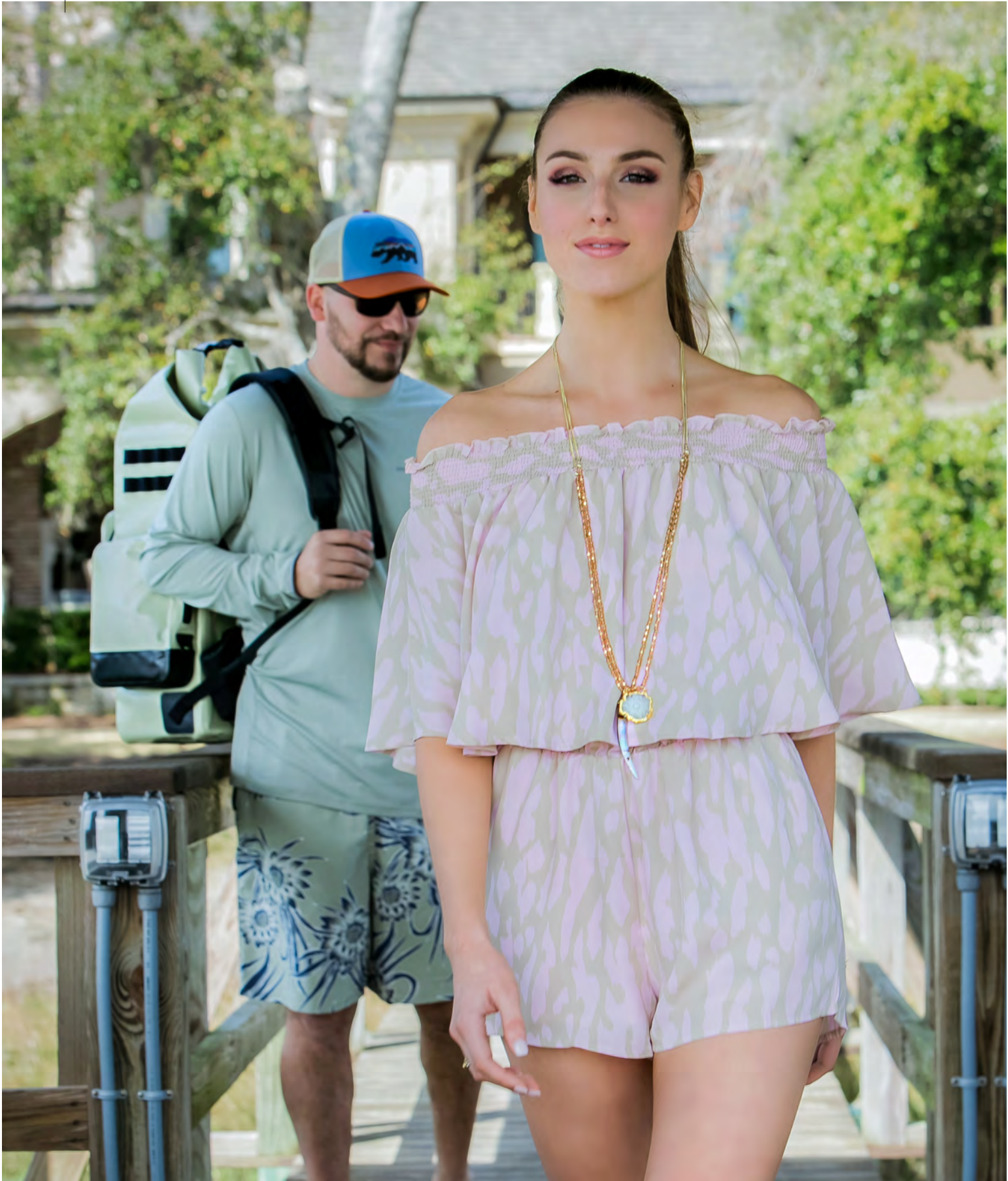
Available at **RADIANCE** ↑ Available at **COPPER PENNY** ↗ Available at **WORTH (Courtyard Building, HHI)** →







← Available at **COCOON** Available at **SPARTINA 449** ↑



↖ Available at **OUTSIDE HILTON HEAD** Available at **TRAVELING CHIC BOUTIQUE** ↑ Available at **KNICKERS** ↗ Available at **ISLAND CHILD** →



Fashionistas, rejoice

CHAMBER FASHION WEEK RETURNS TO
THE LOWCOUNTRY MARCH 23-30

With spring and summer just around the corner, shoppers will get the chance to retire their sweaters to the bottom of the drawer and replace them with sandals and sundresses at the Chamber Fashion Week.

Hosted by the Hilton Head Island-Bluffton Chamber of Commerce, the second annual event (March 23-30), will include special discounts, exclusive trunk shows and activities at local boutiques.

The event is modeled after the successful Chamber Restaurant Week, which has been a Lowcountry staple for the past 10 years.

"Our local boutiques and clothing stores offer a huge variety of apparel and accessories with the coastal chic flavor and unmistakable Lowcountry charm," said Charlie Clark, vice president of communications at the chamber. "We want to celebrate that diversity and showcase our retailers. Chamber Fashion Week will do just that while giving residents and visitors special offers throughout the week."

Business owners said because of the success of last year's event, they were excited to participate again.

"Last year's event had great energy behind it and I think there are so many talented small businesses on this island," said Heather Quinn, owner of Louette boutique on Hilton Head Island. "We're super excited to see what everyone brings to the table this year."

Michelle Taylor, owner of Birdie James on Hilton Head Island said the inaugural year was great fun and a learning experience.

"We're involved again because we anticipate it to be so much more this year," Taylor said. "At Birdie James, we believe a collaborative community is an integral part of its growth and Chamber Fashion Week is our dream come true."

Aside from clothing stores and designers, other small businesses will benefit from the week.

"I think it's critical for Hilton Head to hone in on the many 'creatives' who live and work on this island," Quinn said. "An event like Chamber Fashion Week not only provides an outlet for local boutiques and designers, but for those in marketing and public relations, and for photographers, models, event planners and more."



Event Schedule

CHAMBER FASHION WEEK

March 23-30

Local retailers will offer discounts, trunk shows and other special events.

CFW KICKOFF FASHION SHOW

March 22

Shelter Cove Towne Center
Local retailers preview what they are carrying in their stores. Time and location as well as ticketing information and participating stores will be announced on www.ChamberFashionWeek.org.

THRIVE WOMEN'S NETWORKING EVENT

March 27

Get inspired and connect with other Lowcountry professional women at a luncheon. Time and location as well as the keynote speaker and ticketing information will be announced on www.ChamberFashionWeek.org.

POP-UP SIP & SHOP

March 29

Shelter Cove Towne Center
Wrap up Chamber Fashion Week by browsing and buying the very best of what local retailers have in their spring collections all in one place! Cocktails, wine and light bites will also be available. Complimentary to attend.

For a list of participating stores and activities, visit ChamberFashionWeek.org.

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his



Bright ideas 6

Mark spring's arrival with a bang, not a whimper. After all, life's too short for blah. Brighten up your style with these colorful and bold items and accessories, hand-selected by LOCAL Life stylist Roxanne Gilleland. All are available at local shops.



Shrug off a layer or two.

1. Patagonia LoPro Trucker Hat 2. Patagonia Men's Line Logo Badge Lightweight Hoody (Available at Outside Hilton Head) 3. Nohea Moku Shoe (Available at 32 Degrees North) 4. Maui Jim Sunglasses: Sea House (Available at Outside Hilton Head) 5. Southern Tide Back to Basics T-Shirt / Original Skipjack T-Shirt 6. Southern Tide South Station Plaid Sport Shirt (Available at Knickers) 7. Helly Hansen Crew Jacket (Available at 32 Degrees North) 8. Patagonia Lightweight Black Hole Cinch Backpack (Available at Outside Hilton Head)

Shoppers



Colors of the season.

1. Spartina 449 Coral Toggle Necklace 34" 2. Spartina 449 Boutique Sutton Shoulder 3. Spartina 449 Boutique Box Tote (Available at Gifted) 4. Desigual Jacket Fiorella 5. Desigual Jeans Refriposas 6. Desigual T-Shirt So What (Available at Copper Penny) 7. Colorful Heron by Carolee Vitaletti - Embellished Canvas Giclées 12x24 (Available at Coastal Treasures) 8. Julie Vos Medici Hinge Cuff / Julie Vos Monterey Link Bracelet / Julie Vos Bali Bracelet (Available at Pretty Papers) 9. Rightside Design Mermaid Pillow (Available at Gifted)

Local seafood and fish: Why it matters

STORY BY LISA ALLEN

*IN MOST OF THE
WORLD, CONSUMERS'
SEAFOOD AND FISH
COME FROM FARMS
FAR, FAR AWAY.*



HOT SPOTS FOR FRESH LOCAL SEAFOOD

PIGGLY WIGGLY The locally owned grocery store at Coligny Plaza on the south end of Hilton Head Island is known for its Fish n' Tales Seafood market. The selection changes daily, based on what's biting. Shrimp can be steamed for free upon request.

BENNY HUDSON SEAFOOD A full service retail fresh seafood market on Hilton Head's Squire Pope Road. You'll find local, domestic and international seafood selections there. It's a great place for cobia, sheepshead and wreckfish.

BLUFFTON OYSTER COMPANY Find fresh May River oysters, clams and mussels here September through May, along with fresh fish caught daily. This Lowcountry institution is at the end of Wharf Street in Old Town Bluffton.





In much of the world, shrimp can be a little bland, a little tough. Crabs can be mushy and fishy tasting. The choices of fish are limited.

Not here. Here, we can cast a net and capture a mass of sweet, salty shrimp for dinner; tread into the pluff mud to collect a bucket of oysters for lunch; or pull up a crab pot for a snack.

Here, if you know the right charter fishing captain, your plate can feature mouth-watering delicacies of sheepshead or tripletail. While you won't find these fish at most of your neighborhood supermarkets, there's a good chance you'll find them at Benny Hudson's Fish Market or as a daily special at Charlie's Letoile Verte.

That's the beauty of our local salt-water bounty. It's our little secret.

We are awash in shrimp, crabs, oysters and fish because of the miles of rivers that are really ribbons of the ocean pushing inland. The Port Royal Sound is the fisheries' nursery of the East Coast.

"Our fish and seafood is fresher and healthier because our environment is clean," said Carlos Chacon, manager of natural history at Coastal Discovery Museum. "Everything we do stays here. We can't blame anyone else.

There are repercussions to what we do. Luckily, we can regulate ourselves."

Local anglers are more likely to follow the rules that protect the ecosystem that surrounds us, according to Chacon.

"Regulations resonate here because local fishermen not that long ago saw the decline of cobia and redfish because of overfishing. They know how important it is to follow the rules."

South Carolina takes its fish populations seriously and adopts regulations that ensure its long-term survival. There are technique, size and quantity limitations on dozens of



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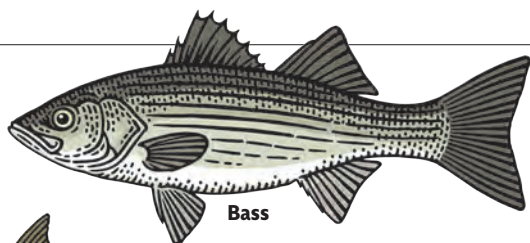
Visit haigpoint.com

or stop by our

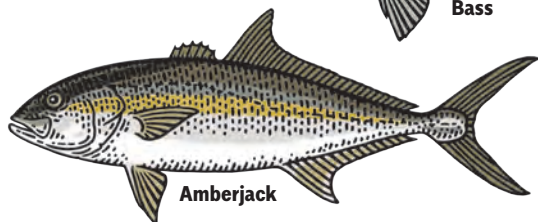
New Sales Center at

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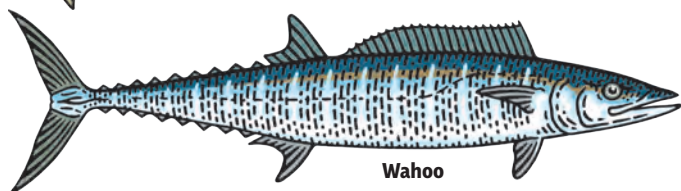
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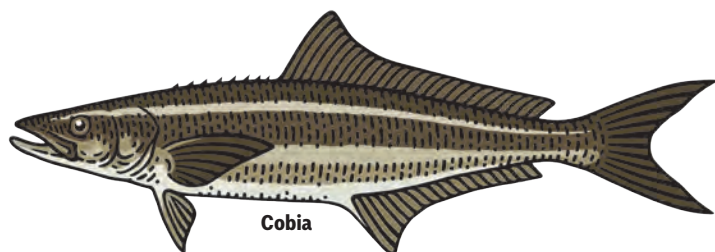
Bass



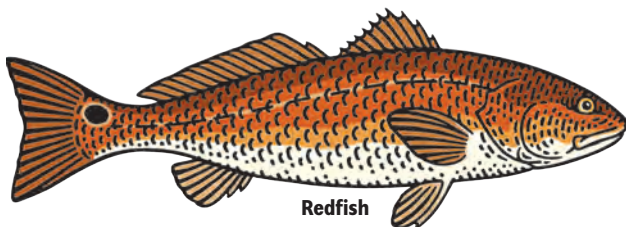
Amberjack



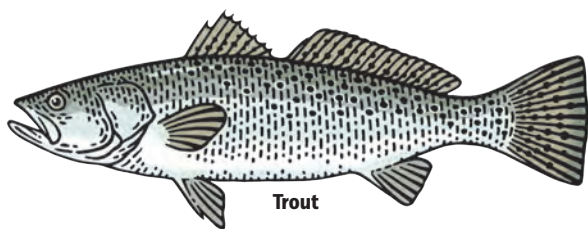
Wahoo



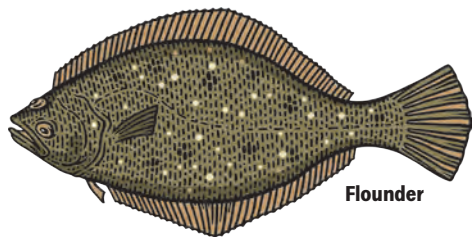
Cobia



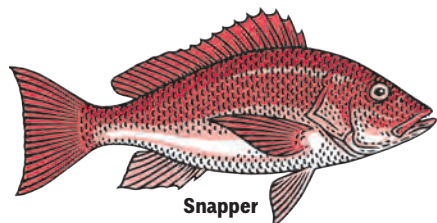
Redfish



Trout



Flounder



Snapper

"46 percent of all seafood is farmed raised and the U.S. imports 91 percent of its seafood, with 60 percent coming from Asia."

fresh, saltwater, inland and deep-sea species. Make sure you know the rules before you head out and, of course, buy a fresh and/or saltwater fishing license. They are inexpensive compared to other states and fund fisheries research and protection. Then enjoy our bounty and recognize how lucky we are.

Because of the density of the species, when commercial vessels trawl for shrimp, they collect 5 to 6 pounds of other species for every pound of shrimp. In Indonesia, they collect and kill 17 pounds of other species for each pound of shrimp, Chacon said.

The most efficient way to catch shrimp is by cast net. While that method can't compete against fishermen, it has created a cottage industry of ambitious men and women who sell their daily catch from the back of their pickup along the road side. Seek them out.

Because of the abundance of shellfish that populate our waters, 80 percent of the blue crabs are sent north because we can't consume them all, said David Harter, president of the Hilton Head Sportsfishing Club.

Crabs aren't tasty just for humans either. Sharks, cobia and redfish love them, too. Crabs are one of the main reasons so many species come here to spawn at our all-you-can-eat buffets.

In other areas of the world, cobia is called the "crab eater."

A 98-pound cobia taken in a recent fishing tournament had 19 crabs in its belly, Harter said.

Redfish even have crushers in their throats to help pulverize crabs while cobia and sharks swallow them whole. Research shows calcium is a key component to reproduction success, particularly among cobia.

The Waddell Mariculture Center in Bluffton has studied the areas fisheries for decades. In 1979, the State Ports Authority turned over the 150-acre land to the South Carolina Department of Natural Resources.

The center conducts research to develop sustainable and environmentally friendly food production in the United States. Currently, 46 percent of all seafood is farmed raised and the U.S. imports 91 percent of its seafood, with 60 percent coming from Asia.

Half of the 10 most popular species (shrimp, salmon, tilapia, clams and catfish) are partially or completely dependent on aquaculture for supply, according to Waddell.

We live in a beautiful place that teems with fish and seafood and we are lucky to have professionals working around the clock to protect them.

We can play our part by fishing by the rules and, better yet, making sure we support local fishermen.

Order a plate of locally caught seafood or fish tonight and keep our fisheries alive and well. LL

PRIZED LOCAL FISH

Amberjack

Bass

Cobia

Drum

Flounder

Grouper

Mahi

Redfish

Sheepshead

Snapper

Spadefish

Spearfish

Tripletail

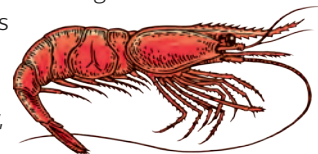
Triggerfish

Trout

Vermillion snapper

Wahoo

Wreckfish



"I've been accused
of treating our
Signature Rental
properties as though
they are my own.

Um, guilty."

— *Beverly Serral,*
Creator of the BestNest
concept and Curator of
Beverly Serral Signature
Rentals Collection,
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11 Black Tern,
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Cooking Lowcountry seafood with Matthew Roher

STORY BY AMY COYNE BREDESON
PHOTOS BY CELIA G PHOTOGRAPHY



THE LOWCOUNTRY OF SOUTH CAROLINA IS KNOWN FOR ITS DELICIOUS SEAFOOD. SHRIMP, FISH, CRAB, GLAMS AND OYSTERS ARE POPULAR MENU CHOICES.



Find additional photos from this shoot at LocalLifeSC.com



TOP CHEF Matthew Roher is the executive chef at The Sea Pines Resort.

Dozens of area restaurants serve entrees using fresh local seafood. But for those who want to cook it themselves, Matthew Roher, executive chef at The Sea Pines Resort, offers some tips for selecting and preparing tasty seafood dishes at home.

Originally from Long Island, N.Y., Roher graduated from the French Culinary Institute in Manhattan. Before accepting the job with Sea Pines in 2016, he was the senior executive chef for many years at The Landings Club in Savannah. Roher now oversees the culinary program for Sea Pines' many facilities.

KEEP IT LOCAL

First off, Roher is a big proponent of supporting local seafood producers. Not only is this practice good for the local economy, but it preserves the traditions, culture and knowledge passed down through generations on where the good fishing is at certain times of the year, what local conditions contribute to fish availability, and so on.

"If you're not an avid year-round fisherman, you have to trust and understand and be partnered with your source," Roher said. "You have shrimp at peak times. You have your speckled trout at the right times, your saltwater trout. You have your oysters at the right moments. You just get into that rhythm, where whenever you go into that shop, you buy what

they're telling you to buy."

Roher buys as much local seafood as possible, but Sea Pines is a big operation. Resort visitors consume thousands of pounds of seafood every year, so Roher has to expand the radius a little, going as far south as North Florida and as far north as North Carolina during different times of the year.

KEEP IT SMALL

When purchasing fish, Roher said people should ask for it to be broken down into fillets to simplify the process and avoid having to deal with a large, unwieldy fish. He also said to make sure to scrub the shells really well before cooking fresh, local shellfish.

KEEP IT SIMPLE

From a recipe standpoint, Roher said it's best to keep the seafood simple to truly appreciate it. With the mild, flaky, white fish, such as snapper, grouper and triggerfish, just add a little salt, pepper, lemon and butter.

Spanish mackerel and kingfish are oily and have a more fishy taste that some people find too intense. Roher suggested brining and smoking these types of fish to take a bit of the edge.

KEEP IT HEALTHY

"A big part of my background is cooking healthy products, you know, superfoods," Roher said. "We grow a lot of things here now

as well. We've got tons of great herbs and watercress. We use that in all of our cooking. Watercress is actually the No. 1 super-food on the face of the Earth."

SEE FIRSTHAND

Roher uses watercress in his toasted farro and smoked tomato chowder, which he will be preparing during a cooking demonstration from 11 a.m. to 12:30 p.m. March 8 at the Hilton Head Island Wine & Food Festival.

The demonstration will be given in the Atlantic Room at the Beach Club at Sea Pines. Participants will enjoy a three-course lunch featuring chowder, local shrimp crepes and apple brown butter cake for dessert. He will also give a brief lecture on local shrimp, and guests will leave with recipes for all three dishes.

"Locally, the aquaculture of our shellfish is really amazing right now," he said. "It's some of the best seafood on the planet ... because you have the tidal creeks, you have the freshwater, you have the brackish water, then you have Gray's Reef, which is right off the coast of Georgia. And then certain times of the year, you have the blue water, the Gulf Stream that comes close and brings us the big pelagic fish." LL



COOKING DEMO Roher will host a cooking demonstration on March 8 at the Hilton Head Wine & Food Festival.



Shrimp crepes

INGREDIENTS (Crepes)

1 1/2 cups milk • 3 eggs
1 1/4 cups all-purpose flour
1/4 teaspoon salt

INGREDIENTS (Filling)

1/2 lb. asparagus, trimmed
1/2 lb. baby portobello mushrooms, sliced
1 pinch salt • 1/4 teaspoon garlic, minced

INGREDIENTS (Sauce)

1 cup white wine • 2 cups cream
1 tablespoon flour
1/2 lb. chopped lobster meat, found at local grocery stores or at local seafood market
1 teaspoon tomato paste • 12 large shrimp

DIRECTIONS (Crepes) [1] Beat 1 1/2 cups milk and eggs together in a large bowl using electric mixer until frothy, about 2 minutes. [2] Add 1 1/4 cups flour and 1/4 teaspoon salt to milk mixture. Beat until incorporated, about 2 more minutes. [3] Heat a non-stick skillet over medium heat. [4] Pour 1/4 cup batter into skillet and immediately rotate the skillet until the batter evenly coats the bottom in a thin layer. Cook until the top of the crepe is no longer wet and the bottom has turned light brown. Run a spatula around the edge of the skillet to loosen. Flip crepe and cook until the other side has turned light brown.

DIRECTIONS (Filling) [1] Bring 3 quarts of water to boil in large stock pot, add salt. [2] Put asparagus into water and blanch about 2 minutes. Remove asparagus and place on ice bath to stop cooking. [3] In medium skillet heat oil over medium heat, add mushrooms, and garlic and sauté until tender and set aside. Sauté asparagus and set aside. Season to taste with salt and pepper.

DIRECTIONS (Sauce) In medium saucepan, add white wine and reduce by 3/4. Add cream and flour and whisk until well blended. Add tomato paste and blend, this will give you a pink color and add flavor. Add lobster to sauce and let simmer over low heat till thickened.

DIRECTIONS (SHRIMP) Season shrimp with salt and pepper. Place in medium skillet and sauté until pink and cooked through.

ASSEMBLY Lay crepes flat, add vegetable filling and roll crepe. Place both on plate and spoon lobster sauce over top. Interlock two shrimp and place in center of the crepes on top. Garnish with fresh herbs. Serve with a nice Sauvignon blanc.



LAVENDER BROWN

IN HARBOUR TOWN



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Maximizing the *shelf life* of eight common grocery items

*NOTHING FEELS WORSE
THAN THROWING OUT FOOD.*

STORY BY BRODERICK LUCKS

It is literally throwing money away, after all. Contrary to popular belief, the date on the package is not the date you need to throw it out. Ignoring it is the first step to saving money on your grocery bills. How long does your food really last? It depends on what you do with it after you buy it. Here are some tips on how long eight common grocery items can last, with advice on how to maximize the shelf life of each.

BREAD BLUNDER

Don't store bread in the refrigerator. It will go stale faster.



BREAD

Proper storage for bread depends on where it came from. Fresh baked bread from the bakery lasts 2-3 days after the printed date. It should be stored in a paper bag, as plastic does not protect it from moisture or mold. Sliced bread from the grocery store lasts 5-7 days after the date on the package and should be kept in its original packaging to maintain freshness. Bread gets hard in the refrigerator, so never put it in there. It can be frozen, but you should still plan on using it within six months of the freezing date.

BEEF

Beef does not have too much life left after the date on the package, lasting only a day or two before you need to throw it out. Corn beef is the one exception to this rule, as it lasts 1-2 weeks past its expiration date. You can extend the shelf life of beef by cooking it, as cooked beef holds for about a week in the refrigerator if it is properly sealed. Beef must always be refrigerated, as it can go bad in as little as two hours at room temperature. Frozen beef will stay edible for up to eight months, at which point the quality of the meat will begin to suffer.



