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Carmen A. Traywick, M.D. of May River Dermatology and Frederick G. Weniger, M.D., F.A.C.S. of Weniger Plastic Surgery

## the team

#### WHAT SWEET IS WORTH THE CALORIES?

"Crème brûlée, hands down, The warm custard and caramelized sugar on top are soooo good!"-LORI

> "Cherry cheesecake with a graham cracker crust."

"Cookie dough right out of the sleeve."

"Who's counting?" - CHARLES

"Ice cream filled with all the goodness. Chunks of cookie dough, brownie, Oreo, etc." - ASHLAN

"Chocolate-covered strawberries."

"Chocolate croissants from Hilton Head Social Bakery."

- REBECCA

"The classic Italian pastry, sfogliatella." - BRUCE

"Anything cheesecake, definitely."



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### ADVANCED CANCER CARE NOW AVAILABLE IN THE LOW COUNTRY ACCESS, CONVENIENCE & FOREMOST MEDICAL TECHNOLOGY IS NOW CLOSER TO HOME.

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

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

Leading-edge technology like the PET-CT for precision diagnostic imaging, the Varian True Beam linear accelerator for pin-point radiation treatments, and state-of the art infusion therapy virtually

eliminates the need for cancer patients to travel to Savannah.

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

It's just one more way that St. Joseph's/Candler's continues

to better serve the needs of Low Country residents, helping everyone live smarter and healthier lives.



sjchs.org/bluffton-campus

IN ORDER TO CONTAIN THE STRAIN OF THE COVID-19 VIRUS AND TO PROVIDE THE SAFEST POSSIBLE ENVIRONMENT FOR OUR PATIENTS, ST. JOSEPH'S/CANDLER IS CLOSELY FOLLOWING ALL CDC GUIDELINES, AND IMPLEMENTING STRICT SCREENING REQUIREMENTS AND VISITOR RESTRICTIONS.











MOO-CHAS GRACIAS The Purple Cow has been making Hilton Head Island sweeter since 2015. Their Raspberry Swirl and Classic Chocolate baby cakes are udderly ridiculous. Learn the sweet story beind the quirky and cozy dessert shop and its owner, Lisa J Bernstein (aka Bernie), on page 118.

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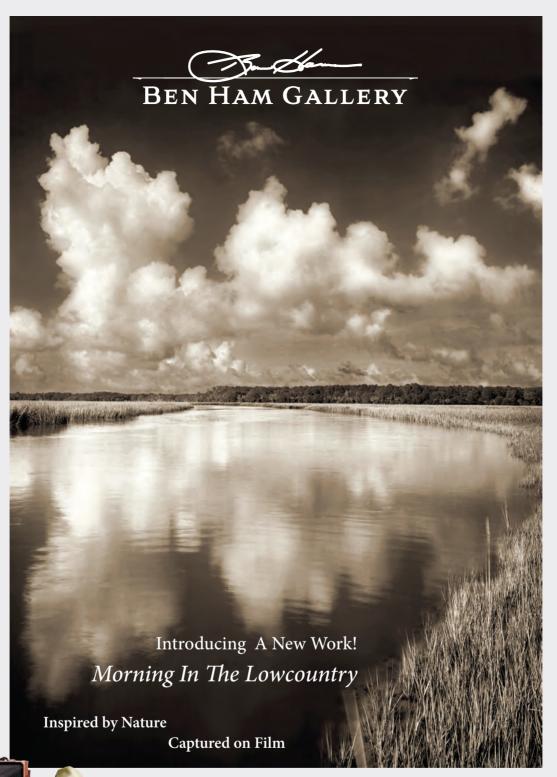
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Fall in love with sugar-free desserts





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Special content you can find online at locallifesc.com



54A space to gather

A Hilton Head Family designs a second residence with gathering and rest in mind.











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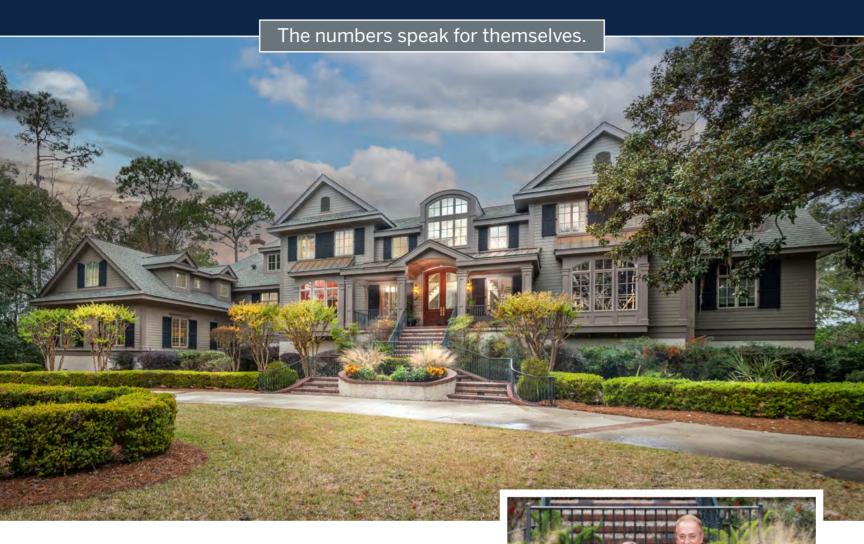
Bluffton's Sophia Schade shares an amazing photo

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## How sweet it is

More time at home has ignited the baker in all of us.



BAR EXAM Publisher Lori Goodridge-Cribb poses with an artfully crafted Bellini cocktail in the elegant bar area at Michael Anthony's Cucina Italiana. Check out our sweet fashion shoot at the restaurant on page 102.

us to escape while stuck at home. We have found comfort in baking muffins, fudge, rolls, buns, cookies, cakes and other sweet treats. And from the looks of it, we're getting good at it! People who couldn't fill a pastry bag before are suddenly posting mouth-watering photos with sassy captions like, "Was going to make plum pudding. Went with these eclairs instead." Just imagine how sweet our future gatherings are going to be!

The kitchen is often described as the heart of

the home. While it's made for bringing families

together, it's also been a great place for many of

If you haven't jumped on the baking bandwagon yet, we hope this sweet issue will do the trick.

We checked in with our favorite bakers, confectionists and chocolatiers for recipes, advice and other fun stuff that will inspire you to satisfy your sweet tooth. We explore all of the different types of sugar you could be baking with, cover the health benefits of dark chocolate and share the histories behind iconic bakeries and candy shops. What's sweet in February? Sweet potatoes! Get a load of the spudtacular superfood and start growing them in your garden.

Learn to build a better bakery at home and follow our tips for baking with kids. Add some sweetness to your reading with tasteful literary delights. If you're reading this at an odd hour, be sure to check out our tips for better sleep. Sweet dreams (as you can tell, we went a little overboard with the "sweet" stuff).

February also brings Valentine's Day. Make the day extra special with the perfect meal, romantic location and gift. We've got suggestions for all of that and more sprinkled throughout the magazine. We feel it is our sweetest issue yet!



#### EASY AS PIE

Although I do not have a sweet tooth, I will tell you, there isn't much better than ice cream on a hot day or crème brûlée after a wonderful dinner at your favorite restaurant. When I'm craving something sweet at home, this peanut butter pie does the job. It's so yummy and easy!



#### Peanut butter pie

#### **INGREDIENTS**

1 (9-inch) graham cracker crust 1 (8 ounce) package cream cheese, softened 1/2 cup creamy peanut butter 1/2 cup sugar 1 (8-ounce) container Cool Whip, thawed 1 teaspoon milk

**DIRECTIONS** [1] Combine all ingredients (except crust) and blend until smooth. [2] Pour mixture into crust and refrigerate. Optional: Cover cooled pie with your favorite melted chocolate.





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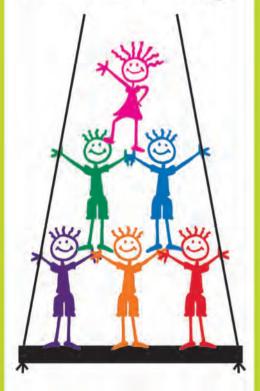
#### "It is a quiet multitude of little miracles that makes life sweet." - MARJORIE P. HINCKLEY



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## contributors

MEET OUR WRITERS + PHOTOGRAPHERS + PEOPLE BEHIND THE SCENES



Sophia Schade Photographer

**FOR THIS ISSUE:** Took the Parting Shot image on page 160

HOMETOWN: Athens, Greece CURRENT HOME: Bluffton (Sun City)

**LOCAL SINCE:** 2014 **HOBBIES:** Photography and fishing

FAVORITE SWEET: Galaktoboureko (a traditional Greek dessert)
LAST BOOK YOU READ: "What It's Like to Be a Bird" by David Allen Sibley
WHAT WAS YOUR FAVORITE AGE GROWING UP? 7-10. Those days we were
extremely poor but we didn't know it. Playing outside barefooted with my older
brother, Peter. Climbing trees and picking fruits. He and I built our first kite
together, and we flew it in our hometown Tavros, outside of Athens,

Greece, on the weekends . We also raised homing pigeons and taught them how to return back home. It was all about being free spirited! WHAT WAS THE BEST VACATION YOU EVER TOOK? Going back home (Greece) after 32 years and showing great friends my home country. FAVORITE QUOTE: "Life is like a box of chocolates." — Forrest Gump



FOR THIS ISSUE: Painted the local art, CATFISH **HOMETOWN:** Army, USA **CURRENT HOME:** I live in Bluffton. My art lives in Pluff Mudd Art Gallery. **LOCAL SINCE: 2012 HOBBIES:** Painting, biking, friending, painting FAVORITE SWEET: Chocolate ice cream LAST BOOK YOU READ: Troubled Blood by Robert Galbraith, all 900+ pages! WHAT WAS YOUR FAVORITE AGE GROWING UP? Can't say ... haven't grown up yet. WHAT WAS THE BEST VACATION YOU EVER TOOK? A meditation to the Upper World. FAVORITE QUOTE: "Age is just a number. It's totally irrelevant unless, of course, you're a bottle of wine." - Joan Collins





#### **Barry Dickson** Poet

OTHER CREDS: Poetry book "Maybe Today," published by Cherry Grove Collections, to be released in April. Also forthcoming, "Barry Who? 33 Unforgettable Micro-Memoirs From Someone You Never Heard Of" FOR THIS ISSUE: Wrote the poem, "The Adverbial World of Match.com." HOMETOWN: West Pittston/Scranton, Pennsylvania CURRENT HOME: Hilton Head Island

LOCAL SINCE: 2012 HOBBIES: Golf, writing FAVORITE SWEET: Kathy LAST BOOK YOU READ: I'm hoping I haven't read my last book yet. FAVORITE AGE GROWING UP: 13. That's when I got all those Bar

Mitzvah presents.

**BEST VACATION:** Egypt-Israel-Jordan, 2008 **FAVORITE QUOTE:** "And those who were seen dancing were thought to be insane by those who could not hear the music." — **Friedrich Nietzsche** 



### Amazing every day.









#### We invite you to see what makes living here so exceptional.

Live in a place that is so beautiful it will take your breath away. Every day at Colleton River, you have a chance to make life more interesting. Try something new or take your game to the next level at golf, tennis, fitness and so much more. Enjoy a quiet sunrise or throw a party on the porch at sunset. In between, you will be enamored by incredible surroundings where you will feel as if you are on vacation every day.

It's worth spending time to make sure that life is lived to its fullest, in the right balance.







### Come see why so many residents love calling WaterWalk at Shelter Cove home:

"Honestly I feel as if we have arrived at the place we want to call home for a long time.

The staff have a genuine commitment to making WaterWalk as stress-free living as possible, and the joy they demonstrate in providing that is palpable."

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

"I love to wake up every morning and see Broad Creek. The sunsets and sunrises are beautiful." -John, Modern Message "Living at WaterWalk is like being on vacation at a five-star resort. Our apartment is spacious, quiet, and the screened-in porch is a game changer. We and our dog are very happy living here and appreciate it every day."

-Verified Resident,
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## links

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#### Last month's top performers



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**MOST POPULAR**Mix a French martini



**MOST LIKED**A Lowcountry silent night.

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## the dish

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- The Dish Best local bites for the weekend
- The Buzz LOCAL Life's latest must-reads

#### About the Cover

Our sweet cover image was captured by photographer Lisa Staff at Hilton Head Social Bakery. The dark cherry pecan tart is made with brandied cherries and lemon mascarpone cream with a frangipane base. It tastes even better than it looks. Read the story behind the celebrated chef-turned-baker who created the pastry on page 38.



### **EXPERIENCE MATTERS. WE GET RESULTS.**





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## local blend

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



### Romantic afternoon getaways

GOTA FREE AFTERNOON? VISIT THESE BUCKET LIST-WORTHY LOCATIONS THAT ARE CONVENIENTLY CLOSE TO HOME.

STORY BY LISA ALLEN

As our Covid lifestyle drifts into 2021, we've learned, if nothing else, to be creative. Creative in how we conduct business, shop, and "see" our loved ones. We've also gotten pretty savvy when it comes to keeping our romantic relationships flourishing. We've absolutely slam-dunked that one edict of spending time together - likely a little too well. But not all time is alike. Here are some suggestions for where to spend quality, tender time together, right here in the Lowcountry. These places are tailor-made for memorable afternoons.

#### Harbour Town Lighthouse

It's 114 stairs to rise 90 feet above the Harbour Town Yacht Basin and get a breathtaking view of Calibogue Sound, Harbour Town Golf Links and the Atlantic Ocean. Admission is \$4.95, but trust us, it's inexpensive for a memorable view of Hilton Head. While you likely don't want to break out a picnic right there, you can descend and take up a Yacht-Basin-side table at The Quarterdeck, Harbourside or CQs. Or bring finger foods to enjoy on the many benches around the yacht harbor. What to bring: A little cash for admission. How to get there: It's at 149 Lighthouse Road at the southern tip of Sea Pines Resort.



#### SHELDON Old Sheldon Church

Just the grounds alone reek romance. The churchyard lies under a canopy of live oaks that have been arched over these grounds for centuries. Old Sheldon Church, originally Prince William's Parish Church, was built between 1745 and 1753. The British burned it in 1779 during the Revolutionary War. It was rebuilt in 1826 only to be burned again by General Sherman in February 1865. It was never rebuilt. Inside the church walls is the crypt of Colonel William Bull, who, along with General Oglethorpe, designed Savannah's famous grid and squares. What to bring: Definitely a camera, a picnic blanket and lunch. There is enough room to find an out-of-the-way corner for just the two of you. How to get there: Take U.S. 21 north through Beaufort to Highway 17 toward Savannah. Turn right on Old Sheldon Road almost immediately upon exiting the roundabout. You'll see the church a couple of miles up on the right. Parking is on the left side of the road.

### GREEN POND Donnelly Wildlife Management Area

More than 8,000 acres of pine forest, tupelo swamps, waterways and open fields await just five miles north of Beaufort County, right on U.S. 17. In the heart of the ACE Basin, the area has creeks, roads and trails galore for either driving, hiking, kayaking or biking. If you're walking or biking, the 3-mile Boynton Trail offers a little of everything, including an intriguing former homestead. Explore, then set up a picnic at the lodge or the check station. What to bring: Your preferred mode of transport (shoes, bike, car or kayak). Picnic, camera, binoculars. How to get there: Head north on U.S. 17. It's five miles past the Harriet Tubman bridge on the right.





#### **BLUFFTON**Wright Family Park

Soak in spectacular views of the May River from this new park in Old Town. With sidewalks, benches and plenty of open space, it's a perfect spot for a romantic picnic under live oak canopies. After, go on a romantic stroll past Bluffton's colorful and creative art galleries, charming restaurants and trendy boutiques. What to bring:

Picnic basket, walking shoes, camera. **How to get there:** Find it at 111 Calhoun Street, across the street from Church of the Cross in Old Town Bluffton.



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#### Eat more hole foods MINI DONUT MAKER

Able to cook seven mini donuts in just minutes, this device is perfect to use for snacking or entertaining purposes. After making them with your batter of choice, the bite-sized treat can be glazed, frosted, or decorated in endless ways. target.com \$39.99



#### The inside scoop SOFT-SERVE ICE CREAM MAKER

This fully automatic gadget is an ice cream lover's dream. In just 20 minutes, it can make a little over one quart of your favorite ice cream. The toppings dispenser and ice cream cone holder makes it a true one-stop shop to satisfy those sweet, frozen cravings. target.com \$99.99





Cool products and accessories to help sweeten your local life.



#### Life is what you bake it

This itty-bitty oven packs a lot of vintage charm and heat. It's perfect for baking sweet treats for one, and cleanup is easy due to all inside components being dishwasher safe. bydash.com \$29.99

#### What's shakin'?

Kick back with a sweet treat that you can now customize in your own kitchen. Enjoy the nostalgic feel of the classic soda fountain design that can whip up a perfect milkshake in under two minutes. lowes.com \$44.29







#### Can I have s'more please? ELECTRIC S'MORES MAKER

A classic campfire snack that you can now bring indoors. The stainless steel heater means no flames to worry about, and the compartments make for a smooth s'more-making process. sharperimage.com \$79.99



#### Unlimited possi-bowl-ities WAFFLE BOWL MAKER

Ditch the ceramic bowls and the store-bought ice cream cones at your next ice cream extravaganza and spice things up by making your own waffle bowls. You even could toss a tortilla into this device and give store-bought taco shells a run for their money, gopresto.com \$33.99



#### Don't go bakin' my heart

This compact, easy-to-use gadget will come in handy when making breakfast for someone that you maybe want to show a little extra love to. target.com \$9.99



#### You spin me right round COUNTERTOP COTTON CANDY MACHINE

Did you know you can put nearly any candy into a cotton candy machine? Rather than the floss sugar, hard candies like Jolly Ranchers or butterscotch work just as well. The small, convenient size of this gadget would make for a fun night of experimenting. homedepot.com \$54

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## Sweet reads | ADD SOME SWEETNESS TO YOUR READING WITH THESE LITERARY DELIGHTS

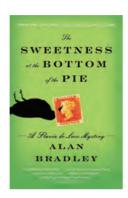
#### SELECTIONS BY DENISE FRIDAY



#### THE PARTICULAR SADNESS **OF LEMON CAKE**

BY AIMEE BENDER

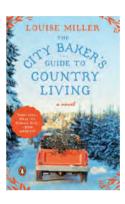
Rose is about to turn nine. She has a brilliant, older brother who finds her annoying, a detached, mild-mannered dad and a loving, crafty, doting mom. When her mother makes her a homemade lemon cake, she discovers she can taste her mother's emotions in the cake. And not just hers, but anyone who prepares the food she eats. It appears to be a curse as she is not prepared to taste sadness and desperation from her seemingly happy mother. Feelings that others are not aware of, or trying to hide, are displayed for her with every bite. Rose must navigate her odd power and find a way for it to fit into her life. A sweet story of acceptance of your odd-ball family members and their individual struggles in life.



#### THE SWEETNESS AT THE BOTTOM **OF THE PIE**

BY ALAN BRADLEY

Flavia de Luce of Buckshaw, England, has a passion for chemistry, reading, resourcefulness and pranks on her older sisters. In the summer of 1950, discovered at her doorstep is a dead bird with a postage stamp oddly spiked on its beak. Later that day, Flavia comes across a man lying in the cucumber patch and listens as he whispers his final word to her. As she runs for help from her father's gardener, she is at once scared and delighted such an interesting thing, a definite murder, has happened in her town. And so begins the adventure and sleuthing of this 11-yearold heroine. This is the first book in what has become a delightful series of the life and adventures of this mischievous intellect who delights in plotting the deaths of her enemies, yet is always the hero, not the villain. Wonderful for all ages.



#### THE CITY BAKER'S GUIDE TO **COUNTRY LIVING**

BY LOUISE MILLER

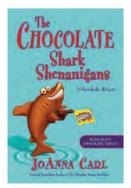
Olivia is a young, extraordinary pastry chef in Boston at an exclusive club. But some big mistakes - sleeping with her married boss, accidently setting the place on fire with a baked Alaska, to name a few - send her fleeing to a cozy town in Vermont where her best friend lives. She gets a job at the Sugar Maple Inn, whose owner sees her as a way to reclaim the coveted annual apple pie contest at the county fair. There are so many delights in this book; Olivia living in a sugar house, her Irish Wolfhound, Salty, the hometown music, the nosy but good-hearted townspeople, the delectable pastries and desserts she bakes for the guests of the Inn. Of course, too, a love interest who shows Olivia sometimes the life you imagine for yourself is not the life you need to be happy.



#### THE COINCIDENCE OF **COCONUT CAKE**

BY AMY E. REICHERT

This book is really a love letter to the city of Milwaukee with mouth-watering descriptions of food and a sweet romance story to boot. Al is a restaurant reviewer unhappily stuck in a city he finds boring. His joy is writing scathing reviews under a pseudonym and growing the popularity of his column. Lou has poured her heart into a French restaurant she named after her grandmother. A happy and cheerful person, she has a terrible day after finding her fiancé with another woman and her restaurant receives a scathing review. Al and Lou meet in a bar, by chance, and without discussing work, Al challenges Lou to prove to him Milwaukee is a city worthy of her admiration. As they grow closer, neither realizes Al is the reason Lou's restaurant may go out of business. A story of chance, misunderstandings and not giving up on your dreams.



#### THE CHOCOLATE SHARK SHENANIGANS

BY JOANNA CARL

Lee is a gal from Texas who moved north to work for her aunt's chocolatier business. Truffles and bonbons are the specialty and, this summer, chocolate sharks are all the rage. She and her husband, Joe, decide to team up with her aunt and uncle to buy a house near them to fix up to sell at a profit. The plan is simple enough, until a gun is found hiding among the pipes of the house. It seems a bit of a mystery, but a few days later a body also turns up. That's when things get dicey in this Lake Michigan resort town. Fans of The Chocoholic Mystery series will delight in this latest release. These sweet tales can be enjoyed in order or stand-alone.



#### **CHOCOLATE CREAM PIE MURDER**

BY JOANNE FLUKE

A treat-filled read with a Valentine's Day theme. Fluke continues the Hannah Swensen Mystery series that started with The Chocolate Chip Cookie Murder in 2000. The baking and the drama continue for Hannah and her sisters during the snowy Minnesota winter as she tries to spotlight her bakery, The Cookie Jar, on a TV special about her state. There is a lot of baking (and recipes), unwanted visits from her ex and, of course, a murder, that she and an old flame join up to solve together. These can be read alone, but are much more delicious if you join in at the start.





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#### **MORE ABOUT BUBBLES**

Color: Brown and white Age: 8 years old Weight: 40 pounds Likes: Snack time and snuggling on the couch watching TV shows. "I've noticed you can learn a lot about a person by what they love to watch. My favorite pastime is getting cozy on the sofa and enjoying an episode or two of Frasier." - Bubbles Dislikes: Stale treats and people who aren't very sweet. "I haven't run into too many people who aren't very friendly with me, but when I do, I think, 'What the heck? I'm the cutest dog in town!" - Bubbles Adopt her: Due to the pandemic, all Hilton Head **Humane Association** adoptions are by appointment only. Call 843-681-8686 or visit hhhumane.org.



### Official Mensa® Challenge Answers are available on LocalLifeSC.com/Mensa



2. Complete the couplets below with words that are pronounced the same but spelled differently.

It's not permitted, not \_\_\_\_\_\_ To read your paperback \_

Her haircut left her almost She grabbed a tissue and she My broker called me on his \_\_\_\_\_\_ To tell me not to buy, but \_\_\_\_\_

The transit worker wasn't \_\_\_\_\_ And made me pay an extra \_\_\_\_

3. What one letter, indicated by the guestion mark, combines with the letters in each box to form a common word?

4. There is only one common English word that is an anagram of DIRECTIONS. What is it?

5. Some greedy parents raided their daughter Melissa's piggy bank. They got out a grand total of \$8.20, with the same number of pennies, nickels, dimes and guarters. How many of each?