DON'T GET FISHY

Raw fish can be stored safely in a refrigerator at 40°F or lower for 2 to 3 days.



FISH

Most fresh fish last only a day or two after the expiration date has elapsed. You can extend the shelf life by cooking it, as fish holds for about 5-6 days after it is prepared if properly stored in the refrigerator. Smoked salmon, canned tuna, and sardines can last up to a week if properly stored, while the latter two can last up to 3-6 months before they are opened. Fish needs to be kept very cold, so store it in the coldest part of the interior of the fridge (or on ice) to maximize its shelf life. Frozen fish lasts an extra 6-9 months, but smoked salmon does not do quite as well with a 3-6 month shelf life in the freezer.

PASTA

Fresh pasta holds for 4-5 days in the refrigerator, provided that it is tightly sealed to keep out potential contaminants such as bacteria and moisture. Dry pasta in the pantry is good for a year or two if it remains in its original packaging. Either type of pasta may be frozen to extend its shelf life by 6-8 months, after which point it begins to dry out. You cannot freeze it right out of the pot, however. Pasta is mushy when it thaws if it was placed in the freezer warm. Instead, cool it down first with a cold bath before freezing it.



THE O.G.
Rice is the oldest known food that is still widely consumed today.



RICE

Rice enjoys an incredibly long shelf life in the pantry. White rice and minute rice last 4-5 years and brown rice lasts for 6-8 months. All types of rice should be kept cool, dry, and at a consistent temperature before you are ready to use it. Polished white rice can last up to 30 years if stored in an airtight container at less than 40 degrees Fahrenheit! Once cooked, white rice holds for 5-7 days in the refrigerator while brown rice lasts 4-5 days. Uncooked rice lasts for 6-8 months in the freezer if stored in an airtight container, but cooked rice gets mushy upon reheating if it was frozen.

CHICKEN

Like many other proteins, chicken is only good for a day or so after its expiration date has elapsed. Cooked chicken can hold for a week in the fridge, but must be stored in a container capable of keeping out moisture and microbes in order to last that long. Chicken must always be kept cold, as it will go bad in less than a day if stored at room temperature. Chicken lasts for up to a year in the freezer, doing better there than most other proteins.



ROTTEN RULE OF THUMB...

Expiration dates can safely be ignored if you store your food items properly and reject any food that smells, looks, or tastes off. Hopefully, these tips will give you enough time to use your groceries before you need to throw them away. It should be noted that all shelf life information provided is only an estimate. Individual items may expire well before or after they "should." LL



EGGS

The expiration date on egg cartons means nothing, as the packing date (when the eggs were placed in the carton) is really the date that affects freshness. This date is displayed using the Julian calendar, looking like gibberish if you do not know what to look for. Eggs last for two months past this date if stored in the refrigerator. They need to avoid moisture, so keep them in the moisture-resistant carton they come in. Eggs can be frozen by cracking them, placing them in a freezer-safe container, and mixing in 1/2 teaspoon of salt. Otherwise, you end up with an unappetizing clumpy paste when you take them out.

BUTTER UP
It can sit out for 2 weeks, but if temps exceed 70°F keep it in the fridge.



BUTTER

Pure butter lasts for a month in the fridge if unopened and two weeks after you open it. Butter should be kept as cold as possible to maintain freshness, so the little butter drawer found on the door of many refrigerators is actually not a good place to store it. Additives such as oil and salt help to extend butter's shelf life, but it should still be kept as cold as possible when not in use. Butter with oil lasts two months before opening and 2-3 weeks afterward, for example. Frozen butter will hold for 6-9 months, but you must replace its original wrapper with a freezer-safe container before freezing it.



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Burgers, tacos & tequila with Nick Bergelt



THE WUNDERKIND BEHIND CHARBAR AND HOLY TEQUILA TALKS FOOD AND BEVERAGE

STORY BY BARRY KAUFMAN
PHOTOS BY CELIA G PHOTOGRAPHY



If there are three things Nick Bergelt knows, they are burgers, tacos and tequilas. As the young founder of Charbar Co., he threw down the gauntlet with a restaurant concept that took the classic American standby and elevated its epicurean profile. Back before anyone was doing “grinder to griddle,” Charbar was racking up awards left and right for its burgers, from a World Burger Championship qualifier (Dirty South) to numerous Hilton Head Island People’s Choice Best Burger for its signature “The Champ” creation.

After rewriting the rulebook for burgers, he set his sights on traditional Mexican street tacos, infusing the classics with new American ingredients prepared using traditional techniques around a wood-burning grill. Naturally, skillfully prepared Mexican food de-

mands an equally inspired tequila list, something that Bergelt found to be somewhat of an education.

“I was not a tequila fan,” he said of the restaurant’s origins. “I’d venture to guess the majority of people have had some horrible experience with tequila in college or high school and wrote it off as something that they don’t do.”

That all changed during a research and development trip to Mexico, where Bergelt was able to dive into the rich tradition of agave’s sweet nectar. “Once I started learning and understanding the nuances of tequila, I found that it’s really like wine, the differentiating factors there are in tequilas.”

Naturally, a top-shelf tequila deserves to be paired with a worthy taco. And Holy Tequila’s Chef Jorge Covarrubias has a few definitely worth trying on for size. Sure you

Chipotle Tequila Shrimp Tacos

INGREDIENTS

15 local shrimp
3 ounces chipotle sauce
2 tablespoon butter
1 tablespoon garlic (chopped)
2 ounces tequila
6 ounces guacamole
6 ounces corn salsa
1 diced red onion
1 radish (thinly sliced)
1 lime (cut into quarters)
3 flour tortillas
Cilantro

DIRECTIONS [1] In a hot pan, sauté butter, garlic and shrimp for 30 seconds. Deglaze with our recommended Herradura Silver Tequila (blanco tequila with citrus and smokey herb flavors that pairs well with the shrimp and chipotle). [2] Add chipotle sauce and cook for another minute. Warm tortillas and set on plate and rub a spoonful of guacamole across each tortilla. Place five shrimp on each tortilla. Top tortilla with corn salsa, sliced radish, red onion and cilantro. [3] Squeeze a quarter wedge of lime on each taco.



LOVE AT FIRST BITE Nick Bergelt is into fitness. Fitn’ess burger into his mouth.

can go with the classic standby, the ground-beef-and-pico Taco Americano, but why pass up a rare opportunity to try a Philly beef taco, tempura mahi-mahi taco or Southern fried chicken taco?

"I think previously, there was an expectation of what a taco is — some braised meat with some cheese thrown in. People got accustomed to that," Bergelt said. "We've used the tortilla as a very versatile vessel to do anything on top of."

So feel free to use your imagination and pile that tortilla high with whatever comes to mind. The sky's the limit. "I view that as opportunity to do something new with some cool ingredients. You're able to synthesize different ingredients. . . . A tortilla lends itself to a lot of flexibility and versatility."

Of course, the same could be said for the hamburger, as Bergelt proved at Charbar. Whether it's the pork confit of the Dirty South or the hash browns of the breakfast burger, anything that can be put on a burger will be put on a burger. While Holy Tequila's penchant to pull in ingredients from all manner of cultures and flavor profiles is a testament to the tortilla's versatility, at Charbar it all starts with the patty.

"The whole genesis of Charbar came from my Sunday standard operating procedure, which was to go to the local Whole Foods and get the best burger meat I could buy — freshly ground, right there in front of me. Then, I'd go out to the pool and cook up a burger," Bergelt said. "I did that repeatedly for three years. I told myself, for my own selfish interests I'm going to do a burger concept just to scratch this itch so to speak."

You can see the full menu at holytequila.com and charbar.co or try your hand at these recipes. *LL*

Bourbon Barbecue Sauce

INGREDIENTS

2 cups ketchup
1/2 cup yellow mustard
1/2 cup brown sugar
1/4 cup molasses
1 garlic clove
1/2 tablespoon chili powder
1/2 teaspoon cumin
2 ounces bourbon of our recommend Maker's Mark (a strong but slightly sweeter profile bourbon and recipe that closely resembles the famous Pappy Van Winkle)

DIRECTIONS Mix all ingredients in a large pan or small pot and bring to a boil. Reduce the heat to simmer and stir often. Cook for about 45 minutes until it thickens slightly, then let cool.



Bourbon Barbecue Burger

INGREDIENTS

7 ounces fresh ground ribeye from your local butcher
3 ounces pimento cheese
3 ounces pan-fried bacon
3 ounces of bourbon barbecue sauce
1 Artisan bakery brioche bun
1 tablespoon butter

DIRECTIONS [1] Heat grill to 400 degrees. While grill heats, hand patty meat to roughly diameter of your bun. Sprinkle burger patty with a large pinch of salt and pepper on each side. Once grill is at necessary temperature, cook burger for 4 minutes, then flip burger. [2] Add pimento cheese to top of burger, cook burger for 3 more minutes. Add bacon strips to top of pimento cheese. Lightly butter buns and toast on grill for 20 seconds. Slather bourbon barbecue sauce on top bun.

SEE

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Paul Caruso's famous red sauce

STORY BY PAUL CARUSO
PHOTOS BY LLOYD WAINSCOTT

WHEN I WAS YOUNG, I HATED RED SAUCE — OR AS MANY PEOPLE CALL IT — SPAGHETTI SAUCE.

I didn't like anything that had lumps in it. Of course, the lumps were meat, onions and such, so I didn't eat it. Growing up in an Italian family meant pasta twice a week, but for me, it meant buttered noodles twice a week. As I got older, I started to eat it in small amounts but I would strain it first so all that came through was a smooth tomato sauce.

After college and the service I started making my own version of tomato sauce and of course, it had to be smooth.

Everything that went into it was first put through a food processor, except for the tomatoes. I wanted to use the best tomatoes I could find, so I tried everything all the stores and markets had.

I settled on San Marzano canned whole tomatoes from Italy. I did try growing my own tomatoes for a few years but the taste was never as good as the San Marzano. I was happy the way the sauce came out, especially because my children, who were way more fussy than me, loved it.

Over the years, I've gotten my day in the kitchen down so I can make it blindfolded. Since I've been living on Hilton Head the past 12 years, I've been fortunate to serve it to many dinner guests who all ask if I could save them an extra container the next time I make it.



KEY INGREDIENTS San Marzano canned whole tomatoes, fresh spices, a good extra virgin olive oil and a combination of beef, pork and veal meatballs make up Paul Caruso's legendary red sauce.

In fact, one guest who will remain nameless gets half of what I make each time.

The meat I use is very important also. For the meatballs, I use a combination of beef, pork and veal, unless of course I know one of my guests doesn't eat veal. I only use fresh spices (oregano, basil), a good extra virgin olive oil and of course, a good Chianti.

The finished product looks like red gravy, but it's just a smooth tomato sauce.

One story that I love is about a woman who I dated who told me she hates eating pasta with red sauce. It made her stomach turn. I was bound and determined to change that, so one day I brought over a container that I had made the day before. I put it in a pot on the

HOW HE MAKES IT

INGREDIENTS

- 6 32-ounce cans San Marzano tomatoes
- 10 cans tomato paste
- 1 1/2 pounds ground beef (I use chuck for the fat content)
- 1/2 pound ground pork
- 1/2 pound ground veal (The meat together will make about 30 good size meatballs)
- 3 eggs • Gluten-free bread crumbs • Grated Parmesan
- Salt and pepper • Onion • Garlic • Red wine



DIRECTIONS [1] Turn stove burner on low. Sauté garlic in a large pot at a low heat. Mix the three meats in a large bowl, add the eggs and mix well, add the bread crumbs, some grated Parmesan, salt, pepper (you want the mixture when blended to feel like it won't fall apart when formed but not like it can be used as a baseball). Roll meat into balls (the size depends on what you prefer). In a skillet, brown the meatballs in extra virgin olive oil so they're browned but not burned on all sides. Set aside. [2] With a hand food mill, grind all the tomatoes into a large pot (the food mill keeps all the seeds

and skins from getting into the pot). Add 2 small cans of tomato paste for each 32 ounce can of tomatoes (this can vary depending on how thick you want your sauce). Add the puréed onion, garlic, salt, pepper, wine (about a cup) and some grated Parmesan. Stir well. [3] Add the meatballs and sausage. Then sit back and finish the rest of the bottle of wine, because that sauce will cook for 3 or 4 hours. Don't forget to stir often and have a loaf of Italian bread handy to test your product.

stove to heat up, and being a curious person, she kept looking into the pot knowing that what she was smelling was nothing like what she detested growing up. I took a spoon with some sauce and asked her to just try it. She grabbed the spoon and started eating it right out of the pan.

I've been fortunate to find everything on Hilton Head that I like to use when I make my sauce. It does mean going to a few places but it is definitely worth it.

Five years ago I was diagnosed with celiac disease and had to make some adjustments to my recipe, especially the meatballs. Nobody has noticed the difference. In fact, pasta for a person who cannot tolerate regular pasta because of the wheat was a problem at first, but not only did I find the best tasting pastas that are gluten free, but nobody cares. They say it tastes as good, if not better. Enjoy! LL



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STORY BY JEREMY GRACE

EVERYTHING YOU NEED FOR THE PERFECT BARBECUE



BRING ON THE MEAT SWEATS

Meat contains all the essential amino acids, making it a great source of protein.

Barbecues are a great way to prepare food (for both meat-eaters and vegetarians), but they represent more than just a method of cooking. Having friends and family over for a barbecue is a real event, with all the preparation that goes into it and the extra challenge of getting your food cooked just right. Like any skill, practice makes perfect when it comes to barbecuing, but here are a few tips to ensure you don't end up with food that's burnt on the outside and frozen in the middle.

THE RIGHT KIT

There are so many different barbecue grills available today that it can be difficult to know which one is right for you, and that's before you've considered all the other bits of kit you might need. There are disposal barbecues, barbecues on wheels, brick barbecues, ones that use gas and others that use charcoal.

You'll also need to ensure that you've got enough fuel, something to start the fire with and kitchen equipment like spatulas and tongs. Oh, and make sure you've got enough chairs for your guests!

THE RIGHT FOOD

Perhaps most important of all, your barbecue's success or failure depends on the quality of your food. Although you'll probably want to cover at least some of the classics, including burgers, sausages and kebabs, don't be afraid to think outside the box. There are loads of veggies that benefit from that chargrilled flavor, from corn on the cob to aubergine.

THE RIGHT DRINK

When you're putting together your barbecue menu, have you considered coming up with drink ideas that complement your food? This area of gastronomy has extended beyond wine, so why not buy a few beers or make some cocktails to pair with your delicious BBQ meals?

THE RIGHT AMOUNT OF TIME

Make sure you've put enough time aside for your barbecue, because it is certainly one of those methods of cooking that can take longer than expected. Try to get your equipment set up before your guests arrive, if possible, and if you're cooking meat that needs to be well done, consider starting it in the oven before moving to the barbecue. Also, remember that some dishes will need marinating overnight, so the prep for your barbecue needs to be planned ahead of time.

THE FALL-BACK OPTIONS

When barbecuing, you need to be ready for the weather to strike at any moment. What are you going to do if it starts raining or the sun begins setting earlier than expected?

A BBQ shelter can keep the show on the road when things get wet, and some solar-powered decking lights will allow the barbecue party to carry on as long as you want it to. Don't let the temperamental nature of the weather undermine your barbecue; with the right equipment you can be barbecuing all year round, at any time of day.

If you love cooking outdoors, then maybe it's time you turned your barbecue hobby into a way of life. The aforementioned tips can help you on your way. *LL*



'THE BULLY'
Despite the name, Bob's actually a nice guy. The name Bullies BBQ actually come from a "bullie" or bulldog.

8 TIPS FROM A BBQ PRO

NAME: Bob Sutton

TITLE: Owner of Bullies BBQ; Certified Executive Chef, American Culinary Association

BACKGROUND: Sutton's career as a chef began in 1973. After a long career cooking up-scale contemporary cuisine, he changed his focus to barbecue in 2008, opening his first Bullies BBQ in Medina, Ohio. Sutton moved to Hilton Head Island in 2012 and opened his second Bullies BBQ in a building next to the Kangaroo Express gas station. With counter service and writing covering the walls, his smoky hole-in-the-wall joint has become a local favorite, rising near the top of restaurant rankings on both Yelp and Trip Advisor.

LOCAL Life reached out to the popular pitmaster for the following tips and advice:

Barbecue is a trial-and-error cooking method with as many opinions on it as there are stars in the sky. Everyone has a thought on what it should be or taste like. Good luck and Happy 'queing...

[1] Do not get discouraged if it isn't perfect your first few times. Keep trying.

[2] Keep it at low temperatures for long periods of time. I do different meats at different temperatures.

[3] Every tool (smoker or grill) works a little differently. Just because your neighbor's \$3,000 Traeger cooks pork in eight hours doesn't mean your \$60 Weber can do the same, but don't think you can't make just as good or better barbecue. We were using the latter long before the high-tech stuff.

[4] Experiment and take notes so you know what did or did not work the last time.

[5] Even temperature control is important for good results. This is probably the hardest thing to achieve. It requires a lot of tending and watching. Set timers for checking your 'que.

[6] Animals can be different. Some are tender and others are just tough and mean. It may take 12 hours to do one pork butt and 16 for another. Check your meat for tenderness as you go. I am an old-school chef who judges with a fork, not a thermometer. As I stated earlier, everyone has an opinion. Do what is best for you.

[7] Keep your 'que moist as it cooks. This can be done with water pans in the smoker and basting with a thin sauce.

[8] Keep trying different techniques until you find one that works.



Sutton's thin basting sauce

INGREDIENTS

2 cups apple cider vinegar
3/4 cup brown sugar
1/2 cup ketchup
1 tablespoon black pepper
1 tablespoon white pepper
1/2 teaspoon cayenne pepper
1/2 cup water
1/2 stick butter

DIRECTIONS Warm in a sauce pan, whipping to emulsify the butter into the mix. Do not overheat. Just enough for the butter to melt. Baste meat during cooking process once an hour.



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Pizza pie, perfecto!

STORY BY MARK WHITTINGTON

PEOPLE HAVE BEEN PUTTING INGREDIENTS ON FLATBREAD AND BAKING IT SINCE ANTIQUITY.



The term "pizza," although first coined in a Latin manuscript in the 10th century, became the dish we know today by way of Naples in the late 18th or early 19th centuries. Legend has it that "pizza Margherita" was invented in 1889 in honor of the Italian Queen Margherita, who preferred her pizza in the colors of her country's flag: tomato for red, basil for green and mozzarella for white.

The first pizzerias in the United States were opened by Italian immigrants in the early 20th century. The popularity of the dish exploded after World War II, when American servicemen, having been introduced to pizza while fighting in Italy, demanded it once they came home. Today, pizza is one of the most popular dishes in the U.S., with companies like Domino's, Pizza Hut and Papa John's taking orders by phone or the internet.

Pizza has expanded somewhat from the traditional tomato and cheese with a selection of meat and veggie toppings. The Local Pie provides some unique versions of pizza, which include toppings like Thai chicken, eggplant and roasted corn. You can put just about anything on a circular or square piece of rolled-out dough, bake it, and call it a pizza.

So, how do you make the perfect pizza? The rules are few but must be followed, nevertheless.

Avoid crispy flatbread, but rather use dough with a certain thickness. Flatbread pizza is fine for some people,

but its texture is not quite the same as traditional pizza.

The dish known as deep-dish Chicago-style pizza is not proper pizza. There is nothing wrong with deep-dish pie, which contains tomato sauce, cheese, meat and veggies, but anything that has to be eaten with a knife and fork — except for Neapolitan pizza — is not proper pizza. Pizza is meant to be eaten with your hands.

While the traditional version of pizza that starts with tomato sauce, meat, veggies and herbs, then cheese, is always a surefire winner, you do not necessarily have to follow the formula. Some people substitute pesto sauce or Alfredo cheese sauce for tomato sauce.

You can top a pizza with almost anything, with one exception. Do not put pineapple on pizza. Pineapple is a fruit and does not belong. Some people toss the fruit with ham and so on, and call the result a Hawaiian-style pizza. Do not fall into this trap. There is a special place in the bad part of the afterlife for people who talk at the theater, and people who put pineapple on pizza.

A lot of recipes on the internet will give good guidance on how hot to heat the oven and how long to leave the pizza in. A good rule is 425 degrees Fahrenheit and about 20 minutes. If you have a wood or charcoal-fired pizza oven on the back patio next to the grill, by all means, make use of it. *LL*

PIZZA ADVICE FROM THE PROS

We reached out to a few local pizza experts for tips and advice.



DON'T DISMISS DUCK CONFIT

Duck confit is one of my favorite pizza toppings, due to its amazing flavor, ability to blend well with traditional pizza flavor profiles, the natural saltiness and fat content of the duck. When I am not making pizza at the restaurant, I prefer to make it at home on the Kamado-style grill with a pizza-porta grill attachment. The pizza-porta allows me use the grill in the same style of a traditional wood-burning oven.

— **Lee Lucier, chef/partner of The Local Pie**

PIZZA ADVICE FROM THE PROS

Tips and advice continued...



PRACTICAL APPLICATIONS OF PIZZA AND THE HOME CHEF

An interesting way I would view the subtle art of pizza making is creativity. Making pizza at home, whether for personal consumption or family dinners, always proves to be a unique experience. I like to think of this process as if I were back in elementary school and making a watercolor or painting with my fingers. The crust is your canvas; the ingredients are your watercolors. With the amount of readily available ingredients at your disposal, the possibilities are endless. Crusts can be purchased in every grocery store, thin to thick and everything in between. For the home chef, a pre-cooked crust, such as Boboli, works well for sustainability and seems to hold up well with most topping choices. As far as ingredients are concerned, this is where the fun begins. Alfredo sauce, marinara, olive oil, buffalo sauce, barbecue and pesto all seem to be highly versatile.

[1] If you're a fan of **local produce**, head to the farmers market and grill some of your favorites. Grilled squash and eggplant work well with any base.

[2] If you have a meat bias, cut up some **summer sausage** and pair with a hearty cheese, such as smoked Gouda.

[3] If you need to make the kids happy, a **taco pizza** works well. Use a mild salsa as the base, then top with taco seasoned ground beef and jack cheese. Let the kids decorate their own with sides of shredded lettuce, diced Roma tomatoes, onions, guacamole and sour cream.

[4] Impress friends at your next dinner party with **seafood** pizzas. Grill local shrimp and put it on top of olive oil, fresh garlic and mozzarella cheese. When cooked, finish with some fresh basil and a squeeze of fresh lemon.

PRO TIP The one suggestion I do have is to **cook vegetables, meats and seafood prior to placing on pizza**. This will ensure an evenly cooked pizza, with all ingredients optimally cooked. Have fun and be creative. Cooking is a limitless form of entertainment.

— Mike Edwards, general manager of Salty Dog Bluffton

DON'T BE AFRAID OF UNUSUAL TOPPINGS

After almost 12 years in the pizza business, we've had a lot of strange requests for some unusual pizza toppings. And, to be honest, I'm a fan of plain cheese myself. There is, however, a pizza I'll make for the staff on occasion that goes over well. It's a little labor intensive, so, we don't feature it on the menu. But, if it's a slow day, I'll treat the staff.

Chicken fingers, bacon, ranch dressing and potato chips. I think the reason this combination works is twofold. One, we batter our own chicken fingers, slice and fry our own chips and also make the ranch dressing from scratch. Secondly, they're all comfort foods that complement each other. It may not read well, but it makes for a delicious pizza.

My advice for people making their own pizza at home is - don't! You'll put me out of business. Really, though, **just have fun with it**. If you don't want to make your own dough, swing by Fat Baby's and we'll hook you up. After that, don't worry about making it perfectly round. Don't worry about throwing it in the air (it looks cool, but isn't necessary). Don't worry about what it looks like. Use ingredients that you love and it'll taste great. And remember, sometimes, less is more.

— Pete Bernstein, owner of Fat Baby's Pizza & Subs

CALZONES ARE EASIER TO GET RIGHT

I think **feta** is underrated. It adds a salty kick to pizza. I prefer the cow's milk variety. It cooks up a little creamy inside and is crispy on the top.