You can bet your sweet bippy this Mensa quiz will exercise your grey matter.



#### **[LAST MONTH'S ANSWERS]**

1. COAST, BOAST, BLAST, BLASÉ, BLADE, GLADE, GLIDE, SLIDE 2. Akron, Dayton, Cleveland 3. 918273 4 T (the next letter in the alphabet with only straight lines.) 5. Nick is 20; his grandfather is 80.



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ENDING HUNGER Poverty often limits the choices a family can make for the dinner table and is linked to many diet-related diseases. Lowcountry Food Bank provides both the education and nutritious options needed for our community's most vulnerable citizens.

#### **HISTORY**

The Lowcountry Food Bank serves the 10 coastal counties of South Carolina. A member of the Feeding America network, LCFB procures, collects and inspects food from manufacturers, food distributors, the government, retail partners, wholesalers, farmers, and individuals, then distributes this food to a local network of community partners including food pantries, on-site meal providers, afterschool programs, low-income senior centers and shelters. Additional food, including fresh produce from small local farmers, is purchased for distribution. Now operating in its 37th year, the LCFB is located in the 60,000-square-foot Paul Hulsey Community Food and Nutrition Center in Charleston, the 20,000-square-foot Food Lion Feeds Regional Food Center in Myrtle Beach and the 9,000-square-foot Beaufort Regional Food Center in Yemassee. The LCFB has a 4-star rating from Charity Navigator based on its financial health, efficiency and capacity, and 97 percent of the LCFB's charitable dollars are spent on programs and services.

#### WHOM IT HELPS

Each year, the LCFB partners with nearly 300 nonprofit and faithbased organizations to distribute over 32 million pounds of food to more than 200,000 food-insecure children, seniors, veterans and adults. The LCFB's services include child, veteran, and senior hungerrelief programs, nutrition education, and fresh produce distributions.

#### HOW TO HELP

The LCFB is always in need of monetary donations and volunteers to help pack food for distribution to the community. With your support, thousands of less fortunate people will gain access to nutritious food and hope for a better future. A gift amount of \$100 provides 600 meals for children, seniors and families in need.

#### MORE INFORMATION ABOUT LOWCOUNTRY FOOD BANK

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#### LETTER TO THE EDITOR

LOCAL Life asked Nicole Gardner to share her thoughts on what it means to be local. Gardner is the owner of The G-Free Spot, a gluten-free restaurant and bakery on Hilton Head Island, LOCAL Life welcomes letters to the editor and comments to our website. Write to info@wearelocallife.com.



#### adjective. lo·cal | lō-kəl

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

## Living the sweet life

BY NICOLE K. GARDNER + PHOTOGRAPHY BY KIM SMITH PHOTO



LOCAL SINCE 2011 Nicole Gardner is the owner of The G-Free Spot, a gluten-free restaurant and bakery at Main Street Village on Hilton Head Island.

It was 10 years ago that my husband, Shawn, and I decided to move our little family to the Lowcountry. Along with our children, Ean (10), Conner (7), and Hailey (3), we were full of excitement at the prospect of finding a new home, making new friends, living near grandparents who had been distant until now, and building a new life for our family: one that was in a much warmer climate than that which we were accustomed to. Of course, there was apprehension around leaving the life we had built and the family that surrounded us in the Finger Lakes Region of New York.

The Lowcountry did not disappoint. It is a place that welcomes visitors and new residents alike, with open arms, smiles, and a sense of belonging, even though you're new to the area. It is the place we felt we could grow as a family, as individuals, as people within a community; to be part of something so much bigger than ourselves.

In the nearly 10 years that we have lived here, we have all done iust that. Our children have attended Hilton Head Island schools. have been involved in activities and sports, and learned so much from the many different people who surround us and contribute to our lives every day. It is the place where businesses are built, chances are taken, people are supportive, and everyone seems to be living their best life.

I've often noted that the people of Hilton Head are some of the happiest I have ever known — we are here because we choose to be: we are here to contribute, to make a difference, and to leave our little island better every day; we are a part of a community that embodies the concept that "the whole is always much bigger than the sum of our parts."

The Lowcountry has provided us with the opportunity to be successful, grateful, humble, and kind — it has shaped us and our family in such a way that there is no doubt, this was meant to be our home. And this is what it means to be a local to me " II.



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local faces















## The Sweet Life

MEET THREE LOGALS
WHO HAVE MADE
IT THEIR MISSION
TO SATIATE THEIR
SWEET TOOTH.

STORY BY BARRY KAUFMAN
PHOTOGRAPHY BY LISA STAFF

February has arrived, which means we can now part ways with our New Year's Resolutions, content in the fact that we had a good run. Sure, we tried. We hit the gym (a couple of times). We gave dry January a chance. We even cut out sweets.

And ultimately, that was our undoing. Because sweets are like enjoying a little mouthful of pure love. Deny it all you want, but the science backs it up. When we eat sweets, our brains release dopamine. Know what else releases dopamine? Falling in love. Case closed.

Even on chemical love, we're hard-wired to love our sweets. And this month, we're spotlighting three locals who indulge our sweet tooth.



# Pat Green

THIS BEAUFORT **CONFECTIONER WAS** INDUGTED INTO THE INTERNATIONAL CANDY HALL OF FAME.

It's become one of the most famous sayings in cinematic history: "Life is like a box of chocolates." And when Forrest Gump shared that little pearl of his mama's wisdom, he was in fact holding a box of Pat Green's chocolates in his hands.

"Because they wanted to be historically accurate, and we weren't in existence during the time period of the film, they used someone else's box, but those were our chocolates." she said. The founder of Beaufort's iconic sweet shop The Chocolate Tree had already established her legacy when the producers of the Tom Hanks film came calling, although the reputation didn't necessarily go both ways. "The producer wanted us to do a special order with big chocolate letters that spelled out, 'Forrest Gump.' I remember thinking, 'What's a Forrest Gump?'"

Over the course of her career, Green has been inducted into the Candy Hall of Fame, created delectable delights for the likes of Sally Field, Barbra Streisand and Viggo Mortenson, and established The Chocolate Tree as one of downtown Beaufort's most iconic spots. In 1996, Green was named the Small Business Person of the Year for South Carolina. And it all started with a gift for her children's teachers, "for putting up with our little darlings."

"They asked me, 'Would you teach us how to make this?' and the seed was planted," she said.





LOCAL
SINCE 1964
Pat Green opened
Beaufort's
sweetest
landmark, The
Chocolate Tree,
in 1980. Now
retired, she enjoys
music, traveling,
live performances, reading, and
spoiling her 23
grandchildren.

In April 1980, she and her business partner found a place to take their hobby to the next level, a tiny spot not far from where The Chocolate Tree currently sits. Originally it was just going to be a part-time gig. "I was sure the gentleman we rented it from thought we'd fix it up for him and then be gone in three months," said Green. "You don't tell a redheaded Irish girl she can't do something."

Whether it was her Irish stubbornness or the fact that she makes exquisite chocolate, the store thrived. Within two years they had outgrown their rental, purchased their current spot on Carteret and began the arduous task of building a legacy. Emphasis on building.

"It had been an appliance store, a paint store, and a building with just four bare walls. We had a big job ahead of us and no money," she said. "We worked the whole summer to tear down some funky buildings in the back, and we did it ourselves. It was a labor of love; bittersweet, sometimes."

The building itself has been expanded as The Chocolate Tree's reputation grew nationally and mail orders started flying in. Up until she "retired," you'd find her in there daily, creating sweet memories. She's since handed the reins over to her son Gene, and her sister, Joy, but you'll still find her indelible mark on each treat.

"It's my baby," she said. "They actually had me working a few days before Christmas, dipping chocolates. My hands are 10 years older than they were, and all that is done with wrists and hands. It was a real reawakening of all those arthritic joints, but it was fun."

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## Philippe Feret

THIS HIGHLY DEGORATED NEW YORK CHEF FOUND A NICHE WITH EUROPEAN BREADS. PASTRIES AND DESSERTS.

Make no mistake, despite demonstrating his absolute mastery of the art form every day at Hilton Head Social Bakery, Philippe Feret did not come to Hilton Head Island to open a bakery. Having made his mark on the New York City culinary scene with stints at the legendary Windows on the World, Tavern on the Green and in a trio of his own French eateries. he came down here with the intention of opening a restaurant.

It just didn't work out that way, but he'll be the first to tell you that was for the best.

"There are a lot of restaurants on the island. but there's a little less competition in baking," he said. "And I brought a new concept in baking to island (authentic French baked goods), which was a challenge in the beginning."

Not many chefs could make the transition from cooking to baking - to the uninitiated, they might seem like two sides of the same coin, but they are vastly different art forms. Fortunately, Feret grew up with a foot in each world.

"It's very rare to find a chef that knows how to bake," he said. "A friend of mine in New York said that I was a pastry chef who went to the dark side, because I'd always do sugar sculptures or pastries in my demonstrations."

That flair for pastries and sweets was drilled into Feret at an early age, working alongside his parents in the trio of bakeries they owned in Paris. Being a teenager, he didn't care for working alongside his parents or learning their trade, but it did pay off when he began interning in kitchens at 16 and found he already had a lot of the skills he needed. "I knew I was





**LOCAL SINCE 2016** Philippe Feret is the owner of Hilton Head Social Bakery on Hilton Head Island. A second location on the South End will open soon. When he's not baking, he enjoys collecting reclaimed artifacts, cooking and spending time with friends, family and his two dogs.

different from other kids because I knew how to handle a knife, how to do different things. I had a better position in the kitchen."

It led to a storied culinary career, one which has come full circle on Hilton Head Island.

"If I had listened to my dad, I would have been better off," he said. "I feel like baking is what cooking was 30 years ago. More and more you have people interested in it. A lot of people realize you don't just need a block of sugar, there are different flavors and textures — sweetness, sour, spicy. It's the same as cooking."

In just five years on Hilton Head, Philippe Feret has established himself as one of the island's brightest culinary stars. One of five selected by the Hilton Head Island-Bluffton Chamber of Commerce as a chef ambassador, he takes seriously his role as the steward of not only our island's reputation but its next generation.

"There are a lot of great restaurants on the island, but baking was really the missing link in the chain," he said. "Our first goal is to share our knowledge."



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



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# Signe Gardo

#### THIS BELOVED BAKER HAS BEEN SERVING DELIGIOUS MEMORIES SINCE 1972.

For 49 years, Signe Gardo has been the standard bearer for fresh-baked sweets on Hilton Head Island. She's been the darling of Southern Living, Rachael Ray and any number of outlets looking to find the tastiest treats in the Southeast.

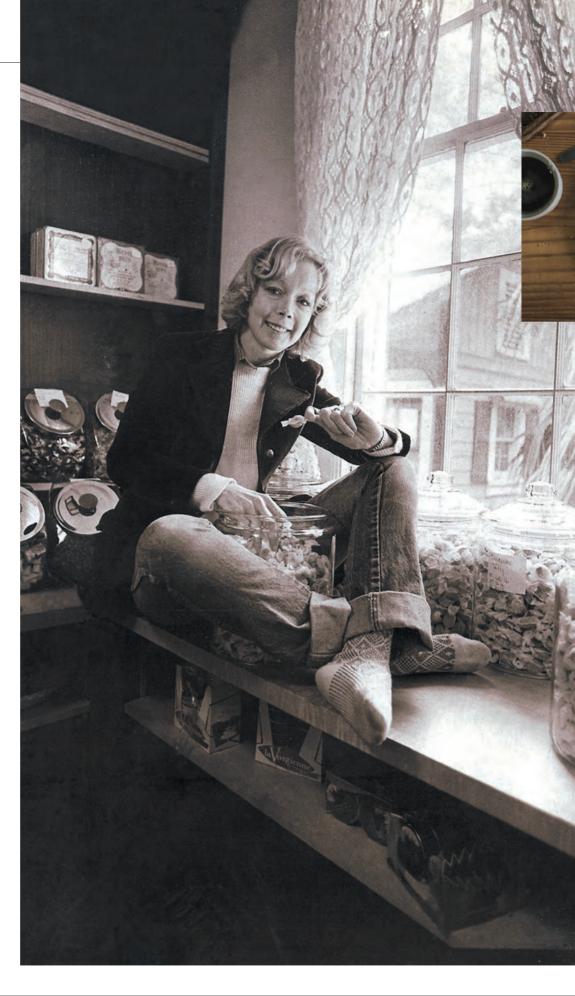
And nearly every step of the way she's had a cast of colorful characters to guide her. There's Lydia, a bread slicer she purchased when UPS went on strike and she couldn't get bread for her shop's sandwiches. Maxine and Alice, a pair of 60-quart and 80-quart mixers. A reversible dough shooter named Portia. A walk-in oven named Brutus.

It may be a unique quirk, naming her appliances, but it's one of many quirks that have guided Gardo through one of the longest restaurant careers in island history. Perhaps the guirk that has aided her the most is the ability to "taste test" flavors in her head, mixing them like a composer humming a tune before committing it to notation.

"They just come up when I'm thinking of a flavor or a taste or a texture," she said. "I like to just have things in my head first. I always try to find something that's interesting. Like our biscotti, there's a cherry with rosemary or a hazelnut. One that's blueberry almond with lavender. One is a standard European pistachio with rosewater."

Having suffered a recent injury while working in the kitchen, Gardo has found herself taking a temporary step back from Signe's Heaven Bound Bakery & Café. "So I have time to do nothing else but sit and dream."

When we spoke, she had maple and bacon flavors dancing through her head, the first inklings of what could be a non-chocolate counterpart to her upside-down cupcake





**LOCAL SINCE 1966** Signe Gardo is the owner of Signe's Heaven Bound Bakery & Cafe on Hilton Head Island. When she's not baking, she enjoys painting old furniture.

mud dauber. It sounds delicious, but she'll tell you not all her dreams are winners. "The other night I dreamt I made a chicken cupcake," she said, adding with a laugh, "It was closer to a nightmare."

While she dreams, her bakery is in good hands. Along with her dedicated staff, her husband, Tom, has been pressed into service. "Tom is golden. He is just running around for me, closing machines at night, closing it down at night," she said. "He never did it before, so this is a good experience for him."

And beyond time to dream up new flavors, her recuperation period gives her a chance to take a brief break from the bakery she has grown from a single small shop in Harbour Town into one of the culinary experiences that have come to define Hilton Head Island. She can look ahead to her next creations, and muse on those that built her fame.

"People have always liked cheese-cake. And pecan pie. I've used one company all these years. I get my pecans from a grower/packer in Georgia," she said. "And of course, cookies. The old stuff is supposed to taste as good as the first day you started making it."

We can't wait to see what she dreams up when she's back in her bakery with Lydia, Maxine, Alice and the whole gang. LL



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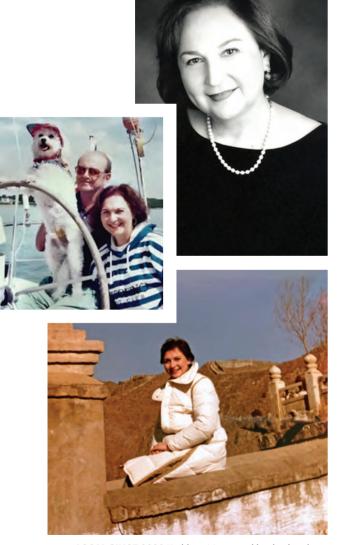
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## Five tips from a successful businesswoman

RETAIL EXEGUTIVE KATHLEEN MASON SHARES HER SECRETS FOR SUCCESS.

STORY BY EDDY HOYLE



LOCAL SINCE 2020 Kathleen Mason and her husband, Charlie, have owned homes on Hilton Head Island for over 25 years. They moved here full-time last spring, just before the pandemic. They enjoy boating and the beach.

Kathleen Mason, a native of Pittsburgh, began her impressive merchandising career at the Steel City's historic Kaufmann's Department Store while in high school. After graduating from Pennsylvania State University, she returned to Kaufmann's in the store's planning department. She quickly skyrocketed through the ranks, becoming one of the youngest merchandise managers in company history. That was just the beginning. She later became an entrepreneurial executive with management, merchandising, operations and marketing experience across a global spectrum of consumer businesses.

Mason was president and CEO of Tuesday Morning Corporation and led the company for 12 profitable years. Prior to joining Tuesday Morning, she was president and chief merchandising officer of Filene's Basement, president of Home-Goods and president, chairman and CEO of Cherry & Webb, a well known New England regional chain specializing in women's apparel.

Mason has served on numerous public and private company boards for over 20 years. She is currently a director at Genesco. She is a former director of Tuesday Morning, Office Depot, Men's Wearhouse, Hot Topic, Boston Restaurant Associates and GWGH. She served on the Board of Governors of the University of North Texas, the board of the Dallas Chamber, the Retail Industry Leaders Association, and as overseer at New England Conservatory of Music. She has appeared on network and cable television, PBS, CNBC, radio and has been a speaker at numerous conferences.

Today, she enjoys mentoring women in business through C200, a preeminent, global organization focused on educating and inspiring future female entrepreneurs and corporate leaders. She and her husband, Charlie, have owned homes on Hilton Head for over 25 years, and they enjoy boating and the beach. Charlie enjoys golf and has "a beautiful swing." She became a full-time resident last spring, just in time for the pandemic, which she says has slowed her from fully integrating into the community. Here are her tips for success:

#### Keys to Success

- 1. Be authentic. "Be ethical and stick to your principles. Develop emotional intelligence as well as intellectual and technical skills. Emotional intelligence taps into understanding who you are and how to handle difficult situations in a favorable way. Knowing your strengths and weaknesses is a confidence builder."
- 2. Be a Braveheart. "Don't fear failure. It's often a painful but marvelous teacher. I've learned more from my failures than successes. Define what success means to you and your organization and what it takes to achieve that success. Have the courage to ask difficult questions, listen to the answers and rely on the facts at hand to take calculated risks. It's rarely a straight and predictable path, so hang on for the ride!"
- 3. Be agile. "It's paramount to be agile. Be ready to think fast and be flexible. Competition has become increasingly multi faceted. Pay attention to what's around you, and all that you are able, even if you perceive it to be good or bad. Do your research."
- 4. Learn from others. "In the 1800s knowledge doubled about every 100 years. In 2020, the speed is now between one and two years. We can't possibly know everything we need to as individuals. Surround yourself with talent but the caveat is not to plagiarize their ideas or work. Learn from others but make the lessons you learn your own."
- 5. Stay focused. "Have clear objectives and be focused on your goals. It's so easy to get distracted by things that don't matter. Stay true to you, and what really matters." LL





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# Sweet dreams

HOW TO GET THE RIGHT REST, NIGHT AFTER NIGHT

BY LISA ALLEN





PAIN IN THE NECK?

If you've been waking up with a sore neck and shoulders, it might be time to replace your pillows.

There is a reason Shakespeare mentioned sleep in seven of his plays. It's that important.

With adequate amounts, we can more easily navigate this crazy life. Without it, it's hard to function, and we're at greater risk of heart disease, diabetes, and cancer. Even Maslow's hierarchy of needs starts with staying warm, fed and rested.

Fortunately, there are things you can do to improve the quantity and quality of your nightly slumber.

Hilton Head psychologist Debi Lynes, Ph.D., has studied sleep throughout her career. She puts that knowledge to work helping others with her business. Freudian Slipcovers. She uses therapy and interior design to create a productive,

yet peaceful life. She also hosts the local TV show, "Healthy Living."

The basic tenet of her work is helping people motor through their lives, fueled by a nightly recharge.

"Everyone needs at least four hours of uninterrupted sleep a night," Lynes said. "Beyond that, it varies by the person. Eight hours of sleep is a fallacy."



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## Are You Starting to Feel Your Age?

Do you feel like your body and brain are starting to slow down? Ever wonder why and how this happens? A large contributor to the aging process is a reduction in NAD+ levels.

What is NAD+? Nicotinamide adenine dinucleotide (NAD+) is a compound that plays a critical role in the aging process. Not only do we start to feel the effects of aging on our body and mind as NAD+ levels decrease with age, but lower levels of NAD+ have been linked to diabetes, heart disease, vision problems, Alzheimer's, and age-related skin issues.

So what's the good news? Restore's NAD+ IV Therapy can help! This therapy can rejuvenate mitochondria, the powerhouse of your cells, which are responsible for creating the most basic fuel of your body's biological processes. Flooding the body with IV NAD+ is designed to jumpstart your body's repair mode in a natural and safe way. Following the NAD+ IV, Restore provides a vitamin infusion that enhances the process, helping with energy production and mitochondria regeneration.

This process optimizes your cells, which can lead to a more optimized body. NAD+ has also been used for symptom management with MS, Parkinson's, Lyme's disease, chronic fatigue, and fibromyalgia.

NAD+ Therapy can also enhance brain function, speed the healing process, boost energy levels, and help you fight fatigue, so you can do more.

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#### local wellness

While many of us suffer a restless night now and again, insomnia means one regularly has trouble falling or staying asleep or getting restful sleep if given the chance.



Insomnia isn't just inconvenient. Chronic poor sleep may increase the likelihood of developing dementia, heart disease, type 2 diabetes, obesity and even cancers of the breast, colon, ovaries and prostate, according to Johns Hopkins medical center. Poor sleep also can affect the ability to function while performing daily tasks like working or driving.

It can be caused by sleep apnea, diabetes, pain, anxiety or depression or by poor sleep habits. Is your bedroom quiet? Is it the right temperature for you? Do you sleep with restless pets or a snoring partner? Do you drink alcohol? (Really, drinking does NOT help you sleep. It's just the opposite.)

"Your bed should only be used for one of two things: sleeping or snuggling," Lynes said. "You have to train your brain that when you climb into bed, it's a place for sleep and that your brain knows it can relax."

Through her cognitive behavior therapy, Lynes teaches her clients that just because their mind makes noise and has certain thoughts and feelings, it doesn't mean they have to act on them.

"If you think, 'I had a bad day. I won't be able to sleep.' That's not necessarily true," she said. "You can settle your mind. Acknowledge those thoughts, but don't dwell on them. Write them down or practice breathing exercises."

Lynes helps her clients build a structured protocol to help them sleep. It's known as sleep hygiene, which means having both a bedroom environment and daily routines that promote consistent, uninterrupted sleep. She stresses that sleep medication is a short-



term solution. There is no substitute for natural sleep.

Lynes emphasizes three things for a healthy life. "Mind, muscle, and mouth. Mind your mind, reduce your stress, exercise, and eat healthy food."

#### And by all means, get some sleep.

#### **HOW TO IMPROVE YOUR SLEEP**

- · Stimulus control. Keep your bedroom comfortable and quiet.
- · Set a **consistent** time to sleep and wake up.
- **Don't lie in bed.** If you aren't asleep in 15 to 20 minutes, get up. In the morning when you wake up, get up. ("People think they're getting rest if they stay in bed. That's not true," Lynes said.)
- **Keep a sleep diary.** That way you'll be aware each day of your sleep and then you can see the patterns, either good or bad. *LL*



#### When you forget to breathe

**Sleep apnea** describes a condition in which one's breathing stops and starts while they are asleep. It keeps them from getting proper sleep and can cause health problems such as heart or liver problems, and increase the likelihood of diabetes.

#### THERE ARE THREE CAUSES OF SLEEP APNEA

- · Obstructive sleep apnea, the more common form that occurs when throat muscles relax
- · Central sleep apnea, which occurs when your brain doesn't send proper signals to the muscles that control breathing
- · Complex sleep apnea syndrome, also known as treatment-emergent central sleep apnea, which occurs when someone has both obstructive sleep apnea and central sleep apnea



#### **SYMPTOMS**

- · Loud snoring (not always a symptom)
- · Episodes in which you stop breathing during sleep which would be reported by another person
- · Gasping for air during sleep
- · Awakening with a dry mouth
- · Morning headache
- · Difficulty staying asleep (insomnia)
- · Excessive daytime sleepiness (hypersomnia)
- · Difficulty paying attention while awake
- Irritability

Depending on one's circumstances, treatment can include a CPAP (continuous positive airway pressure) machine, a mouth appliance or surgery.