Pizza is difficult to cook at home as most quality pizzas are cooked at a high temperature. **Calzones** are easier to get right. Stretch out the dough, add toppings and cheese to one side, fold, seal, then cut a couple of slits in the top. Save the red sauce for dipping. Most local pizza shops will sell you their dough.

— Kim Boyce, owner of HHI & Bluffton Mellow Mushroom locations



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Best local thing I ever ate

With more than 250 restaurants in the area serving everything from Jamaican-inspired vegan dishes to Southern meat-and-three, Islanders have so many reasons to say “Yum.” When asked on Facebook, “What’s the best thing you ever ate at local restaurant?” here are some responses:

COMPILED BY BECCA EDWARDS



“Local soft shell crabs at the Wexford clubhouse.”

- Michelle Oleson Wycoff

“Beet salad at Hudson’s Seafood.”

- Mindie DeVeer

“The fried shrimp platter at the South Carolina Yacht Club. I can’t even describe what makes it different, but with the zesty lemon and bloody Mary cocktail sauce? Delish!”

- Addison Cook

“Bluffton oysters.”

- Louanne LaRoche

“The French dip at Crane’s Tavern.”

- Brian Kinard

“The Wexford Club’s cheeseburger.”

- Mandy White

“The fettuccine con gamberi e pancetta e piselli at Pomodori.”

- Kelly Luckasevic

“Lobster nachos at Ela’s.”

- Mariah Lee

“Burritos from Fiesta Fresh. I miss them so much!”

- Katy Hudak

“The panzón at Fiesta Fresh is the best! With a name that means “big belly” how could it not be?”

- Bethany Battig Ramseur

“The grouper at Santa Fe Cafe.”

- Laird Dorsner

“The veggie burrito at Java Burrito Co.”

- Alicia Daly

“There are so many, but my favorite is the baked pastry brie at Truffles. I still dream about it. I have tried to make it but never comes close.”

- Angela Marshall

“The fresh flounder at Hudson’s Seafood. I live in Sumter but would drive to Hilton Head for that flounder!”

- Grace Dibble Boyle

“The fiesta chicken salad from Fiesta Fresh. I craved it when I was pregnant with my son. Love the cilantro salad dressing!”

- Jennifer Bullock Zimmerman

“ELA’s scallops and mushroom risotto while sitting out on their deck looking out at the water.”

- Lee Simmons

“Arugula and eggs from Three Sisters Organic Farm.”

- Molly Hackett



“The sea bass at Red Fish.”

- Amy Dahl Urban

“Too many to list but Clayton Rollison’s tomato pie at Lucky Rooster Kitchen + Bar is beyond amazing.”

- Charlie Clark

“Chef Ramsey’s fried chicken at the Long Cove Club.”

- Karen Kenneweg

“The halibut at Ombra Cucina Rustica. It’s melt-in-your-mouth delicious!”

- Angela Rae Ellis

“The snow pea martini at Sage Room.”

- Holly Lynn Sears



“The Hinoki roll at Hinoki Japanese Restaurant and Sushi Bar.”

- Janet Wiggers

“The local flounder meunière at Charlie’s L’etoile Verte.”

- Susan Griffin Woods

“Crab cakes at Hudson’s Seafood.”

- Sherrie Taylor

“The halibut special at Ombra Cucina Rustica.”

- Kety Marquez

“The local flounder meunière at Charlie’s L’etoile Verte made by Charlie!”

- Carmen Kayser



"The turkey avocado sandwich and a side of the black eyed pea salad at Sunrise Cafe."

- Ferebee Ruffalo

"The chimichangas at Santa Fe!"

- Kristen Haddick

"The penne campagnola at Il Carpaccio."

- Megan McGarty

"The Jamaican jerk bowl salad at Pure Natural Market. Actually, anything they make is pretty amazing!"

- Mira Scott

"Giuseppes' Italian combo is the one food that I still must have every time that I come home."

- Lizzie Hughes Ray

"So many great options, but I felt compelled to mention just how very much I miss Stripes and their potato pancake with lump crab meat. Actually I miss everything about Stripes!"

- Alice Kiser

"The chicken crepes at Charlie's L'etoile Verte."

- Lainie Cantrell Crose

"The meatloaf at Stripes (which is closed)."

- Heather Malia Rath

"Market Street Cafe's tsatsiki sauce."

- Justin Sonfield

"My wife Sherri's apple tart."

- Kevin Lawless

"Carmen Kayser's cooking."

- Christa L. Conley



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local eats



"Oyster stew at Charlie's L'Etoile Verte, the sea bass at Sigler's Rotisserie and Seafood, and the massaged kale salad at DelisheeYo."

- Robyn Josselson Shirley

"Blue crab straight from the sea! Yum! I miss that."

- Welborn Ferrene

"Sweet Mamma's baby back ribs, turnip greens, corn bread and sweet tea!"

- Mary Gwen Boy

"Anything at Ombra Cucina Rustica."

- Leslie Hughes

"Anything at the Sage Room."

- Beth Malcolm Schoon

"Too many to list! We are so blessed with great restaurants!"

- Linda Steadman Fraser

"Almost anything at Lucky Rooster Kitchen + Bar."

- Charlotte Lieberman Rayburn

"Anything at Hudson's Seafood and the barbecue chicken salad at Amigos."

- Kim Gartner

"The smothered poutine potatoes at Calhoun Street Tavern and tacos at Agave Sidebar."

- Virginie Baillinou Blackwell

"The flounder crudo at FARM in Bluffton is always insanely tasty. Steamed-and-chilled, peel-and-eats at Hudson's Seafood, and when Chef B.J. Dennis did his pop-up at Lucky Rooster Kitchen + Bar, he made a head hash and rice dish that might have been the best thing I have ever had, period."

- Clayton Rollison

"The Jedi sub at Stu's Surf Side. Simple, but awesome! Also, Fish in Coligny for blue crabs."

- Lee Lucier

"It's a toss-up between oyster gravy at the Gullah breakfast every February at the Cherry Hill School house and the bolognese at Ombra Cucina Rustica."

- Carrie Hirsch

"The MoBay curry vegetable bowl at Pure Natural Market. Hush puppy cornmeal waffle with goat cheese and pepper jelly at Calhoun Street Tavern."

- Kaitlen Groetzinger



"Shrimp and grits at Lucky Rooster Kitchen + Bar, the bolognese at Pomodori, and the pho or anything on the Asian menu at Relish."

- Chris Wycoff



"There simply isn't one answer! But I really love the cobb salad with homemade tomato vinaigrette at Charlie's L'etoile Verte and the grouper melt at Captain Woody's, but this is just the tip of the iceberg!"

- Margaret Crenshaw

"The fatoosh salad with added avocado at DelisheeYo and the oysters at Hudson's Seafood."

- Elizabeth Hancock

"The kale salad at Pomodori, peanut butter pie at Truffles, vegan nachos at Pure Natural Market and Buddha bowl at DelisheeYo, to name but a few. We do have amazing food on our little island!"

- Jamie Berndt

"DelisheeYo's fatoosh salad, Amigo's margarita, and It's Greek to Me's Greek salad with chicken and pita bread."

- Katharine Lovett Loeb

"A charcuterie on my friend's sailboat Leopard, the pappardelle alla bolognese at Pomodori, grilled oysters at Hudson's Seafood and my rockstar popcorn."

- Brucie Holler

"The chile relleno from Fiesta Fresh, the green curry from Ruan Thai, everything at Hinoki Japanese Restaurant and Sushi Bar, and the ceviche from Santa Fe Cafe."

- Stacey Piccolo Saritelli

"The penne campagnola from Il Carpaccio, the she crab soup from Sunrise Cafe, the fried eggplant stack from Pomodori, a cheeseburger from Frosty Frog, the barbecue chicken salad from Amigos and the lobster macaroni and cheese from Redfish."

- Dana Ely Jaquiss

"The SoCal wrap at DelisheeYo, the caprese at Fat Baby's Pizza & Subs, the cheesecakes at The Purple Cow, the gnocchi at Pomodori, the eggs Benedict at Sunrise Cafe, crab cakes at Hudson's Seafood, the grouper melt at Captain Woody's Bar and Grill. I could go on and on."

- Lisa Bernstein

"The kale and quinoa salad with spicy shrimp at Chow Daddy's, the MoBay curry bowl at Pure Natural Market, Carmen Kaiser's coleslaw, Brucie Holler's Indian spiced eggs, my wife's hot chocolate. (It's a Keurig but she's kind enough to deliver on demand.)"

- Amanda Russ



"The Spaghetti all'Amatriciana at Michael Anthony's."

- Megan Swartz



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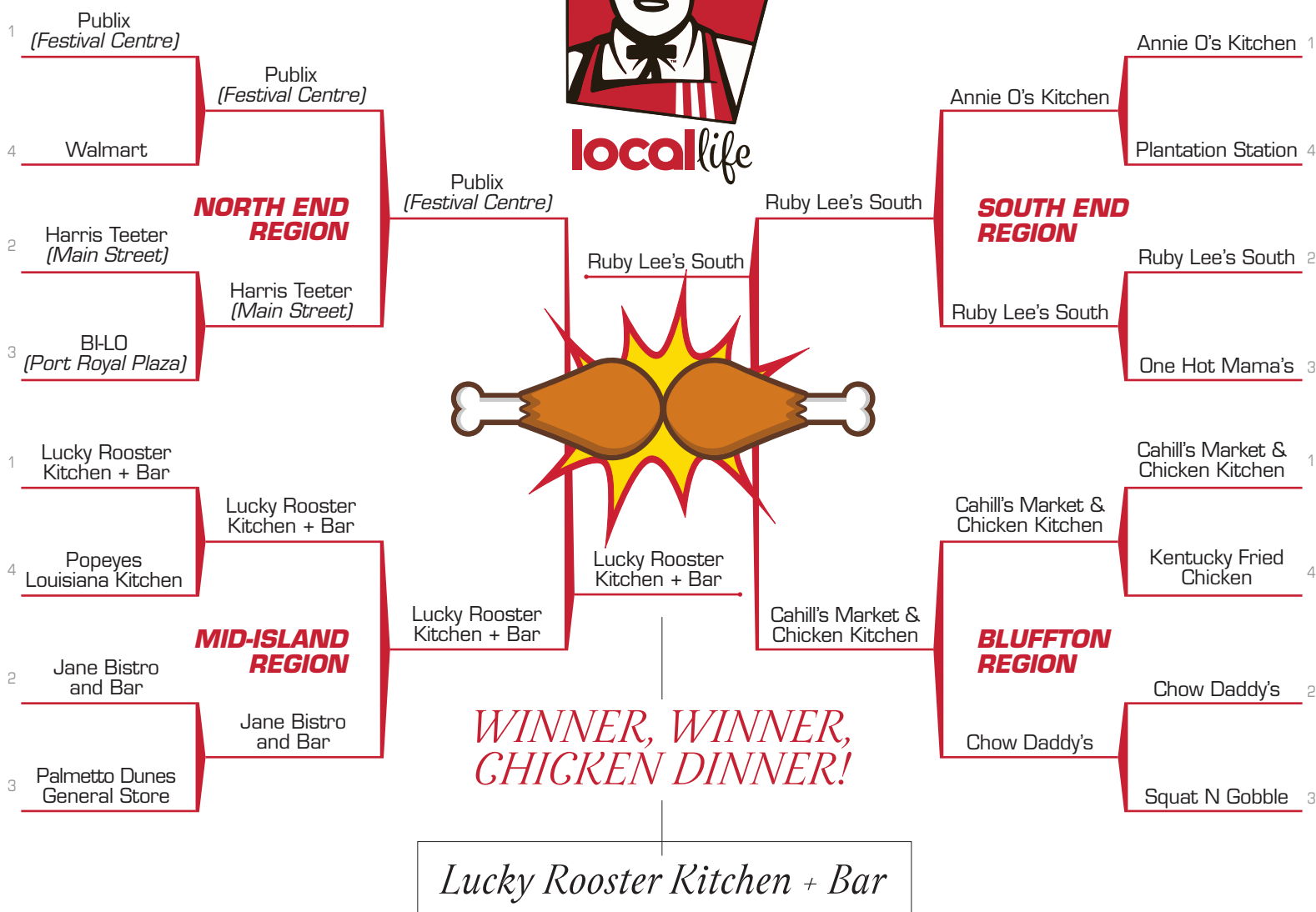
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Charles Grace's Fried Chicken Madness

Who has the best fried chicken? Obviously, that's up for debate. Yelp says it's Lucky Rooster Kitchen + Bar. Trip Advisor feels it's Cahill's Market & Chicken Kitchen. Many locals will tell you to go to a grocery store like Publix or a gas station like Plantation Station in Sea Pines. LOCAL Life designer Charles Grace has lived here for 20 years. He loves fried chicken and has tried it all. Since it's March and this is a food issue, we asked him to create an NCAA tournament-style bracket featuring the best bone-in fried chicken on Hilton Head Island and in Bluffton. **Here are his results:**



local life



DISCLAIMER: The views expressed in Charles Grace's Fried Chicken Madness do not reflect the views, opinions or positions of LOCAL Life. Selections were made by LOCAL Life designer Charles Grace. If you don't like how your favorite spot fared, yell at him (not the publisher, editor, art director, VP marketing and strategy, social media or photo editor). If you feel Grace missed the mark, please drop off a fresh bucket of your favorite fried chicken around noon to LOCAL Life headquarters (400 Main Street, Suite 200A, Hilton Head Island). We will test your chicken and consider it for next year's tournament.



The Champ

We reached out to Lucky Rooster chef/owner Clayton Rollison to see how he makes his champion bird.

THE CHICKEN Use an organic chicken, preferably from Springer Mountain Farms. Break down the bird, leaving it on the bone.

THE BRINE To brine a chicken means to submerge it in a solution of salt and water. For the salt, Rollison suggests adding 1 percent of the total weight (water and bird). Add tablespoons of garlic, peppercorn, clove, juniper and a bay leaf. Bring brine to a boil and stir until the solution is dissolved. Cool the brine, cover the entire chicken with it and put it in the refrigerator for 24 hours.

POACH CHICKEN Bring chicken and brine mixture to a boil. Reduce heat to low. Simmer, covered, for 15 minutes or until chicken is cooked through. Remove from heat.

FRY CHICKEN Once your chicken pieces are coated, gently place them in hot oil and fry them until golden brown and gloriously crunchy. Use tongs to turn the chicken a few times while it cooks. Do not crowd the pan. You want plenty of oil surrounding each piece of chicken. Serve with a dipping sauce (mixture of Sriracha sauce and honey).

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Farmers Market of Bluffton:

HEARTSTRINGS OF THE LOWCOUNTRY

STORY BY NANCYLEE HONEY MARSH
PHOTOGRAPHY BY MARK STAFF

When bubbly executive director Kim Viljac begins her Thursdays, she is filled with joy and anticipation for the 30-plus vendors she works with at Farmers Market of Bluffton.

"They work long hard days, and not without risks if weather interferes. But it's the place to be on Thursdays. Not only those in our area, but visitors enjoy eating healthy and supporting the variety of family and locally owned businesses. Working with many charitable organizations and helping with their fundraising is another aspect I greatly enjoy," Viljac said.

Here is a look at a few vendors that were present during a random Thursday afternoon.

Tuten Farms

Surrounded by a medley of colorful fresh vegetables, Larry Tuten, a fourth-generation farmer who owns Tuten Farms explained farm life: "My dad, who is 79 years old, and I run two farms at opposite ends of the county. We produce a variety of vegetables and fruits every year and Mama cans the vegetables. We plant 300,000 carrot seeds and probably reap about 100,000. It's interesting that all products taste a bit different, depending on the dirt in the acre where they are planted."

Tuten, who sells to restaurants and wholesalers, added, "During our busy season of May, June and July, I average about two hours sleep a night. I sleep most of August to catch up. Then I think and plan the next season."

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Beach Biscuit

Melissa Christian's three dogs think she's one hot mama. A passionate dog lover, it was only natural for the Beach Biscuit business owner to begin baking healthy treats for her precious furry friends. "At first it was a rack or two, but now we have nine racks going most of the day. Each treat has four healthy ingredients and is hand rolled with an excellent shelf life," Christian said. "There are about 40 different varieties in shapes of sea creatures and Lowcountry themes." The Atlanta native decided retirement was not for her after moving to the area in 2014. "I could not stand it, and knew this would be the perfect spot for our business, based on all things beach and pup," she said. "It's amazing how many wonderful people I meet and many are repeat visitors here at the Farmers Market."



Lee's Bees and Cynthia Lee's Honey/Herbal Skin Care

After sailing around the world in their 1949 "Voyager" boat, Cynthia and Ron Dekun planted their roots in the Lowcountry. Lee's Bees and Cynthia Lee's Honey/Herbal Skin Care keeps the adventure in their lives. After being a "gallery slave" for so long, Cynthia became a master gardener and started her skincare business with a friend when living in Florida.

Ron, a former marketing director, said he discovered a demand for honey and now the two have a great partnership. He said he has about 42 colonies to pollinate plants and Cynthia makes 17 natural skincare products with honey and other healthy ingredients. "We fell in love with the beautiful Lowcountry, and its people. Everyone loves this Farmers Market and it's most rewarding how many return for honey and Cynthia's products," Ron said.



Hank's Lowcountry She Crab Soup and Crab Cakes

Go ahead. Prove everyone correct! Hank's Lowcountry she crab soup offered at the Farmers Market is as close to heaven as one can get. Chef Hank Yaden and his wife, Wanda, welcome everyone as family who enjoy their soup and at one of the cozy tables provided. Hank explained the sought-after soup is made with blue crab meat. The recipe was given to him in 1985 by a customer who said it originated with a butler's adaption to the recipe in 1903. "After a long career in restaurants from California to Charleston, it's wonderful now to have more freedom and time to meet and interact with so many great people," said Hank, a chef of 35 years.



Myers Family Farms

Kendra Myers, owner of Myers Family Farms names some of her 500-plus chickens of three different breeds.

"Chickens are fun to watch," Myers said. "We did name 'Trixie,' an Ameraucana breed who lays blue eggs (great at Easter). She flies over the electric fence protecting them, hops around and in her own time returns to her nest. And oh, there's Esmeralda, a Silkie breed known for her fluffy plumage, who loves to talk."

Myers said she was inspired by other farms and the demand for healthy eggs. The chickens yield 30 dozen eggs a week in summer season when it's light outside longer. She and her husband also make bagels and pretzels from his New Jersey recipes. "Boiling them first," Myers said. Many providers do not boil at all. Then baking gives them the right consistency."

The rewards are many for Myers, but most importantly she said it's "knowing what's in the food we eat and that it's healthy."



EGGCELENT QUALITY Myers Family Farms is a fourth generation farm, started in the late 1800s. The farm has 10 broiler chicken houses and brings fresh eggs each week to market.

The Grind Roasters

Although the name of his company may indicate grueling days, Ian Duncan of The Grind Roasters said his 12-hour days are now a breeze. The Kansas native was formerly in the landscaping business and was burned out. "My nine years of part-time work in coffee houses gave me insight into the business and I decided (in 2016), it was time to start my own."

The Grind, 7 Simmonsville Road, Suite 600, is open 6 a.m. to 7 p.m. on weekdays and serve a variety of coffees, including several organic blends. "Coffee keeps me awake," Duncan said. "It's great to be able to educate people about the products and the most fun is it brings people together."



LOCAL FLAVOR Ian Duncan of The Grind Roasters and Kim Tavino of Sprout Momma bring locally made artisan products each week to Farmers Market of Bluffton.

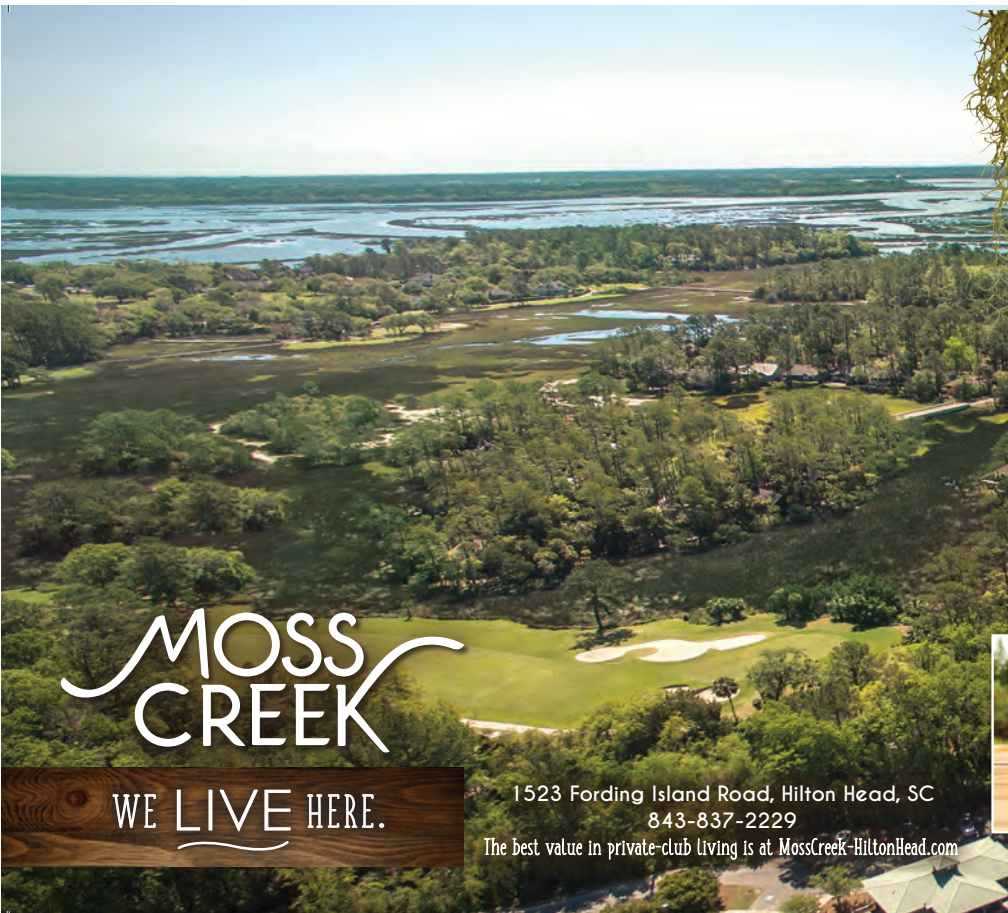


Sprout Momma

Sprout Momma owner Kim Tavino started baking healthy bread in her kitchen as gifts for clients, family and friends.

"I was somewhat shocked when everyone said they loved my bread and wanted to buy it," said the health and personal trainer coach who is originally from Ohio. She set up shop at the Farmers Market in 2012. As the demand grew, Tavino said she was getting up at 4 a.m. to bake. Her son, Ryan Fennessey, a professional chef, pitched in to help. Daughter Abby is now active in the business, too.

Also available in some retail stores the Artisan-baked breads combine sprouted ancient grain, whole wheat, vegetables, fruits and King Arthur flour. "It was quite a pleasure seeing my first customer walk away with a loaf of my homemade bread under her arm," Tavino said. "Working with my children is a true joy." *LL*



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©PHOTOS BY TOM JENKINS

Waterfall *SPRING ISLAND'S* farm: *COLLABORATIVE* *GARDEN*



EDIBLE AMENITY Spring Island residents can pick as much produce as they like from 6 1/2 acres of cultivated farmland.

Community gardens are common in many of the Lowcountry's plantations and planned communities. The garden at Spring Island is different. Waterfall Farm is 6 1/2 acres of cultivated, community-run farmland, sewn with an abundant variety of produce.

Volunteers plant and manage the garden, and all Spring Island residents are encouraged to pick as much produce as they want. Once members have collected their share, the remainder of the bounty is distributed to staff members, the local fire station and churches in neighboring communities.

"Folks are amazed at how large the farm is and by the fact that they can just go and pick what they want," said John Strothers of Spring Island Realty. "We planted 4,500 plants for the winter garden and over 40 different types of plants."

Spring Island resident Jim Basara is the lead volunteer of Waterfall Farm. He sends a weekly email to Spring Island residents telling them what is ripe, how to harvest it and recipes the produce can be used in. Members of the community maintenance staff do the tractor work, then a slew of volunteers attend planting parties. Tuesdays are reserved for hoeing and weeding. Planting for summer crops starts March 15. Winter crop planting is scheduled for early October.

LOCAL Life asked Spring Island executive chef Jeremy Halker for a recipe he makes using ingredients grown at Waterfall Farm.