Dr. Bonnie Rothwell of Rothwell Cosmetic Dentistry on Hilton Head can help solve obstructive sleep apnea.



"If you are diagnosed by your physician as having obstructive sleep apnea and you can't tolerate a CPAP, we can fit you with a somnodent appliance. This fits like a mouth guard while you sleep and moves your jaw forward slightly, opening up your breathing passage. Once you're fitted, we follow up with a sleep study to make sure the appliance is working like it should. If not, we can adjust it." LL





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## 5 tips for getting the most health benefits from dark chocolate



Dark chocolate tastes sinfully indulgent, but despite its creamy texture and the way it melts in your mouth, it has surprising health benefits. Research shows eating dark chocolate in moderation may lower the risk of cardiovascular disease by improving how blood vessels function and by lowering blood pressure. Because dark chocolate enhances blood vessel function, munching on a dark chocolate bar may also be a boon for brain health.

Why do some nutritionists refer to dark chocolate as a health food? That luscious square of dark chocolate is rich in antioxidant compounds called flavonoids. In fact, dark chocolate has more antioxidant power than blueberries, an antioxidant superstar. But not all dark chocolate is equally healthy, so it pays to research before you bite. Here's how to get the most health benefits from the dark chocolate you eat.

#### Choose dark chocolate with a high cacao percentage

Supermarket shelves are piled high with chocolate bars, but the cacao content can vary greatly from product to product. The percent of cacao refers to what percentage of a dark chocolate bar is cacao beans by weight. The remainder is cocoa butter, a source of fat, and other additives such as



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#### local wellness

sugar. Since more cacao means more antioxidants, a higher cacao percentage means a bar is likely to provide your body with more antioxidants. A higher percent of cacao usually means a bar has less sugar, too.

For health benefits, look for a dark chocolate bar that has a cacao percentage of 70 percent or greater. The higher you go with the percent of cacao, the more bitter the bar will taste. So, start with a lower percentage and work your way up as your taste buds adapt. Be sure that the dark chocolate you buy isn't Dutch-processed or processed with alkali, as this destroys many of the heart-healthy antioxidants.

#### Enjoy hot cocoa

Nibbling on a dark chocolate bar isn't the only way to get the health benefits of dark chocolate. Sipping hot cocoa made with raw cacao powder is another way to get the antioxidants that make dark chocolate a healthy snack. In fact, the Kuna Indians, a group that lives off the coast of Panama and consumes over 5 cups of cocoa per day each, has very low rates of cardiovascular disease and exceptionally long life spans. Scientists believe their cocoa drinking habits may contribute to their health and longevity. However, they drink unprocessed cocoa that's unusually high in flavonoids. Look for raw, unprocessed cocoa you can disolve in water at home, too.

#### Watch the sugar

One drawback of some chocolate is its high sugar content, but with so many options you can choose one that is lower in sugar. No point in eating something healthy and offsetting the health benefits by consuming too much sugar! Look for a dark chocolate bar with 70 percent cacao and 6 grams of sugar per serving or less. Such bars are relatively easy to find these days, considering how popular dark chocolate is. Don't grab the first bar you see. Read the label.



#### **SWEET NIBS**

Cacao nibs are small pieces of crushed cacao beans that have a bitter, chocolatey flavor. They are loaded with nutrients and have been shown to benefit health.



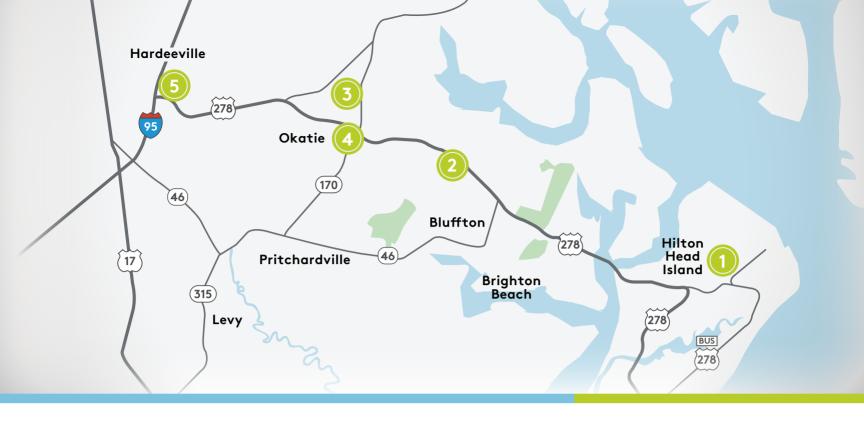
#### Avoid heavy metals

For something so healthy, dark chocolate also has a dark side. Testing of cocoa products by independent labs found that over half contain lead and cadmium above levels that some regulatory agencies deem safe. These metals enter cocoa beans from the soil or are a product of the way manufacturers process chocolate.

How do you know which are safe? Some independent labs like Consumer Lab do independent testing of chocolate samples from specific companies and publish the results. If you're concerned about heavy metals in the brand of chocolate you eat, consult with Consumer Lab or the company that makes the chocolate. In general, the amount is higher in cocoa products than in dark chocolate bars and cacao nibs. One reassurance is that most people don't eat enough dark chocolate to get a large amount of lead or cadmium, but it's something to be aware of if you eat a lot of chocolate.

### Don't combine dark chocolate with dairy

If you make hot cocoa, use a non-dairy milk alternative such as almond milk or coconut milk. There's some evidence that the catechins in dairy milk deactivate the antioxidants in cocoa. In one study, milk reduced the antioxidant activity of dark chocolate by 30 percent. However, there isn't strong evidence that combining milk with chocolate or cocoa reduces all the health benefits, but to be sure, lighten up on the dairy when you eat or drink it. LL



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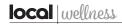


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### NAD+ therapy is not a one-hit wonder

**DID THE BOOSTER BOOST?** 

Part two

STORY BY LAURIE WELLS

Last month I reported surprising results after my first NAD+ therapy at Restore Hyper Wellness on Hilton Head, and I did admit that my increased focus and energy may have been a placebo effect. Well, if it was a placebo effect, it worked for about six weeks. For the first two or three weeks immediately after the NAD+ treatment, I was "on fire" with a ton of energy and acute focus. In fact, after a few weeks I forgot about the treatment and was just used to more energy.

#### But all good things must come to an end

At about week 6, I noticed I again started to crave a Diet Coke around 3 p.m., which was my pre-NAD+ energy source. That's when I realized the NAD+ may be wearing off, which was about when I was told would be time for a "booster." According to Dan Lieberman, owner of Restore Hyper Wellness Hilton Head, "We deliver an initial loading dose of NAD+ therapy with four infusions over four consecutive days. This maximizes the benefits' duration over a longer period of time. After that initial 'loading,' a follow-up regimen of just one infusion every 4-8 weeks works as a booster to maintain the benefits."

"For the first two or three weeks immediately after the NAD+ treatment, I was "on fire" with a ton of energy and acute focus."

#### Time for more research

I did a lot of Googling before my first NAD+ treatment (see LOCAL Life January 2021), but I didn't stop there. After my treatment, it occurred to me that I had just allowed four bags of a clear liquid to be infused into my body. It happened to be the beginning of the year that coincided with my annual "health kick," so I dug in a bit more. That was probably something I should have looked into before infusing, but I was debating the maintenance program and wanted to find out if there were other options to possibly avoid another IV.

I was relieved to find that NAD+ is a naturally occurring coenzyme of which our bodies produce less as we age. Ah ha — that is why we start to feel the effects of aging. IV infusions allow 100 percent of the coenzyme to enter our system. I did find out that there are NAD+ supplements, but the delivery of the NAD+ is not as intense, direct or immediately effective. The NAD+ drip also included a mix of intensifying ingredients such as vitamin B12, vitamin C and B-complex and glutathione so it delivers more bang for the buck, so to speak. With that new information and my desire for more energy again, I decided to go for the booster drip and start the maintenance program.



#### My booster experience

The booster IV drip experience was the same as my first treatment — it lasted about 45 minutes and was delivered in a clean and comfortable spa setting. As I write this, it's only three days after the booster and I do feel that fire again. In addition to increased energy and improved focus, one of the other reported benefits of NAD+ is that it helps memory function. I hope I don't forget to monitor that;).

#### What's next

I am a convert and will stick with the maintenance program. I can justify the expense as follows: 1. More energy = more effective, 2. More focus = more efficient, 3. No Diet Coke = save money and stomach. I really can justify anything.



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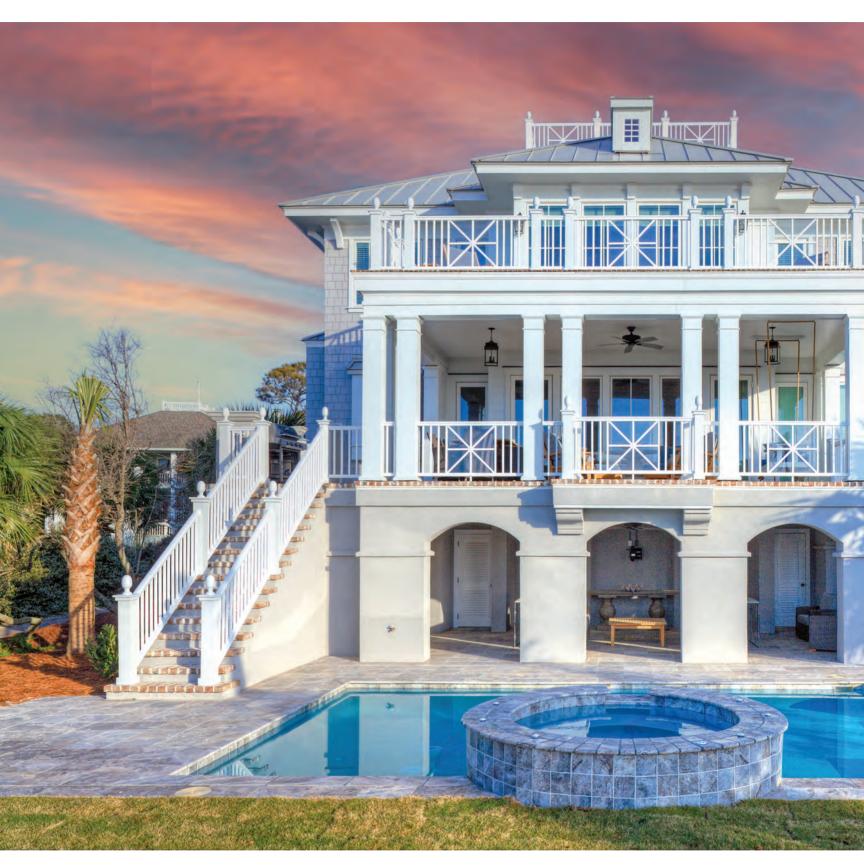
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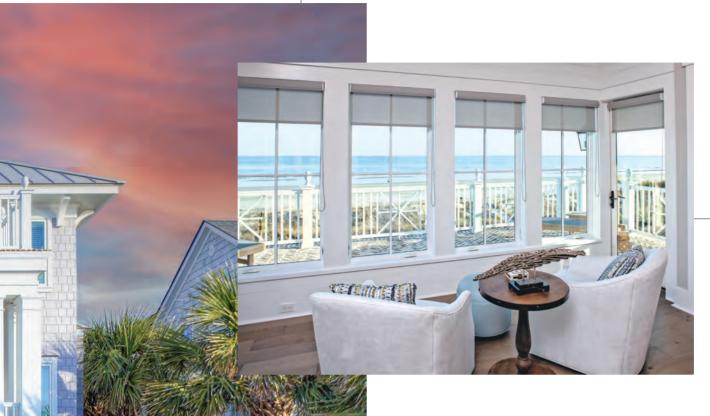
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**SWEET SYMMETRY** The owners wanted a symmetrically designed exterior for a harmonious, simple but grand aesthetic.



#### **WATER VIEW**

The top floor leisure lounge is enhanced with a wrap-around ocean view.

## A space to gather

A HILTON HEAD FAMILY DESIGNS ANOTHER RESIDENCE WITH GATHERING AND REST IN MIND.

#### STORY BY LIBBY O'REGAN + PHOTOS BY JOHN MCMANUS

When you envision your luxury vacation home, what are your "must haves?" For the owners of this oceanfront Hilton Head Island property, it was a luxurious residence designed to gather and rest.

From New Jersey, this family is fortunate enough to also have designed and built another home right next door. When this sideby-side property became available, they jumped at the opportunity to have two homes next to each other where they could host even larger gatherings and increase their rental income.

Having worked with Group 3 Designs on the first home, the owners reached out to Group 3 Designs again for the architecture, interior design, and home furnishings and accessories.



#### **GREAT HEIGHTS**

The customdesigned kitchen takes advantage of the 10-foot ceilings and integrates the house's crown moldings.



**COZY UP** This casual dining space includes a cozy seating nook.

"Since we had worked together before and it was successful, we had a lot of freedom to explore the design," said Mike Ruegamer, principal at Group 3 Designs. "The owners were not as involved in this home (as they were the first) because we had built such a rapport and trust. They also liked that we do both the architecture and the interiors, so the process was really seamless."

Of course, the owners knew a few things that they wanted, though. First, they wanted a symmetrically designed exterior for that harmonious, simple but grand aesthetic. They also wanted to maximize the views of the ocean. They wanted high-end finishes and unique details. Above all, they wanted to create spaces where family and guests could gather together and connect, or rest and recharge.

"We designed several seating areas to achieve the goal of gathering," said Group



**SEATING IN MIND** The large open-plan living space includes two seating groups and is defined by wood beams.

3 Designs interior designer, Taylor Robinson. There are multiple living rooms (downstairs and upstairs), several distinct seating areas throughout the home, a sundeck, a large outdoor dining and seating space, and even a cozy nook in the dining room.

"Being together is extremely important to this family, so we created a home where it all works to do just that," said Ruegamer. "The plan is an open one that has excellent flow from room to room, but there are spots all over for a quiet respite." For design details, Group 3 went

with a coastal look that is both casual and upscale. Shiplap is a consistent theme throughout the home, and there are unique touches like tiled columns that coordinate with kitchen tiling. The staircase is grand with several large, lantern-style chandeliers that set an impressive stage upon entry. The dining space is anything but formal with book shelves, coastal accessories, and a nook with soft seating and pillows. It's a truly livable space that delivers exactly what the homeowners were looking for. LL

#### THE HOME TEAM

Architecture: Group 3, Mike Ruegamer

Interior Design: Group 3, Mike Ruegamer, Taylor Robinson Builder: Paragon Construction Stone & Tile: Stoneworks

Plumbing Fixtures: Cregger Company

Custom Cabinets: Litchfield Cabinetry Paint: Benjamin Moore Pool: Quality Pool Furniture: Group 3 through Pyramids Accessories, Artwork, Lighting, Bedding & Rugs:

Group 3 through Pyramids

## Five ideas for your home

MINOR ENHANCEMENTS & UPGRADES THAT MAKE A MAJOR DIFFERENCE.

#### Secrets to steal from our featured home:

#### 1. DREAMING IN LAYERS. Easily achieve a high-end customized look by opting for layered bedding, rather than settling for standard matching sets. When you include a mix of pillow sizes and quantities, textures and fabrics, you'll create a designer-approved look with minimal effort.

#### 2. LIGHTING MATTERS. When designing your interior spaces, consider your lighting. Group 3 Designs interior designer, Taylor Robinson, strongly values the selection of lighting fixtures. The right choice has the power to provide much of the character you need in a room.

#### 3. DETAILS, DETAILS, DETAILS.

This is often said but not truer than in the design of this home. From the shiplap, rustic wood wall paneling, exposed wood ceiling beams, to tiled columns, use a variety of details to make the home your own.

4. KEEP IT LOCAL. Custom-designed cabinets made by a local company can be cost effective and made to exact specifications. Here Group 3 designed the cabinetry to the ceiling, integrating the ceiling crown moldings.

#### **5. FIND YOUR QUIET SPACE.**

Everyone needs a space to relax and recharge, so consider designing your quiet space away from the hustle and bustle of higher traffic areas and away from a TV. These owners valued quiet seating areas where they could maximize views, read a book, enjoy a cocktail, or converse with family. Find a quiet space where you can do the same.

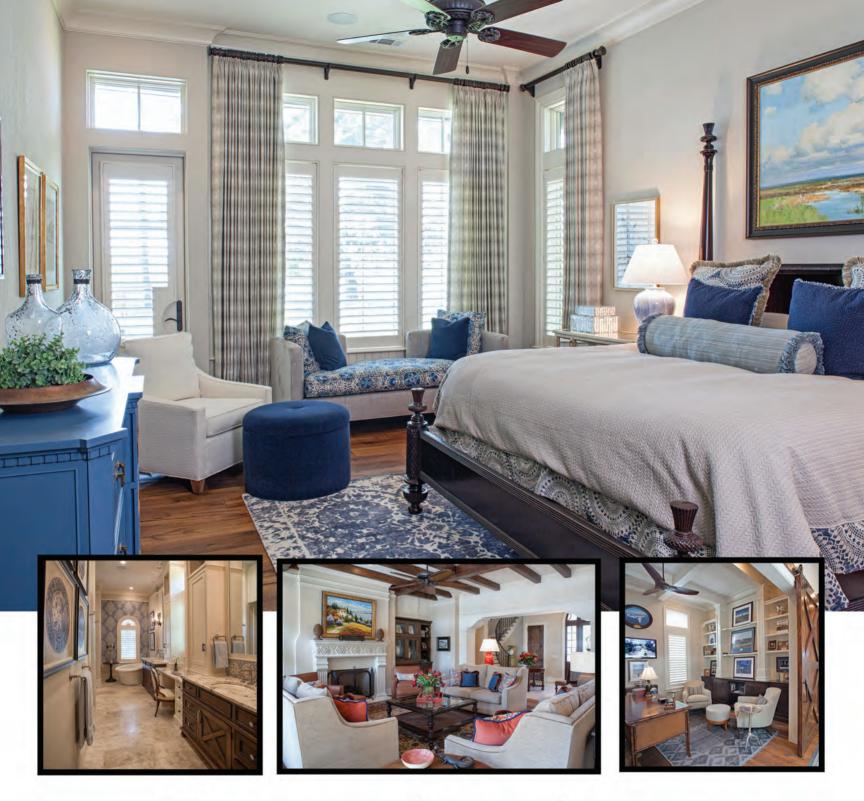












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THIS STUNNING PALMETTO BLUFF HOME IS A FREE-STANDING TESTAMENT TO DOING THE RIGHT THING.

> BY BARRY KAUFMAN PHOTOS BY SUSAN MCCANN

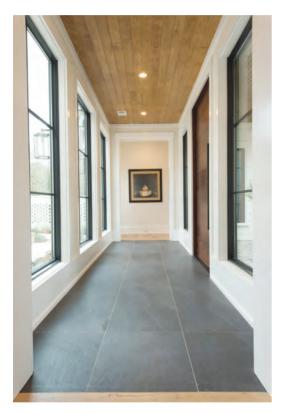


On its surface, the photos on these pages reflect the beauty of Jim and Michelle Strecansky's Palmetto Bluff home.

Designed by Meredith Dykes of Nix Flooring and Design, and meticulously installed by their highly skilled staff, each room's flooring and materials offer a fresh visual delight. Like so many homes in Palmetto Bluff, it is a masterclass in tasteful décor and Lowcountry sophistication.

Take the grand gallery, for example. One of three in the home, its floor-to-ceiling windows revel in the scenic beauty outside the home, creating a grand corridor with unfettered views. But it's the flooring that tells the true story.

"Like so many homes in Palmetto Bluff, it is a masterclass in tasteful décor and Lowcountry sophistication"



#### **TAKE THE FLOOR**

The materials found throughout the home, from French oak to marble, represent the pinnacle of flooring design.

Set in large-format porcelain tiles, the floor makes one of the most dramatic statements in the home. As one of just 1,800 certified tile installers in the entire country, and one of just three between Savannah and Charleston, Kenny Nix is in a unique position to ensure such an undertaking is done correctly.

And doing it correctly is how this home came together. You'll see that in the bathrooms as well - each enjoys a slightly different look, but the quality runs throughout.







The Alyse Edwards tiles, the imported Schluter waterproofing, the marble flooring, the Carrerastyled wall tiles: each represents the pinnacle of the art. Throughout the home, you'll see French oak flooring that has been carefully brushed and sanded on site using true dustless sanding.

The point being, it's not something you often see. Whereas you might just see a dazzling floor, what you're really looking at is the immense pride the company takes in offering top-of-the-line materials and expertise. And what's more, you're seeing a wealth of knowledge that Nix is looking to share.

It may seem like an odd mission, but it is one that Nix has taken to heart. Through online videos, marketing and social media, you'll find that in recent years Nix has begun to share his wealth of knowledge with anyone who would care to learn.

And Nix isn't just sharing how-to tips. He's sharing in his passion. By his own admission, he found himself burnt out with flooring a decade ago, merely taking on jobs to pay bills and move on to the next one. Changing his entire philosophy on his industry and helping others become better at what they do reignited his passion. That extends from his work with other installers to his own employees.

"I wasn't passionate ten years ago. I hated what I did. That shift is truly due to marketing and social media," he said. "We're creating a culture." LL



**DREAM BATHROOMS** Meredith Dykes' inspired designs create a fresh take on Lowcountry luxury in each of the home's bathrooms.







**WATCH AND LEARN** Kenny Nix shares his design, planning and instillation knowledge through online videos, marketing and social media. Teaching fellow installers and others has reignited his passion for the industry.





## How to: Style bookshelves

Items are available for purchase through the J. Banks Retail Showroom located at 35 Main Street on Hilton Head Island.



**SHINY OBJECTS** Mixing in metallics and translucent glass will lighten up the look.



**TALL ORDER** Add tall, eve-catchina objects to anchor your shelves. Let some items stand alone, and collect others into small groupings.

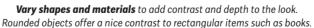


**BOWL GAME** Create symmetry and balance within shelving with items like these textured, white bowls.

#### STATE OF THE ART

Artwork is a great way to fill space. Hang framed artwork as shown here, or display smaller framed pieces with a picture stand.





When using books, mix vertical rows of books with horizontal stacks. Vary the placement of books on left, right and center of shelves.

Add smaller objects atop of stacks of books, or to fill in where needed.

Use decorative boxes or baskets to organize small items while also adding texture and pattern.

Add in a little bit of nature.



#### **ON THE BALL**

Texture, texture, texture! Neutral items with lots of texture add interest and depth to shelving. For coastal spaces, these oyster balls are a must-have.

#### **FRAME OF MIND** Make it personal. Add a

gorgeous frame or two with family photos.



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## Rediscovering a lost art

FOR CENTURIES, THE LOWCOUNTRY WAS BUILT ON TABBY. WITH THE FORMULA LOST TO THE AGES, D. PIERCE GILTNER UNVEILS HIS MODERN TAKE ON AN ANCIENT ART.

BY BARRY KAUFMAN + PHOTOGRAPHY BY KIM SMITH PHOTO





HONORING THE PAST Artist and craftsman
D. Pierce Giltner, owner of Rustic Installations,
creates beautiful oyster shell tabby fireplaces,
firepits, coffee tables, lamps and more for local
homes and businesses.

While they exist now only in ruins scattered across the backroads of the Lowcountry landscape, this was once a land of grand Southern manors. While their exteriors may have been as elaborately adorned as any genteel estate in the world, the sea island's mansions were built on something different.

"In the Sea Islands, they didn't have access to bricks or if they did, they were very expensive. And there were no large rocks around," said artist and craftsman **D. Pierce Giltner**. "But there were tons of dried-up oyster shells all over."