Blackened tilefish with smoked tomato and orange marmalade

INGREDIENTS (Fish)

4 golden tilefish fillets (6-7 ounces each)
8 tablespoons unsalted butter, melted

INGREDIENTS (Blackening spice)

3 tablespoons smoked paprika
1 teaspoon salt
1 tablespoon onion powder
1 teaspoon ground black pepper
1 teaspoon cayenne pepper
1 teaspoon dried ground thyme
1 teaspoon dried oregano
1/2 teaspoon garlic powder

INGREDIENTS (Marmalade)

1 cup peach wood pellets
3 pints cherry tomatoes
1/2 cup Vidalia onion, small dice
3 oranges, cut in segments
2 tablespoons extra virgin olive oil
1 tablespoons black pepper
Salt to taste
1 cup sugar
1/4 cup red wine vinegar
2 tablespoons fresh basil

DIRECTIONS (Fish) In a small bowl combine all of the spices. Press a heaping tablespoon of the spice mix onto each fillet so that both sides are liberally coated. Allow the fish to sit for 15 minutes at room temperature prior to cooking. In a large skillet, heat the butter over medium-high heat. Add the fillets and cook for 2 to 3 minutes on each side.

DIRECTIONS (Marmalade) Begin by heating the peach wood in the stove top smoker. Toss the tomatoes, onions, oranges, salt, black pepper and olive oil together. Place tomato, orange and onion mixture in tray of smoker. Lightly smoke for 5 to 10 minutes until desired smoke flavor is achieved. In a small sauce pan place tomato mixture with remaining ingredients except basil and cook on medium heat until mixture becomes syrupy. Add basil and leave at room temperature.



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EAT FRESH Canewater Farm's crop diversity and its certified organic label has made it a hit with residents and restaurants in Georgia and South Carolina.

Grown for the Lowcountry

STORY BY ROBYN PASSANTE + PHOTOS BY ANSLEY WEST RIVERS

*SMALL GEORGIA FARM
PROVIDES PRODUCE FOR MANY
LOCAL RESTAURANTS*

When savvy entrepreneurs identify a demand for which there is limited supply, success can come quick and easy. When Canewater Farm owner Rafe Rivers saw such a demand – for organic produce grown close to coastal Georgia residents and restaurants – he set out to provide the bounty.

It was anything but quick and easy.

"We bought 50 acres, and zero were ready to plant," says Rivers, who grew up in Atlanta and had no interest in working the soil until a sustainable agriculture class at the University of Georgia sparked his passion for farming.

About 18 acres of the coastal Lowcountry land had produce potential – once the stands of slash pines were timbered, roots and stumps were removed and the acreage was cover-cropped to begin cultivating a richer soil, that is.



CERTIFIED ORGANIC Many local chefs swear by the taste and freshness of Canewater's produce.

Rivers and his wife, Ansley, were undaunted by the challenge; their Georgia roots (Ansley's family owns property in north Georgia where the couple raised Ossabaw hogs and make corn-meal and other organic grain products) pulled them back from California to build a life and a company on the Southeast coast.

This year the farm will produce a diverse mix of veggies on nearly 10 acres; he and his team planted 25 different crops in spring 2018 alone.

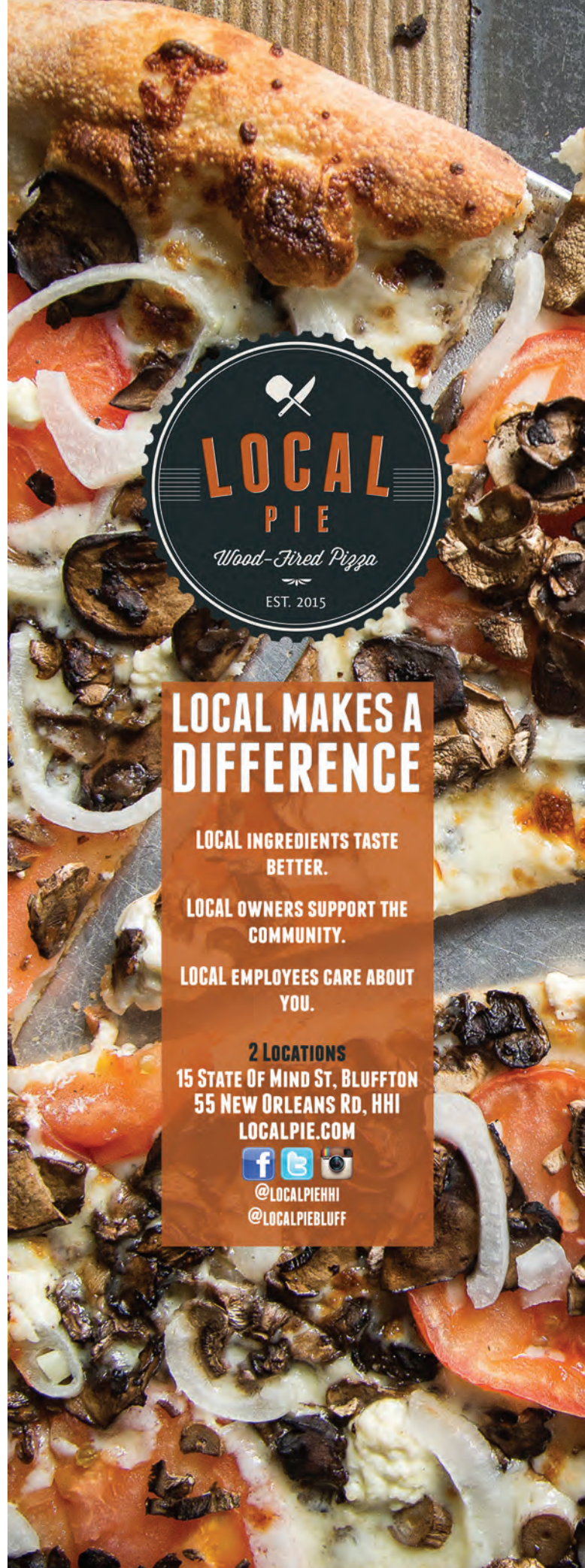
"We don't have crop insurance; our insurance is our diversity. Every year something has issues, but if we have 30 different crops and three of them do bad, we have others to take their place," Rivers says. But that business tactic is as much a personal choice as it is a professional one. "We love eating in season. I want to feed my family, too, from our farm, and I like seeing different things coming up at different times of year."

Canewater's crop diversity and its certified organic label has made it a hit with residents and restaurants in Georgia and South Carolina. Chef Clayton Rollison, who owns Lucky Rooster on Hilton Head, persuaded Rivers to sell his produce to the island, banding together with other chefs on Hilton Head and in Bluffton to bring enough business to Rivers for it to make it worth his time.



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- Scallions
- Collards
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- Corn Flour
- Polenta



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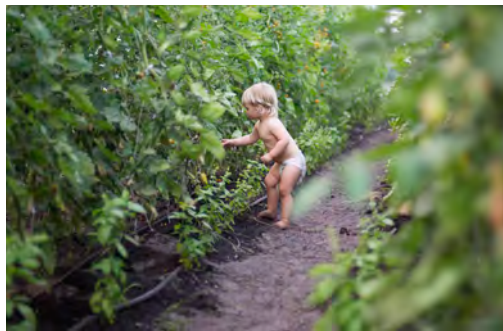
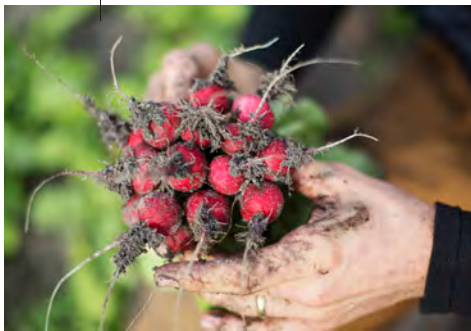
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40 restaurants served. 50-acre property. 10 acres in veggies. Over 50 types of crops and even more varieties. 10 amazing employees. 1 cutest baby in the world.



VEG OUT The Canewater Farm team cultivates 10 acres of vegetables on its 50-acre plot.



"With Rafe, he grows really clean, good vegetables. Not only is he a great farmer, but he's really good at running his business," Rollison says. "Rafe thinks outside the box a little bit, he's willing to take risks and grow some unusual things. And he's willing to take some chances and work with people and get some diversity on the plate."

Rollison says the freshness of Canewater's produce gives chefs more for their money than they often get.

"You get to utilize more of the products and showcase more diversity to the dish," says Rollison, who describes Canewater's turnip tops as "freakin' delicious" and makes a carrot vinaigrette using their carrot tops. "The tops of vegetables are always tasty, but half the time when they come from larger suppliers, they're four or five days old, so they're not as good."

Rivers says the informal partnerships he's developed with chefs like Rollison make his job even more satisfying.

"I like working with the chefs because they do really beautiful things with (our produce). It's really rewarding to see a family come and eat the food that we grew and picked the day before." LL

Local restaurants and communities using Canewater Farm

Palmetto Bluff
Pearl Kitchen and Bar
Red Fish
FARM
Poseidon
Marley's
Frankie Bones
Wexford Plantation
Wise Guys
Sea Pines
Skull Creek Boathouse
Lucky Rooster
Local Pie





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The raw truth about local honey



HAVE YOU HEARD THE BUZZ? MAGICAL THINGS HAPPEN WHEN YOU HAVE A SPOONFUL OF LOCAL RAW HONEY EVERY DAY.

STORY BY AMY COYNE BREDESON
PHOTOGRAPHY BY MARK STAFF

Many people have heard that local raw honey can help alleviate allergy symptoms, but according to a professional beekeeper on Hilton Head Island, the sticky substance has many more benefits, without the side effects that drugs have.

David Arnal, founder of Bees Across America and Hilton Head Honey, recommends taking a teaspoon of honey in the morning and another in the evening for allergies. He said it takes about a week to start working.

In general, local honey is defined as coming from a beehive within a 25- to 50-mile radius of where a person lives, Arnal said.

"Some chiropractors say if you could have bees in your backyard and get it that local, that would be ideal," Arnal said. "Bees fly up to about two miles from the beehive to harvest honey so they cover an area of about 12,000 acres around the beehive that they harvest honey from."

Arnal learned how to keep bees as a student at Clemson University and has been doing so since 1988. He maintains 75 colonies of honeybees spread around Hilton Head, mostly located in community gardens within the gated communities. The honey that comes from those colonies can be purchased at various locations in the area.

In addition to helping with allergies, Arnal said a number of studies done in Europe have shown that honey can help people with Type 2 diabetes.

"Honey is about 50 percent glucose and 50 percent fructose," Arnal said. "The glucose immediately feeds into your system and gives you ... the sugar rush that you need because you have low blood sugar. And then behind it, the fructose goes into your system much more evenly and over time gives you sugar without giving you a sugar shock."

Arnal said honey is also known to work better than over-the-counter meds as a cough suppressant for children. The Penn State University College of Medicine in Hershey, Pa., conducted a study and found that honey was superior to Robitussin and Delsym, and all the active ingredients in cough medicines.

He said many people don't realize, but honey also can be used as an antiseptic. It was used on skin wounds prior to Louis Pasteur's discovery of the germ theory.

Arnal explained that bacteria can't live in the presence of honey because it sucks the water out of the bacteria and shuts it down.



SMOKE 'EM IF YOU GOT 'EM The bee smoker is effective due to bee's natural instinct. When a bee detects smoke near the hive, it makes it think that the hive is in danger because of a nearby fire. Since bees are focused on collecting honey and saving the hive, there is a lesser chance of a beekeeper being stung. Eating so much honey makes the bees lethargic.





HOW SWEET IT IS Bees build honeycomb into frames of a Langstroth hive, which can be moved with ease.

When honey interacts with the skin, it also releases small amounts of hydrogen peroxide.

"They're finding more and more use of what they're calling medical honey in hospitals because you can essentially do it without interaction," Arnal said. "No one is going to be allergic to honey."

Arnal said while there is no such thing as a honey allergy, the National Honey Board and the USDA advise parents against giving children honey before the age of 1. The recommendation came about in the early 1980s after a child had botox poisoning due to a beekeeper using dirty equipment. Babies don't have the acid in their stomachs to handle the botulinum toxin.

Anyone who would like to see Arnal's bees up close and personal can visit the Discovery Lab at the Coastal Discovery Museum on Hilton Head.

"Honey contains a tremendous number of trace minerals because some honeys come from trees, and trees are tapping into those minerals down in the soil," Arnal said. "So from just a general benefit perspective, you get a lot of trace minerals that are typically added to food as chemicals rather than naturally occurring in your food." *LL*

RAW HONEY USES

Eat to treat:

- Cough
- Asthma
- Hay fever
- Diarrhea
- Stomach ulcers

Apply to the skin for:

- Wound healing
- Burns
- Sunburn
- Cataracts
- Diabetic foot ulcers

Source: WebMD



Where to purchase Hilton Head Honey

- Coastal Discovery Museum
- The Purple Cow
- Port Royal Plantation Property Owners Association
- Hilton Head Plantation Farmers Market
- Hilton Head Honey

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1. Boil CRAWFISH
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2. DRAIN + POUR ON A
NEWSPAPERED TABLE

*Avoid
straight
Tails*

3. Grab by the
Head + push tail
SECTION INTO THE
HEAD TO LOOSEN
MEAT

4. Twist tail
off from
Head

5. + 6

Suck Head for
Yummy-taboo-goodness
stick pinky inside Head
for other tasty stuff

7. Peel off First
2-3 Rings from Tail

8. Hold
HERE

9. Repeat to your
HEARTS CONTENT

pull out
w/ TEETH
OR FINGERS

j. maloney



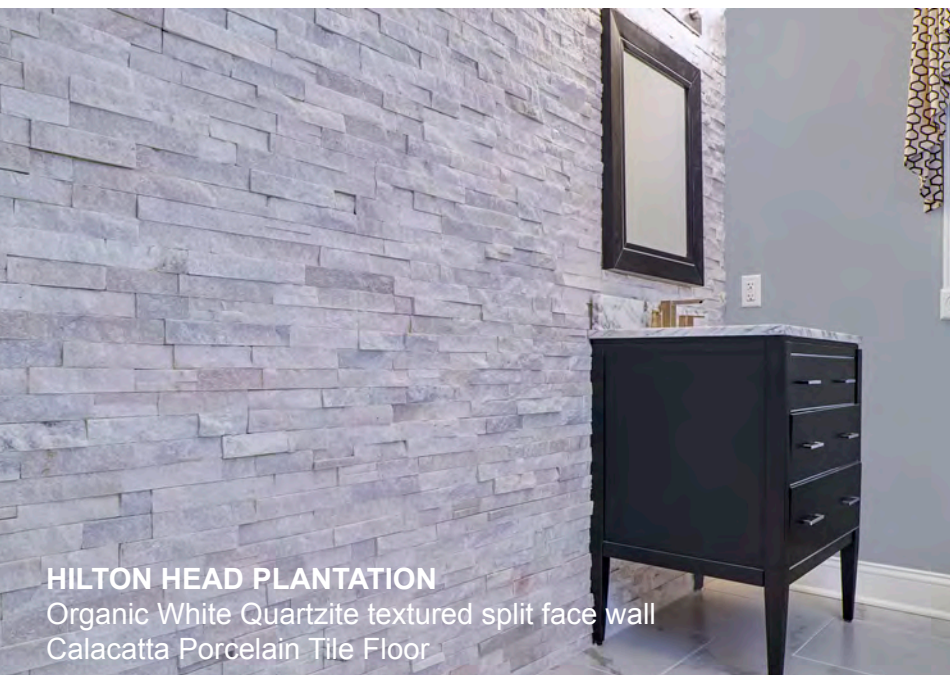
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STORY BY HILARY KRAUS
PHOTOS BY MIKE RITTERBECK



THE PHONE CALLS HAVE BECOME AS MUCH A PART OF BARRY WILSON'S JOB AS SHOWING UP FOR WORK AND MAKING SURE HIS DEPARTMENT IS STOCKED AND LOADED.



INSIDE MAN If you love beer or wine, Barry Wilson is a good person to know.

This morning, the call transferred into Kroger's wine and beer department is one of Wilson's regulars. The customer is eagerly awaiting the delivery date of Bell's Hopslam, a super hoppy IPA with a feverish fan base that extends far beyond its Kalamazoo, Mich., brewery. After all, to some beer connoisseurs, getting their hands on a bottle of Bell's Hopslam, Mexican Cake or Canadian Breakfast Stout, to name a few, is akin to a religious experience.

"I have some regular customers who know when the beers come out and they'll walk into the store and I don't even talk to them. I'll just hand them a bottle and say, 'Hi, I'll see you when the next beer comes out,'" said Wilson, lead wine steward at the Kroger on Hilton Head Island since it opened in 2013.

From allocated pale ales, clean-tasting lagers, full-bodied cabernets and oaky chardonnays, to the not-to-be disrespected Bud Light and Barefoot wines, Wilson is rockin' and rollin' when it comes to the beer and wine scene. And he takes requests.

"We get two different kinds of (beer) requests," Wilson said. "Beers that we don't have in stock but that I can get, and requests from people who are coming in the store and it's kind of a 'do-you-have' sort of request. Asking for a beer that's not stocked is not easy in a store that carries about 800 labels.

The wine queries pour in just as liberally. Wilson said customers ask for a broad spectrum of wines, and they're not necessary of the high-end variety. People want their go-to wine or something they've tasted at a party or restaurant.

"It also seems to be a little bit seasonal. Like in the summer, somebody will want a French rosé that may or may not be on the shelf," Wilson said. If it's not in stock, there's a good chance the store will be able to track it down. It does business with about eight vendors and stocks about 1,800 types of wine.

When asked about his background in the ever-evolving beer and wine industry, Wilson quipped, "I've been drinking wine a long time. I've taken a few classes along the way and just have had a general interest in wine for a long time. I consider myself more of a wine drinker than wine taster."

He said his day of reckoning happened during the '60s at a bar in Saigon when serving in Vietnam. "I had my first meaningful bottle of wine that tasted different than some of the stuff I drank when I was in college. It was a Bordeaux. I don't know if it

was necessarily an epiphany, but the lightbulb went off saying there's something more out there than Annie Green Springs."

So what's jumping off the shelves these days? Wilson said IPAs continue to be the biggest sellers, with too many popular labels to list. Kendall-Jackson chardonnay is the wine he and other associates are most asked to locate on the shelves. And despite Miles' (Paul Giamatti's) patronizing line in the 2004 movie "Sideways": "If anyone orders merlot, I'm leaving. I am not drinking any (expletive) merlot," Wilson said the red wine is experiencing a comeback.

"I get more requests for it more now, probably within the last 6-8 months, folks started asking about merlots," Wilson said. "And not just the premium merlots, there are some well-priced merlots coming out of Washington state and California."

As for respecting the adult beverage likes and dislikes of customers, Wilson has a simple philosophy. "You have to understand, everybody has their own palate. Find what you like and then experiment a little bit. And if you experiment and don't find anything better, go with what you like originally." LL



SUPER SELECTION Kroger at Shelter Cove Towne Centre does business with eight vendors and stocks around 1,800 types of wine.



Through the grapevine

A few words with Barry Wilson, lead wine steward at the Kroger on Hilton Head Island...

Bigger sellers, beer or wine? Overall it's about 60 percent wine and 40 beer. But in the summer it's about 40 percent wine and 60 percent beer.

Red or white wine? It's a little more seasonal, but generally red.

What's your preference? I tend to drink cabs. (cabernet sauvignon). I guess if I had to pick a favorite right now it's Caymus and Silver Oak.

How do you recommend a wine? You can start matching it with the person. It's not without risk. Every time I recommend a wine there's a chance somebody's not going to like it, but I've gotta live with that.

What wine should you bring to a person's home if you don't know what they drink? It's fairly safe to bring a bottle of chardonnay or something like that.



Photography by M.Kat

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Something to 'Wine' about

WINE DRINKING ADVICE FROM LOCAL EXPERTS

Drinking wine is a powerful ritual. The pop of the cork, the clink of glasses, the scent, the taste — all of these things come together to create a wholly unique feeling you'll want to experience again and again. Here in the Lowcountry, spring is the perfect time to enjoy a bottle. LOCAL Life reached out to **four local wine experts** for recommendations and drinking advice.

John Wasem

Manager/wine buyer at ELA'S On the Water, Hilton Head Island

FAVORITE WHITE WINE

I am primarily a red wine drinker, but my favorite white wine right now is the **Le Roi des Pierres Sancerre** (Loire Valley, France). It has an intense aroma of citrus on the nose mixed with exotic fruits such as kiwi and passion fruit. Le Roi des Pierres Sancerre is a smooth easy drink that can be paired with a variety of seafood dishes like ELA'S newest addition to the spring menu, "Salmon Rockefeller."

FAVORITE RED WINE

It's hard to pick a favorite red wine, but right now I am really into the 2013 Hall cabernet sauvignon. Since adding it to our list earlier this year, it has definitely been my go-to glass of wine after a long day at work. It's a silky structured cab with medium tannins, and fits so well with our black Angus bone in ribeye ... also great after a long day.

DRINKING ADVICE

Some simple advice that I can give about picking their perfect wine, and especially to those who aren't as knowledgeable as others, is to not be afraid to ask questions. Whether it be your server at ELA'S, or many of the other fine-dining establishments on Hilton Head Island, we work hard educating our staff to be able to steer you toward the wine that gives you the best dining experience possible.

FAVORITE WINE/FOOD PAIRING

My favorite wine pairing, though it may be a tad out of the ordinary, is a glass of Failla **Sonoma Coast pinot noir paired with our blackened yellowfin tuna**. Failla's pinot noirs healthy acidity allows it to slice through the oiliness of the pink fleshed fish while the mild/medium tannins don't combat with the spice of the blackening. This pinot noir also pairs nicely with everything from a piece of salmon to some vegetarian dishes, especially dishes featuring mushrooms.



Stephanie Stawski

Certified sommelier, manager, wine and beer buyer at Rollers Spirits and Wine & Cheese, If You Please?

FAVORITE WHITE WINE

Champagne! I love everything about it! I love the tiny little bubbles, the acidity, the way it pairs well with pretty much any food, how you drink it when you are celebrating. It's low alcohol, so you can drink it with breakfast. It is typically on the lower end of the calorie spectrum (depending on style). ... need I go on? It is indeed the perfect beverage, and while there are many other sparkling wines out there, I still haven't found one that compares to the real thing.

FAVORITE RED WINE

This is a bit of a loaded question for me, and if you ask me tomorrow, my answer might be different because it does matter what I'm eating, or in this case what I feel like eating. At this moment, I am going to go with **Rioja Reserva**. In the Rioja region, they have made it a habit to hold and age their wines at the wineries, which is expensive, but they want their wines to be released when they are ready to drink. A properly aged wine is really a thing of beauty, and I love diving into a glass that is layered with red fruit and sweet flowers, and herbs, and chocolate, and tobacco, and baking spices and the perfect amount of dusty tannins. A good Rioja will often be all of those things. Pair it with a good piece of meat and that sounds like a lovely evening to me.

DRINKING ADVICE

Be adventurous! Don't get stuck in a box. New wine regions are emerging constantly and making incredible wines. If you are worried about walking into a grocery store and wasting your money on something you don't like, but bought because it has a pretty label, befriend the person that works at your local wine store. I find great pleasure in learning my guests' palates and being confident I sent them home with something they will love (Especially if I know I will see them again.). We will even open the wine and let you try before you buy because we want you to be just as confident. Try new things and drink what you like. Not what someone said you should like.

FAVORITE WINE/FOOD PAIRINGS

Muscadet and raw oysters. One of the great things about your olfactory is that it can trigger memories which happens every time I enjoy this combo. It is a very

classic pairing. The fruitiness of the wine complimenting the salinity and minerality of that oyster, but beyond it seems that every time I am enjoying the two, it is during a long meal with people I love to be around. We spend the afternoon sipping wine, slurping oysters, laughing and carrying on without a care in the world, enjoying our favorite company. And if I'm not at such an event, the flavors remind me of those amazing times. I think the way wine and food can transport you mentally is part of its magic.

Champagne and popcorn. Because it makes the movies a lot more fun. It has to be the good popcorn though, you know, the kind drenched in butter. The acidity and bubbles will lift that greasy weight right off your tongue, and again, the fruitiness of the wine to compliment that salty popcorn. I mean, if you don't like sweet and salty there has got to be something wrong with you. I'm not talking about sugar sweet (that comes later), I'm talking about dry wine with natural "fruitiness." People tend to get that confused. But back to champagne. It happens to be delicious with anything greasy, salty, and high in fat (aka fried foods). I just personally love the thrill of trying to cram the bottle in my purse well enough to sneak it into the theater without anyone knowing.

Barbera d'Asti and pizza. Those that know me, know I love barbera. It's a not very well-known grape that is grown in the Piedmont region of Italy. Personally, I don't know how it has flown under the radar so well for so long. It is medium bodied with great acidity, and delicious red fruit. Best of all, it's affordable. It is the perfect wine for just a regular day. Delicious with regular-day dinners, like barbecue, spaghetti, chicken breast and pizza. Why? Because it is medium bodied with great acidity, and delicious red fruit. It is also good without food, when you just need a glass of wine. ... but that wasn't the question.

Port and chocolate mousse. I admit I do have a bit of a sweet tooth, and while classically port and chocolate is good, port and chocolate mousse simply takes it to a new level. It's like a light fluffy chocolate raspberry truffle, except better. This combo is sweet paired with sweet. It is the ultimate dessert. If you aren't in for sweets, port and blue cheese is a close second.



Jeff Martin

General manager and wine buyer
at Red Fish Hilton Head

FAVORITE WHITE WINE

My favorite white wine is **Picpoul de Pinet**. It goes very well with our seared scallops and lobster mac and cheese. Picpoul is crisp and dry and pairs well with the delicate flavor of the scallops and the acidity of the wine cuts the creaminess of the mac and cheese.

FAVORITE RED WINE

My favorite red wine is Burly cabernet sauvignon. It goes great with our Kansas City strip steak. The cab brings out the natural flavor of the steak and brightens the light Creole seasoning.

DRINKING ADVICE

I say try everything and drink what you like.

FAVORITE WINE/FOOD PAIRING

When it has been as cold as it has lately, I really like the combination of **port wine and blue cheese**.



P.J. Myers

Wine director and sommelier
at Michael Anthony's Cucina
Italiana, Hilton Head Island

FAVORITE WHITE WINE

A Grillo from Sicily. It's young, fresh and vibrant.

FAVORITE RED WINE

A **Napa Valley cabernet**. Big, strong and complex, yet approachable. It's great for any occasion.

DRINKING ADVICE

No matter what anyone tells you, drink what you like. Never be afraid to spend a few extra dollars for a great bottle of wine. Life is short . . . drink good wine.

FAVORITE WINE/FOOD PAIRING

Barolo with wild mushrooms. The bright red fruit in the barolo brings out the earthiness of the mushrooms and the flavors complement each other beautifully. 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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NOW TRENDING: #Adult beverages

ALCOHOL CONSUMPTION DATES BACK THOUSANDS OF YEARS. AS IT RELATES TO CULINARY AND OTHER ARTS, AS WELL AS RELIGION, THE DEBATE OF "WHAT CAME FIRST, THE CHICKEN OR THE EGG?" LIVES ON.

STORY BY BECCA EDWARDS

Some historians argue the hard stuff influenced several pivotal eras, movements and events. Our minds shift back to the Prohibition era, but let's not forget about the Neolithic revolution. Evidence suggests man traded a nomadic existence for an agricultural one in order to partake in righteous, libation-fueled ceremonies.

In 2018, our cup continues to runneth over with booze-laden intrigue and influence. Here are a few trends to toast to this year:

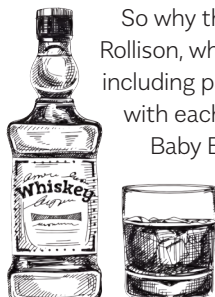
LIQUOR Disclaimer: This writer's favorite indulgence is joining words like "booze" and "boutique" and coining new words.

"'Booze-tique' is all the buzz," said **Clayton Rollison**, owner and chef of Lucky Rooster Kitchen + Bar on Hilton Head Island. "It used to be the market was saturated with vodka and gimmick booze like Fireball, but boutique distillers like Cooper & Kings (from Louisville, Ky.), who produce spirits like absinthe and brandy are now trending. One of the fastest growing market segments is amaro." Amaro, the Italian word for bitter, is an herbal liqueur/digestif. It is a departure from the more sugar-driven spirits, which Rollison said are "played out."

"Though amaro is Italian, all over Europe and even eastern Europe, spirits are being made in the style of amaro from unusual ingredients," Rollison said. "Take Cynar, for example. It's made from artichokes."

So why the shift from Bellinis to botanical drinks? According to Rollison, what we drink is often based on several telling factors, including parental influence and pallet. Peoples' pallets change with each generation.

Baby Boomers prefer London-style, dry gin like Beefeater and Tanqueray, which is juniper forward. Generation Xers drink vodka and green apple martinis, and Millennials are turning back to gin that's lower in juniper. "Millennials drink gins with citrus and coriander.



People just don't want to drink what their parents drank," Rollison said. "Apparently, alcohol, like fashion or decor, can become passé or antiquated. We drank too much of our parents' stuff and got sick of it."

Mindset is another influencing factor. Though research suggests Millennials may be consuming more alcoholic beverages than past generations, they, as well as the typical, cross-generational drinker are opting for beverages with less alcohol content, Rollison said.

Adult sodas - mixing club soda with a few dashes of bitters, Pimms, Campari or dry vermouth - are popular. "People are weighing their responsibilities and choosing not to get hammered," Rollison said.

People also are inclined to go with an "adventurous drink," Rollison added. "Bartending died in the '80s and '90s, but has had a resurgence. Bartenders now are more adept at balancing drinks properly. They are making more complex drinks and as people are exposed to this, they continue to be more adventurous."



BEER

Willie Cram of Bear Island Distributors is seeing a similar trend with beer drinkers. "The best selling breweries out there are the ones being adventurous and putting out new styles consistently," Cram said. "Buyers are looking for something new every week."

Cram, speculates, much like liquor, the Millennial population is setting the tone for what's on tap. "Maybe it's because we have a short attention span," said Cram, who is himself a Millennial.

Research, however, suggests Cram is on to something. Other Millennial-like characteristics include independent, idealistic, open-minded and entrepreneurial - all of which add up to the type of person who is always searching for the next best thing.

Other notable "Millennial-istics" themes this segment of the population believes in are protecting our environment and buying local. "We see people preferring cans over bottles because it's more efficient packing and better for the environment. And local breweries are killing it," Cram said. "That's why we're seeing a new brewery open practically every other week."

The influx of local breweries has also changed how bars are run. "You don't see light beers on draft anymore," Cram explained. "Generally, you see all local products and a few regional ones and instead of permanent lines you see the bars rotating taps more."

Like the reinterpretation of gin, beers - especially IPAs, (India Pale Ales) - are being reformulated with more nature-inspired ingredients and a new appearance. "IPAs have always been king since we started

OUR LOCAL BOOZE EXPERTS



ROLLISON



CRAM



MARTIN

out in the business five years ago, but we are seeing a new trend in New England-style IPAs. These IPAs are juicier, have fruit and floral flavors, and almost look like a milkshake. We cannot keep them in stock," Cram said. He has also seen an increase in sales of lighter, more day-drinking beers. Some data suggests that with the growing legalization of marijuana, some people are choosing THC (the main psychoactive part of cannabis) over ABV (Alcohol by Volume) because pot is considered more natural and medicinal than alcohol. Since marijuana still is not legal in South Carolina, we do not have any substantial local data supporting this theory, but it may be a trend to look out for in the years to come.

WINE

Out of all the trends bubbling up in the liquor and beer industries, the only one **Jeff Martin** sees in common with the wine industry is people are buying locally. "Every country in the world produces wine of some sort, but people are buying more wines made in the USA, and honestly, we are making some great wines," said Martin, general manager and wine buyer of Redfish Hilton Head, "Great wines are even being made in places you would not expect." Shelton Vineyards in Dobson, N.C., and Boxwood Estate Winery in Middleburg, Va., are among those producing quality wine, according to Martin.

Martin said he doesn't believe the Millennial population has had as large of an impact on the wine world as other forms of alcohol. "Young people tend to drink craft beers and specialty cocktails," Martin explained. "In part, it has to do with the price point, but by and large, it is about mixology. People like to see bartenders making drinks with special oils, infusions and the like. It's all about the bartender these days."

As Martin continued to discuss wine trends, a few subtle nuances came forward, such as gin, IPAs, and one type of wine that is experiencing a resurgence. "Merlot was popular and then it just dropped off mainly because it was being pumped out as fast as possible," he said. "But now, good wine-makers are bringing it back."

Martin also said drinkers are "adventurous," with the caveat that, "Though people will venture out, they are more inclined to stick with what they know, especially at a certain price point."

Martin also said he's seen a movement toward more efficient packaging. "Twist offs are being used more and more by everyone, although you still do not see it as much with European wines except for white wines. But in Oregon, California and Washington you see it because it has been proven that a certain percentage of cork bottles will go bad. On average, one bottle per case will be corked."

And like Rollison noticed with sugary cocktails, Martin said he's seeing chardonnays tone down "the almost overwhelming amount of oak."

The reason for a less oaky chardonnay is not as much about changing the flavor, but rather changing the production.

"People are not collecting as much wine or spending as much money on wine as in the past," Martin said. "Wines now are intended to be consumed more readily. Winemakers realized they could sell more if the wine enthusiasts didn't have to lay the bottles down and let them age and mature."

Perhaps this speaks to the bigger, faster mentality that has continued to gain momentum in the U.S. and even the world, which returns us to the question, "What came first, the chicken or the egg?" Evidence would suggest both the adult beverages and the drinkers share the trend-setting role. LL



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Spilling the beans on good coffee

STORY BY CAROLYN MALES
PHOTOS BY CELIA G PHOTOGRAPHY

*IT TOOK A TRIP DOWN TO
COLOMBIA THIS PAST FALL TO
BREAK MY BAD-BEAN HABIT
AND DEVELOP AN APPRECIATION
FOR FINE COFFEE.*



SLAVE TO THE GRIND Ian Duncan owns The Grind Roasters, a full-service roastery in Bluffton that sells to local restaurants, stores and the general public.

There in the middle of Armenia, the coffee growing region, my husband and I walked the fields of San Alberto with expert Juan Galvis and then sat down with him to learn about aroma, taste, roasts, grinds and brewing processes. It was like being at a fine wine tasting. We sniffed and sampled cups, slurping each infused coffee with a spoon so it hits the back of our tongues, and made notes on texture, sweetness, flavor and acidity. After passing a test, we were certified "Coffee Maestros." Great fun and good party conversation but, in truth, the experience changed our coffee drinking habits.

When we got back to the states, I went in search of the perfect brew. And that first took me to Bluffton, where I spoke to Ian Duncan, owner of The Grind Roasters, a full-service roastery that sells to local restaurants, stores and the public.

As Duncan and I talk at the two-seater counter, Jim, Duncan's assistant, works in the background among the bulk bins of beans, grinding a selection and packaging them for a customer's Keurig machine. A big red Mill City roaster hooked up by a pipe to a chaff collector awaits the next round of processing. While Duncan gives me a mini-lesson, I sip Güizhaguiña, an Ecuadorian brew with notes of orange, rose and nutmeg.

"A good cup of coffee starts with quality beans," Duncan says. And that means Arabica - a sweeter bean grown in cooler hilly or mountainous regions in places like Central and South America, Africa, Hawaii and Indonesia. Arabica, he explains, offers thousands of flavor possibilities and it's smooth with little aftertaste compared to Robusta, its bitter more caffeinated cousin, a bean that grows on small trees at lower elevations. While neither he nor any of the other specialty roasters here buy the latter, big commercial coffee companies often use the cheaper Robusta as filler in their blends.

Back in Colombia, I'd learned that growers pick Arabica coffee cherries when they've turned red or purple. Green berries mean "not ripe," and when they're black, they're rotten. After harvesting, beans are processed in one of two ways. They can be wet processed, a complex procedure involving removing pulp, washing in water and fermentation baths, then drying and hulling. Or they can be natural or dried processed, spread out to sun dry on a flat surface, raked and turned for several weeks, and then hulled by machine. Each process results in different aromas and traits. Then the "green beans," as unroasted coffee is called, are sorted and graded. Later on, before exportation, expert cuppers or Q-graders will nose or smell a sam-

pling of each brewed coffee, then taste test to determine quality, characteristics and possibilities for roasting and blends.

Duncan, like the two other local roasters I later spoke to, uses Fair Trade or Rainforest beans. "Some of the beans come from micro lots - five rows or so of plants. Or they're from nano lots, with maybe half a row of specialty beans like this Café Diego Micro-Lot from Nicaragua," he says. I lean over to smell. Indeed it has a lovely aroma with citrus and caramel notes. "Sometimes the farmers themselves stop by with a sampling," he adds, "but most of our beans come from local importers who buy from farms employing sustainable practices."

Single origin coffees like Colombian Supremo come from one field or one variety of beans from a particular region. As a result, they tend to be more limited in production and therefore, more expensive. Sipping one of these has often been compared to listening to an aria. Blends, on the other hand, are made up of mixtures of beans from more than one source or variety of bean. As a result, they are more complex and smoother. To continue the metaphor, this is the chorus singing in harmony.

Why opt for specialty coffees from local roasters over big commercial supermarket brands? "Quality and freshness," Duncan says. No Robusta fillers and since beans are roasted and sold quickly, no preservatives. Plus the hand-crafted blends allow for more interesting combinations and custom blends like his Carolina Sunshine and his Marsh Grass coffees.

Now what to choose? I settle on a Brazil Sul de Minus, a nutty, chocolaty heavy-bodied medium roast.

Then I go home, grind and brew, then settle back and savor a great cup of joe.



BREW-TIFUL DAY A good cup of coffee starts with quality beans such as Arabica, a sweeter bean grown in the mountainous regions of Central and South America.

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Choosing the Bean

Ah, the aroma of good, hot coffee. The taste. We've all had the bad stuff - watery, metallic or burnt aftertaste. So... how do you make the perfect cup of coffee?

"It all starts with the bean," says Duncan. But which one? "It's all a matter of preference," he replies. That means trying different coffees, not ordering the same thing each time. At his shop, Duncan will let you try sample pour overs to help decide.

ANOTHER CONSIDERATION IS ROAST

- **Light roast.** It may seem counterintuitive but you'll get more buzz from a light roast than a dark one. That's because the beans are roasted to first crack (415 degrees) and thus retain more caffeine and brighter fruit tones. In fact, Grind Roasters sells the fittingly named Lip Twitcher, a high octane light roast blend that's a guaranteed morning kick starter.

- **Medium.** Not surprisingly this is the most popular level of roasting. Beans are heated from 415 to 435 degrees, resulting in a flavorful, smoother coffee.

- **Medium dark and dark.** When beans are heated to 435 degrees or so, they crack a second time, this time under their own heat. These are the bold Italian, French, and even darker Spanish roasts. At this level, beans tend to be shinier, oilier, and more bitter.

The Perfect Cup: Advice from Coffee Pros

STORING

1. **Store beans away from heat and light** in their self-sealing dark bags or in a dark air-tight container, no clear ones.
2. **Don't put coffee in the refrigerator or the freezer.** Doing that adds moisture, dulling the taste. Pantries are excellent spots for storage.
3. **The fresher the coffee, the better the brew.** But if properly stored, whole beans can last for six months; ground for about three.

GRINDING

Different methods require different grinds. A good rule of thumb is that the shorter the brew time, the finer the grind. Conversely, the longer the brew time, the coarser the grind. For example, high pressure methods like espresso makers need finer granules so the water can flow through quickly. Drip coffee makers call for medium while immersion methods like French press, where the coffee steeps before seeping through, require coarse.

BREWING

No matter what your chosen brewing method, **heat water between 195 and 205 degrees.** Boiling water shocks the beans, resulting in a burned or bitter taste.

And don't reheat coffee by nuking it for the same reason. *LL*



LOCAL COFFEE ROASTERS

The companies below specialize in **Arabica Fair Trade and Rain Forest coffees.**

Corner Perk Josh Cooke, co-owner of Bluffton's original roastery and brunch café, does a brisk business, roasting 700 pounds of beans sourced from small farms in Latin America, Africa, Hawaii and Indonesia each week. Local restaurants as well as home coffee drinkers are fans. Buy whole freshly roasted beans or have them ground to order. Available at the café, online, or by PERKscription, a monthly subscription service. 1297 May River Road, Bluffton. 843-816-5674 or cornerperk.com.



May River Coffee Roasters Leslie Rohland, who dates her love affair with coffee to her childhood in Rome, roasts about 100 pounds of beans each week which she sells online and at The Cottage, her popular Bluffton restaurant. Along with high-quality single origin beans, Rohland sells blends and flavored coffees she's created. To those she adds a bit of whimsy with creative names and descriptions like "A Bluffton State of Mind, ... dedicated to all the Bluffton eccentrics," and "Mocha Java-Licious...like a good roll in the hay." Purchase online or at The Cottage, 38 Calhoun St., Bluffton, 843-757-0508 or mayriverroasters.com.

The Grind Roasters Buy whole beans, have them ground, or packaged in K-Cups at this small shop tucked into a free-standing white garage situated in the side lot of a Bluffton shopping center. The Grind's award-winning coffees (sold retail, wholesale and under custom label) are available at the shop, online and by subscription. The shop also sells and repairs coffee-making equipment. The company also sells beans at Bluffton Farmers Market on Thursdays. Find them at 7 Simmonsville Road (behind Walgreens), Suite 600, Bluffton 843-580-1882 or thegrindroasters.com.



HOW MUCH IS TOO MUCH? AsapSCIENCE determined that it would take 70 cups of coffee to kill a roughly 150-pound person.

Unleaded Options. A note about Decaf:

Decaf was not a hot topic among the roasters and coffee shops I visited, especially when they offered herbal lattes and other non-caffeinated alternatives. "We don't carry much," said Alex Snyder of Maywood Davis. "We might get a request once every two weeks."

So if you want a coffee fix without ending up wired, what to do? **Opt for Swiss Water Processed decaf beans** was the reply. Unlike some of the other commercial removal techniques which use solvents, it's chemical-free. Plus, Swiss Water Process removes more caffeine (99 percent vs. 75 to 95 percent removal rate). And it just tastes so much better.



HAVE A COLD ONE Suffering from acid reflux or a sensitive stomachs? Try drinking your coffee cold.

Cold-Brew vs. Iced-Coffee

No contest, say our coffee experts.

Cold-brew rules. Unlike iced coffee which is brewed hot, cold-brew, as its name suggests, never sees heat. Instead, roasted beans are steeped in cold water for 12 to 24 hours before being poured over ice. As a result, it's less watery and is 95 percent less acidic which means a sweeter and crisper taste with a bit more kick.



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Latte Artistry

Behind the Maywood Davis coffee bar, owner Alex Snyder pulls two shots of espresso into a ceramic cup for my latte. Then tilting the cup in one hand, he lifts a metal pitcher of steamed milk high with his other, sending a generous stream down into the center beneath the dark liquid. "I'm building the base, laying the milk under and on top of the espresso," he explains as the foam puddles in, creating a pool of white on its surface.

Now here's where the magic begins. Lowering the pitcher closer to the cup, he pours more quickly this time, wiggling the mug slightly, all the while rocking the stream of milk up and down. Suddenly a pattern emerges. Voilà! Right on top of my coffee floats a symmetrical rosetta, its petals curving out, an elegant stem at its bottom.

It's almost too pretty to drink, but I do.

Snyder makes me more lattes to try — a darker roast and then a matcha green tea — one with a tulip design and the other with a heart. I'm in love. . . I'll never take a latte for granted again.

Meanwhile, his latte art happens so fast, I can't figure out how all his designs don't end up in an abstract moosh instead. "Practice," he says with a grin. "I've wasted gallons of milk learning to do this."

Latte art competitions where baristas "paint" skeletons, lions, even pirate ships onto lattes are now held all over the world. In Colombia, I'd even watched a latte artist bend over a heart design he'd poured, working it with a wooden coffee stirrer to turn it into a bear. I ask Snyder if he's given the contests any thought. "Yes," he says. "I'm working on a layered rose but it will take a bit more practice and a lot more milk, he says with a laugh. *LL*



THANKS A LATTE Alex Snyder pours steamed milk into espresso, resulting in beautiful artistic patterns.



Coffee Culture

SPIRITED BREWS

Barrel Series Ian Duncan at The Grind Roasters ages beans in whiskey and bourbon barrels he gets from distilleries like Virgil Kane. After they've soaked up the flavor for two months, he roasts them. These sell out quickly so sign up ahead to reserve.

Kona Edition Rum The Daufuskie Island Rum Company infuses this Silver Edition rum with roasted Kona beans from Corner Perk. Great to sip, spike your coffee, or drizzle over ice cream. And oh, those mocha latte martinis.

Perkolatte Corner Perk and River Dog Brewery in Okatie teamed up to create this marvelous blend of Guatemalan cold-pressed coffee with milk stout, a breadly brew with notes of mocha, caramel and cocoa. Served at Corner Perk and River Dog Brewery.



Java the Bock "I like to push boundaries," says brewer Nick Farsstad of Hilton Head Brewery. So when he and Duncan cooked up the idea of mixing coffee and beer, they sampled the java with all the brewery's offerings to settle on this smooth, coppery combination of German Stout Schroeder plus Guatemalan.

COFFEE IS THEIR GAME

Corner Perk Can it get any better? Beans roasted right here and freshly ground coffee pour overs brought right to your table. Lattes, frappes, cappuccinos, along with cold-brew coffee, smoothies and herbal teas pair with a brunch menu featuring omelets, skillet, sandwiches and more. Owners Kali and Josh Cooke and their baristas make all the flavored lattes with their own hand-crafted syrups and sauces. In the evening, head upstairs to the Roasting Room for music, spirits and Perkolatte, a fusion of midnight dark ale and cold-pressed coffee.

Java Burrito The name itself is an eye-catcher, juxtaposing Latin American cuisine (made-to-order with organic ingredients from area farms) with great coffee. Step up to the bar for lattes, cappuccinos, as well as herbal drinks made from blue majik, matcha and turmeric. Fredrika Liene Hakansson, Java's co-owner has recently added Grass-fed coffee, a creamy cold-brew latte made with butter from grass-fed cows, coconut oil (MCT), chicory, and Himalayan salt. Enjoy your java at the metal-topped community tables or outside by the live oaks.



Maywood Davis Alex Snyder's coffee bar sits just inside the front window at Healthy Habit, an eatery featuring salads, juice bar and a small breakfast menu. Snyder, who dispenses coffee wisdom along with lattes, sources his beans from Bluffton's The Grind Roasters, Hex in Charlotte and Methodical in Greenville. Along with espressos and cappuccinos, he serves more exotic latte fare like honey lavender and maple sage, plus vegan hot chocolate.

Other Local Favorites The area abounds with cafes offering great coffee. Other notable Hilton Head coffee-centric stops: Watusi on Pope Avenue, Caretta Coffee Co. at Cognly Plaza, and Lowcountry Produce Market & Cafe in Sea Pines Plantation.



The World's Most Expensive Coffee

Coffee that's passed through the digestive system of an Indonesian palm civet, anyone? Well, if you're interested and you can find it, kopi luwak will set you back \$35 to \$100 a cup. Its eye-popping price tag reflects its limited production and unusual processing. It seems that this free-roaming South Seas creature is a connoisseur of coffee cherries and as they work their way through its bowels, the berries are naturally de-pulped and fermented (but apparently not digested). When pooped out, the prized results are gathered up, washed and dried, then the skins pounded off before roasting and brewing. The reviews range from raves to ho-hum. But if you do venture on this costly coffee quest, beware of phony kopi luwak beans as well as those from unscrupulous farmers who have begun caging the java bean-obsessed "cats."



Peaberry Coffee

A regular coffee plant yields cherries with two flat oblong beans growing inside them. But sometimes Mother Nature decides to shake things up and yields a cherry with a single bean on the very same bush, an event that occurs only 5 percent of the time in the world's total crop. While the twin beans arrive flat and oblong, the single bean in its roomier womb comes out round and plump. And being special, this loner bean gets its own name (a peaberry) along with choice status. Reportedly sweeter and brighter with a more fruitful taste, bags of these sought-after mutants sell at a premium, around \$10 more a pound more than their less unique siblings. *LL*

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RESTAURANT news

BEST KEPT SECRETS + SPECIAL EVENTS + NOW OPEN

Restaurant starts teacher appreciation campaign

Faith Roppelt and Aaron Glugover, co-owners of Main Street Café & Pub on Hilton Head Island, have launched a teacher appreciation promotion campaign to celebrate teachers in Hilton Head Island and Bluffton. The promotion is being conducted via a nomination process whereby people can nominate a teacher who inspired them. Within the first week, more than 50 nominations had already been received. The program will continue through May 31. Winners will be selected by drawing and announced once a month. Both the winning teacher and the person who nominated them will receive a \$25 gift certificate to the restaurant each month. At the end of the campaign, one of the winning teachers will receive a \$100 certificate. Nomination forms are being distributed via email, social media and at Main Street Café & Pub. The promotion is available to all Hilton Head and Bluffton schools, both public and private.