Those oyster shells were burned to

create quicklime, which was then blended with water, sand and intact oyster shells to create tabby. And despite its popularity here, soon influencing home construction from Staten Island to the West Indies, over time the art behind its creation was lost.

At least it was until Giltner proved how true the adage is, "necessity is the mother of invention."

"I was commissioned by J. Banks Design on a project to build a tabby fireplace in Kiawah," he said. "I had worked with it before, and they knew I could pull it off. It took a lot of trial and error to get it down to a science."

#### INTERIOR DESIGN



What Giltner had worked with before is a substance you've no doubt seen all over the Lowcountry, which is tabby in name only. "You'll see a lot of stucco that has oysters in it and it's smeared on. They've kidnapped the name," said Giltner. "It's a cheap method of building."

Realizing this job needed to be done right, Giltner got to work replicating the once-lost art of making genuine tabby.

"What I do is the same process, except I'm not burning the shell to make lime," he said. "It's a very unique process. As far as I know, no one knows how to do it. Only Joni (Vanderslice, owner of J. Banks) and I know the process."

Once he had the basic formula down, another complication presented itself, one which would lead Giltner not only to rediscover the lost art of tabby, but to improve on it. If you've seen the ruins of old tabby mansions, you'll be able to see the tell-tale lines where massive bricks of tabby were stacked to create structure. Built in massive forms, the old style of tabby was designed to create massive slabs.

Giltner didn't just need genuine tabby, he needed it to hold up at just an inch and a half thick, something that had never been done. "It wasn't easy," he said. "But I tested it out and had a structural engineer come look at it, and we came up with an application that could be done on or off site."

The end result was a stunning tabby fireplace, built with the same exacting care as the mansions of the Old South. But more importantly, it has brought back an art form that many thought was lost.

"It takes the heart of a craftsman to make it art," said Giltner. "It's a very labor-intensive process, but once it's all done, it's absolutely beautiful." LL



**BLAST FROM THE PAST** Tabby is a type of concrete made by burning oyster shells to create lime, then mixing it with water, sand, ash and broken oyster shells. With a few modifications, Giltner has created the same process and look for exterior and interior applications and wall finishes.



#### Inspired by Drack

If you happen to get a chance to watch Giltner in action, you may spot someone who has become his muse in his latest series of paintings. Known only as Drack, this third-generation oysterman helps out on every installation.

"He's my right-hand man, and he's always one step ahead of me," said Giltner.

The two met in 2009, when Giltner ventured out onto the May River to study the subtle variations in color that flow through the river as the seasons change. Seeing Giltner at work, the last of a dying breed, was a flash of inspiration

"It started out as a commission for two paintings, which took me 3-4 months," he said. The switch from painting wood to painting with oil came with a learning curve, but Giltner took to it quickly. A full show at FARM restaurant quickly followed, showcasing his dazzling oil paintings of Drack at work. "It was great. A lot of people came. And Drack was a part of the show. He was right there with me."



### Constructing Elements of Inspiration.





HOME TECH

### Could you be the next Property Brothers' designer celebrity?

5 APPS THAT ARE ALL FUN AND GAMES AND TEST YOUR DESIGN SKILLS.

If you've been told you have a designer touch or you just want to improve your skills, there is an app for that. In fact, there are many decorating apps in both the Apple and Google Play stores. We played around with a few and share our top picks here.



1. HOUSE FLIP Unleash your inner Chip and Joanna Gaines with this game where you will remodel houses in different cities. You will learn renovation tricks and become an expert in buying low and selling high. You can get competitive and rank on leader boards or just hone your skills by completing the fun challenges.

Our Review: (+) A variety of challenges and styles. (-) To play faster you may get sucked into paying for boosters.



2. DESIGN MY ROOM: FASHION This is faster to play than House Flip because you are designing only one room. The fun comes in when other players rate your design and you can earn 'power ups' to unlock other décor items to use in the game. You may even learn some tips as you play. Our Review: (+) The thrill of victory when you get a great score from the judges. (-) The agony of defeat when you

learn you are a mere decorating mortal.



3. HOME DESIGN MAKEOVER When you play this game you will feel like a professional interior designer. Your role in the game is to change 'your client's' room from drab to fab. This is not the easiest game to start your designer gaming with because it could take a few days to play as you start with a blueprint and a challenge from a client and see it through completion.

Our Review: (+) Very realistic graphics. (-) It takes a long time to play.



4. MY HOME MAKEOVER: LUXURY HOMES This game has mind-blowing 3D graphics that feel like the plans you see on the Property Brothers, where the potential 'after' reveal is computer simulated. This is a captivating game that involves a huge selection of decorating pieces and various tasks that will challenge you and keep you wanting more.

Our Review: (+) Very realistic graphics. (-) You could lose hours of your day.



5. PROPERTY BROTHERS HOME DESIGN Speaking of the Property Brothers, Drew and Jonathan Scott need your help. You will demo, renovate and design spaces with the brothers and learn their design tips and tricks. You even can go behind the scenes and hear voice-overs from Drew and Jonathan.

Our Review: (+) Fun and informational. (-) How much of the Property Brothers can you really handle?

#### OUR CONCLUSION

It's fun to use these gaming apps, and we learned a lot, including if we really have to design our own home, we will leave it to the pros. Adding pillows and décor is low risk in real life, but reading blueprints, envisioning structural elements and choosing finishings are higher risk. If things go wrong, as we saw in playing these games, one little twist can make a huge difference. LL

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# Buy it or try it

THIS SEA PINES HOME COSTS \$4.5 MILLION, BUT ITS INSPIRATION IS FREE.





This Sea Pines oasis at 67 Baynard Park Road is listed by Herman and Davis Properties for \$4.5 million. Situated on an over half-acre lot, the property offers views out to a tidal lagoon, marsh and sound. Those stunning views are topped by a landing with pull bridge to a private island. The home décor and style is intentionally comfortable and inspired by the beautiful setting.

If you're not ready to move but like the natural appeal of this house, we hope these ideas will inspire your next home refresh.

#### What we love

Ahhhhh. We love the calm feeling and appeal that comes from the interior décor being in such harmony with the exterior environment. There is a seamless flow between the porch and the pool, and the variety of seating areas provide many places to just chill.

#### Ideas to steal

- **1. Au naturale.** Wicker and rattan furniture, white-washed ceiling planks and natural stone tiles bring the outdoors onto the porch.
- 2. Comfortably neutral. The off-white cushion colors take a backseat to the view. The pale green cushions give the comfy seating just a touch of color and tie in with the wall color for a cohesive feel.
- **3. Balance.** Pairs of chairs and unique side tables on either side of the fireplace are anchored by the large painting centered over the fireplace.
- **4. Seating.** Sneak in extra seating with ottomans that can remain tucked away until the guests arrive.

### Just the facts

- · 4,910 square feet, 1/2-acre lot
- · 4 bedrooms, 4.5 bathrooms
- · One level, open-concept living
- · Sunsets over Calibogue Sound
- Tidal lagoon, marsh, and sound to personal landing with pull bridge to a private island.



# Building a better bakery

NOW THAT YOU'VE PERFECTED THAT SOURDOUGH STARTER AND HONED YOUR SCONE RECIPE TO PURE PASTRY PERFECTION, IT'S TIME TO UPGRADE YOUR KITCHEN.

BY BARRY KAUFMAN

If there's one trend no one saw coming before 2020 reared its head, it was baking. For decades it was the providence of housefraus and kindly old Parisian gentlemen, but with the advent of statewide lockdowns, suddenly everybody was jumping on the carbo train and becoming their own cake boss.

If you're one of the many people who spent this past year working on your biscuit recipe, frantically googling why your cookies came out looking like deflated beach balls and generally making Dr. Atkins spin in his grave, you're in good company. Millions have discovered the subtle science of baking over the past year – part art, part chemistry, where a few grains of baking powder or butter that's a few degrees too hot or cold can make a world of difference.

If you're ready to get serious about your baking game, **step up to some of these amazing innovations for your kitchen.** 





**SPACE** Kitchen counters get cluttered, and even a good-sized center island finds itself serving as a catch-all at times. If you're going to bake, make sure you're giving yourself at least 12 square feet that can be floured at will. The obvious solution is, of course, to install a **second kitchen island**. And while that may seem like a drastic addition for simply a baking hobby, just remind your spouse what it will do for your home's resale value. If that doesn't work, roll out some fresh dough and bribe them with cookies.



**DOUBLE OVEN** The problem with turning your kitchen into your own personal bakery is that everyone still insists on using your workspace to create other less exciting foods like couscous or casserole. That's where a double oven comes in handy (yes, we are aware you don't cook couscous in an oven. We just like the word couscous). "It's not only great for having multiple temps if you're baking a few things at once, it's perfect for big holiday meals," said Brantley King, owner of Billy Wood Appliance. "When you have three or four pies going in one and your turkey in the other, you'll be glad you have it." One example she points to is the **Rise 30" double wall oven by Jenn-Aire**, a power-packed workhorse with five cubic feet of space, dual-fan convection and multiple heating modes. It even offers one feature that bakers thought was the stuff of science fiction: No-preheat baking.

#### A GOOD MIXER

A baker without a stand mixer is like a barber without a set of clippers. Sure, you can mix everything by hand like they did back in the stone age, but it's so much easier to let the motor do all the work. "I recently figured out how to make soft-bake pretzels just like Auntie Anne's using the dough hook on my mixer," said King. Your mixer should come with the holy trinity of attachments – the whisk, the paddle and the dough hook. While Kitchen Aid has long been the standard bearer, King points to a European line called **Smeg** that combines function with flair for an appliance you'll be happy to show off.





#### **BUILD OUT YOUR ARSENAL**

Beyond appliances, you're going to need a drawer full of utensils to get the job done. To your checklist add whisks (multiple sizes), a pastry brush (and no, not the same one you use for barbecue. Gross.) and a rolling pin. "I use a **French rolling pin** that's tapered at one end," said King. "It's fantastic." You'll also need a good baking sheet. An aluminum pan will distribute heat evenly but can tend to warp if you go cheap. The key phrase you're looking for is vacuum insulated, which puts a cushion of air between two aluminum layers for perfectly even heat.





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# A sweet experience: Baking with kids



BY BECCA EDWARDS









It takes skill to be a baker. But it takes a whole set of skills to bake with kids. As a mother of three daughters, you can bet your Betty Crocker I know this to be true. I have tried and failed. Admittedly a clean freak and lacking more than a cupful of patience, I just do not have the right ingredients. (However, like the next Pillsbury Bake-Off winning recipe, this is a work in progress. I just need to keep tweaking things.)

"When I was a single mom of two kids, I was not as fun to bake with," began Delane Marynowski. "I used to tell my children, 'I promise I'll be fun when I'm a grandma.'"

Marynowski is our neighbor. When we moved into the neighborhood four years ago, she surprised us with a welcome box of **homemade cream puffs**. Raised in a Weight Watchers household, I rarely eat sweets, but there was no





denying these cream puffs. There was the comforting and doughy smell of the pastry. And the visual awareness of its delicateness. The knowledge that with one bite that delicateness would just succumb to our taste buds. The siren song of chocolate. In short, with all the senses at 350-plus degrees, the cream puffs were just too powerful.

Our family devoured them. It was that night that Ruth Love, my middle daughter

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with a sweet tooth, had an epiphany: One day she would learn how to make cream puffs like Mrs. Marynowski.

That day came when Ruth Love, a naturally shy child, stirred up some courage and asked Mrs. Marynowski to share her cream puff recipe. Marynowski, who is known by many locals for her kindness and thoughtfulness, proceeded to invite Ruth Love over for a cooking class.

The twosome whipped up not just cream puffs but a friendship, too. This friendship and love of baking carried over even during the quarantine, when a face-masked Marynowski would deliver ingredients and handmade instructions for a new recipe outside our door once a week. It brought Ruth Love so much joy that, at age 12, she is now determined to one day own her own bakery.

"I just love baking now. You can be creative. You can bond with other people. You can learn new things. And there is a lot of math and science involved," said Ruth Love.

Marynowski smiles as Ruth Love talks about baking. She remembers when her son and daughter used to pick, peel, and make quarts and quarts of applesauce, apple pie, and apple crisps. "Even when they became older, they still wanted to do it with me,"

said Marynowski. "Even when they were at university, they would pick a weekend to come home and bake. And, as adults they pick, peel and bake with their kids."

Marynowski also remembers baking with her mother as a child. "Mom was an incredible baker. We had homemade desserts every night."

As Marynowski continues, a key concept rises to the top. Baking with kids, especially passed-down recipes, serves up more than just a sweet treat. "Recipes are memories. Certain smells like cinnamon bring back memories and, as you get older, you cherish these memories," said Marynowski. LL



# Delane Marynowski's tips for baking with kids

PATIENCE It's not only a virtue but the true flavor of baking with kids. Allow yourself enough time to do the recipe so you do not feel rushed. (Note: With 31 years as a physical education teacher, mother of two and grandmother of 14, Marynowski claims she had to learn patience over time, but anyone who knows her would "bake" on it that she was always patient.)

**BALANCE** Let the child be a child and yet have structure.

**INDIVIDUALIZE** Each child learns differently, so treat each child as an individual. You do not want to squash their spirit.

**BE HANDS ON** Allow the child to roll up his/ her sleeves and do math as he/she measures, feels different ingredients and mixtures, and appreciates the art and science of baking.

**BE REALISTIC** Pick a recipe that fits the child's age, stage, attention-span and personality.

**GET MESSY** Have faith in your aprons, dish soap's ability and post-baking cleaning skills, and ignore the mess until your dish is in the oven. When it is clean-up time, make it fun with music or a special drink like sparkling cider or herbal tea.

**ENJOY** Like life, baking is about the process. The outcome is, of course, delicious, but savor the journey just as much as the result.



# IMPORTNATURE

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# Metal in interior design: The remix

HOW TO PULL OFF THE MIXED METAL INTERIOR DESIGN TREND EVERYONE IS RAVING ABOUT.

BY MICHAELA SATTERFIELD





Using metal in a space is a great way to incorporate texture. It can add a whole new dimension. It's edgy, but not too much. It's luxurious, yet practical and durable. We've spent far too much time on a pendulum swinging from gold to silver. Warm metals, such as gold and brass, were all the rage toward the end of the 20th century. At the turn of the century, there was a shift to cool metals, such as silver and chrome, in modern design. Now, there's no need to choose. Homes full of matching metal finishes are a thing of the past. If you want the metal in your space to be hip, mix it up. The current trend taking the interior design world by

storm is to use different types of metal, all in the same space. Don't put the pedal to the metal just yet, though. There is a method to the madness of mixing metals in your home. Let us tell you how it's done.

### The mixed metal playbook

It's all about balance. First, choose a dominant metal that matches your space. Warm metals typically fit traditional spaces, while cool metals are more likely to fit modern spaces. It's a good idea to start with one metallic piece or fixture and build the room around it. For example, if the light fixture



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**POOLER** 912 450 3400 above your dining table is primarily gold, go with gold as your dominant metal. Then, use other metals to accent the dominant metal. A good ratio is 70 to 30, meaning 70 percent of your metallic pieces should be the dominant metal, while 30 percent should be the accent metals. In addition, you'll want to make sure the dominant metal contrasts enough with the accent metals. Using metals that are too similar in shade, such as mixing gold and brass, might miss the mark. Using gold and chrome, however, and you're onto something. Don't forget to consider the finish of the metals, either. Worn metal has an antique, traditional look. Shiny metal screams new and modern. If you break the rules and it still looks good, though, don't listen to us trends are always evolving.

**SILVER & GOLD** Accessorize your dark spaces with gold metals. If your space is lighter, class things up with silver accents.

#### Put the trend into action

Mixed metal can work with almost any interior design style. Rustic spaces, modern spaces, industrial spaces and eclectic spaces can all benefit from the use of metal. The kitchen is, without a doubt, one of the spaces in the home that features the most metal. Light fixtures, cabinet hardware and appliances are all fair game to incorporate the mixed metal trend. Choose a chandelier that mixes metals for your dining room. In the bathroom,

consider mixing up the faucets and cabinet hardware. Add a mirror framed in metal for another metallic pop. Throughout the home, incorporate the trend with décor, such as metal sculptures. Wall art is another option. Some wall coverings even use metallic finishes.

#### Troubleshoot corrosion

Living in the humid Lowcountry, right next to the ocean, means corrosion of metal is something to look out for. Corrosion requires moisture and oxygen to occur. The chances are increased if your metal pieces are near wood, as wood is known to store moisture. If you can keep the metal away from any wood in your home, this is your best bet. However, if this isn't an option, there are other steps you can take to protect your metals from corrosion. Applying a protective paint coating is one possibility.



#### Stay gold

Tarnish is a form of corrosion that presents itself as a thin layer on the surface of metal. There's nothing worse than the tacky look of tarnished metal – unless, of course, it's supposed to be that way. Tarnished metal fits right in with traditional, antique spaces. Metal in most other spaces, however, may require some upkeep. You don't want the shiny metal in your contemporary home to look like you found it lying around in a barn. In case your metal gets tarnished, there are natural solutions to take care of it. The solution you should use depends on what type of metal you're dealing with. For brass, use a solution of baking soda and lemon juice. Apply with a soft cloth. Chrome can be polished with baby oil or even aluminum foil with the shiny side out. Common household products work, too. Try ketchup for copper and toothpaste for gold. A little extra care will keep your mixed metals looking brand new. 🕮







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### THE ACCIDENTAL GARDENER

# Don't call me a kumquat! Well, you look like one!



Loquats, also known as a Japanese apricot or plum, are in the Rosaceae family, the same as apples, pears, peaches and nectarines. Kumquats, however, are a citrus fruit — think of them as the smaller, tarter version of an orange. Both Loquat and Kumquat plants bear little orange-colored oval fruits, but their taste could not be more different. Preferred for their compact size - these evergreens seldom grow taller than 25 feet - loguats are also appreciated for their attractive physique. Local nurseries tend to sell loquat plants in two forms - tall, elegant standards (single trunks) or shorter, bushier versions with several trunks (similar to me after all the holiday bingeing).

A loquat tree adds beauty, shade and edible delights to any garden. It also adds fragrance and color. The large, dark green leathery leaves contrast attractively with the lightly scented white flowers that form into pale orange fruit shortly after February. Slightly smaller than a regular apricot, and containing two to four smooth brown seeds, a loquat's white to yellow flesh is soft and semi-sweet. The seeds are said to contain cyanide, but fear not; the concentration is so low that along with the bitter taste of the seeds, poisoning is rare or unheard of.

Loquats are best eaten fresh off the tree — the seeds are easily dislodged — much as one would spit out a cherry pit — and just about as much fun to flick away with your fingers or mouth. Once the pips are released, you can enjoy the remaining fruit, skin and all. On more than one occasion, I witnessed folks visiting a local nursery, The Greenery specifically, squeal in delight as they were informed they could sample an exotic fruit from the established loquat tree that grew next to one of their buildings.



### Loquat marmalade

#### **INGREDIENTS**

4 cups ripe loquats, washed and seeded (some folks peel them but I prefer to use the skin) 2 cups sugar 1 lemon (you will use both the juice and the zest) 1 teaspoon pure vanilla extract or paste

**DIRECTIONS** [1] Pull washed loquats apart and remove seeds. Skin peels off easily if you wish to remove it. It is OK to leave skin on for this recipe – I actually prefer them in the jam. You should have approximately 4 cups after seeding and peeling. If you have less, that is fine.

The ratio of loquat to sugar is always the same 2:1 [2] Put seeded loquats in a large saucepan on the stove and add the rest of the ingredients - sugar, lemon zest, lemon juice and vanilla. Simmer for 40 minutes, stirring constantly, until thickened. There is a lot of natural pectin in loquats so you will not need to use any thickener. Keep close to the pot and stir frequently. Sugar burns quickly and the whole mixture will stick to the bottom of your pan if you're not diligent. (Trust me on this.) [3] Fill sterilized jars with marmalade. Let completely cool before tightening the lids. Store in refrigerator.



### Loquat butter

#### **INGREDIENTS**

1 pound butter, salted and softened 1 cup confectioners' sugar 1 cup loquat marmalade

**DIRECTIONS** Combine butter, sugar and marmalade. Mix until light and fluffy. Store in the refrigerator in a covered container.

#### **Serving suggestions:**

Excellent on rolls, biscuits or croissants.

Caring for a loquat tree begins with its proper planting. I have inadvertently killed two of these beauties, so pay attention! Loquats should be planted in a sunny, weed-free, location, ensuring that that the soil line of the tree is even with the level of the surrounding soil. Take care when cultivating around the tree because the roots are shallow. A nice layer of mulch will help keep weeds at bay. Water your new tree twice the first week after planting, and keep the soil lightly moist around the tree until it begins to put on new growth. After the tree is established, keep irrigation water away from the trunk. As the tree matures, do not irrigate closer than half the distance between the trunk and the outer reach of the branches. I found out the hard way that my sprinklers hitting the two loquat trunks were the actual culprits in their demise. I killed them with kindness.



GROW YOUR OWN You won't find loquat at the store but you can buy a tree at The Greenery. Ask if you can sample one from their established tree.

Because loguat flesh discolors shortly after being picked, you won't find them on most grocery shelves. However, the bounty from just one self-pollinating tree is usually so plentiful, most folks resort to canning, baking or turning the fruit into wine. My personal favorite involves making a loquat marmalade. which I then use some to make a loquat butter - it simply doesn't get any better. As the weather warms up, step outside and savor the bounty that nature (or vour neighbor) has provided for you. You won't be sorry! Happy gardening! LL



#### Dear Accidental Gardener.

I was told that roses should be pruned hard once a year. Is this true, and if it is, is February a good month to prune them? – Wondering in Windmill Harbor

#### Dear Wondering,

Yes, indeed February is the perfect month to prune vour roses. Be sure to then apply a fertilizer the first of each month, and you should be rewarded with beautiful blooms. Only irrigate in the morning so the sun can dry the water off to prevent



mildew on your plant. Rose bushes appreciate a good hair cut once a year, as do your blueberry bushes and oleanders. The best way to do this each year is to perform the pruning on Valentine's Day - makes it easy to remember to show some love for your sweethearts.

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



# Animal rehabber

BLUFFTON RESIDENT LAURA STERLING RESCUES AND RE-HOMES WILD ANIMALS.



#### STORY BY BECCA EDWARDS

"FaceTiming" Laura Sterling, my computer screen opens up to an image of a baby flying squirrel nursing on the nipple of a formula-filled syringe specific for young, small animals. The squirrel's dark brown eyes seem too big for its tiny fawn-colored face. At first, its eyes are wide with excitement but then closed as if, like a human, it was tasting something divinely delicious.

Sterling has agreed to an interview about rehabbing animals in the Lowcountry, but because she has over 100 rescues - including squirrels, ducks, chickens, potbelly pigs, goats, horses, rabbits, guinea pigs, chinchillas, ferrets, dogs, and cats - she cannot sit down for the interview. As the founder and chief operator of the nonprofit Laura's Little Critters Barn, Sterling probably rarely sits down. Or sleeps.



**ANIMAL LOVER** Laura Sterling is the founder and chief operator of Laura's Little Critter Barn, a sanctuary for injured and misplaced animals in Bluffton.



**TO THE RESCUE** Sterling offers fulltime care, feeding and housing to wild animals in need. Drop off donations or supplies to 113 Forman Hill Road in Bluffton or visit lauraslittle critterbarn.com.











"I go to bed around 11 p.m. and wake up around 4 a.m., so yeah five hours on average," began Sterling, "Except during baby season. Mid-March to April we do not sleep at all."

Sterling began rescuing and rehabbing animals as a child. "My mom had an imaginary 'X' on the door that told little animals where to go when they needed help. I grew up with her feeding baby squirrels and other small animals. Back then, there were no fancy rubber nipples. We used eye-droppers."