Juice Hive wins two Good Food awards

Bluffton's Juice Hive and Health Emporium won two medals at the 2018 Good Food Awards. Its **"Shiso Leaf Kimchi"** and **"Low Country Kimchi"** creations were chosen as winners in the high profile national food competition that annually honors those who make food that is respectful of the environment and connected to communities and cultural traditions. The Juice Hive is the only restaurant in South Carolina to be named a winner in the awards. Alice Waters, renowned chef, activist and pioneer at the forefront of the locally grown, organic food movement presented the awards to Juice Hive owner Leslie Rohland.



©G9 EVENT PHOTOGRAPHY



James Beard House hosts local chefs

Six local chefs and restaurant managers traveled to New York City on Feb. 7 for a special dinner at the famed James Beard House. "Hilton Head Surf and Sand" featured cuisine from Clayton Rollison of Lucky Rooster Kitchen + Bar, Chris Carge of Poseidon Coastal Cuisine, Andrew Carmines of Hudson's Seafood House on the Docks, Brandon Carter of FARM Bluffton and Nick Unangst of SERG Restaurant Group.



New food truck serving street tacos

La Huasteca owner Agustin Callejas Chaves recently sold his Bluffton restaurant to start a food truck, called **Curbside Food Truck**. The bright yellow mobile eatery is serving street tacos and other Mexican favorites at several Hilton Head Island and Bluffton locations. The truck is frequently parked at 160 William Hilton Parkway, near the dilapidated unoccupied yellow buildings before the Cross Island Parkway split. The hours are 11 a.m. to 2:30 p.m.



Mexican restaurant opens at South Island Square

A new mid-island Mexican restaurant called **Tequila Sunrise** has opened at South Island Square, 841 William Hilton Parkway. The menu includes fresh flour tortillas, hand-smashed guacamole, sizzling fajitas and pico de gallo salsa diced fresh daily. The restaurant has taken over the space where Pices and Hugo's Seafood and Steakhouse once operated. The chef is Sergio Zumaya, who developed a strong following at Hugo's. Happy hour specials include \$5 nachos, \$2 tacos and \$2 margaritas.

Sugaree adds dinner items for pickup

The Sugaree bakery and cafe has expanded its menu to include dinner items available for pick-up. Meals start at \$8 and include chicken pot pie, lasagna and chicken parmigiana. All orders require a 24-hour notice and must be picked up before 3 p.m. The Bluffton bakery at 142 Burnt Church Road, serves breakfast, brunch and lunch.

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thecrazycrab.com
104 William Hilton Parkway,
Hilton Head Island
843-681-5021
149 Lighthouse Road,
Hilton Head Island
843-363-2722

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frankieboneshhi.com
1301 Main Street,
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843-682-4455

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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

OKKO

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

POP-UP DINNER PLANNED



Thanks to the Philadelphia Eagles' Super Bowl victory, **Lucky Rooster Kitchen + Bar** is hosting a special pop-up dinner at 6 p.m. on March 1. The dinner was part of a Super Bowl bet between Lucky Rooster owner Clayton Rollison, an avid Patriots fan, and FISH Seafood and Rawbar chef/owner Lee Lucier, a die-hard Eagles fan. The stakes were to set up a pop-up restaurant to benefit the winner's charity of choice (Volunteers in Medicine). Rollison will host the event and Lucier will cook. For more information, call 843-681-3474

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rubylees.com
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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 old-style 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 family-friendly 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,
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wiseguysshhi.com
1513 Main St.,
Hilton Head Island
843-842-8866

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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
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alfredshiltonhead.com
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janehi.com

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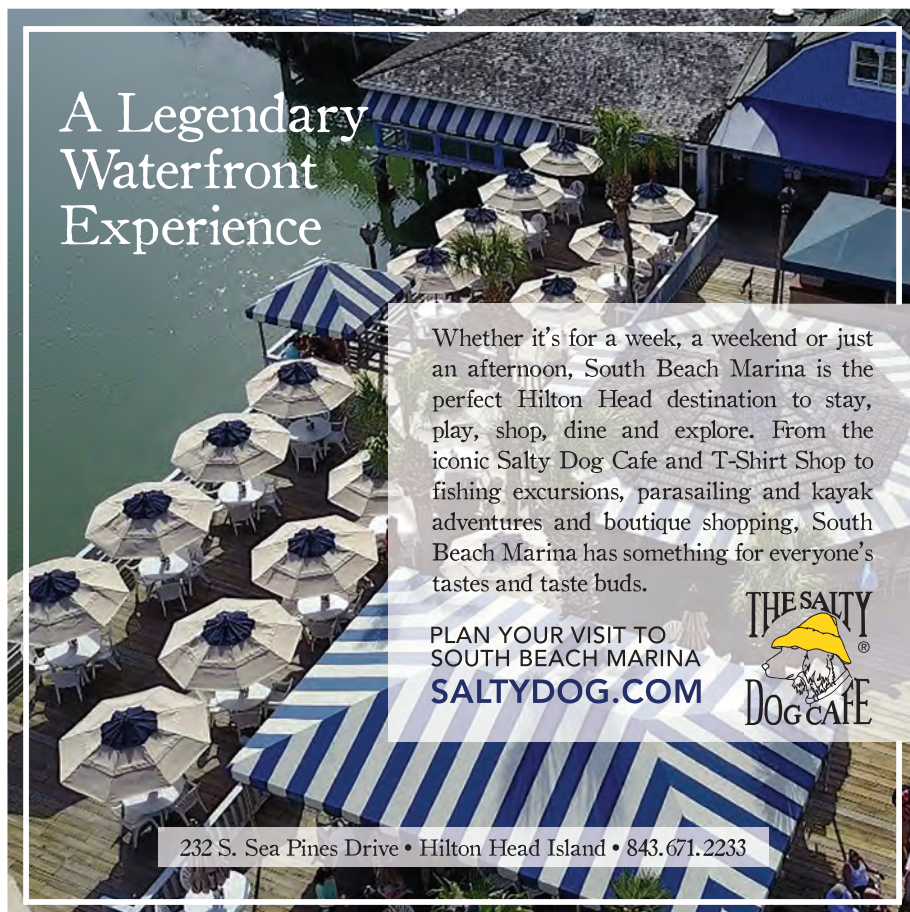
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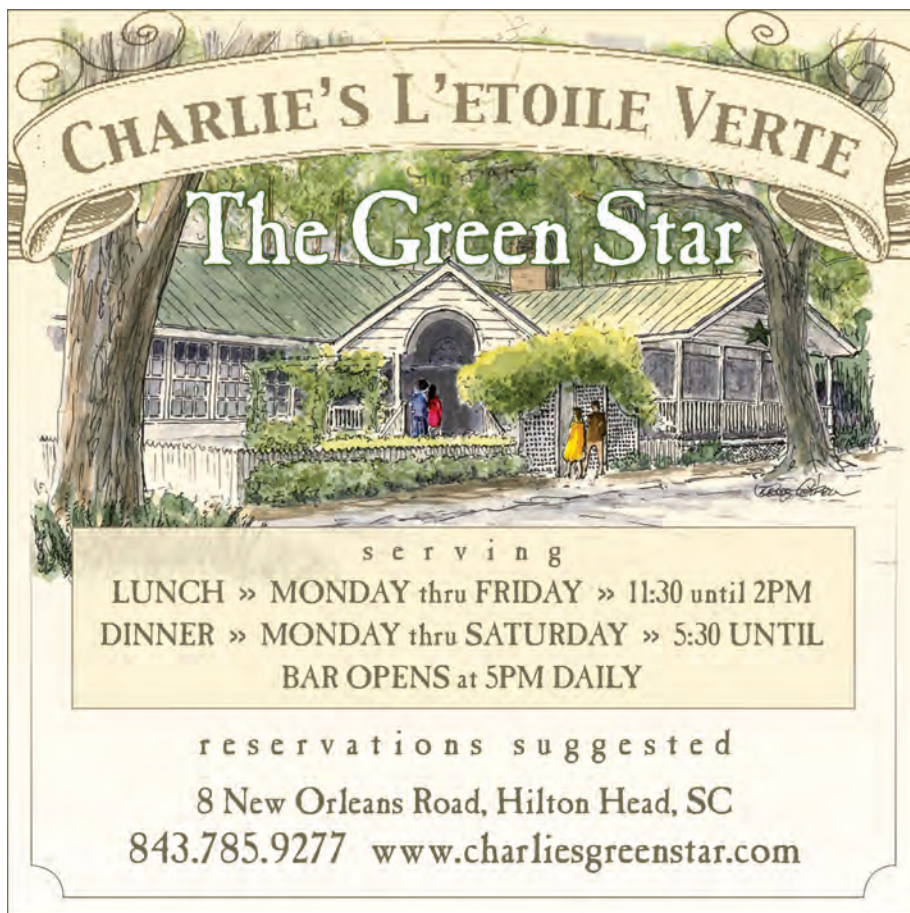
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PALMETTO DUNES NAMES EXECUTIVE CHEF



Chef Sean Carroll has been promoted to executive chef of Palmetto Dunes Oceanfront Resort. Prior to accepting the position, Carroll was the chef de cuisine for Alexander's Restaurant & Wine Bar and was credited with elevating the food and experience since it reopened under Palmetto Dunes ownership. As executive chef, Carter will oversee four sous chef, the chef de cuisine at Alexander's and a staff of 40 cooks during peak season.

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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. \$\$\$
coastoceanofrontdining.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 restaurateur 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. \$\$
fatbabypizza.com
1034 William Hilton Parkway,
Hilton Head Island
843-842-4200

HELP US STAY FRESH Got a tasty tidbit on a new restaurant or any other food-related news? Throw us a bone! Send your information to lance.hanlin@wearelocallife.com.



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Jorge Covarrubias
Executive Chef



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 TEQUILA!

Located in Park Plaza

843.681.TACO(8226) HOLYTEQUILA.COM

HINOKI

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

HOLY TEQUILA

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

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. \$\$\$
thejazzcorner.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-to-ceiling windows provide awesome 270 degree views. \$\$\$

liveoaklowcountrycuisine.com
100 N Sea Pines Drive,
Hilton Head Island
843-842-1441

LOCAL PIE

Pizza Neapolitan-style wood-fired 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



CAPTAIN WOODY'S HOSTING OYSTER ROAST



Oyster lovers won't want to miss **Captain Woody's world-famous oyster roast from 4 to 7 p.m.** on March 3 at the Hilton Head Island location. Buckets of oysters, hot dogs, burgers and homemade soups will be served, along with live music from The Chiggers. For more information, call 843-785-2400.

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. \$\$\$
ombrabhi.com
1000 William Hilton Parkway,
Suite G2,
Hilton Head Island
843-842-5505

ONE HOT MAMA'S

Barbecue Known for their pit-to-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

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. \$\$
reilleysiltonhead.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 Lowcountry 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

WHEN YOU'RE PLANNING THE PERFECT

Spring Soirée

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DARREN
CLARKE'S
TAVERN



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 Southern-style baked goods made fresh daily. Perfected breakfast recipes, savory salads and sandwiches and heavenly desserts. \$\$
signesbakery.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

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

SALTY DOG HOSTING SHAMROCK HUNT



Feeling lucky? Children 12 and younger are encouraged to search South Beach Marina for Shamrocks redeemable for treats and Salty Dog swag during the Shamrock Hunt from 10 a.m. to 11:30 a.m. on March 17 at the Salty Dog Cafe. Children 12 and under only, please!

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

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 old-world Southern charm. Dine indoors or out on the porch of this cozy, restored 1868 cottage in the art-rich 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. \$\$

jimnicks.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. \$\$

mayrivergrill.com
1263 May River Road,
Bluffton
843-757-5755

OLD TOWN DISPENSARY

American, Pub Located in the heart of historic Old Town, this is a destination for good friends, cold drinks and delicious bar food. Live music, fire pits and cornhole — next door to Farmers Market Bluffton. \$\$

otdbluffton.com
15 Captains Cove,
Bluffton
843-837-1893

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

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

WALNUTS CAFE

Breakfast, American One of Bluffton's most popular breakfast spots with a strong lunch menu as well. Highlights include fried chicken and waffles, turkey sandwich and Thai shrimp salad. Pay with cash for a 10 percent discount. \$\$

@walnutscafe
70 Pennington Drive, Suite 20,
Bluffton
843-815-2877



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HOT KITCHEN This massive island is a visual anchor for this Palmetto Bluff kitchen. It also help increase the room's functionality and efficiency.

All in the details

CUSTOM-BUILT HOME PUSHES THE ENVELOPE FOR PALMETTO BLUFF



STORY BY DEAN ROWLAND + PHOTOGRAPHY BY MARK STAFF

At times, it seems like living the life at Palmetto Bluff is a larger-than-life experience. It could be the community's pristine 20,000 acres, its nature preserve, walking trails, equestrian presence, picturesque village, the neighboring May River, or its heritage and history.

Or it could be simply living in your own majestic home in the Anson Park area at Palmetto Bluff. In Kim and Geoff Block's case, it's living in a compound on the two adjoining lots they purchased. They have views of the meandering river and signature Jack Nicklaus golf course; you get the picture.

"The views from our master suite are pretty amazing," said Kim, owner of Maluka boutique in the Bluffton Promenade. "There are definitely times when I'm tempted to linger in bed and enjoy the gorgeous sights outside my window."

"They were looking to us to capture the potential of the views, with a high level of detail and finish in the house, and I think the results are a transitional feel to it that is not the traditional Palmetto Bluff Lowcountry casual home," said Amanda Lamb, team architect for the home-build and Design Director at Court Atkins Group in Bluffton. "They wanted to push the envelope a little bit."

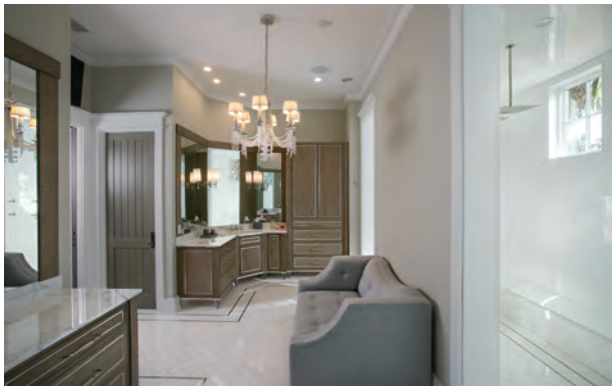
The architectural envelope unfolded with a main residence of 7,000 square feet with the master suite downstairs and three bedrooms upstairs for the Block's three children. Two powder rooms, two fireplaces in the living space and another fireplace in the screened porch complete the ensemble.

An attached carriage house with a bedroom over the garage corrals 700 square feet of luxury, and a detached guest house of 1,400 square feet with two bedrooms welcomes anyone who visits.

"The large guest cottage is unique to the Block compound and probably one of the most detailed we've ever done," said Lamb.

Court Atkins Group and the Blocks met for a year and a half to determine the home design. Simpson Construction built the waterfront retreat in 12 months, so in approximately two and a half years, the Blocks' dream home became reality.

"We spent a lot of time reworking the plans," Kim said, who moved south from New Jersey three years ago and co-owns RLB Squared, a real estate investment and development company headquartered in Bluffton, with her husband. "I'm a very detail oriented, organized and decisive person. I picked every tile, every piece of hardware, every faucet in the house."



©PHOTO BY SCOTT SCHROEDER PHOTOGRAPHY

UP TO PAR An entire side of this beautiful home offers stunning views of picturesque May River Golf Club.

The local industry Lighthouse Award-winner for best overall in its category exudes the best of everything in the Block's home.

"They certainly wanted elements of the open floor plan...the living, the dining, the kitchen," said lead architect and partner William Court. "But the house is so much more complex than that. Both Geoff and Kim have working studies/offices, there's an extensive bar area and a great outdoor living area."

"The front kitchen is sizable," he said. "There's a massive island, a cooking wall; the back kitchen is probably equally as big. When you combine the front kitchen, the pantry, storage, the back kitchen and the bar area all together, it seems to go on forever."

"We all like to cook," Kim said. "The kids love to bake, and we have a great baking area in the kitchen that's hidden away so they can make a mess."

Outside, a covered rear porch "leads out to the pool terrace, which then leads out onto the 10th fairway and the water beyond," Court said. Of course, the 20-foot wide folding wall of glass in the great room lends itself mightily to the outside views.

The windows, some furniture pieces, reclaimed oak wood flooring and contemporary custom fireplaces contrast with the light-colored interior color scheme.

"It's a sophisticated, updated palette," Court said.

Court continues: "There's a tremendous amount of woodwork in the house...a mixture of traditional details and contemporary finishes. It's both casual and elegant at the same time. She has a very sophisticated palette of furniture and light fixtures. There's contemporary art in the house. It's a very good house for entertaining; it's set up well for that."

That's why the Blocks invited 60 adults and children to a Super Bowl party at their home last month and an even larger crowd was on hand for their son's recent Bar Mitzvah.

"We enjoy having guests; the more the merrier," Kim said.

"They are an outgoing, wonderful family who love to entertain," Court said. "It really speaks to their style and aesthetics."

Part of that style can be found in the massive master suite/bath area closets.

"I can hide from my children," Kim said, jokingly. "It has room for all my shoes and pocketbooks."

Twelve-foot-high ceilings stretch the space from end to end, culminating with vaulted ceilings in the master bedroom and outdoor living porch. An outdoor gathering porch upstairs looks out over the May River and sweeping fairway.

The glorious windows connect the indoors with the outdoors.

"The windows in the front of the house are set up to give the details and character of the shingle-style home," Court said. "In the rear of the house, it's all about views and light: it's glass doors, mahogany doors, folding glass walls, giant double-hungs."

Two driveways (owners and guests) lead up to the residence that rests on slightly less than an acre. The gray-tone exterior shows a metal roof, brick foundation, cedar shingles and Hardie siding.

"It's a blend of coastal, northeastern shingle-style house, southern Lowcountry and certainly a little bit of the arts and crafts style (from the turn of the 20th century)," Court said. "There's a lot of unique shingle detailing...flares, triple gable detailing, and even patterns within the shingles that were created for visual interest."

Brick and stone on the covered entrance porch with double columns encase an oversized triple mahogany glass front door.

Court, who founded his firm with James Atkins in 2004, is not prone to overstatement. Yet even he concluded: "This is truly a unique Palmetto Bluff project for us."

Kim and Geoff continue to work with Court Atkins Group on multiple projects. "It's a true testimony to how much we value their expertise," Kim added. *LL*

The home team.

Schwartz Design Showroom • Simpson Construction • Witmer Jones Keefer Ltd. (Landscape Design) • Waterworks Kitchen • Marmiro Stones • Prestige Stone & Tile
Bird Decorative Hardware & Bath • Livingood's Appliance • The Light Post • 501 South Studio

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Five ideas for your home

MINOR ENHANCEMENTS & UPGRADES THAT MAKE A MAJOR DIFFERENCE.

SECRETS TO STEAL FROM OUR FEATURED HOME

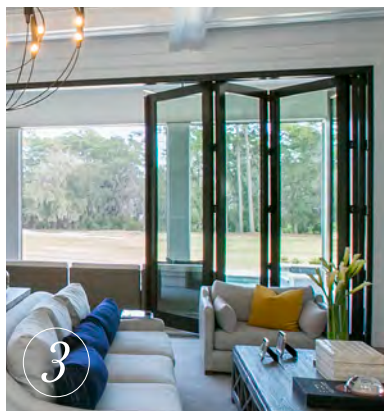
1. SOUTHERN COMFORT Top and bottom double-hung glass windows are well-steeped in Lowcountry antebellum-period architecture. They are perfect for the humid southern climate. When open, they allow the cool air to enter the bottom window and allow the warm air to escape from the top. The two sashes slide up and down through a parting bead and come in a variety of construction materials.

2. OUT OF SIGHT Through the years, butler pantries, which originated in Victorian England, have expanded in verbiage and function. In today's grand Lowcountry homes, the concealed space behind or adjacent to the main kitchen is called a back kitchen or chef's kitchen, or both. The utilitarian space for prepping, storage and cleanup is spacious and well-appointed with appliances, sinks, floor-to-ceiling cabinetry and countertops.

3. ANOTHER TRICK IN THE WALL Customized folding walls of glass are elegant accordion-like partitions that open and close to maximize the indoor/outdoor living experience. The drama, beauty and function of operational glass doors allow natural light to flow inside and provide unblemished views outside.

4. A WARMING TREND These days in Lowcountry homes, fire pits create an outdoor ambiance for entertaining, relaxing and warming, especially on cool spring nights. These aesthetic focal points can be made of pre-cast concrete, metal, brick, stone, with either wood or gas-burning heat. They are a visual treat for all occasions and create their own private landscape away from the pool and spa.

5. NO SLIPPERY SLOPES Gable roofs are two or three flat slopes joined together to form a ridge, creating a peak or triangle on the front façade. The flare detail is especially founded in shingle-style exteriors common in the Northeast and serves as a functional watershed component as well as an aesthetic flourish. It provides a nice transition from a flat shingle wall plane to a stone wall. LL



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PRIZED POSSESSIONS

Top: Willie Mays signed Giants jersey and stadium seat from Yankee Stadium. Right: Signed baseballs including Derek Jeter, helmet signed by Green Bay Packers legends, vintage baseball cards and a Bucky Dent game-used bat.



Secret Man Cave

THIS HILTON HEAD ISLAND HOME HAS AN INCREDIBLE MEMORABILIA ROOM

PHOTOGRAPHY BY MIKE RITTERBECK

Check out this epic display of sports memorabilia. The owner has spent thousands of hours over the past 35 years gathering autographs and collectibles. "Many of the items I collect are rare, even among the showcases of other collectors," the owner said. "I have a hair dryer signed by Joe Pepitone as well as a jar of Vaseline signed by Gaylord Perry. Signed spikes are now my new thing. I never reflect on the worth of my collection or the money I have spent accumulating it. What I do think about are the hours I devoted and the memories I have of obtaining each and every autograph. My son has inherited my same passion. We have spent many hours together creating memories I am always reminded of as soon as I step foot in my memorabilia room."



Find additional images from this amazing collection online at LocalLifeSC.com



SPORTS ARCHIVE

Top: Joe Namath signed Jets jersey. Right: Joe Pepitone signed baseball glove. Below: Hand-painted signed baseballs and unopened baseball cereal boxes. Bottom: Giants memorabilia.



SIGN HERE Above: Signed jerseys, helmets, photos and paintings. Below: Don Drysdale signed Salvino statue, 1946 Athletics score card and a 1969 Super Bowl III signed team football.



BATTER UP Above: A Hall of Fame baseball bat collection.

Your secret is safe with us!

Have an amazing man cave, she shed or other special room? LOCAL Life would love to feature it in an upcoming issue. We won't print your name, address or any personal information — just photos of your amazing space or collection. Email your information to lance.hanlin@wearelocallife.com



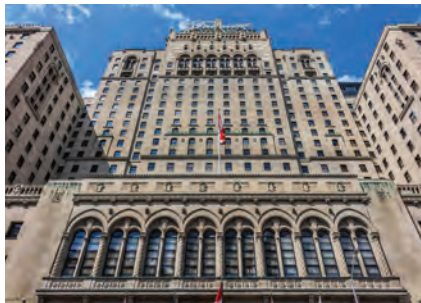
Toronto

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Airline: Air Canada
Availability: Seasonal

Discover one of Canada's best destinations

BY JEAN BARKER



TOP Union Station Main Hall. **CENTER** The Historic Fairmont Royal York Hotel. **BOTTOM** View of the Royal Ontario Museum.

Toronto is a fabulous city located on the shores of Lake Ontario. There is a lot to see and do and a limitless selection of places to stay. A tourist can find unique bed and breakfast establishments scattered throughout the city, as well as hostels, motels and the usual hotel chains. In the summertime, the University of Toronto, Ryerson University and York University offer beds to travelers in the residences at deep discounts.