Now, there are a lot more resources online (like Chris's Squirrels and More; website: squir-





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CALL OF THE WILD Sterling has over 100 rescues, including squirrels, ducks, chickens, potbelly pigs, goats, horses, rabbits, guinea pigs, chinchillas, ferrets, dogs and cats.

relsandmore.com) and a network of rehabbers, especially here in the Lowcountry. "We are a network that works extremely well together," said Sterling.

I witnessed this firsthand. My family recently rescued a baby buck we named Miki, and Sterling was the first call we made. She was able to connect us with a rehabber who specializes in raising and releasing young deer. The rehabber had the proper nutrition, space and time to make sure Miki would be well taken care of but still be able to live independently in the wild. My family has become friends with the rehabber, and she sends us weekly photos of Miki thriving. We feel like we are part of Miki's journey without intruding or slowing his natural progression.

Note: I wanted to include the deer rehabber in this story, but, apparently, many rehabbers are cautious about doing interviews because they fear scrutiny. Rehabbers like Sterling have been striving to increase awareness about what they do and reduce government regulations on rehabbing. "These laws do not help the animals," said Sterling.

Equally interesting, rehabbers like Sterling are a special breed. These are people who dedicate their lives to compassion — often relocating to places like the Lowcountry to "do the work" and raise the funds to support their rescue efforts. These are people often with a spiritual connection and "a lot of love to give."

"Even if the rescue animal passes away, it is the fact that as humans we showed empathy." said Sterling. "As a child I dreamed of one day having a sanctuary and helping abused, neglected and unwanted animals. Now, I'm living my dream."

This dream came with not only rescuing small animals with her mom as a youth, but also from a lesson she learned as an adult. "We almost lost everything during the 2008 recession. By 2011, I decided to live my own best life whether it made money or not. Sometimes, when you feel like you are losing everything, and it's painful and breaks your heart, it is God giving you a reset. I would not have moved if he had not moved me." LL









- · Secure the animal.
- · Get good, clear, well-lit photos of the animal and its age, stage and issue.
- · Call your local rehabber. If you don't know who that is, check with Animal Help Now (website: ahnow.org), any social media sites (like Laura's Litter Critters Barn on Facebook) nearby where you can post your photos and contact info, or a local veterinarian who either is knowledgeable about "exotic animals" or can refer another veterinarian.
- · For an orphaned baby animal, find a quiet, dark spot with a heating pad. Making an orphaned baby animal safe and warm is the best step while searching for an experienced rehabber or veterinarian. Note: Never feed an orphaned or injured animal. You could potentially feed the animal the wrong nutrient (example: cow's milk) and this can be deadly for the animal. But be careful about "rescuing" orphaned baby animals. Some aren't orphaned. Their mother might have left them where she thinks they'll be safe and went to find food to bring it back. If in doubt, call an experienced rehabber before acting.
- · If you have found a wild animal, understand it is a wild animal and needs to be released back in the wild when appropriate.



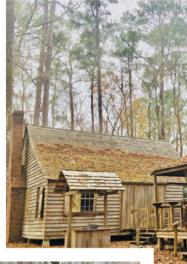
# Beck's Ferry to Ebenezer

### SEGRET SPOT OFF THE BEATEN PATH

STORY + PHOTOGRAPHY BY MICHELE ROLDÁN-SHAW









GHOST TOWN Ebenezer, also known as New Ebenezer, is a ghost town in Effingham County, along the banks of Ebenezer Creek.

Something about arriving to a place by water makes you feel as though you're the first person ever to discover it. Logically, you know you're not; you might even know it can be reached by car. But stumbling upon it by accident — perhaps because you spotted something intriguing along the bank, or made a pit stop at a convenient landing place before venturing a little way into the interior on foot - imbues the spot with a magic that persists long after you've Google-mapped it. As many times as you return, it remains your remarkable discovery.

Such was the case for us with Ebenezer. Capitan and I, on one of our exploratory jon-boat missions, put in at Beck's Ferry in Hardeeville to explore the Savannah River. We motored cautiously upstream, logging all the hazards into his GPS, stopping occasionally along the wild banks to walk his dog through scruffy winter woods. Presently, we passed under a beautiful high bluff crowned with a wooden cross, beyond which was a broad level bank suitable

for landing. We had no idea whose property it was but decided to take a chance and investigate.

After climbing to the top of the bluff, we were amazed to find several old-timey wooden cabins nestled between giant pines. A peep in the windows revealed period furniture, washbasins, straw brooms and guilts on four-poster beds. There was an operable hand-pumped well, a cane press and a syrup boiler. Larger buildings of antique brickwork showcased the elegance of bygone craftsmanship, while a bronze statue honored some ancient patriarch. The cross we had seen from the water stood behind the pulpit of an outdoor amphitheater, which overlooked a broad brown curve of the Savannah. We had landed at a ghost town.

Later research would confirm that Ebenezer was established in 1734 by the Salzburgers, a group of religious exiles from present-day Austria. Thousands of them fled persecution, including a contingent of 150 that came to the Colony of





**PIONEER PAST** The museum of the Georgia Salzburger Society is a colonial-style, two-story brick building that was erected in 1971.

"The cross we had seen from the water stood behind the pulpit of an outdoor amphitheater, which overlooked a broad brown curve of the Savannah. We had landed at a ghost town."



Georgia. Following a two-month voyage over the Atlantic, Governor Oglethorpe stuck them in a fetid swamp on Ebenezer Creek, where these sons and daughters

of alpine country promptly began dying of fever. The survivors requested a healthier location and were sent to New Ebenezer — which, from what Capitan and I could see, was the prettiest spot for a settlement this side of the Alps.

The hardy Salzburgers thrived for several generations by farming, timbering and culturing silk. They built the first saw and grist mills in Georgia, founded the first orphanage, and erected the Jerusalem Lutheran Church, one of the state's oldest buildings that houses the longest-standing Lutheran congregation in the U.S. You can still see these buildings today. When

the British captured Ebenezer during the Revolutionary War, they turned the church into a hospital and burnt all the homes on their way out. The town never really recovered, but descendants of the original Salzburgers still meet here for annual family picnics. The museum opens a few hours a week, and the gift shop sells little porcelain Salzburger dolls, each with their own tiny rag dolly.

Capitan and I knew none of this on our accidental visit. We didn't even know that technically we were in Rincon. All we knew was that this mysterious place had enchanted us with its pioneer past. We've returned many times since and always found it to have a wonderfully peaceful ambience. Sometimes we picnic in the amphitheater, or pump water from the well, or simply wander about the grounds for a few minutes before reembarking our vessel. I suppose we could just drive to Ebenezer ... but that wouldn't be the same. LL

### How to get there

**Location:** Savannah River, between Hardeeville and Rincon

#### Mode of transport: Motor boat

Directions: Put in at Beck's Ferry Landing and go upstream (right), following the channel until you reach a landing at the mouth of Ebenezer Creek. Or you can just Google the Georgia Salzburger Society Museum and drive there like a landlubber.

**If you go:** Prepare to preach your sermon on the mount.



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WAYBACK LOWCOUNTRY

# Cane syrup

THIS THICK, AMBER SUBSTANCE USED TO BE A STAPLE OF THE SOUTH

#### STORY BY MICHELE ROLDÁN-SHAW

Imagine a time when sweets were hard to come by and even store-bought white sugar was a precious commodity brought out for special occasions and guests. Back then the usual fixin' was cane syrup. A thick, amber substance reminiscent of molasses but without the richly bitter burnt taste, cane syrup was once a staple of the South, spooned into coffee and poured over cornpone and biscuits. Growing, grinding and cooking cane was something most families did for themselves, like raising hogs or planting vegetables. Now it's more of a nostalgia thing, favored by old-timers and trendy heritage foodies.

I once attended a family cane cooking at a farmstead in Georgia. An old man was whittling little sticks of raw cane, then using them to scoop out the foam that bubbled up the sides of the syrup kettle. After letting the foam harden into "candy," he passed it out to the kids. "Tastes like the white stuff from a Co'-Cola," one girl observed. When the cooking was through, they gave away all the syrup in quart-sized Mason jars that might have sold for \$26.99 at a fancy shop in Charleston.



From the industrial refineries and backyard sugar shacks of Louisiana, to the bundles of heirloom purple ribbon cane sold by the roadside on Sea Islands, sugarcane has history here. It's a tortuous one, as the plant was first imported with slave labor and a brutal plantation economy pioneered by the Lords Proprietors in the cane fields of Barbados, then shrewdly recreated in the Colony of Carolina. There's nothing sweet about greed and

cruelty. But sugarcane is a tropical crop that didn't do well this far north, so while local planters moved on to rice, indigo and cotton, cane survived in the dooryards of the people.

"Everybody had a little cane patch for home use," recalls Johnny Cahill, whose family has farmed the same land in Bluffton for over 100 years. "You had to do it to survive; you couldn't just go to the store and buy it."

Cahill recently bought a cane grinder from



**SOMETHING SWEET** Cane syrup is golden brown with a sweet, molasses-like flavor. It's great on pancakes, waffles, oatmeal or when used to sweeten.

a South Carolina vendor and set it up outside his family restaurant, Cahill's Market and Chicken Kitchen in Bluffton. He aims to do a cane cooking, but every year there seems to be some more urgent task, like getting the pumpkin patch ready or bringing in the Christmas trees. Sugarcane is a fall harvest. After it's cut, the juice is extracted by running it through a press, which in the old days was turned by a mule, but now people do it with a tractor. The fresh juice is cooked for hours over an outdoor fire in a huge 60-gallon vat, a long slow process that has to be done just right; foam has to be scooped off to keep it clean, and the heat has to be cut at the exact right moment to achieve the desired consistency. Meanwhile, there's plenty of time to grill out or partake in all sorts of festivities.

"It was like a field day," explains Cahill, who still favors cane syrup over that other stuff from the store. "One man in the neighborhood would have a mill, so he'd invite everybody else over and grind their cane for them. It always happened on a cold day, and everybody would stand around the fire."

Check out the cane press next time you go to lunch at Cahill's. Or visit the Georgia Salzburger Society Museum in Rincon to see another example of an antique cane mill, which is so well built that it turns with the slightest effort. Want to try authentic cane syrup? Consider the Lavington Farms label, made in Colleton County and available at foodforthesouthernsoul.com. LL





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# Miles ahead

LOCAL THRU-HIKER RYAN BUNTING IS CONQUERING AMERICA ONE STEP AT A TIME.

#### STORY BY BARRY KAUFMAN

Here in the real world, where the day is defined by a schedule and a routine as we all scurry about in the great rat race of modern living, his name is **Ryan Bunting**. But out there on the trail, where the pathway winds through unfettered freedom and breathtaking scenery at its own pace, they call him "Constantine."

Based on the Keanu Reeves movie of the same name, the moniker was given to the Hilton Head Island resident by a community he has come to embrace as his own over the last five years. "I still have not seen (that movie) to this day," he said with a laugh. "Once a trail name sticks, it's hard to get rid of."

He has hiked with many people in his journey across the country who bear similar trail names - Chupacabra, Zombie Legs and his hiking partner, Magpie. For a while, Bunting was known as Icy Hot, after an incident on the Ice Age Trail where he staved off hypothermia using hot sauce-seasoned soup. Each was bestowed their name by a community whose bonds are forged in the depths of the wilderness, where the great American frontier still begs to be explored.

"Your trail family - it really is what the fellow hikers out there become. You have your immediate family, the people you hike with during the day, then the extended family who are doing different paces but you still see every other day," he said. "It's all dependent on the trail system. On the big three you will see people every day. But on the Great Divide Trail, we didn't see another soul for twelve days. The

"The closest civilization was 150 miles away, and that was a dirt road 16 miles away from paved road."

**EXCELLENT ADVENTRUES** Ryan Bunting is shown soaking in the view in Arizona and with trail family on Forester Pass in the Sierra Nevada. "Could have been the altitude but through the Sierras, we would always switch into Russian accents for fun on top of these sketchy snow fields to pass through the fear."









THE HIKING LIFE Bunting catches some rays on a snow field, shows off his gnarly hiker feet and strips down in the freezing rain to prove to the Canadian North than nothing could stop him from finishing.

closest civilization was 150 miles away, and that was a dirt road 16 miles away from paved road."

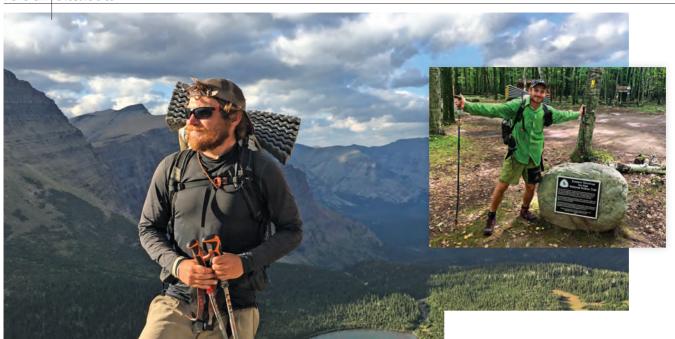
The big three he mentions are the three most well-known thru-hikes in the country — the Pacific Crest Trail, the Appalachian Trail, and the Continental Divide Trail. Each stretches for thousands of miles, demanding a physical toll of any who would dare walk from one end to the other. Make no mistake — thru-hiking is not the same as simply hiking. The difference lies in merely enjoying the outdoors versus enduring it.

"A lot goes into it. A lot of blood, sweat and tears. It's not glamorous at all," he said. "There's beautiful scenery, but you have blisters, baboon butt (chafing), you're fighting hypothermia and dehydration. There's a term called 'firefoot' that will take you out. I have scars on my hips from my pack."

But for Bunting, the physical toll is worth it for the experience of calling the wilderness his home. Over the last five years, he has put in more than 16,000 miles all over the country, tackling the big







#### UP TO THE CHALLENGE

Bunting is shown after his first speed record for a self-supported hike on the Ice Age Trail. The hike was consistent 40-mile days for a month straight, only a week after completing the Pacific Northwest Trail

three along with thru-hikes on the Oregon Coast Trail, Pinhoti Trail, Pacific Northwest Trail, Arizona Trail. Natchez Trace Scenic Trail. Great Divide Trail, Vancouver Island Trail and the Sea to Summit Trail, among others.

"It started off as an adventure," he said. "And for the past five years, about half my time has been literally out on the trail."





"I've never done any of the trails I have planned for the coming year, but this year I'll accomplish a goal I've been working on for six years now, to be the first person under 30 to have done all 11 scenic trails as thru-hikes," he said. "I enjoy pushing my mental strength, but I can already see next year we can do 5,000 miles... It's not like I have to do them this year, but it would be nice to accomplish." Follow along on his journey at elevenskys.com. LL











#### FIVE TRAILS YOU CAN TRY

You may not be ready for a grueling months-long thru-hike, but if you want to experience a little bit of trail life, here are Ryan Bunting's thoughts on a few nearby options.

#### 1. The Palmetto Trail

"I haven't done this one, but it is thru-hikable. It winds through a lot of different communities."

#### 2. Table Rock Mountain

"That one is 77 miles and puts you on the tallest mountain in South Carolina. It's a good blend of what you'd get on a thru-hike."

#### 3. Pinckney Island

"It's not a quote unquote hike, but there are enough miles there to get some fresh air."

#### 4. Clingman's Dome

"it's the tallest mountain on the Appalachian Trail. You can actually park close to base and do a few miles up to the top. Get in there at sunrise."

#### 5. Blue Ridge Parkway

"There are so many trail systems on there, you can park at any trail head and do 2-3 miles. Anywhere you park, you can find miles that will give you great views and give you the feel of a thru-hike."









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### FREQUENT FLYER

# Northern Cardinal

KEEP AN EYE (AND AN EAR) OUT FOR THESE BEAUTIFUL SONGBIRDS.



You do not have to be an avid birdwatcher to know the **northern cardinal**, our featured bird in February. Chances are you've already spotted one, as the bright red male is one of the most recognizable birds seen around the Lowcountry. These crimson-hued territorial males definitely stand out, and if you can't spot one, you're at least very likely to hear one, especially during breeding season.

The olive-colored females build the nest while males help bring supplies and fiercely guard their mate. Very few female North American songbirds sing, but the female northern cardinal often will sing while sitting on the nest, possibly to communicate with the male about when to bring food to the nest.

A mated pair will often sing duets together, and the male will warn others away from his nest with upwards of 200 songs per hour. These beautiful birds don't migrate for the winter, so they bring a welcome splash of color to your backyard feeder in the colder months. Cardinals feature prominently in folklore with one legend claiming that the song of the cardinal will lift your sadness. Another sees the appearance of a cardinal as a sign that a departed loved one is thinking of you. Be sure to keep an eye (and an ear) out for these special songbirds this month. LL

#### Fun Facts

- The northern cardinal is the state bird of seven states: Illinois, Indiana, Kentucky, North Carolina, Ohio, Virginia, and West Virginia.
- The cardinal name was derived from the cardinals (the rank above bishop) of the Roman Catholic Church, who wear red robes and hats.
- · The oldest recorded wild northern cardinal was a female that lived to be 15 years and 9 months old.
- · The northern cardinal is the mascot of the Arizona Cardinals NFL team and the St. Louis Cardinals MLB team.

#### Where to see them

With the right feeder and seeds, you can easily attract northern cardinals to your backyard. You can also see them at:

- · Pinckney Island Wildlife Refuge
- · Audubon Newhall Preserve, Hilton Head Island

#### Northern cardinal essentials

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

#### STORY BY LUCY ELAM



#### **ACCESSORIES**

· Northern cardinal mug: A 16-ounce decorative mug that showcases the northern cardinal. Dishwasher and microwave safe.



- · The Joy of Bird Feeding: In this book, Jim Carpenter, founder and president of Wild Birds Unlimited, answers common hobby problems, and provides fun bird feeding activities to share with family and friends.
- · Cardinal APS Finial: Top off your birdfeeding masterpiece with this decorative finial, which keeps water from running into your advanced pole system setup.

#### **FEEDERS**

- · Tube feeder
- · Large hopper
- · Platform or ground
- Sunflower seeds

- · Golden safflower

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Day and take a more adventurous approach to the holiday. Cuddle up under the stars with your one true valentine and let them know that you love them to the moon and back. Here is your quide for February:

#### THE SIGNS

## **AQUARIUS**

Jan 20 - Feb 19

Aquarians are typically independent, intelligent people who tend to be very idealistic. Some can be energetic and extremely high-spirited, while others can be soft and quiet. Nonetheless, Aquarians love to spend time with their thoughts and are eager to help others in the world.

# **PISCES**

#### Feb 20 - March 20

Known as the most artistic zodiac sign, Pisces have exceptionally active imaginations that really help them excel in their creative hobbies. They're also incredibly sympathetic and always have an open shoulder to cry on. Due to a Pisces' generosity, they will often put others' needs ahead of their own.



#### Where to go **BURKES BEACH**

Once the clocks jump ahead in March, the time change makes star-viewing a lot less do-able. Take advantage of this last month of darkness and soak up as much starlight as you can. Burkes Beach has everything you need — a sparse population due to the off-season and a Lowcountry climate that is more than ideal for the best viewing. With such a convenient location, it's almost too good to pass up.

## THE VALENTINE'S DAY STAR

Keep your eyes peeled for **Betelgeuse**, a red supergiant star that's been famously nicknamed the Valentine's Day Star. It's located near Orion and almost acts as his "right shoulder." Due to its atmosphere constantly expanding and contracting, it practically looks like a big beating heart right in the middle of the sky. Does it get any more romantic than that?



**Puppis** 

## What to look for





The Night Sky



₩HAT TO BRING

Tools: The Night Sky Planisphere, \$12 (davidchandler.com) Gift: Personalized Couples Constellation Map, \$36 (etsy.com) Book: Stories in the Stars: An Atlas of Constellations, \$30 (Barnes and Noble) Blanket: Sand Escapes Beach Blanket, \$25 (wildhornoutfitters.com) Gift: Name a Star, \$55 (starregister.org)

#### TOP APPS FOR APPLE WATCH



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#### **SOLAR WALK 2** (4.7 stars) \$2.99



#### **SKY GUIDE** (4.9 stars) \$2.99



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**Available at** Spartina (left) + Cocoon (center) + Knickers and Island Child (right)



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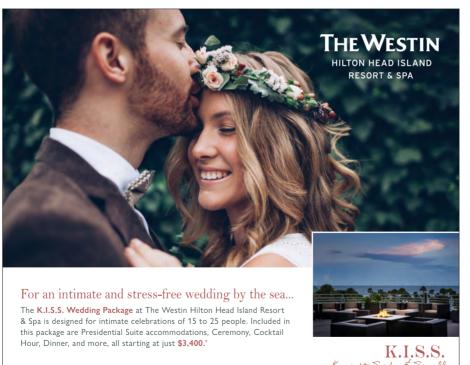


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### Meet the models...





#### DAD-DAUGHTER DUO

#### **PAUL DOBOS**

Occupation: US Army Blackhawk helicopter pilot Favorite sweet treat: Carrot cake

Hobbies: Fishing on the May River, hunting, staying physically fit, spending time with wife Gemma and children

#### **STELLA DOBOS**

Occupation: Student at Lowcountry Day School in Bluffton Favorite sweet treat: M&Ms

Hobbies: Watching Disney movies, scooter riding, going to Dubois Park with brother Caleb, going FAST on the boat





#### MOM-DAUGHTER DUO

#### **SUSAN STALLINGS**

Occupation: Concept design developer Favorite sweet treat: Chocolate mousse Hobbies: Boating, relic/shell collecting, vintage car shows, painting

#### **GRACIE STALLINGS**

Occupation: Esthetician

Favorite sweet treat: Strawberry cheesecake Hobbies: Going to the beach, horseback riding (hunter jumper since age 4), shopping

#### **TREY PLACE**

Occupation: Chef of Michael Anthony's Cooking School, private and public chef tables, chef for private and off-property events Favorite sweet treat: Jelly beans Hobbies: Used to be an avid golfer but no longer, due to injuries. Taking walks on our lovely beaches.



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\*TERMS AND CONDITIONS APPLY, PRICING BASED ON GROUP SIZE AND SEASONALITY.

**STYLE TIPS** 

# Romancing at home

EXPRESS YOUR DARING AND FUN SIDE ON VALENTINE'S DAY

BY KATHRYN MADEMANN

Let me talk to you about how our clothes can be part of the intimacy, seduction, and dance during this romantic time spent together. With this feeling of privacy at home, I want to provoke you into thinking about not only your closet, but also how you can express your daring and fun side. Think of romantic colors and pieces that are just a little too sexy to wear in public. We all have things in our closet that haven't found their purpose yet.

Why is red the denoted color of Valentine's Day? It is said that it is the color of sexuality, and that red stirs a chemical reaction that can conjure a range of emotions from attraction to passion. Always embrace the colors you feel comfortable in, but if you

have not given the color red the tender loving care it deserves, then you should give it a try.

After surveying men to get their perspective on how they would like their Valentine to dress, their feedback is surprisingly similar in that the outfit's visual is as important as the outfit's story of seduction and dance. As the evening goes on, they want to be seduced with the "idea" of

what there is without seeing the whole "shebang" at the beginning The nuance of peek-a-boo is a powerful thing. Think of lacey bras, silk camisole or heels. Ultimately, men want their minds to wander and your attire to tease them.

Women would love to see their mate dress to attract, with a shared theme of a wandering mind and seduction. Gentlemen, a nice tailored shirt is always flattering. Choose an attractive color (think of blues, whites, and pinks). **Hint:** Don't wear your camping shirt or hiking pants! Wear a pair of pants with a modern cut or a dark blue jean. Don't forget about shoes. For a more relaxed setting, silky or satin loungewear is also very sexy.