The climate is very similar to New York City, although it stays cooler longer into the spring.

The subway is efficient, although it doesn't run 24 hours a day like in New York. However, there are a few all-night street cars and buses for night owls.

Touring Front Street is a good place to start. There's the CN Tower, which is one of the tallest free-standing structures in the world. At 147 stories, it is the ninth tallest building in the world.

At the top of the tower, you can see as far as Niagara Falls in one direction and beyond the Toronto Pearson International Airport in another. The rotating restaurant at the CN

Tower is a special place to eat and the tower's glass floor is a must-see attraction.

If you're feeling daring, test your nerves outside on the Edgewalk, where you're strapped into a harness that is hooked to a rail and you can walk around the top of the CN Tower. To relive the thrilling experience, buy the commemorative video that is offered.

Rogers Center, formerly known as Skydome, is next to the CN Tower and home of the Toronto Blue Jays. If sports isn't your thing, the Toronto Convention hosts conventions such as Fan Expo, Comicon, Festival of Fear, as well as an assortment of home shows and conferences.

Union Station is also on Front Street, as is the Hummingbird Center and several theaters that serve as the venues for musicals, plays, opera and dance. The railroad station and transportation hub provides the start of a labyrinth of underground tunnels that extends for blocks. The world-famous Fairmont Royal York hotel is across the street from Union Station and has been featured in several movies and is rumored to be haunted.



TOP The Art Gallery of Ontario combines a Victorian mansion with a controversial modern addition by architect Frank Gehry.
BOTTOM Tulips and Casa Loma at night in Midtown Toronto

The Ontario Science Centre, about 7 miles north of downtown, is a great place to experience interactive exhibits. When you're done exploring the activities (there are 600, so you could be there a while), check out the Royal Ontario Museum and its impressive dinosaur exhibit. For those who prefer live animals, head over to the Toronto Zoo.

Culture lovers can enjoy the Art Gallery of Ontario and the international renown artists' exhibitions and Canadian greats. Tiff Bell Lightbox has traveling exhibits that include props from famous films. The National Film Board is another place you can tour and watch movies.

You can also take in an award-winning musical or play at one of theaters. Many shows are first previewed in Toronto before making it to Broadway. History buffs can explore Fort York, Casa Loma (the castle in the city), Mackenzie House, Spadina House, Black Creek Pioneer Village and more.

Toronto has no shortages of award-winning restaurants and nightclubs, from brew pubs, vodka bars, Goth clubs and billiard halls. See a band or go dancing in a nightclub. Visit a trendy pub or enjoy all-you-can-eat sushi.

Canada's Wonderland is a popular attraction in the summer. Get your thrills on the Canada's highest roller coaster called Leviathan. Jump around in the wave pool or fly down the waterlides at Splashworks.



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Looking up at the swings ride at the Canadian National Exhibition.

Late summer marks the return of the Canadian National Exhibition (CNE), also known as The Ex. The 18-day event - complete with farm shows, an amusement park and much more - takes place at Exhibition Place and is visited by about 1.5 million people each year. This year's festivities will be Aug. 17 to Sept. 3.

When the CNE isn't on, the buildings are used for conventions and exhibitions from the Old Clothing Show to the Home Show. Medieval Times also is on the CNE grounds. Watch knights joust for fair maidens while you chow down on an old-time feast served by costumed servers.

TORONTO TIDBITS

- Toronto has a **strong film industry** and is often referred to as Hollywood North. Memorable movies filmed there include "American Psycho" (2000), "Mean Girls" (2004), "Hairspray" (2007) and "The Incredible Hulk" (2008).
- **Top celebrities** from Toronto: Jim Carrey, Ryan Gosling, Howie Mandel, Keanu Reeves, Kiefer Sutherland, Mike Myers, Justin Bieber and Neil Young
- Toronto rapper **Drake's popular album** "Views From The 6" is a salute to his hometown's more popular area codes, 416 and 647.
- Toronto is the **fifth largest city** in North America behind Mexico City, New York City, Los Angeles and Chicago.
- Over **30 percent** of Toronto residents speak a language other than English and French. Dual language street signs can be found in Little Italy, Little Portugal and Chinatown.
- **Caribana** (July 11-Aug. 7) is a festival of Caribbean culture and traditions held each summer. The Grande Parade (Aug. 4) is the largest single day parade in North America.
- **PATH** is the largest underground pedestrian system in North America. It connects 1,200 stores and restaurants, 50 office towers, 20 parking garages, five subway stations and a railway terminal.

Suggestions from a Local...



LOCAL Life asked Hilton Head Island resident and the "mother" of Dolly to share new and surprising places "back home" in Toronto. **Dolly, a Bernese mountain dog**, prefers the weather in Hilton Head over Toronto most of the year but does miss springtime in Toronto. Thanks to the direct flights with Air Canada from Savannah to Toronto, you can be in Canada's largest city faster than the mountains in North Carolina.

3 THINGS TO DO



Sports, sports and more sports

In just the right week in April, a sports fan can take in a MLB game with the Toronto Blue Jays, an NHL hockey game with the Toronto Maple Leafs, an NBA game with the Toronto Raptors, a MLS soccer game with the Toronto FC and a NLL lacrosse game with the Toronto Rock. No matter how the teams are performing, Torontonians are loyal to their teams, so it is best to buy tickets in advance. The sports venues, including the Rogers Center and Air Canada Centre, are downtown so there are plenty of restaurants for pre- and post-game drink holes, but no tailgating.

Distillery District This historic district is easy to get to by car, Uber or public transportation and is a great place to spend an afternoon. The art galleries, patios and shops are spread throughout a restored industrial area that is a throwback to the 19th century. Walk the cobblestone streets, take a camera to capture the historic architecture and have an empty belly. The cafes, restaurants and brewpub will please every palate.

Ripley's Aquarium Located at the base of the CN Tower next to the Rogers Center (where the Blue Jays play), this is a world class aquarium and education center. Kids and kids at heart will love the various galleries including Planet Jellies, Ray Ban and Canadian Waters. The exhibits are interactive and educational but crowds can be huge so buy tickets in advance online.

3 PLACES TO EAT

BlueBlood Steakhouse at 1 Austin Terrace is inside Casa Loma. It's a newer addition to the Toronto fine-dining scene and may be misnamed as a steakhouse. While the setting is spectacular, the food and service are even better. One might say, fit for a king. The ribs and table side Caesar salad are an outstanding choice for a main course and the baked Alaska will set your Instagram post on fire. Make reservations well in advance.



MoRoCo Chocolat at 215 Madison Ave. serves hot chocolate that has been described as "epic." The handmade truffles and macaroons are award-winning (as in the International Chocolate Award), but the hot chocolate is over the top with flavors like macaron madness, s'more love and McQueen dream. Its Facebook page is worth following to work up your pre-trip sweet tooth.

Pi Co. has two and soon to be five locations. Pi Co. is a new take on pizza in a fast, casual setting. When they say "you can customize your 'za," they mean it, right down to the dough and sauce. Once adorned, they bake your personal Pi in a 1,000-degree oven. With a gluten-free crust, pesto sauce and toppings like shaved asparagus and truffle oil, you can convince yourself it was healthy enough to leave room for dessert, like the Nutella marshmallow graham crumb pi.

3 PLACES TO STAY

Drake Devonshire Inn Located at 24 Wharf Street in Wellington Ontario, this hip inn is about an hour drive from the city in Prince Edward County, and is worth the drive. Each room is unique in decor and layout, from the micro crash pad with only a bed and skylight, to the owner's suite with endless views of Lake Ontario. It's a country inn with big city-style amenities and entertainment.

The Hazelton Hotel Located in tony Yorkville at 118 Yorkville Ave., the Hazelton is the place to see and be seen. It's a boutique hotel but is big on class and style, including the restaurant ONE where local celebrity chef Mark McEwan creates a menu fit for the stars. The spa is expensive but worth the treat (especially with the exchange on the dollar). Don't be surprised to see movie directors, A-listers and rock stars in the dining room or on the patio.



Bisha Hotel Toronto Bisha is a new uber-hip hotel located in the heart of the Entertainment District at 80 Blue Jays Way. Locals and tourists' jaws drop when they step on to the rooftop bar that overlooks the spectacular skyline, across an infinity edge pool with a glass wall. No attention to detail is spared, including an entire floor that includes interiors and products by Kravitz Design, as in Lenny Kravitz. A perfect evening would be to have a drink after a Jays game and enjoy more people watching.

Pack your bags for **TORONTO.**



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Atlanta



ROAD TRIP

Hilton Head Island
to Atlanta

Duration: 281 miles
(4 hours, 16 minutes)



BY TRAVIS CURRIE

While Atlanta is sprawling with towering buildings made of glass and steel, it is truly a city in the forest, dotted with expansive green space. The urban oasis is a multi-cultural haven for residents and visitors alike, yet exudes Southern hospitality. Individuals from all walks of life add to the city's charm and personality.

Atlanta began as a railroad terminus and remains a transportation hub, but with a 21st century global approach. Centennial Olympic Park is downtown's centerpiece, anchored by the Fountain of Rings, an everlasting reminder of the 1996 Summer Olympics. Atlanta Streetcar is the city's modern-day trolley, carrying passengers from the convention and entertainment district to the east side of the city.

Beyond the city's core, Atlanta's neighborhoods are packed with personality. Midtown mixes elegance with culture. The Westside has become a magnet for foodies, design enthusiasts and shoppers. Buckhead blends boutiques and galleries with fabulous dining, while the Eastside keeps it funky with eclectic shops and music spots.

Atlanta sits at the intersection of Southern charm, creativity and sophistication. It is easy to fall in love with this beautiful city's world-class attractions, award-winning dining and hidden wonders – and be inspired by the city's endless possibilities.

Georgia's capital offers southern charm and world-class sophistication

WHAT TO DO:

Atlanta's rail-turned-trail, **ATLANTA BELTLINE**, continues to reach toward its goal of completing the 22-mile loop with the finishing of the Westside Trail. This 3-mile portion of trail connects many of the city's southwest neighborhoods and features access to four parks, emerging retail and restaurant space, as well as Monday Night Brewing's newest project, **THE GARAGE**.

HIGH MUSEUM OF ART is the leading art museum in the Southeast with a world-class collection of classic and contemporary art, containing more than 14,000 pieces in its permanent collection. The High makes its home in a modern building designed by award-winning architects Richard Meier and Renzo Piano. The High is dedicated to supporting and collecting works by Southern artists, commissioning emerging and established photographers to create new work inspired by Southern landscapes.

Sports fans in Atlanta continue to keep the buzz up about the city's newest sports franchise, **ATLANTA UNITED FC**. The MLS team experienced great success in its first year as one of only two clubs in history to make it to the playoffs as an expansion team and set several regular and post-season attendance records. The team's home, state-of-the-art **MERCEDES-BENZ STADIUM**, has set its own records, boasting the largest halo video board and the one-of-a-kind eight-panel retractable roof.



WHERE TO EAT:



Atlanta's international cuisine got a new player with the introduction of **FOOD TERMINAL**. The food-hall style restaurant, located on Buford Highway, features a range of traditional Asian menu items as well as dishes with a twist.



GOLDEN EAGLE DINERS CLUB and **MUCHACHO**, two of Atlanta's newest eateries, share a home in a former train depot and sport a vintage 70s vibe. Golden Eagle's menu boasts throwback classics such as tavern steak au poivre and late night pigs in a blanket, while Muchacho serves poke bowls, tacos, coffee drinks and homemade agua frescas.



One of Atlanta's classic restaurants, **BACCHANALIA**, moved into a new home in 2017. Award-winning Anne Quartano kept her traditional four course, pre fixe menu to the new windowed, warehouse-inspired venue in Atlanta's westside.

WHERE TO STAY:



THE AMERICAN One of Atlanta's first Downtown hotels was transformed into a mod, 1960's-style boutique to pay homage to its origins as Americana Motor Hotel. The 315-guest room property features retro furnishings, boardrooms named after classic cars and Southern-inspired entrees at The Cloakroom Kitchen & Bar.



SOLIS TWO PORSCHE DRIVE The 214-room Solis Two Porsche Drive hotel neighbors Porsche's North American headquarters. The luxury property features motorsports-inspired interior design and the rooftop Overdrive Lounge, offering panoramic views of the 1.6-mile track at Porsche Experience Center.



AC HOTEL ATLANTA BUCKHEAD The first AC Hotel by Marriott to open in Atlanta is located adjacent to Phipps Plaza and features 166 contemporary rooms. Located in the heart of Atlanta's upscale shopping district. The hotel's 166 guest rooms and 2,500 square feet of executive meeting space open it to the possibility of a wide variety of events.

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Find additional works
of art online at
LocalLifeSC.com

Food as art

There are depictions of food on the walls of restaurants, people's homes and in hotels across the Lowcountry. Many of us clearly find something very appealing, comforting almost, by having paintings or other artwork of food. Here are a few exceptional pieces of work, created by local hands.



Gerry Diaz, *Lowcountry Boil*



Elaine Coffee, *Chillin' at Charlie's*



Elaine Coffee, *Early Dinner at the Santa Fe Café*



Michele Maffei, *Make Lemonade*



LeAnn Kalita, *After Dinner*



Enes Cunningham, *Pour Red*



Norma Deal, *Eyeing the Bar*



Ed Funk, *Peaches*



LeAnn Kalita, Lemons and Stripes



Lennie Cilento, Wine Lemon



Candace Lovely, Loons with Marilyn at Bones



Candace Lovely, Sushi Bar



24TH ANNUAL JUDGED SHOW

Judge:
National Artist
Linda St. Clair

March 6-April 1, 2018

Opening Reception & Awards:
5-7 p.m. Wednesday, March 7

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Pat Diemand, Dish of Apples



Heather Wanamaker, Still Life with Scale and Peaches



Rino Gonzalez, Class of 79



Sandy Rhodes, Blue Crabs



Sandy Rhodes, Pears

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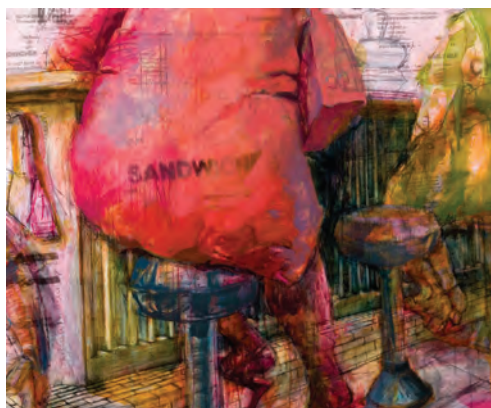
Meow we're talkin' 🐱



Margaret Crawford, Key Lime Pie, Oysters with Horseradish Sauce
Oysters with Mignonette Sauce, Red Velvet Cake



Suzanne Aulds



Rose Thome Casterline, Camilla Grill



Virginia MacKenzie, The Wine Bottle

MARCH calendar

March means spring is just around the corner here in the Lowcountry, and as usual here at this time of year, the weather is madly unpredictable. You may be swimming in the ocean one day and digging out your winter coat the next. Regardless of what Mother Nature throws at us, there are plenty of festivals and other events happening. Here are our top picks, along with other days of national and international interest.

Cut this page out and stick it on your fridge!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
THINGS TO DO NEARBY						
Savannah Area Savannah Boat Show (March 2-4) Katt Williams (March 10) Tybee Island Irish Heritage Festival (March 10) St. Patrick's Day Parade (March 17) Savannah Music Festival (March 29-April 14)	Charleston Area Charleston Food + Wine Festival (March 1-5) Disney Live! (March 3) Lewis Black (March 4) Charleston Antiques Show (March 16-18) Harlem Globetrotters (March 24) Pretenders (March 27)	Columbia Area Flogging Molly (March 1) John Oates (March 4) Cole Swindell (March 10) Disney Live! (March 11) Disney On Ice (March 29-April 1)	Jacksonville Area Steve Martin and Martin Short (March 9) Shrimp & Suds Craft Beer Festival (March 10) Wyclef Jean (March 10) Anita Baker (March 14) Disney On Ice (March 16-18)	 National Pig Day Peanut Butter Lovers' Day Purim	 Old Stuff Day Employee Appreciation Day World Day of Prayer	 Jewels & Jeans Youth Arts Festival Peach Blossom Day
 Hug a GI Day Holy Experiment Day Academy Awards	 Multiple Personality Day	 Movin' Into Math Dentist's Day National Frozen Food Day	 The Celtic Tenors A Loud Sound National Crown Roast of Pork Day	 International Women's Day Sip & Stroll The Celtic Tenors	 Hilton Head Wine & Food Festival Grand Tasting Panic Day	 Hilton Head Wine & Food Festival Public Tasting Middle Name Pride Day
 Hilton Head St. Patrick's Day Parade Daylight Saving Time Johnny Appleseed Day	 Girl Scouts Day Plant a Flower Day	 Ear Muff Day Jewel Day	 Learn about Butterflies Day National Potato Chip Day National Pi Day	 Freedom of Information Day Incredible Kid Day Everything You Do is Right Day	 St. Patrick's Day Corned Beef and Cabbage Day National Quilting Day	
 Harbour Town Spring Fest Goddess of Fertility Day Supreme Sacrifice Day	 Poultry Day	 Hobey Ford First Day of Spring International Earth Day	 Fragrance Day Credit Card Reduction Day	 Southeast Bike Symposium Black Jacket Symphony: Queen National Goof Off Day	 Wingfest Quilt Festival 2018 Southeast Bike Symposium World's Largest Yard Sale Black Jacket Symphony: Queen	 Wingfest Spring Fling Quilt Festival 2018 Southeast Bike Symposium World's Largest Yard Sale Black Jacket Symphony: Queen
 Palm Sunday Hilton Head Symphony Orchestra Quilt Festival 2018	 Hilton Head Symphony Orchestra Make Up Your Own Holiday Day National Spinach Day	 National "Joe" Day	 Something on a Stick Day Weed Appreciation Day	 National Mom and Pop Business Owners Day Smoke and Mirrors Day	 Good Friday NCAA Women's Final Four	 Blues and BBQ Cirque-Tacular's World NCAA Men's Final Four

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MARCH happenings



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Hilton Head Island to celebrate 35th annual St. Patrick's Day Parade

For the past 35 years, Hilton Head Island has ushered in spring with its annual St. Patrick's Day Parade. And this year is no different as Pope Avenue transforms into an Irish celebration on March 11. Leading the parade is grand marshal Emory Campbell, a long-time advocate for preserving the local Gullah culture.

After the parade concludes, local restaurants will hold celebrations with libations, live music and food.

The Hilton Head Island St. Patrick's Day Parade started as a small gathering 35 years ago by local businessman Tom Reilly. Now, more than 25,000 spectators line Pope Avenue each year to watch local groups march with their festive floats, marching bands, pipe and drum bands, local dignitaries and more. Past parades have featured

Budweiser Clydesdales, the Planter's Peanut Nutmobile and the Oscar Meyer Wienermobile. In 2002, the parade was recognized as one of the Top 20 Tourism Events in the Southeast.

HILTON HEAD ISLAND ST. PATRICK'S DAY PARADE

When: 3-5 p.m. March 11

Where: Pope Avenue

Notes: Free to attend

Details: www.hiltonheadireland.org



Love Wine? Love Food? Annual festival returns March 8-11

What began in a parking lot, the 33rd annual Hilton Head Wine & Food Festival now boasts a week full of events in the Sea Pines Resort, drawing in wine and food aficionados from the Lowcountry and beyond.

The Wine & Food Festival kicks off with a series of wine dinners taking place at various restaurants across Hilton Head Island, and cooking and wine classes.

During the Sip & Stroll March 8, attendees can shop around Harbour Town while enjoying wine. Then, the Grand Tasting at 5:30 p.m. March 9 in the Harbour Town Clubhouse features a large selection of high end wines and hors d'oeuvres.

The capstone event is the Public Tasting from 11 a.m.-4 p.m. March 10 at the Harbour Town Yacht Basin. Not only can attendees sample more than 250 wines from around the world, they will also experience the Bartender's Challenge, cooking demonstrations, the Waiter's Race, and live jazz music. The silent auction will feature fine wines, and the proceeds go to the John & Valerie Curry Scholarship Fund.

The Wine & Food Festival wraps up with the Southern Fried Chicken Brunch from 11 a.m.-1:30 p.m. at the Sea Pines Beach Club.

The festival also provides scholarships for local college students pursuing careers in the food and beverage and hospitality industries. Over the past five years, more than \$54,000 in scholarships has been distributed.



WINE & FOOD FESTIVAL

When: March 8-11

Where: Various locations in Sea Pines; Public Tasting March 10 is at the Harbour Town Yacht Basin

Details: www.HiltonHead-WineandFood.com



PARADE CRASHERS
Keep an eye out for the LOCAL Life Jeep in this year's Hilton Head Island St. Patrick's Day Parade. Yell the secret password "Newsh Newsh" for a special prize!

ART SHOWINGS, PLAYS & PERFORMANCES



BRAVO PIANO! FEATURED AT INTERNATIONAL PIANO COMPETITION

The inaugural Bravo Piano! A Festival from Bach to Brubeck is the newest component to the Hilton Head Symphony Orchestra's International Piano Competition. The festival highlights performances from previous winners of the International Piano Competition and other artists playing classical and jazz pieces. The festival crescendos with a finale featuring one and two pianos playing alongside the Hilton Head Symphony Orchestra.

BRAVO PIANO

When: March 8-12
Where: Various locations on Hilton Head Island
Details: www.hhipc.org



"Steps in a Journey" showing at the Karis Gallery

In his first art show in several years, Art Cornell will present "Steps in a Journey." The show and work of art will showcase his new style and method of abstract art.

"STEPS IN A JOURNEY" BY ART CORNELL

When: 5-7 p.m. March 3 reception; show runs through March
Where: Karis Art Gallery, Village of Wexford
Details: www.karisartgallery.com or 843-785-5100

Naval Academy Glee Club concert comes to Hilton Head Island

NAVAL ACADEMY GLEE CLUB CONCERT

When: 6:30 p.m. March 14
Where: First Presbyterian Church
Notes: Free and open to the public
Details: www.fpchhi.org/events

The Hilton Head Council, Navy League of the United States, and the Naval Academy Alumni Association will present the U.S. Naval Academy Glee Club spring tour, making its first return to the area since 2012. Featured works include Durufle's Requiem, Sea Shanties, Broadway favorites, patriotic songs and other classics.



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MORE ART SHOWINGS, PLAYS & PERFORMANCES

LEAN ENSEMBLE THEATER PRESENTS "BREATHE"

A story of a local man's journey to beat the odds. Hilton Head Island's own **Brennen Reeves** just wants to live a normal life, but he's been afflicted with a the fatal lung disease, Cystic Fibrosis. The only solution is a double lung transplant.

**"BREATHE" PRESENTED BY THE
LEAN ENSEMBLE THEATER**

When: 7:30 p.m. March 23
Where: Hilton Head Preparatory
School Main Street Theatre
Details: www.leanensemble.org



Celtic Tenors to Delight HHI

CELTIC TENORS

When: 8 p.m. March 7, 4 p.m. and 8 p.m. March 8
Where: Arts Center of Coastal Carolina
Notes: Tickets are \$62 (\$58 for groups of 10 or more)
Details: 843-842-ARTS or www.tickets.artshhi.com

Just in time for St. Patrick's Day, the internationally-acclaimed Celtic Tenors will bring their charm and songs to the Arts Center of Coastal Carolina, performing songs such as "Danny Boy" and other classics.

All that Jazz under the stars

The Hilton Head Symphony Orchestra will present a night of music during the outdoor concert series, Symphony Under the Stars: All That Jazz. Attendees can bring their own picnic and enjoy an evening of jazz and pops works by the orchestra and vocalist Tatiana "LadyMay" Mayfield.

**SYMPHONY UNDER THE STARS: ALL THAT JAZZ
PRESENTED BY THE HILTON HEAD SYMPHONY ORCHESTRA**

When: 6 p.m. April 3-4
Where: Veterans Memorial Park at Shelter Cove
Notes: Tables - \$85/\$75; concert seating - \$50; lawn seating - \$25
Details: 843-842-2055



HHSO PRESENTS "THREE CENTURIES OF ROMANTICISM"

Acclaimed violinist **Bella Hristova** returns to Hilton Head Island to accompany the Hilton Head Symphony Orchestra for "Three Centuries of Romanticism." The orchestra will perform works from three eras of the Romantic period highlighted by Johannes Brahms Symphony No. 4.

**"THREE CENTURIES OF ROMANTICISM"
PRESENTED BY THE HILTON HEAD
SYMPHONY ORCHESTRA**

When: 6 p.m. March 25, 8 p.m. March 26
Where: First Presbyterian Church
Notes: Tickets are \$55, \$45 and \$30
Details: www.hhso.org or call 843-842-2055



HILTON HEAD HIGH PRESENTS "ANNIE GET YOUR GUN"

Hilton Head High school will present the classic fictional story of Annie Oakley's life in "Annie Get Your Gun." Edi Darnell plays Oakley, the best shot around, and the cast is rounded out with K.C. Boatright as Col. Buffalo Bill, Alex Syragakis as Frank Butler and Hannah Schuler as Foster Wilson.

"ANNIE GET YOUR GUN"

When: 7 p.m. March 15-17, 2 p.m. March 18
Where: Seahawk Cultural Center, Hilton Head High School
Notes: Tickets are \$20 for adults and \$10 for students, and can be purchased at the box office before each performance or online
Details: www.seahawkstage-company.com



"THE SOUND OF MUSIC"
PRESENTED
BY THE HILTON
HEAD CHRISTIAN
ACADEMY

When: March 22-24
Where: Seahawk
Cultural Center
Details: hhcadrama.
eventbrite.com

HILTON HEAD CHRISTIAN ACADEMY PRESENTS "THE SOUND OF MUSIC"

Thirty-five Hilton Head Christian Academy students will bring the beloved musical "The Sound of Music" to the stage this month. The cast of students from second to 12th grades is rounded out by director Michelle McElroy, musical director James Berry and choreographer Patti and Cassie Maurer.



Nationally-recognized artist to judge SoBA Show

Linda St. Clair, the Santa Fe, N.M. artist best known for her animal portraits, will judge the Society of Bluffton Artists (SoBA) 24th Annual Judged Show March 6-April 1. Her work is represented across the country. St. Clair will also host a three-day painting workshop from 9 a.m.-4 p.m. March 6-8 at the Center for Creative Arts, located next door to the gallery. The workshop is \$425 for SoBA members and \$450 for non-members. The SoBA 24th Annual Judged Show features work from artists throughout the Lowcountry.

SOCIETY OF BLUFFTON ARTISTS 24TH ANNUAL JUDGED SHOW

When: Show is Mar. 6-Apr. 1; opening reception is 5-7 p.m. Mar. 7

Where: SoBA Gallery, Bluffton

Details: www.sobagallery.com

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FESTIVALS & FUN



FIRE 'EM UP & CRUISE IN

The Carolina Dreamer Car Club Cruise-In returns just in time for spring weather. Automotive enthusiasts can appreciate local vintage cars and the view of Broad Creek's sunset, plus awards and a 50/50 raffle.

CAROLINA DREAMER CAR CLUB CRUISE-IN

When: 5-8 p.m. March 22
Where: Shelter Cove Community Park
Notes: Free for participants and attendees
Details: www.carolindreamers.info



22 years of "Winging It:" Hilton Head Wingfest returns this month

Love wings? More than 25 local restaurants will serve up 6,500 pounds of their sauciest wings and vie for votes during Wingfest. Hargray will have March Madness on TV, and there will also be a kids zone, entertainment, a wing eating contest and more. Friday night features a "Wings and Beer" tailgate-style event.

WINGFEST

When: 5:30-8:30 p.m. March 23,
 11 a.m.-5 p.m. March 24
Where: Shelter Cove Community Park
Details: www.hiltonheadwingfest.com

HARBOUR TOWN SPRINGFEST

Ring in spring with a sidewalk sale, live entertainment from Deas Guyz, children's and nautical activities and more during the Harbour Town Springfest. The Carolina Dreamers Car Club will have a selection of classic cars on display. It will also be Coast Guard Appreciation Day, and a new Coast Guard Museum at the Harbour Town Lighthouse will be dedicated.

HARBOUR TOWN SPRINGFEST

When: 11 a.m.-6 p.m. March 18
Where: Harbour Town
Notes: Sidewalk sale from 11 a.m.-6 p.m.; car display from Noon-4 p.m.; Deas Guyz concert from 1-4 p.m.; children's activities from 1-4 p.m.
Details: www.seapines.com/events



SIP FOR A CAUSE WITH THE ZONTA CLUB

The Zonta Club of Hilton Head Island will host its spring fundraising event, Sip For a Cause, to help raise funds for Hopeful Horizons, scholarships for local women, and other programs aimed at ending violence against women. The evening includes wine and beer tasting, hors d'oeuvres, and silent and chance auctions.

SIP FOR A CAUSE

When: 5:30 p.m. March 15
Where: Shipyard Beach Club
Notes: Tickets are \$40 in advance and \$45 at the door
Details: www.zontahhi.org/sip-for-a-cause-2018

Youth Arts Festival features workshops, hands-on crafts

Lowcountry kids of all ages can be immersed into visual and performing arts at the Arts Center of Coastal Carolina's annual Youth Arts Festival. Dance and drama workshops will be offered as well as crafts such as weaving, spinning arts frisbees, bur-lap weaving and glitter tattoos. The Promising Picasso's Exhibit features more than 80 works of art from Beaufort County School students.

YOUTH ARTS FESTIVAL

When: 11 a.m.-1 p.m., March 3
Where: Arts Center of Coastal Carolina
Notes: The festival is free, drama and dance workshops are \$5, and crafts are \$1-\$3
Details: www.artshhi.com/events

More Festivals & Fun

Find additional information on these events at LocalLifeSC.com

QUILT FESTIVAL 2018

When: 10 a.m.-5 p.m. Mar. 23-24, 10 a.m.-3 p.m. Mar. 25
Where: Hilton Head Beach & Tennis Resort
Notes: \$10 for three-day pass
Details: www.palmettoquiltguild.org

SPRING SHOP HOP

When: 2-6 p.m. March 24
Where: Village at Wexford
Details: www.facebook.com/villageatwexford

LOWCOUNTRY HOME & GARDEN SHOW AND PARADE OF HOME TOUR

When: March 16-18
Where: Buckwalter Recreation Center
Notes: Free and open to the public
Details: www.lowcountryhomeandgardenshow.com

ALL YOU CAN EAT OYSTER ROAST

When: 1-5 p.m. March 3
Where: 12 Georgianna Dr., Hilton Head Island
Notes: Tickets are \$25
Details: www.gullahmuseumhhi.org or 843-681-3254



HHSO

SYMPHONY OF
THE LOWCOUNTRY

The Hilton Head Symphony Orchestra is excited to offer this year's Hilton Head Piano Competition's BravoPiano!

...A Festival from Bach to Brubeck. We look forward to welcoming back some of our favorite competitors from years past and some new stars from the Jazz world that will add a new dimension to the piano music we have come to know and love so much.

Then join us on March 25 and 26 when the orchestra performs works from three eras of the Romantic period highlighted by Johannes Brahms Symphony No. 4, one of the most unusual in the history of the Romantic symphony. The acclaimed and passionate violinist, Bella Hristova, the recipient of some of the most coveted prizes in the world of music, returns to Hilton Head to perform Barber's haunting and exquisite *Violin Concerto*.

Next month, don't miss the Hilton Head Symphony Orchestra's "Symphony Under the Stars" as it presents "All That Jazz" on April 3rd and 4th in a large festive tent at Veterans Memorial at Shelter Cove Park. Enjoy an evening with the music of Gershwin, Scott Joplin, Duke Ellington, Leonard Bernstein and the music from Chicago under the baton of John Morris Russell. Hear the refreshing and beautiful voice of Tatiana "LadyMay" Mayfield, performing the music made famous by great women of jazz, Ella Fitzgerald, Sarah Vaughan and Billie Holiday.

For all events, visit our website at hhsso.org or call us at 843-842-2055. See you at the Symphony!

SYMPHONY UNDER THE STARS

Tickets for table seating: \$85 and \$75.
Concert seating: \$50. Lawn seating: \$25.
Bring your lawn chair or blanket, add a picnic dinner and enjoy a great evening! Gates open at 6 pm and the concert begins at 7:30 pm.

Mary M. Briggs
Mary M. Briggs
President & CEO

SYMPHONY UNDER THE STARS

PRESENTED BY THE HILTON HEAD
SYMPHONY ORCHESTRA



JOHN MORRIS RUSSELL
CONDUCTOR



TATIANA MAYFIELD
VOCALIST

TUESDAY, APRIL 3rd
WEDNESDAY, APRIL 4th

GATES OPEN 6 PM • CONCERT 7:30 PM
VETERANS MEMORIAL PARK AT SHELTER COVE
(Behind Whole Foods)

TICKETS AVAILABLE NOW!
TABLE SEATING \$85/75 • CONCERT SEATING \$50
Bring your dinner and your friends.
LAWN SEATING \$25
Bring your lawn chair, blanket and enjoy.

FOR MORE INFORMATION & TICKETS CALL
(843) 842-2055 or visit www.hhsso.org

36TH SEASON | 2017-2018 | HHSO.ORG
FOR TICKETS CALL 843.842.2055

FUNDRAISING EVENTS



SECOND ANNUAL SOUTHEAST BIKING SYMPOSIUM FOCUSES ON THE FUTURE OF CYCLING

Bringing together some of the biggest national names in cycling and community planning, the Hilton Head Island-Bluffton Chamber of Commerce will present the second annual Southeast Biking Symposium. Over three days, keynote speakers will highlight trends, and will give local stakeholders the chance to build the southeast as a hub for cycling.

SOUTHEAST BIKING SYMPOSIUM

When: March 22-24

Where: The Beach House Resort

Details: www.hiltonheadchamber.org/southeast-biking-symposium



Bring the Bling: Jewels & Jeans fundraiser to benefit Beaufort County teachers

Get ready to get bedazzled. The Foundation for Educational Excellence will host its Jewels and Jeans event, the proceeds of which will help fund grants awarded to teachers to support their innovative projects. The foundation will celebrate its 10th year and Emory Campbell as the recipient of the 2018 "Peggy May Inspiration Award" for his contributions to the cultural and environmental heritage of South Carolina.

JEWELS & JEANS

When: 9:30 p.m. March 3

Where: Country Club of Hilton Head

Details: www.FoundationEdExcellence.com or call 843-415-2331

Shooting for sunshine: Annual sporting clays event to benefit Pockets Full of Sunshine

For its seventh year, the Children's Relief Fund will host its Sporting Clays Shoot to benefit Pockets Full of Sunshine, which provides vocational and social opportunities for adults with disabilities. Held at the private and prestigious Forest City Gun Club, the event includes a beginners clinic and optional five-stand warm up, catered lunch, special exhibition and safety clinic, an award reception and silent auction.

CHILDREN'S RELIEF FUND SPORTING CLAYS SHOOT

When: March 9

Where: Forest City Gun Club, Savannah

Details: Carol Bartholomew at 843-384-1315 or www.pocketsfullofsun.org

DISCO BALL BENEFITS THE ARTS CENTER

Legendary DJ Mike Taylor will spin records all night during a Studio 54 inspired night to benefit the Arts Center. The Disco Ball also includes 1970s inspired drinks and hors d'oeuvres, an onstage disco party, and an auction.

DISCO BALL TO BENEFIT THE ARTS CENTER

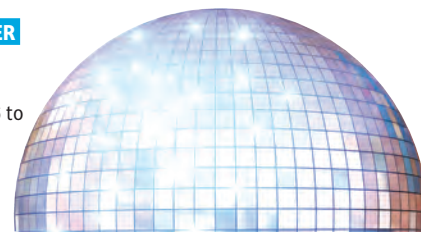
When: 6 p.m. March 16

Where: Arts Center of Coastal Carolina

Notes: Tickets start at \$150. RSVP by March 6 to Nancy Smith at 843-686-3945, ext. 305.

NSmith@artshhi.com

Details & More Info: www.artshhi.com



CHILDREN'S RELIEF FUND 22ND ANNUAL SPRING FLING

When: March 24

Where: Westin Hilton Head Resort & Spa

Notes: Tickets are \$150 per person

Details: For information on tickets, call Rose Fotia at 843-681-7668 or 843-342-5267 or email rfotia333@yahoo.com



ANNUAL SPRING FLING TO BENEFIT THE CHILDREN'S RELIEF FUND

A favorite gala returns for its 22nd year on a new date. Previously held around Valentine's Day, the Children's Relief Fund will present its annual Spring Fling: Straight From the Heart. The gala includes a cocktail hour with hors d'oeuvres, dinner, music and dancing, silent and live auctions, and surprise entertainment. Proceeds from the Spring Fling benefit the Children Relief Fund's programs.



CHAMBER FASHION WEEK

MARCH 23-30

Swap out your sweaters
for sundresses!

Local retailers will offer specials &
events throughout the week.

MARCH 22

CFW Fashion Show

MARCH 27

Thrive Women's Event

MARCH 29

Pop-Up Sip & Shop

Check
ChamberFashionWeek.org
for details!



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CHAMBER OF COMMERCE

Haute Couture Sponsor



LEARNING & WORKSHOPS

DECORATED GENERAL TO PRESENT "A NEW MILITARY STRATEGY"

Retired Gen. Anthony Zinni will present "A New Military Strategy" to the World Affairs Council of Hilton Head, explaining how global turmoil is growing and America's aggressive confidence could be making it worse. The former Commander in Chief of the United States Central Command retired from the Marine Corps in 2000, and currently sits on numerous boards of corporations, universities and organizations.

"A NEW MILITARY STRATEGY" WITH GEN. ANTHONY ZINNI AT THE WORLD AFFAIRS COUNCIL

When: 10 a.m. March 16
Where: First Presbyterian Church
Notes: \$15 for guests, free for members
Details: www.wachh.org



Immigration expert featured at World Affairs Council evening Series

How does the world perceive the United States' immigration policies? Find out the history of immigration, and current immigration and citizenship status, perception and events when the World Affairs Council hosts Katherine Canavan, a U.S. diplomat and career foreign service officer.

THE WORLD AFFAIRS COUNCIL EVENING SPEAKER SERIES

When: Reception starts at 5:15 p.m.; presentation at 6 p.m., March 5
Where: Country Club of Hilton Head
Notes: Open to the public; \$25
Details: 843-384-6758, wachhi@gmail.com or www.wachh.org

Coastal Discovery Museum hosting classes

PLANT SEEKERS TOUR OF GROUNDS

3 p.m. every Monday
\$15 adults / \$10 child; reservations are required
843-689-6767 ext. 223 or
www.coastaldiscovery.org/calendarofevents

MARSH TACKY HORSE TOUR

2 p.m. March 2, and continuing every Friday in March, April and May
\$7; reservations required
843-689-6767 ext. 223 or
www.coastaldiscovery.org/calendarofevents

"A LOUD SOUND," UNDERWATER ACOUSTICS OF THE PORT ROYAL SOUND WITH CHRISTOPHER KEHRER

3 p.m. March 7
\$7; reservations required
843-689-6767 ext. 223 or
www.coastaldiscovery.org/calendarofevents

"MARINE PREDATORS OF PORT ROYAL SOUND" WITH DAVID HARTER, PRESIDENT OF THE HILTON HEAD ISLAND SPORTFISHING CLUB

3 p.m. March 28
\$7; reservations required
843-689-6767 ext. 223 or
www.coastaldiscovery.org/calendarofevents

"INDIGO EXPLORATION" DIVES INTO ELIZA LUCAS PINCKNEY'S EXPERIMENTS WITH INDIGO DYE

3 p.m. March 28
\$15; reservations required. Includes making your own indigo tie-dye T-shirt
843-689-6767 ext. 223 or
www.coastaldiscovery.org/calendarofevents

More Learning & Workshops

SCHOOL FUNDING IS EVERYONE'S BUSINESS PRESENTED BY THE LEAGUE OF WOMEN VOTERS OF HILTON HEAD ISLAND/BLUFFTON AREA

When: 10 a.m. March 14
Where: Hilton Head Public Service District
Notes: Free and open to the public
Details: Kathy Quirk at quirk.kathy@gmail.com

BEACH SHACK WRITERS RETREAT

When: March 1-4
Where: Hilton Head Beach & Tennis Resort
Notes: All-inclusive weekend is \$650; individual workshop and field trip pricing is also available
Details: www.beachshackwriters.com



"THE REAL COST OF CORRUPTION"

What is the one thing that international crisis - from the Syrian civil war to the abduction of girls in Nigeria - have in common? Corruption. The World Affairs Council will host Sarah Chayes, senior associate in the Democracy and Rule of Law Program at the Carnegie Endowment for International Peace, who weaves history and her reporting to dive into how corruption is the root of crisis.

"THE REAL COST OF CORRUPTION"

When: 10 a.m. March 2
Where: First Presbyterian Church
Notes: \$15 for guests, free for members
Details: www.wachh.org



How rising sea levels impact the Navy

The World Affairs Council will present "Rising Sea Levels and Their Impact on the Navy: An Intergovernmental Blueprint for Community Resiliency" with retired Navy Capt. Ray Toll and Rear Admiral Ann C. Phillips. The speakers will present the Hampton Roads "Whole of Government" approach to coastal resiliency. That region at the mouth of the Chesapeake Bay is experiencing increased flooding due to climate change and the rising of sea level.

RIISING SEA LEVELS AND THEIR IMPACT ON THE NAVY

When: 10 a.m. April 6
Where: First Presbyterian Church
Notes: \$15 for guests, free for members
Details: www.wachh.org

50

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Wesley Bryan, 2017 Champion



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APRIL 9-15
HARBOUR TOWN
GOLF LINKS,
HILTON HEAD
ISLAND



REAL ESTATE marketplace

Million dollar dream homes

Looking to live in luxury? LOCAL Life is offering readers an exclusive passport to the most exquisite and unique real estate listings available in the Lowcountry. Here are eight homes you are sure to love.

We feel these luxury properties — located in Port Royal Plantation, Sea Pines Plantation, Long Cove, Palmetto Dunes and Oldfield — are the epitome of opulence. We're calling this section the Real Estate Marketplace.

If you are looking to purchase an amazing Lowcountry home, these eight properties should be at the top of your list.



277 Long Cove Drive, Long Cove

Offered by Mark Mayer

Engel & Völkers

Design by J.Banks

Real Estate Marketplace



6 Gull Point Road, Sea Pines

Gorgeous modern home, knock-out view of the salt water tidal marsh and creek to Calibogue Sound. Walk to the sandy beach on the Atlantic Ocean. Fantastic outdoor space starts with southern style front porch, gets better with new screened-in porch and fireplace in the back overlooking new pool and spa. Perfect entertaining kitchen, eat in area and great room, great bedroom separation upstairs and down. \$2,395,000

Eric & Hillary Dollenberg 843.816.6489
www.EricDollenberg.com



Private 5 Acre Family Compound, 67 Camp St. Marys Road

Gated entrance leads you down a long driveway onto this private 5 acre family compound with direct waterfront views of the Okatie River. Features the unique main residence with attached guest house (9,150 sq.ft. total) & a private dock. On the 2nd lot there is a 2 BR Guest House (2,090 sf) with dock permit included. Lots can be subdivided. The wide deep water views, private pool & beautiful sunrises will make you feel like you are at an exclusive private resort. \$2,450,000

James Wedgeworth 843.384.7825
www.JamesWedgeworth.com



79 Plantation Drive, Sea Pines Plantation

6 bedroom, 5 bath Harbour Town home! 2-story ceilings in the foyer and the living room with gas fireplace and built-in bar. Carolina room and Separate formal dining room. 1st floor master suite has 2 cedar walk-in closets. Ability to finish additional 2nd floor storage space into a bonus room. Large deck, pool and spa all on a great lot! The front porch has views of historic Baynard Ruins while the back of home has panoramic views over 15th green and fairway of Harbour Town Golf Links. OSCREA. \$1,545,000

Karen Ryan 843.422.1101
www.WeichertHiltonHead.com



4 Haul Away, Palmetto Dunes

Wonderful Lowcountry style 5 bedroom, 4.5 bath home within walking distance of the beach, tennis, golf and shopping. Wrap around porches, 6 car garage, chef's kitchen, fireplace in kitchen and living room. The large master suite has a fireplace. Features include; large workshop and study/office on first floor, elevator, and lots of storage. Home is located on the 11 mile waterway with a dock and a nice backyard area with private pool. \$1,283,925.

Karen Ryan 843.422.1101
www.WeichertHiltonHead.com



Real Estate Marketplace



24 Heritage Road, Harbor Town

Superior home for a sophisticated homebuyer 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

Sea Pines Real Estate
SOUTH BEACH



19 Armada, Palmetto Dunes

This spectacular 4 bedroom / 4 1/2 bath furnished oceanfront home offers stunning panoramic views of the Atlantic Ocean. Built on an oversized lot, on the beach walkway and has one of the largest oceanfront entertainment decks in the community. Contemporary design with coastal décor. Large eat-in kitchen, two dens, living room, fireplace. Opportunity for two additional bedrooms. Corner glass in the bedrooms offering expansive views. 3-car garage. \$3,250,000.

Philip A. Schembra 843.785.2452
www.SchembraRealEstate.com

schembra
real estate group



277 Long Cove Drive, Long Cove Club

Fully furnished with superb materials, craftsmanship and custom made furnishings. Coastal Southern style with sophisticated European details in a relaxed comfortable floor plan. First Floor features gracious foyer, library/den, formal living & dining rooms, gourmet eat in kitchen, oversized family room, Carolina room, and guest suite (a junior master) plus laundry & mudroom. The second floor has the most luxurious master suite with his and hers showers. \$1,500,000

Mark Mayer 843.816.0693
www.MarkMayer.evusa.com

ENGEL & VÖLKERS
MARK MAYER TEAM



11 Sovereign Drive, Port Royal Plantation

Located just a short walk to the beach. Open floor plan with Master Suite on the 1st floor. Beautifully remodeled kitchen with a new Sub Zero refrigerator, granite counters, double wall oven & Gas cook top. Spectacular 2 story great room w/fireplace & sprawling golf views. Separate Office & Den on 1st floor. Enjoyable outdoor living space with a fireplace and TV in the large screened porch. Spacious additional 2nd floor Master & 3 additional bedrooms each with their own full bath. Port Royal Plantation. \$1,295,000

Tracy Dayton 843.686.4000
www.TracyDayton.com

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REALTY

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Go online to **LocalLifeSC.com** to find Geist Ussery's fantastic recipe for Rustic Lamb Stew.



Capturing the heart of Bluffton

Babbie Guscio and her husband, Don, moved to Bluffton in 1971 by way of Paris, France.

"We had gone to Paris on a lark to live, but found it a bit expensive after about six months," said Guscio, who is a native of Evans, Ga. "My mother was born in Savannah, so we knew about this area."

The capital of France had a population of over a million at the time. The sleepy village of Bluffton had just 700 residents. For the Guscioes, it was just right.

Don got a job with Sea Pines Plantation as a landscape architect. Babbie soon opened a retail business called The Store at the intersection of Calhoun and Lawrence streets in the center of Bluffton back when the village covered just a quarter mile in each direction.

"I tell everyone that I am right in the middle of Bluffton's heart," Babbie said.

This year marks the 40th anniversary of The Store and the 46th anniversary of the couple's time in Bluffton. Their family fingerprints are on many of the town's popular festivals, events and landmarks.

"I must say I have enjoyed every moment of our lives here," Babbie said. "We have three children who live here with their families, too. They never wanted to live anywhere else."

Lifetime local Geist Ussery grew up around the Guscio clan and provided this epic drink recipe, perfect for porch-sipping around St. Patrick's Day. *LL*



©PHOTO BY LISA STAFF

FAMILY FIRST Back, from left: Nancy Jones, Dorothy Guscio (with Rider) and Catherine Guscio. Seated: Babbie Guscio and granddaughter Campbell Guscio. Find more Guscio family photos at LocalLifeSC.com.

IRISH WHISKEY NEAT



INGREDIENTS

1 bottle of your favorite Irish Whiskey (Jameson is a popular choice)
Ice cubes or sphere if you need training wheels.

DIRECTIONS

Pour whiskey in a glass, sip, and repeat.



On Broad Creek
101 Marshland Road, Hilton Head Island, SC
843.681.6040

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LAGOS

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WANDERLUST EVENT | Thursday, March 22 | 5 - 7 PM
THE SHOPS AT SEA PINES CENTER | 71 LIGHTHOUSE ROAD | 843.671.7070