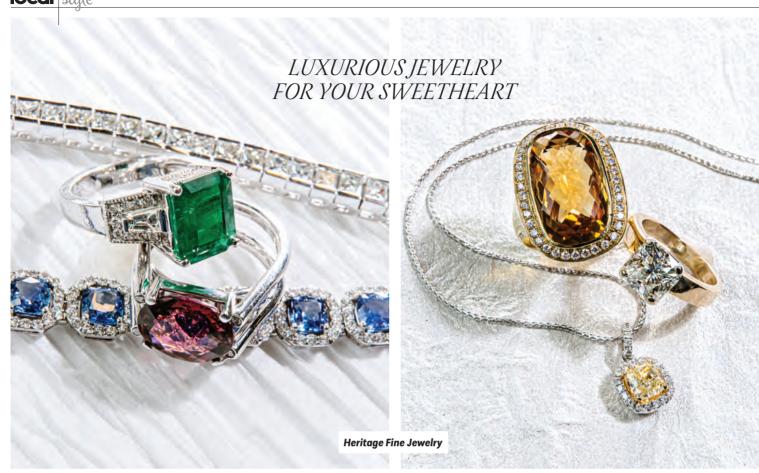
Aimer et Romance, Kathryn



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











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Local love is in the air. Show your loved ones how much you care about them this Valentine's Day with these handpicked local gifts.



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All of these heart-shaped dishes are hand-forged and cut, creating a uniqueness to each one just like our own hearts. Available at J Banks.



#### A PICTURE IS WORTH A

Bella Fiore Frames are perfect for displaying your most treasured memories with loved ones. Pick from various designs to fit your own style.

Available at Pyramids.



mysterious look you're going for this Valentine's Day. Hand-made in Italy, these shades can also be mounted with prescription lenses

Available at Eyeland Optique



#### **LOVE AT FIRST SCENT**

This calming lavender rose fragrance oil makes a unique perfume that will catch the nose of anyone. You can also use it to scent your bath or any room in your house.

Available at Island Lavender



#### **PILLOW TALK**

Bring your flower garden into your home with this vibrant piece. This lovely deep red tulip pillow is the perfect addition to any piece for any outdoor or indoor furniture.

Available at The Spirited Hand.



#### **LOVE TOKEN**

This beautiful aluminum beaded heart tray is just the right gift for that special someone. Ideal for holding jewelry, this piece will be stunning on anyone's dresser.

> Available at Coastal Treasures.



#### **HAPPY CUFFING SEASON**

Get ready to be cuffed this Valentine's Day with this Matthew Cuff. The shells used are over 250 years old and were discovered in the root ball of a tree that was wiped out after Hurricane Matthew came through in 2016. Available at Cabana22.



#### **A LOVELY HOME**

Your house guests will love this hand block-printed, washed-linen guest towel. And for yourself, these designer oyster shells handmade on HHI are perfect for storing your everyday jewelry. Available at Lowcountry Mercantile



#### **BURNING LOVE**

Handmade in Arkansas, these candles burn clean oil and look fabulous on any surface. Comes with wick and funnel to refill. Available at Gifted.



Showcase your interior design skills with this gorgeous Curly Maple table set into Purple Heart Wood. The color detail will jazz up any room in your house. Available at Coastline Cabinetry.





#### **CRUISIN' INTO LOVE**

Grab your loved ones and cruise on down to the beach with the best electric bikes in the business. The Pedego Interceptor combines the comfort of a beach cruiser with an impeccable performance and user-friendly features.

Available to rent at Outside Hilton Head



#### **POUR IT UP**

Get ready for the best party trick of 2021. This 42-ounce fish-shaped pitcher, dubbed the GurgglePot, produces a gurgling sound when poured from. Available at Grayco.

#### WHAT'S SWEET IN FEBRUARY?

# Sweet potatoes

GET A LOAD OF THESE SPUDTACULAR SUPERFOODS.

BY MADDIE BANE



Sweet potatoes are so much more than just that bright (and delicious) orange-colored dish covered in marshmallows that you see on the table during holiday dinners. They're packed full with antioxidants and actually have a pretty rooted history in the Lowcountry, dating back to the early 17th century. European settlers on and around Edisto Island cultivated so many sweet potatoes that it knocked cotton out of first place for agricultural popularity. Today, Darlington hosts its annual South Carolina Sweet Potato Festival on the second weekend of October. But you don't have to wait eight months and drive three hours to enjoy these spudtacular superfoods. Thanks to our amazing grocery stores and markets, fresh sweet potatoes are always available.

15 minutes. Once tender, scrape out

a little bit of the inside - enough for

a cracked egg to fit comfortably. [3]

Once the egg is cracked inside, add

desired amount of cherry tomatoes

on top. [4] Cook for an additional 10

to 12 minutes, and top off with the chopped green onion.



#### Appealing attributes

What do you call a potato wearing glasses? A spec-tater. Coincidentally enough, sweet potatoes, specifically the purple ones, actually contain a group of antioxidants that can improve and benefit eye health. They are also rich in many nutrients and minerals, such as fiber, iron, calcium, and vitamins B and C, but this can vary depending on its color. A traditional sweet potato is the richest in vitamin A, while a purple one contains a higher amount of anthocyanins - a fancy word to describe the chemical that creates its purple color, which is constantly researched for its potential to prevent certain diseases.

#### How to grow them

Sweet potatoes grow best in a light, sandy soil with the "slips" (shoots that are from a mature sweet potato) planted roughly one and a half feet apart. This vegetable is best to plant after the last frost, as it thrives in a warmer soil. Be sure to watch out for deer - one of their favorite snacks is a sweet potato vine.



#### Where to buy them

You'll be able to find this veggie year 'round at your preferred grocery store, or you can take a trip to your favorite farmers market and support your local vendors when they are in season (Sept.-Oct.).







#### Where to order them

#### **FRANKIE BONES**

Crab Cake Dinner: Two pecan crusted crab cakes, whipped sweet potatoes, apple slaw, local honey drizzle and creole honey mustard sauce.

#### **RUBY LEE'S**

Sweet Potato Pecan Pie: Mashed sweet potatoes and a caramelized pecan topping make this a special treat.

#### **POSEIDON**

Naked Beach: Charcoal grilled salmon, extra virgin olive oil, lemon, cracked pepper, sea salt, plain baked sweet potato and roasted vegetables.

#### How to use them

This versatile vegetable can be consumed in numerous ways. However you prefer them — boiled, steamed, baked, fried, or even raw - sweet potatoes will remain fibrous, delicious and very filling. You can toss some in your salad, on top of your taco, or puree them into a delicious soup. LL

#### **LOCAL LIFE TEST KITCHEN**

#### Sweet potato oatmeal muffins

#### **INGREDIENTS**

1 cup mashed sweet potatoes 1 cup milk 1 egg, beaten 1/4 cup butter, melted 3/4 cup all-purpose flour 3/4 cup whole wheat flour 1/2 cup quick oats 1/4 cup sugar 1/4 cup brown sugar 2 teaspoons baking powder 1 1/2 teaspoons cinnamon 1/2 teaspoon nutmeg 1/4 teaspoon salt

**DIRECTIONS** [1] Mix together sweet potatoes, milk, and egg. Add in butter once smooth. [2] In a separate bowl, combine flour, oats, sugar, baking powder, spices, and salt. Stir into sweet potato mixture. [3] Divide batter evenly into a muffin tin and sprinkle some oats on top Bake for 20 to 25 minutes at 400 degrees.





# Oh, Baby

LISA "BERNIE" BERNSTEIN IS LIVING THE SWEET LIFE.

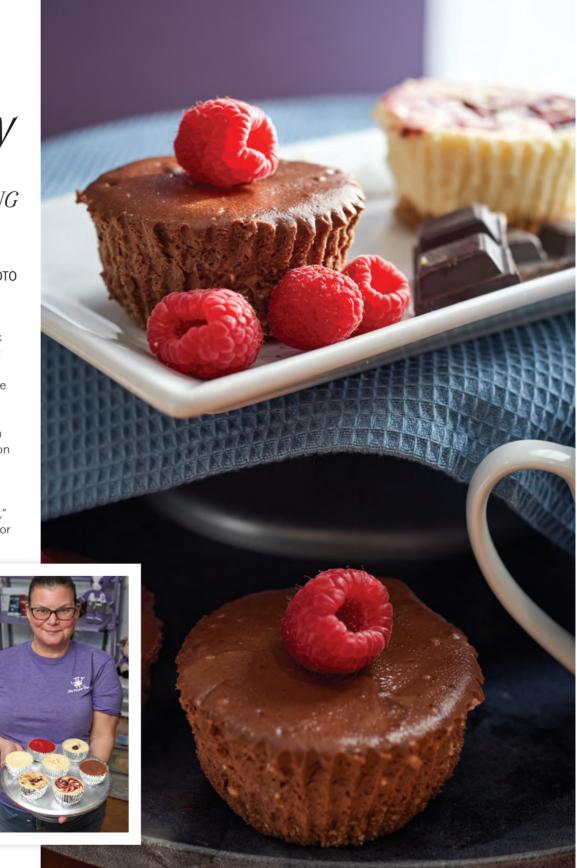
STORY BY BARRY KAUFMAN PHOTOGRAPHY BY KIM SMITH PHOTO

Stop us if you've heard this one before. Lisa "Bernie" Bernstein perfected the art of baking while stuck in her house with nothing to do but binge watch reality television and play around in the kitchen. But while most of us waited until 2020 to try our hands at being shut-ins with a killer recipe, she got a jump start on all of us by starting her sequestration all the way back in 2008.

"I'd had surgery and had to stay in my house for two months. I wasn't even allowed to go up or down stairs," she said. As she lived on the third floor of a townhouse, her roommate was

kind enough to move Bernie's bed to the living room. Confined to just the kitchen and living room, Bernie had "no choice but to bake."

"I had literally watched every episode of 'My Big Redneck Wedding with Tom Arnold' and there's only so much of that you can watch," she said with a laugh. So she turned to the kitchen, where she perfected the art of blending cream cheese, sugar, vanilla and eggs into edible art.



EDIBLE ART When those chocolate cravings come calling, look no further than Bernie's Classic Chocolate, which is often included among the offerings on The Purple Cow's constantly changing menu.

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HILTONHEADISLAND.FLOORSTOGO.COM 123 MATHEWS DRIVE • HILTON HEAD ISLAND "My roommate said he hated sweets," said Bernie. "But 10 days later he was 10 pounds heavier. And it was my fault."

Faced with a surplus of highly addictive cheesecake, Bernie suggested her roommate take some in to Captain Woody's where they both worked. "Shannon (Wright), the owner, was like, 'Why aren't we selling these?' That's how it started," said Bernie.

Baby Cakes was born, with Bernie's brother, Pete, owner of Fat Baby's Pizza and Subs, aiding in the delivery. "He said, 'You'll make them at Fat Baby's on Sundays when we're closed. Here's your business license application and your logo.' I don't even think I came up with the name; I think it was his idea."

Soon Baby Cakes were on menus across the Lowcountry, thanks to Bernie's willingness to bet it all on herself. "After working four jobs for seven years, I decided it was time to make the leap," she said. "Six years ago I sold my house, took all my savings and launched a Kickstarter to cover the rest."



**PIECES OF CAKE** With over 150 assortments to choose from, customers can get creative when ordering. These Raspberry Swirl and Classic Chocolate cakes were baked to perfection.



WAKE AND BAKE While most of us are sleeping. Bernie rises early each day to mix up batches of her treats from memory.

In addition to both Captain Woody's locations and Fat Baby's, you'll find Baby Cakes at San Miguel's, Hinchey's, Flatbread and more. Delectably soft and sublimely sweet, these cakes come in an array of flavors from the classic to red velvet, with specialties like M&Ms and peanut butter adding a twist to that classic flavor.

And if you want to get them fresh out of the oven, you'll have to head to The Purple Cow, Bernie's new bakery on Palmetto Bay Road. Here amid local artwork and artisanal fare, the bakery adds to the famed Baby Cakes with a slew of delightful doughnuts and coffee creations. "Purple Cow is the name of a Doris Day song," said Bernie. "It's a song my mother sang to us her whole life, and it's a way to honor her because she's the best person I ever knew."

Whether at The Purple Cow or at a local restaurant, you'll have to seek out Bernie's Baby Cakes, because you won't be trying this at home. "I haven't written the recipe down anywhere," she said. "The only person who has my recipe is my niece." LL







# Make a list, choc it twice



We couldn't print a "Sweets" issue without touching base with the local chocolate queen, **Nancy Paris of The Chocolate Canopy.** 

[LOCAL Life] What is your top seller and how do you make it? [Nancy Paris] Lagoon Goo is one of our top sellers. It's a ridiculous combination of milk and dark chocolate plus caramel. We start off by pouring our dark chocolate into our bark mold, which allows us to easily break it up once complete. Then, we cover the dark chocolate with a thick layer of soft caramel. To finish it off, we pipe milk chocolate on top to fill in all the nooks and crannies. When we break it up into individual pieces, the top layer of milk chocolate cracks open, allowing the goo (caramel) to ooze everywhere. It's ooey and gooey just like the lagoons on our Island. It's the treat you don't tell anyone you bought and eat behind a locked door so you don't have to share!

[LL] What ingredients do you use most, and approximately how much do you use each year? [NP] Last year, we used over two tons of chocolate! Caramel is our second most popular ingredient at over 500 pounds a year.



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**[LL] Valentine's Day is coming up. What advice can you give to husbands who want to do better than a chain store sampler? [NP]** The benefit of purchasing at a chocolate boutique like the Chocolate Canopy is that you are purchasing high-quality chocolates without waxes and fillers. You also can customize your purchase to reflect your sweetheart's favorite treats instead of betting on the mystery selection inside the box. We dip chocolate-covered strawberries for Valentine's Day, but we recommend ordering early — they go quick!

**[LL] What is something surprising that tastes great covered in chocolate? [NP]** Gummy bears. We feature a jumbo gummy bear — about three inches tall — drenched in chocolate. Our guests love them!

**[LL] Where is the most obscure place or furthest away you've shipped your sweets? [NP]** The Vatican. A local guest ships our treats to her son who is studying there, and our gift boxes have also traveled to South America for a wedding.

**[LL] If you had to recommend one item from your shop, what would it be? [NP]** If you like it hot, I'd recommend our Fire Starter. It's a dark chocolate bark featuring siracha and is topped with turbinado cane sugar. My eyes water when I make it, but my husband loves it! AL



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#### **Canopy Crunch**

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#### **Dark Chocolate Bourbon Caramel**

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#### **Dark Black Forest Truffle**

This truffle is as dark, mysterious and romantic as the Black Forest of Germany itself. Snap the rich chocolate shell and let the flavors of cherry and cream dance on your tongue.

#### **Chocolate Dipped Nutter Butter**

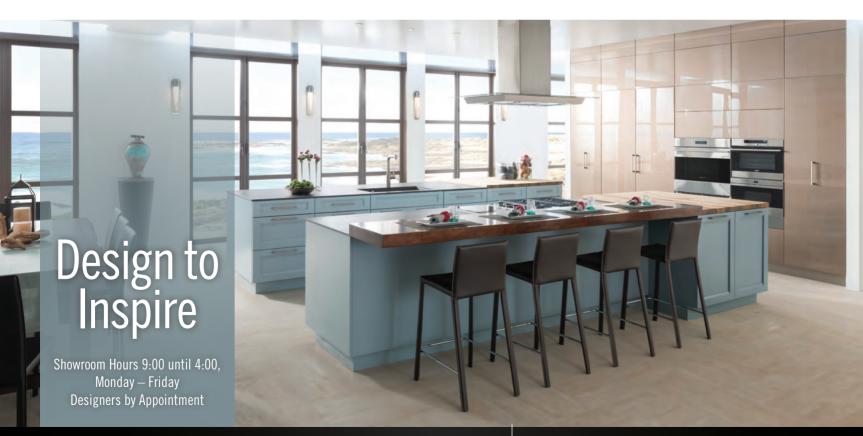
If you love the cookie, you are sure to take to this delicious treat.

#### **Potato Chip Clusters**

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#### **Dark Caramel Truffle**

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# Gimme some sugar

STORY BY LUCY ELAM

Have you ever asked for a favor, "pretty please with sugar on top"? So much is better with a sprinkle of sugar (or maybe a whole spoonful). You are probably picturing your standard white sugar cubes, but there is a whole encyclopedia of different kinds of sugar you might not have ever heard about, let alone used in a recipe. From the snow-like powder of confectioners' sugar, to the rich molasses flavor of muscovado sugar, here's a taste of what makes life sweet.



Smaller and more consistent in crystal size, fruit sugar is often used in dry mixes, such as gelatin, pudding, or powdered drinks. Fruit sugar's trademark uniform crystal size doesn't allow the crystals to settle at the bottom of the box, which is an important characteristic when making dry mixes.



#### **SANDING SUGAR**

If you want to add a little pizzazz to your sweets, sanding sugar's reflective crystals are the sparkling decoration you're looking for. Between the size of granulated sugar and coarse sugar, sanding sugar is primarily used for ornamental purposes, but it'll still satisfy your sweet tooth.



#### **GRANULATED SUGAR**

A staple ingredient in any kitchen, granulated sugar is the sugar for everyday baking, coffee sweetening, and sugar bowl-filling. Granulated sugar goes through a refinement process to remove all of the naturally occurring molasses, giving it fine crystals that won't cake together, and a paper-white color.



#### **DARK BROWN SUGAR**

With an unmistakable flavor, brown sugar is refined sugar that has had molasses added back in. High in moisture and prone to clumping, brown sugar is best used in baking dense baked goods like cookies, as the moisture helps the cookies spread out and crispen. When baking lighter, fluffier desserts, however, brown sugar is not the best option, as it doesn't dissolve very well and all that heavy moisture will weigh it down.

#### **CONFECTIONERS' SUGAR**

Also known as frosting sugar or powdered sugar, confectioners' sugar is finely ground granulated sugar with a small percent of cornstarch to help prevent caking. Due to its quick dissolving nature, it is commonly used for making icing, frosting, candies, and fudge. It also makes for a lovely presentation when dusted on fruit, crepes, and other treats.





#### **CANE SUGAR**

Almost all sugars are made from extremely refined cane or beet sugar. But cane sugar is made exclusively from sugar cane and is minimally processed. Whereas granulated sugar is refined to remove all flavor except for the sweetness, cane sugar retains a mild toffee flavor. This sugar can be used in any product that calls for granulated sugar.



True to its name, coarse sugar has larger crystals than granulated sugar. This makes it more resistant to heat, color change, and breakdown. These traits are great for making fondants, confections, and liquors. Coarse sugar also can add a sweet crunch to baked goods.





#### **BAKER'S SPECIAL SUGAR**

Baker's special sugar is a type of finely ground granulated sugar. Now, I know what you're thinking. "Isn't that just powdered sugar?" Close. But even though it's finer than granulated sugar, baker's sugar is not powdery like confectioners' sugar. Developed specifically for the baking industry, this sugar is perfect for creating high-rising, fine-grained cakes, as well as sugaring donuts and cookies.





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#### **SUPERFINE SUGAR**

Superfine sugar is exactly what it sounds like. With extremely finely ground crystals (even finer than confectioners' sugar), superfine sugar dissolves quickly and melts faster. This makes it ideal for making meringue or anything else that requires rapid dissolving. It's also perfect for making simple syrup to sweeten cocktails, so the next time you make a martini, superfine sugar is what you'll need.



#### **TURBINADO SUGAR**

Also known as demerara or raw cane sugar, turbinado sugar is significantly less processed than most sugars. Milder than muscovado sugar and blond in color, turbinado has larger coarse crystals. This sugar is used to sweeten beverages, provide texture in baked goods, and as a crunchy topping on muffins and cookies.

#### **PEARL SUGAR**

Pearl sugar, or nib sugar, is most often used in specific recipes (like Liege waffles), or for decorating cookies and pastries. Large and coarse, pearl sugar won't melt at high temperatures and will retain its shape, making it the perfect garnish to sprinkle on your sweet breads, sugar cookies, and more.



#### **LIGHT BROWN SUGAR**

Light brown sugar is very similar to dark brown sugar except it has less molasses. Dark brown sugar has nearly twice the molasses as light brown sugar. Usually, if a recipe calls for brown sugar, it is referring to light brown sugar, which is a little more common and versatile due to the milder flavor.





#### **MUSCOVADO SUGAR**

Very dark brown in color, muscovado sugar tastes strongly of molasses and toffee, and has crystals that are larger, coarser, and stickier than other brown sugars. Rich and dense, muscovado is excellent for making savory sauces and marinades like barbeque sauce, as well as making chocolate sweets, and sweetening warm beverages.



#### **LIOUID SUGAR**

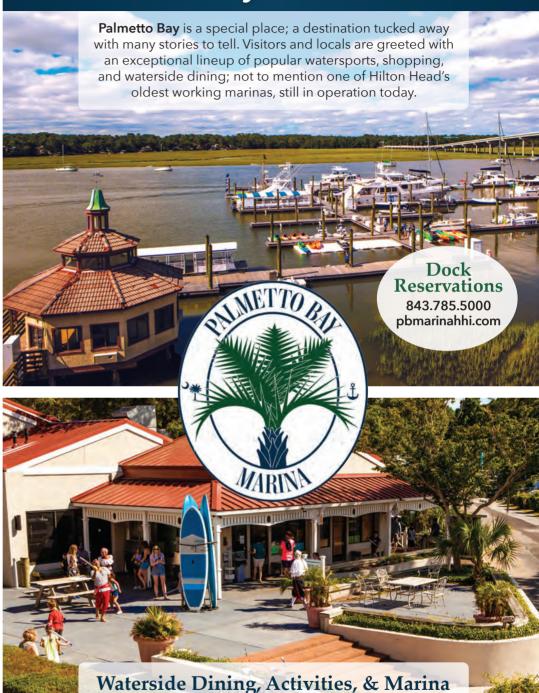
Liquid sugar is simply white granulated sugar that has been dissolved in water. This type of sugar is not crystalized, and it uniformly melts into liquids. This would be most commonly used to sweeten drinks like coffee, tea, or cocktails. Liquid sugar is particularly useful with cold beverages as it will dissolve instantly. It is also really easy to add other flavors to liquid sugar. For instance, why have your morning iced coffee just plain sweet when you could add caramel, peppermint, or chocolate flavor?



#### **FREE-FLOWING BROWN SUGAR**

This specialized sweetener is essentially brown sugar but without all the heavy moisture and clumping. The sugar undergoes a special process that removes much of the moisture, allowing it to move and act more like regular granulated sugar while still maintaining that classic brown sugar taste. Because it behaves similarly to granulated sugar, you can use it in many ways that you would use granulated sugar, and it will have a slightly different flavor profile.

# "It's official. The Bay is back!"



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# Berry Cobbler

Need: Istick butter. 1章 cup sugar· Icup flour 章 cup milk· Zz cup fruit (berries, peaches or apples) Ztop baking powder · optional: cinnamon & nutmeg

Melt butter and pour into deep, glass baking dish.

Mix one cup of the sugar with flour, baking powder and milk!

Unsifted or Sifted flour Works well.

Let butter cool a bit before pouring.

Pour the mixture into the dish.



Pour fruit over the mixture. Po not stir. Sprinkle sugar.



Bake at 300 degrees until golden. About one hour



enjoy this delicious treat



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# Sweet & sugar-free

#### BY BECCA EDWARDS

This February, fall in love with sugar-free desserts that omit health-depleting ingredients and instead serve up functional food, or food that has a positive effect on health beyond basic nutrition and helps reduce the risk of disease. Self-described former "sugar addict" now gluten-free/sugar-free home baker, Emily Carnes shares three of her favorite sweet treat recipes that are equally nutritious and delicious.



#### **EMILY CARNES** Banana Oat Muffins

#### **INGREDIENTS**

1/2 cup gluten-free flour (Note: If your flour blend does not have xanthan gum included, add 1 teaspoon.)

1/2 cup almond flour

1 cup gluten-free oats

2 teaspoons cinnamon

1 teaspoon baking powder

1/2 teaspoon baking soda

1/8 teaspoon salt

1 tablespoon chia seeds

1 tablespoon ground flaxseed

3 ripe bananas

2 teaspoons vanilla

2 large eggs

2/3 cup coconut oil or MCT oil, melted 1/4 cup coconut sugar, plus 2 tablespoons pure maple syrup

**Note:** You can use just 3/4 cup coconut sugar.

**DIRECTIONS** [1] Heat the oven to 350 degrees. In a large bowl, add dry ingredients and whisk to blend. [2] In a medium bowl, add banana and use a fork to mash the bananas into a paste. [3] Add the rest of the wet ingredients to the banana mash and mix well. [4] Pour wet ingredients into the dry ingredients and mix. (Make sure not to over mix, as it will make them denser.) [5] Spray a muffin pan with coconut oil, or line with paper muffin cup liners. Fill each muffin tin 3/4 full. Bake for 10 minutes (mini muffins) or 20-22 minutes for large muffins.







#### Crustless Pumpkin Pie

#### **INGREDIENTS**

Ghee or coconut oil to butter the pie dish/dishes 1 teaspoon ground cinnamon 1/2 teaspoon ground ginger 1/4 teaspoon cloves 1/8 teaspoon freshly grated nutmeg 1/4 teaspoon salt kosher salt or sea salt 1 1/2 tablespoon cornstarch (cornflour) 2 teaspoon vanilla extract 1/2 cup maple syrup 2 eggs 1 egg yolk 15-ounce can pumpkin puree 12-ounce can evaporated milk

**DIRECTIONS** [1] Heat the oven to 300 degrees and butter a glass or porcelain 9-inch pie dish. [2] In a large bowl, whisk together the cinnamon, ginger, cloves, nutmeg, salt and cornstarch. Add half of the maple syrup and whisk it in until the cornstarch is completely dissolved and there are no lumps. [3] Mix in the rest of the maple syrup and the vanilla. Whisk in two whole eggs. [4] Whisk in pumpkin puree. Stir in the evaporated milk. [5] Pour into the pie dish. Note: Carefully knock the pie dish on a hard surface like your kitchen countertop a couple of times to remove any air bubbles. [6] Bake for 60 to 70 minutes, rotating the pie dish halfway through the cooking time. Remove the pie dish from the oven and keep it uncovered to let it cool. [7] When the pie has cooled to room temperature, cover the pie dish and refrigerate it overnight. [8] Serve with whipped cream and a drizzle of maple syrup (optional).



#### Functional foods

Cinnamon: Is an antioxidant, anti-inflammatory and anti-diabetic. Coconut oil: Is anti-microbal, reduces hunger and encourages fat-burning. Ginger: Is a digestive aid.

Pumpkin: Contains vitamin A, lutein (eye health) and zeaxanthin. **Zucchini:** Reduces blood sugar levels and improves heart health.



#### **EMILY CARNES**

#### Paleo Zucchini Brownies

#### **INGREDIENTS**

2 eggs

1/2 cup maple syrup

1/2 cup coconut oil

1/4 cup almond butter

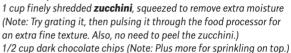
1 teaspoon vanilla

1 cup almond flour

1/4 teaspoon baking soda

1/4 teaspoon salt

2/3 cocoa powder



DIRECTIONS [1] Heat oven to 350 degrees and line an 8x8-inch pan with parchment paper and non-stick spray. [2] In a large bowl, whisk together eggs and maple syrup. Whisk in coconut oil, almond butter and vanilla. [3] In a separate small bowl, mix together almond flour, baking soda, salt, and cocoa powder. Add dry ingredients to wet ingredients and stir until combined. [4] Add in the shredded zucchini and Lily's dark chocolate chips. Pour into the pan and top with more chocolate chips if desired. [5] Bake for 24 to 28 minutes or until toothpick or knife inserted into the center comes out clean. Let cool before cutting.





### Pavé Au Chocolat CHARLIE'S L'ETOILE VERTE

The team at Charlie's L'Etoile Verte was sweet enough to share the recipe for its delicious Pavé Au Chocolat. It's surprisingly easy to make and is certain to impress even the most persnickety of palates. It is happiness that you can eat.



#### Pavé Au Chocolat

#### **INGREDIENTS**

1 pound high-quality dark chocolate (either chips or shaved) 1 pound butter, cut into small squares 4 liquid ounces espresso 1/4 pound light brown sugar 8 whole eggs

**DIRECTIONS** [1] In a large bowl crack the eggs and beat together. Set aside. [2] Over a double boiler, melt all other ingredients until smooth. [3] Once the chocolate mixture is smooth, pour a small amount into the eggs stirring constantly with a whisk. Then pour the rest of the mixture, continually mixing. [4] Pour the batter into 4-5 small loaf pans. Place the loaf pans in a sheet pan with high edges. Create a water bath by filling the hotel pan with about 2 inches of water, or until the water comes up half way on the sides of the loaf pans. [5] Bake at 350 degrees for about 35-40 minutes or until set in the middle. Allow to rest in pan for 10 minutes. Remove pans from water, and cool in refrigerator for a minimum of 2 hours. [6] Slice thin and serve over crème anglaise.





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That's what so many of our members throughout Bluffton and beyond have said time and time again. They searched all over the Lowcountry for a private golf club that was prominent and also engaging, robust, and a lot of fun. And then they came to Hampton Hall, and their search was over.

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# RESTAURANT news

#### FRESH FOOD + NOW OPEN + HOT PRODUCTS



### Chamber Restaurant Week is back

Get your Lowcountry restaurant bucket list ready. The Hilton Head Island-Bluffton Chamber of Commerce's 13th annual Chamber Restaurant Week is back February 20-27, and residents will have an opportunity to help further support their favorite restaurants.

In conjunction with Chamber Restaurant Week, locals can get an exclusive Lowcountry culinary experience in the Chamber's first-ever Taste of the Lowcountry silent auction. It showcases experiences such as cooking lessons, wine dinners, private oyster roasts and more, for a deal you won't be able to find anywhere else.

The silent auction runs February 20-March 8 and benefits our local restaurants. Businesses have stepped up to sponsor these experiences to support our beloved restaurants. A list of experiences and bidding information will be listed at ChamberRestaurantWeek.com.

"We're proud to keep the tradition of Chamber Restaurant Week going and have this added benefit to support our local restaurants," said Bill Miles, president and CEO of the Hilton Head Island-Bluffton Chamber of Commerce.

Whether you are checking out the latest Lowcountry hot spot, trying a new dish at an old favorite, or venturing to a place that you've always wanted to try, Chamber Restaurant

Week is the one time all year that you can find a phenomenal multi-course meal for a deal.

Over 70 Hilton Head Island and Bluffton restaurants will offer special menus throughout February 20-27 with take-out or dine-in options available.

"We love participating in Chamber Restaurant Week and haven't missed one yet! There is always a bit of a lull after the holidays, and it seems that when Restaurant Week rolls around, our local residents are ready to participate," said Rebecca Fazzini of Michael Anthony's. "It is a great opportunity to showcase what we do, especially to those who have never dined with us. It's always a fun week, and we love meeting new customers as well as seeing our regulars."

If you find yourself in a "restaurant rut," Chamber Restaurant Week is a way to venture into trying a new spot or ordering something other than your "usual" at your favorite locale.

"Chamber Restaurant Week not only allows our chefs the opportunity to branch out of their everyday culinary routine, but it also provides guests the chance to experience more offerings in a cost-effective way," said Ryan Larson, the SERG Restaurant Group marketing director.



#### SHHHH! Alexander Trench's Secret Supper Glub is back

Enjoy an intimate dining experience in a secret location hosted by top chefs. Tickets are all-inclusive, including your meal, drinks, tax and gratuity. Location and additional details will be emailed at a later date. Reserve your spot at trenchscellar.com.

What: Trench's Cellar When: Thursday, Feb. 11 Where: Undisclosed location in Bluffton Sian up: trenchscellar.com



#### Gravies take flight at Bad Biscuit

Due to the popularity of its creative toppings (sage gravy, bacon gravy, etc.), Bad Biscuit has included a biscuit and gravy flight in its updated menu. A made-from-scratch biscuit comes with four toppings of your choice so you don't have to hem and haw at the counter. New bowls and other savory items also have been added. Learn more at bad-biscuit.com.



#### SCAN THIS CODE

Scan this code to find up-to-date menus for restaurants participating, or go to ChamberRestaurantWeek.com.



#### Tio's Latin American Kitchen opening Bluffton location

Chef Lynden Zuniga and Sally Zuniga, owners of Tio's Latin American Kitchen on Hilton Head Island, are putting the final touches on a new Bluffton location next to the Kroger at Buckwalter Place. The couple signed a lease for the space in 2019, but Covid-19 delayed the opening. The Bluffton Tio's will feature an open kitchen that will be front and center of the restaurant. The menu will be the same as the Hilton Head location (including their flan-tastic made-to-order desserts), but there are plans to evolve in order to please the Bluffton clientele.



#### Happy hour hotspot: Dockside

Beer-loving locals will be delighted to learn Skull Creek Dockside has added two quality beers to its lineup. Up your happy-hour game (4-7 p.m.) with Anderson Valley Boont Amber, a new craft selection, or Revelry Back Off Warchild Imperial IPA, a new local selection. Both are perfect to sip at sunset.



#### Salty Dog's SOUPer Bowl

Running every weekend until Feb. 21, The Salty Dog Cafe chefs will go head-to-head in their first ever SOUPer Bowl. Each week, two soups will battle it out to remain in the running to be crowned the first ever SOUPer Bowl Champion. Championship weekend starts Feb. 26. Learn more at saltydog.com



#### Flight Night at Nunzio

Every Monday, you can taste your way through some of Nunzio's favorite Californian and Italian wineries. The \$25 flight, which comes with five wines, changes every month and is available to order in the bar and dining room. Learn more at nunziohhi.com.



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# Try these

Our top picks for February from the local food scene.



#### SFORMATO CHOCOLATE DESSERT

A chocolate lover's dream paired with a scoop of gelato. Satisfy your sweet tooth with this famous Michael Anthony's dessert.



#### FRIED BANANAS FOSTER BREAD PUDDING

The banana technically makes it healthy, right? Dig into this sweet treat at Frankie Bones.



#### **CHOCOLATE MOUSSE CAKE**

Milk, white, and dark chocolate, all paired together with strawberry and mint. Hurry to Poseidon and order yourself one.



#### **CHOCOLATE COVERED STRAWBERRIES**

This classic combo is dipped fresh each day at Kilwins Hilton Head at Shelter Cove Towne Centre.



#### Savor Sea Pines celebrates food, wine, spirits

Sea Pines' monthlong celebration of food, wine, and spirits will include socially distanced events, such as dinners, tastings, demonstrations and classes. Guest chefs from Charleston. Charlotte, Atlanta, as well as brewmasters and vintners, will be showcased. Special culinary events have been planned for Super Bowl and Valentine's Day. Events will take place Feb. 1-27. Learn more at savorseapines.com.



### Hilton Head Social Bakery opening South End location

Fans of Hilton Head Social Bakery who live on the South End will no longer have to make the grueling drive to Mid-Island to enjoy its authentic French baked goods. Marissa Feret confirmed a lease was recently signed for a building on the South End. While she was unable to share the exact location, she said the team is working hard to open this spring.



#### New Quarterdeck will have rooftop oyster bar

The Sea Pines Resort has been approved for a complete redevelopment of The Quarterdeck restaurant, which will include a new rooftop oyster bar with 270-degree views of the Harbour Town Yacht Basin and Calibogue Sound. The new vision, created by design firm Hart Howerton, will feature a two-story restaurant with a bar and dining area on the first floor and the rooftop oyster bar on the second. There also will be a walk-up market on the ground floor, where patrons can grab a quick bite or stock up on provisions for the day. Opening is anticipated prior to the spring 2022 season.









local libations



# WWWD | What would Margaret drink?

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



#### STICKY SITUATION

#### The month of love has arrived, and it's time to talk about the sweeter side of wine.

Don't stop reading! As someone who has spent her life in the restaurant/wine business, it is my deepest sorrow that sweet wines are the most misunderstood wines. Moreover, the entire concept of a wine's sweetness is misunderstood. The most common question I am posed is, "What is your driest (fill in the blank)." You see, one of the winemaker's most painstaking tasks is deciding when to pick the grape. It must be both phenolicly mature to ensure developed flavors and tannins, yet be at the right point of ripeness to achieve the desired sugar levels. Once the grapes are crushed and fermentation has begun, it is then up to the winemaker to decide how much residual sugar to leave in the wine. Stopping fermentation too soon could produce a flabby, cloying wine. Fermenting too much could lead to high alcohol levels. The end game is balance.

We could talk all day about the intricacies of residual sugar (the amount of grape sugar left after fermentation). So I want to focus on why sweet wine is important, and why you should not brush off the entire category. From a historical perspective, sweet wine is really how it all began. Sugar was a preservative. The most important wines of the world through the mid-18th century were sweet. Stopping fermentation prematurely and adding fortified spirits produced Madiera, sherry and port. Other styles of sweet wine are produced from grapes so ripe that they have shriveled on the vine.

There are three types of dessert wines I want to highlight. First, and most historically important: Hungarian Tokaji. The name literally means "nectar." Tokaji had a most important place among the courts of Europe. Second is Eiswein, made from grapes that are shriveled and frozen on the vine. It is the most challenging style of wine to make, often harvested from steep hillsides in subzero temperatures. Lastly, Sauternes has become the star of the show in more recent times. Hailing from Bordeaux, it is produced from Semillon and Muscadelle. Situated between two rivers, Sauternes is a unique microclimate composed of cool, fog-filled mornings and warm afternoons. My love affair with wine began during my year abroad in Florence, Italy. Tuscan traditional dinners end with cantucci and vin santo. The meal is extended with a tiny glass of wine (vin santo), which is used to dunk the cantucci (almond biscotti) in to soften them up. Vin santo is made from late harvest Malvasia and Trebbiano grapes that have been dried before pressing. Sublime nectar sweetness with notes of hazelnut and caramel meets bright acidity. My best advice is to ask your local wine shop or restaurant about dessert wines and sweetness levels. Give sweet a chance!

# Delightfully sweet cocktails

Whether you're a lover of all things sweet who expects nothing less from your cocktails, or a cocktail connoisseur who's finally ready to give into the sweet temptation, these two concoctions from the team at Tito's Handmade Vodka are guaranteed to please. They're undeniably sweet and delicious.



#### Tito's Sweet-O

Sweet tea and Tito's. Simple, classic, tasty. Not much to say, not much to do. Just mix, drink and enjoy.

#### **INGREDIENTS**

- · 1 1/2 ounces Tito's Handmade Vodka
- · 3 ounces iced sweet tea

**DIRECTIONS** [1] Just add Tito's Handmade Vodka and sweet tea to a glass over ice. [2] Garnish with a lemon slice.

#### Sweet Pepper Infusion

Tangy sweetness with a kick? It's simple! Add a few generous handfuls of your favorite sweet peppers to a bottle on Monday, and by Friday evening you'll be ready for a zesty weekend.

#### **INGREDIENTS**

- 500 ml Tito's Handmade Vodka
- · 10 sweet peppers



**DIRECTIONS** [1] Slice peppers and remove seeds before adding to a resealable container. [2] Fill with Tito's Handmade Vodka and store in a cool, dark place for five days. [3] Taste test; once desired flavor is reached, strain the infusion.



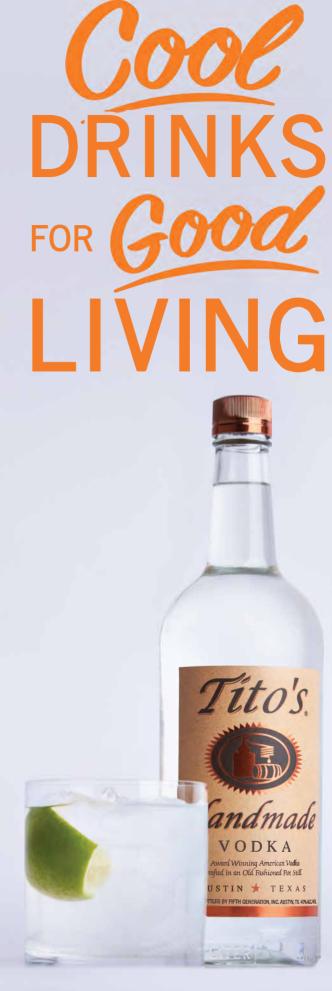


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purchase cool apparel and dog accessories from Tito's Handmade Vodka. All net proceeds benefit pet-friendly nonprofits. If you don't have a four-legged friend in your life, consider adopting the one featured on page 28.





# *CREATIVE CONVERSATIONS*

Have a special artistic talent? Step into LOCAL Life's and the Hilton Head Island Office of Cultural Affairs' Creative Conversations spotlight. Go to culturehhi.org/portfolio/artist-of-the-month/ to apply or scan the QR code.



# Tony Burns: Artist

BY CAROLYN MALES + PHOTOS BY GODSEYE STUDIOS

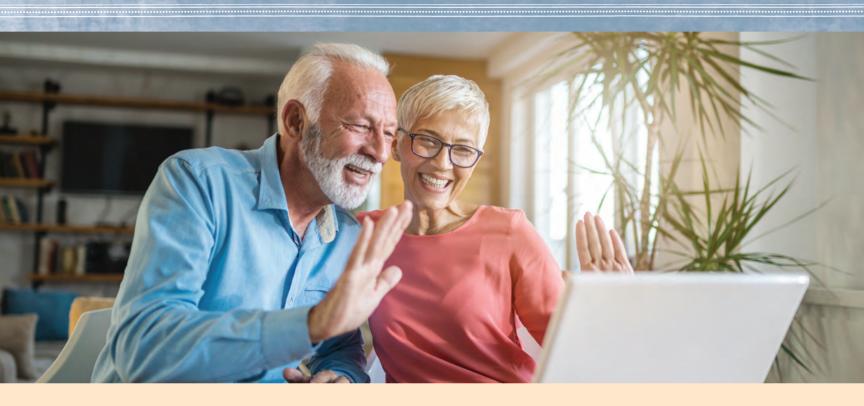
Tuesday through Saturday you can find Tony Burns wielding scissors, clippers, and combs at Major League Barbershop & Beauty Salon in Bluffton, which he owns with business partner, Alex Brown.

But in his off hours, he's likely to be standing in front of an easel on a paint-splattered floor, surrounded by tubes of acrylics and oils, stroking a brush across a canvas. Once he enters his garage studio and clicks on his music (anything but classical), he steps into what he calls his "quiet zone."

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#### oca culture



#### [Q] You've only just recently become a professional artist.

[TB] I've only been painting for about three years. I'm selftaught. I did some work in the first home I bought, and some of my family had seen it. They would say, "I didn't know you could do that! Why don't you pursue it?" At the time, being busy in the barbershop, I just felt like I didn't have time.

But then one of my uncles challenged me and said, "You need to do something with this talent." So I bought some materials, locked myself in a room and said, "I'm going to learn how to do this thing." I watched a lot of YouTube videos and studied artists like Ernie Barnes.

With each painting, I got better and better. Then I posted a piece on Facebook and someone said, "I'll buy it from you." So that's how it started, and ever since then it's been exploding. I have so much commission work. I've also been doing paint parties, live painting demonstrations — you name it, I'm doing it.

[Q] Why this mid-life venture? [TB] Art has been my passion ever since I was a kid. I'd get the comic section of the newspaper and go into my room and draw characters like Beetle Bailey and Charlie Brown. And in school while the teacher was talking, I'd always be doodling. All the kids would say, "He's in the back of the class drawing again." I'd look at kids, sketch them, give it to them, and make them laugh.

Over the years I got busy and further away from it, but I'd always keep a sketchpad and would make charcoal and graphite drawings.









**[Q] Barbering became your main career. Do you find any similarities between styling hair and painting? [TB]** Barbering takes the same type of eye that you have as a painter for putting down each stroke, each line. You have this canvas — the client's hair or head — and you have in your mind where you want it to get to. And the more you do it, the better you become.

**[Q] How do you balance your dual careers?** [TB] It's hard because I don't have enough time to do everything I want to do. It's like art is trying to pull me away. But I love the barbershop. I love meeting everybody and being active, and it has me tight-knit with the community. So that's my thing.

**[Q] What inspires you to paint? [TB]** I paint Black culture, anybody from the past, anything dealing with my people and the era I grew up in, and from recent times. I do a lot of portraits. My inspiration could come from me looking around and thinking that would make a good painting. Or it could be today's events. Or if someone great passes away, I'll do a tribute painting: Prince, Aretha Franklin, rappers like Biggie Smalls, Tupac. The greats sell quickly.

[Q] When you speak at school career days, what kind of advice do you offer to anyone who wants to pursue artmaking? [TB] I wish I'd had the advantage of going to art school, but it wasn't available for me at the time. I don't think that will hold you back because you still have to put the paint on the canvas. Art is in the eye of the beholder. Some people may not like what I paint, but I have an audience that loves it. And I've just scratched the surface of my potential — and I'm making money doing it. LL



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# Matters of the art

**GULLAH WOMEN** INSPIRED BY THE BLACK LIVES MATTER MOVEMENT AND THE PANDEMIC

> BY NANCY VINEBURGH + PHOTOGRAPHY SANDY DIMKE

As a tribute to Black History Month, we present the work and views of five accomplished female Gullah artists: Diane Britton Dunham, Bernice Tate, Lisa Rivers, Cassandra Gillens and Saundra Renee Smith. These women discuss what matters most in their art, and how the Black Lives Matter movement and the pandemic have influenced their creative process.

Many common themes emerged from their interviews. All of the artists are self-taught. Their influences include a deep commitment to their maternal legacies, a desire to tell ancestral stories, and inspiration from spirituality and superstition. All share a strong work ethic instilled in them by parents, grandparents and family life.

The impact of the BLM movement and the pandemic elicited diverse and compelling comments. All agree the message is about freedom and having the opportunity to be heard. But all expressed fear for their children. "We all deserve the right to walk down the street, the right to just sit in our car." Some see the pandemic as an equalizer, a shared enemy. "Covid has no face!"

One artist summed it up eloquently: "It's almost like warfare, psychological warfare. We are all combat victims, all of us, not just Blacks. In the end, I believe we have to begin a narrative that's going to foster communication in our homes, among our families, then out to our communities and then to the nation so that we can begin to heal."

Because several of the artists' BLM movement-related pieces are not representative of their usual style, we have included representative pieces of their work alongside their art inspired by the BLM movement.. LL



#### Diane Britton Dunham

Having moved to the Lowcountry 41 years ago, Diane became fascinated with African-American Southern history. Her ancestral art is primarily based upon the stories of her mother, grandmother and the elders of the Gullah community. "I try to tell the stories of tradition and superstition, which is an embedded part of our culture." She attributes her strong work ethic to her grandfather who said, "Whatever the hand finds to do, do it with all thy might and pride, even if what you are working on is not for you." Diane paints mostly in acrylics. dianesart.com.

#### **GULLAH FISHERMAN**

The image of legendary Capt. Dick Middleton, a revered St. Helena fisherman, is surrounded by haint blue, Diane's favorite color. A Lowcountry superstition, this color protects the individual and keeps the evil spirits at bay.



#### WHAT I SEE MMXX

According to Diane, this piece in reaction to the BLM movement "comes from a different part of the brain. One is telling the ancestral past. The other is current, more futuristic."



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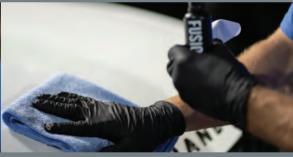
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#### PEACE AND JUSTICE

This piece juxtaposes the orderly protesters in business attire of the Martin Luther King era with the intensity and relaxed dress of today's BLM protesters.

#### Lisa Rivers

On Lisa's 52nd birthday, her children, daring her to paint, gave her 52 canvases. Lisa painted until the sun came up and, "while I was painting, all I felt was happiness." Lisa loves abstract art, Gullah art, urban art and enjoys painting animals. Her medium includes acrylics, oil and coptic markers. She recently opened her own gallery, Legacy, in Beaufort on Bay Street. lisariversgallery.com.

#### **LITTLE GIRL RUBY**

Lisa painted this image of Ruby Bridges, the first African-American child to desegregate the all-White William Frantz Elementary School in Louisiana during the New Orleans school desegregation crisis on November 14, 1960. Note the federal marshal accompanying Ruby to school.



MOMS PROTESTING





AN ACT OF KINDNESS

#### Cassandra Gillens

Cassandra remembers going on a Greyhound bus with her grandmother from Beaufort to Boston, where she lived as a youngster. At the station, she bought cotton to remind her of her beloved Lowcountry while in New England. She wants people "to see what used to be — memories of what was because things are moving so fast." As you can see from her art, Cassandra has a hard time painting people without a mask. "I have a whole collection of paintings that reflect the BLM movement and Covid-19." cassandragillensart.com





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#### Saundra Renee Smith

Raised on an isolated Sea Island, Saundra learned to be self-sufficient and courageous like the women around her. "I have memories of waking up early in the morning and watching my mother down at the water's edge picking oysters, so we had fresh oysters for breakfast. "For me it was idyllic." Saundra's activism is church-based, providing food to seniors and community members dealing with Covid. gullahartbyrenee.com

#### **MAROONED**

Saundra views her art as "transformational and spiritual." Here sits a woman on an isolated Sea Island. In the distance is her church, her bedrock. Difficult to see is the gold leaf on her skirt and headpiece symbolic of her value.

#### Bernice Tate

Bernice grew up on a farm in Sheldon and moved to White Plains. New York, after high school. A lifelong art lover, Bernice was reminded while viewing a Picasso one day of her mother's quilts, whose designs she so admired. She wondered what she could do with those patterns. A unique, artistic process ensued in which her husband digitized the quilt images from which Bernice creates her work - mainly collage and sculpture.



#### **DON'T SHOOT! (THE URGENCY OF NOW!)**

This 4-foot sculpture of a young black girl in a hoodie embodies her art and her beliefs. 
"My art is womanistic. It represents ALL women and young girls. I want to empower young women. I sense these young girls are afraid; they don't know what do, so you soothe them and that is part of the urgency of NOW." Bernice says we must talk to our children about what is going on today. "I would like for our (Black) kids to be able to pull off that hoodie and put their hands down."

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- Other details include fixtures from France 19th century,
- Amish barn beams and 18th century French buffets in
- I the custom baths. The deck is an entertainer's dream
- with heated pool and large seating area. It's a one ofa kind location that is a short walk to Harbour Town
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# Digging up the past

SEVERAL EXCITING FINDS HAVE BEEN DISCOVERED AT THE MITCHELVILLE FREEDOM PARK SITE.

BY LUANA M. GRAVES SELLARS













Historic Mitchelville Freedom Park is a multi-year project that is finally coming to fruition, thanks in large part to a former mayor, his wife and a focused board of directors. Read more about the park's master plan online at LocalLifeSC.com.

The Lowcountry is so rich in history and Mitchelville is a big part of a direct line of what should be a historic trail between Hilton Head and Charleston.

According to Ahmad Ward, executive director of Historic Mitchelville Freedom Park, "I have spent 21 years in cultural heritage tourism and believe that we will be an attraction for people who would not necessarily come to the Lowcountry. We will possibly be a significant (tourism) impact to our area, which has 500 years of history. What's great is that the Mitchelville project is poised to change how people view the island and its history."

At one time, over 3,000 people lived within Mitchelville, and the town went on for miles. As a fully functioning and self-governed town, it had all the elements that it needed to be successful.

One resident, March Gardner, was the largest landowner. He owned a cotton mill, a grist mill and store, 200 acres and rented 500 homes. Back then, as today, land ownership was a significant part of Mitchelville and the Gullah community. The personal value of historic Gullah land that has been held on to for generations is well known. Recent discoveries add to that value.

As a part of the current Master Planning process, the Historic Mitchelville Freedom Park non-profit has been surveying the park's 24 acres and mapping locations for potential building sites. Within the last few years, several exciting finds have been discovered throughout the park.

Katherine Seeber, a graduate student from Binghamton University's Department of Anthropology in New York, is leading the dig, which she calls "pretty exciting."



Historic Mitchelville Freedom Park

"Mitchelville is a very special place," Seeber said.
"The older trees on the property are important because it's where people gathered, cooked, made baskets and nets. The work that they are doing is based on context. Imagine doing something repetitive in the same place. The depths of items found represent various time periods based on how compacted they are."

"It's very cool to make an educated guess as to where Mitchelville ancestors lived and find hot spots where activities were done. Eventually, they will be able to have a map based on the surveys to see these hot spots."

Using magnetometry and ground-penetrating radar, researchers found a full brick hearth, as well as the outlines of what they believe to be the footprint of a home, a praise house, and several items of colonoware, ceramic items made only by enslaved people.

Items from the island have been compared to similar pieces found from Savannah to Charleston, and each of them has been identified as being unique to Hilton Head. The Gullah considered pottery a prized possession that was passed down for generations. As they moved around the island, which would have been a two- to three-hour walk, they took their ancestral belongings with them.



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### **Happy New Year!**

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"You can't take your ancestors with you, but you can take their items with you. It's a way to remind you of a place that you came from," Seeber said. "Some of the most powerful parts of what we have are items from our past. In the future, we might be able to track down the specific potter and where they lived."

This isn't the first time that archeological work has been done on the site. Therefore, the current dig has yielded a lot more results than expected. In one area, researchers uncovered several hundred ceramic vessels known to be produced by enslaved people during the 1600–1700s in South Carolina, North Carolina, Virginia and the Caribbean.

"Enslaved people came with the knowledge of how to produce ceramic. Finding the ceramics was unexpected," Seeber said. "We had thought that we would find other types of daily life, like nails, glass, bones or other types of cooking ware and scattered pieces."

So far, the Mitchelville dig has shown serious intention or effort as indicated when one object, in particular, was found. Researchers realized that that area was not only special, but also religious. The types of ceramics that have been found were used in

religious ceremonies and could have been bought or traded in the 1800s.

"We've pulled more than 400 pieces," Seeber said. "We have found more objects than we expected. It wasn't an accident to have found so many pieces within feet of each other."

Most of the items, including whole pots, were made from island clay. That was because the Gullah were isolated on the island.

"It was very common for the skilled Gullah within the community to make things that they needed," Seeber said. She mentioned one pot in particular that "was found like it was dropped and left. It wasn't a beautiful ceramic, but it was thick with designs."

Seeber expects to have the raw results processed by the spring and be able to see maps by May. The remainder of the project should be finished by November 2021 so that it can be added into Mitchelville's Master Plan.

"Mitchelville offers more meat to the story of South Carolina and what it added to American history," Seeber said.

"Once we open, people can pull into the trail and come into the Lowcountry. The timing is good for us. People are looking to connect to their lineage."



#### Local Art



Catfish by Mary Lester

# Local Poetry

### The Adverbial World of Match.com

Your profile says that you are quite.

It also states you can be very. Sometimes even very very.

In addition, I see that you are partly and slightly,

not to marting mostly though you did marting it nine time.

not to mention mostly, though you did mention it nine times.

Thanks for writing, but I'm looking

for someone who's extremely.

I also have a soft spot in my heart for highly,

but there I'll try to compromise.

One place, however, I will not bend.

You mention several times you never.

Forgive me, please, I'd like someone

who at least occasionally.

And frankly, even at my age,

I wouldn't mind a mate who often.

- Barry Dickson









# Navigating the Bum Plant

A HAUNTING VOYAGE ACROSS LOWGOUNTRY HISTORY

BY TOMMY BAYSDEN

Liz was taking Fran to a horse show in Aiken, and Yemassee was right on the way. They were hauling a borrowed one-horse trailer with a four-door pickup because the Captain's old Chevy was on its last legs, and there just wasn't money to spring for a new one. Aiken was a charming upcountry horse lover's paradise right on the Savannah River, which they would be paralleling the whole way. But to get there, they would have to traverse a stretch of road that Liz had only heard about. But she had heard plenty.

The Savannah River Site was built in the 1950s to refine materials for use in nuclear weapons. It covers almost 310 square miles and employs more than 10,000 people. Because it creates nuclear bombs, in the vernacular of the rural south it became known as "The Bum Plant."

To develop the massive site and its several giant plants, the Department of Energy had to purchase and destroy the incorporated South Carolina towns of Ellenton and Dunbarton, plus three smaller settlements. Ellenton, the largest, was moved 14 miles to the north. A hand-painted sign left on the original site says:

"It is hard to understand why our town must be destroyed to make a bomb that will destroy someone else's town who love it just as much as we love ours. But we feel that they picked not only the best spot in the U.S., but in the world. We love these "dear hearts and gentle people" who live in our hometown."

Given the enormous weapons build-up of the two superpowers and the expected consequence of Armageddon having been avoided so far, the town's epitaph has been proven: they gave their town so that civilization could survive.



#### The town was renamed New Ellenton.

South Carolina Highway 125 runs directly through the Savannah River site, and it might be one of the few roads anywhere that tells you not to slow down. The cardboard pass Liz and Fran were given at the gated entry on the Allendale side read:

DO NOT LEAVE MAIN ROAD NO SLOWING DOWN OR STOPPING ON ROAD DO NOT EXIT VEHICLE. NO PHOTOS.

They were slightly puzzled at first, but it was not hard to figure out. The pass had been stamped with the exact time of entry. A guard at the outgate could instantly determine whether they had gone faster or slower than the prescribed 50 mph, or if they had made any stops. As they traveled through the Bum Plant, they began to get the feeling they were living in a James Bond movie.

The first bridge they came to crossed a creek bed about a hundred feet wide, but there was no creek - the canal was completely dry but for a tiny rivulet standing in the middle that indicated something had once been there and would be again.







"Oh, the friends we know and love, We'll meet upon some other shore, For Ellenton — fair Ellenton Is gone forever more."

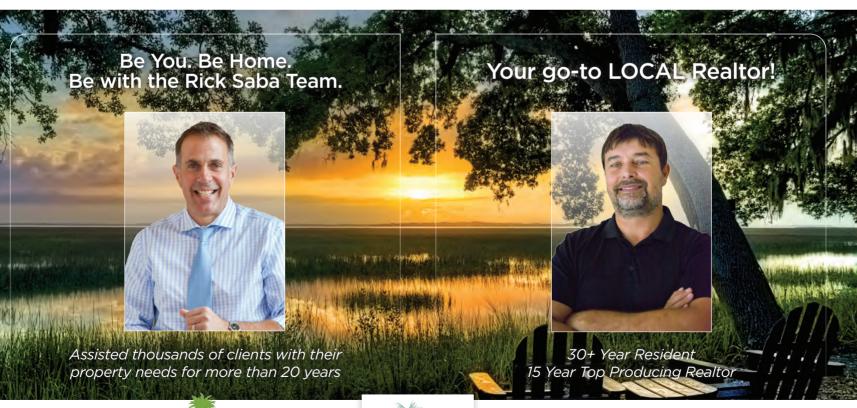
— FROM THE SONG "THE DEATH OF ELLENTON" BY JESSE JOHNSON & DIXIE SMITH

In a few miles, they crossed another such bridge, but flowing under this one was a torrent of water, bank to bank, and the water was boiling! Rolling bubbles were bursting on the surface under a cloud of thick steam. "My God," Liz said, "what on earth is going on there?" About a mile down a road that ran beside the canal, they glimpsed an enormous factory with huge chimneys, also belching steam.

"They're trying to hide something," Fran said, glorying in the obvious, but permissible in a 12-year-old.

A few miles down the road they crossed another canal. This one also held water, but it was covered in amazing vegetation: giant cattails ten inches in diameter, lily pads the size of trash can covers, bamboo thickets twice the normal size.

"I've heard about this," Liz said. "Dad says there are reports of 20-foot alligators living in this swamp, catfish of a hundred pounds, deer with 20-point racks – all bred from the radioactive effluent the plant puts out."











"This place was spooky enough already, without knowing that," Fran said. "And we haven't seen another car on this road. Can you imagine being a teenager coming home to hear not just that you were going to move, but that your whole town was being destroyed?! Gives me the creeps!"

Going out the other gate, the guard indeed calculated their speed, and they were waved through and on their way to Aiken.

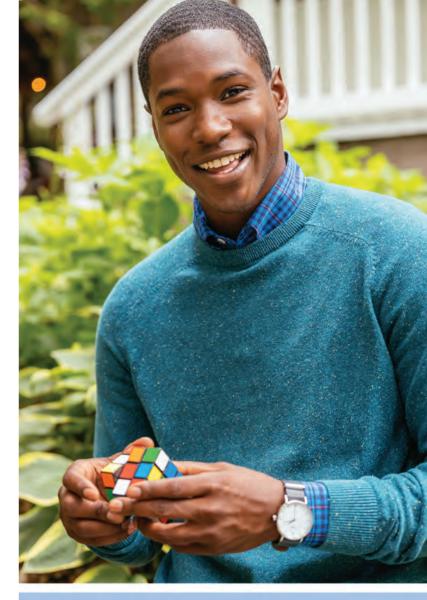
The little town itself was an unlikely sort of place. Founded in 1835, it was an oasis of hills and hardwoods amidst a very flat and unappealing surrounding terrain. It had won a rare battle against Sherman's invaders in 1865. After the war, it became a fashionable "sporting retreat" for wealthy northerners.

This began when Thomas Hitchcock, a New York industrialist, bought land and began inviting down his northern friends. They were all avid equestrians, and soon Aiken had a reputation as one of the South's horse capitals. And soon after, it was one of the leading polo venues on the east coast. Pete Bostwick, known for years as the best player in the world, built an enormous home there, thus establishing little Aiken as an equestrian magnet for the well-to-do.

After the horse show (Fran failed to post, but she would do so many times in the years to come), Liz had reserved a table and guest room at the Wilcox Inn, a beautiful and historic hostelry managed with European flair by a Swedish chef named Nils Jorganson. The next morning, when the truck was packed and the horse and trailer collected from the boarding stable, Fran said to Liz, "Mom, can we go home a different way?" Memories of the Bum Plant would stay with her a good, long while. LL



THE SAVANNAH RIVER SITE is a nuclear reservation located on land in Aiken, Allendale, and Barnwell counties adjacent to the Savannah River, 25 miles southeast of Augusta, Ga. The site was built during the 1950s to refine nuclear materials for deployment in nuclear weapons. Currently none of the reactors on-site are operating, although two of the reactor buildings are being used to consolidate and store nuclear materials.





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#### Gountdown celebration

The Moss Creek community welcomed the new year a little differently this year. With Covid-19 restrictions and safety guidelines in place, chef Lenny Giarratano and his team whipped up an amazing prix fixe menu, accompanied by a wine pairing offering. Reservations were made to allow a safe and comfortable setting for 72 members to dine in a festive New Year's Eve celebration.









#### A Class Act

(Photos by John McManus)

Hilton Head Christian Academy unveiled its new state-ofthe-art campus in Bluffton. Several local contractors were used to complete the ambitious project, including architect Court Atkins Group and contractor Choate Construction. See more at hhca.org.







#### New Park

A bird blind is one of the many cool features of the new Widgeon Point Preserve passive park, located just south of the Broad River Bridge. Pictured are Alice Howard, Kristin Williams, Caylor Romines, Stefanie Nagid and Brian Flewelling. Learn more at beaufortcountysc.gov.



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That's why, when they were looking for the most straightforward and flexible way to support children's and environmental organizations, they chose to establish a donor advised fund with Community Foundation of the Lowcountry.

In addition to the simplicity of setting up the fund and recommending grants, "we wanted to work with an organization that is connected and familiar with the

local community," Cheryl says.
"And we know a donor advised fund will still be here when we're not,"
Roger adds. That means future generations can carry on their family's tradition of philanthropy.

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- Roger and Cheryl Comes



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# 



Heaven and Earth by Patricia Sabree

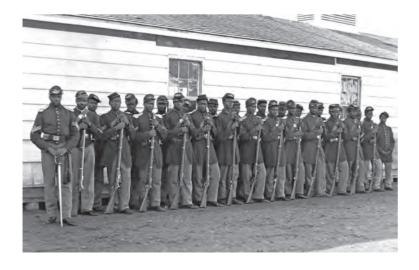




### 25th Annual Gullah Celebration

The Hilton Head Island Gullah Celebration celebrates all things Gullah — art, food, music and people. This year's events feature the Arts Ob We People — Art Exhibition and Sale, A Taste of Gullah, Soul Food and Friends — Cooking Series, Ol' Fashioned Gullah Breakfast and Freedom Day. Events are scheduled to take place throughout February. Tickets and more information can be found at gullahcelebration.com.





# Freedom Day: Exploring the Families of Historic Mitchelville

In partnership with Lowcountry Gullah, Mitchelville Freedom Park will premier "Freedom Day: Exploring the Families of Historic Mitchelville." This documentary will showcase the journey to freedom through the stories and conversations of the descendants of the way makers in Mitchelville. In addition to meeting families that have called Hilton Head Island home for over 200 years, you'll find out how Harriet Tubman and Clara Barton of The American Red Cross contributed to the success of historic Mitchelville. The documentary will premier at noon February 1, available online at exploremitchelville.org.

# Plays & Performances



#### Noises Off

A play-within-a-play about an ambitious director and his troupe of mediocre actors, this Tony Award-winner takes a hilarious look at the follies of theater folk, whose susceptibility to out-of-control egos, memory loss, and passionate affairs turn every performance into a high-risk adventure of pure hilarity. Noises Off captures a touring troupe's production of Nothing On in three stages: dress rehearsal, the opening performance, and a performance towards the end of a debilitating run.

> When: February 2-28 Where: Arts Center Details: artshhi.com



# Rodney Carrington Live

**Arts Center:** 

March 26:

Terminus Modern

Ballet Theatre

April 21-May23:

Kinky Boots,

musical

**Tickets:** 

artshhi.com

Stand-up comedian, actor and country music artist Rodney Carrington will perform.

When: February 20 Where: Savannah Civic Center Details: artshhi.com

# Enlightening Talks



#### Lunch with **Kimmery Martin**

The USCB Center for the Arts is hosting author Kimmery Martin on Feb. 18 as part of its Lunch with Authors series.

Learn more at uscbcenterforthearts.com





Hilton Head Island's first gated community is home to some of the area's finest shopping, dining, and activities. Spend your day exploring some of the wide variety of shops from men, women's, and kids' clothing, book store, toys, liquor store, gifts, and specialty items. Dine at one of the vast array of restaurants Rent a bike, play some golf or a game of tennis or pickleball. Enjoy a cold beverage overlooking the water. It's all at Sea Pines.

# Art Showings











#### Treasures of our Coastal State

The Coastal Discovery Museum's newest exhibition is a juried and curated exhibit by the members of the South Carolina chapter of the National Association of Women Artists. See it at the museum until Feb. 28



### Calling All Artists

Artists of the Lowcountry are invited and encouraged to enter the Society of Bluffton Artists' 27th Annual Judged Show, where first-, second-, and third-place cash awards will be presented to each category. The opening reception and awards ceremony will be from 5-7 p.m. March 3

> When: March 3rd-April 5 Where: SOBA Gallery Details: sobagallery.com



#### Virtual Events





#### Mountainfilm on Tour

This is the third year in a row that the Island Academy of Hilton Head is bringing Mountainfilm on Tour to the community. This documentary provides a selection of culturally rich, adventure-packed, and inspiring films curated from the Telluride Mountainfilm Festival that's held in Colorado every year. This event will be held virtually, running Feb. 11-14. Purchase tickets at mountainfilm.org.

#### HHSO Orchestra Series: Live Stream



Faced with venue and gathering restrictions due to the ongoing pandemic, the Hilton Head Symphony Orchestra will present its February Orchestra Series program as a live-stream from its SoundWaves at Coligny studio. To better ensure the safety of the performers during rehearsals and performances, the concert repertoire has been changed to use a smaller number of players.

#### **Upcoming HHSO performances:**

Feb. 8: Orchestra Series Concert 6: The Birth of Swing Feb. 22: Orchestra Series Concert 7: Haydn-fest!

## Live Performances



Ruby Lee's South

Feb. 3, 10, 11, 17, 18, 24, 25: Target The Band Feb. 5, 6, 12, 13 19, 20, 26, 27: Fresh Vibe Details: rubyleessouth.com



Julie Vos · Ella Stein · Caspari · Le Cadeaux John Medeiros · Crislu · Meghan Browne



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## Live Performances



#### The Jazz Corner

Feb. 5, 6: Joe Gransden and Kenny Banks Feb. 7, 14, 21, 28: Deas Guys Feb. 8, 12, 13, 15, 22: The Martin Lesch Band Feb. 9, 16, 23: Fat Tuesdays Feb. 10, 24: Bobby Ryder

Feb. 11, 18, 25: Lavon Stevens, featuring Louise Spencer Feb. 17: Quiana Parler with The Lavon Stevens Trio Feb. 26, 27: The Jeremy Wolf Group

Tickets: thejazzcorner.com





Roasting Room

Feb. 12: Something from Nothing Feb. 13: Seth Walker

Feb. 26: Stop Light Observations Tickets: roastingroomlounge.com



#### Rooftop Bar at Poseidon

Feb. 3, 10, 17: Coastal Country Night Feb. 4, 11: Dueling Pianos Show Feb. 6, 13: DJ Dance Party Feb. 7: Super Bowl Sunday at The Rooftop Bar Feb. 12: OCD Rocks The Rooftop

Tickets: therooftophhi.com

Janet Porter, PhD **Board Chair** 

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## Fashionable & Fundraising





#### Antiques Appraisal & Silent Auction

Kiwanis Club of Bluffton's annual fundraiser with authorized and registered appraisers and an online silent auction will benefit and support local children and various service projects that Kiwanis does in the local community. The appraisers will be on-site to determine the value of your heirlooms, jewelry and antiques. There is a \$10 fee per item appraised, or \$25 for every three items.

> When: Jan. 20-Feb. 21 (Auction), Feb. 20, 10 a.m-4p.m (Appraisal) Where: Online & Seaquins Ballroom, Bluffton Details: https://blufftonkiwanis.org/Page/48302



#### Jude Frances Trunk Show

View the new spring collection and pieces that will take you from day into evening. Jude Frances jewelry offers something for women of all ages, combining classic elegance with on trend shapes and styles. A complimentary gift will come with each purchase.

> When: February 11-12, 10 a.m.- 5 p.m. Where: Forsythe Jewelers **Details:** forsythejewelers.biz.

#### HILTON HEAD CHRISTIAN ACADEMY

# Now calling Bluffton



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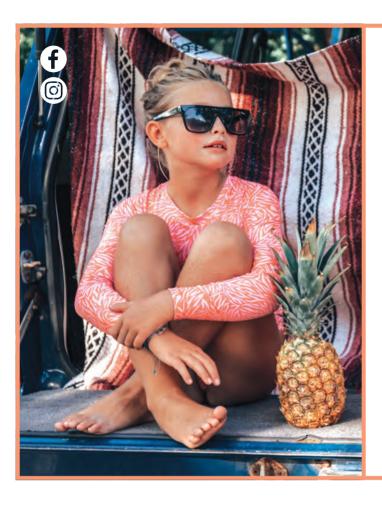


Still accepting applications for the 2021-2022 school year. Visit hhca.org to apply. Classes are filling quickly!

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#### Save the Dates

#### BravoPiano! Festival

The 2021 BravoPiano! festival, produced by the Hilton Head International Piano Competition, has been moved to June 4-12. Attendees will celebrate the music of the Americas with performances of solo piano, piano with small ensembles, and piano with orchestra. BravoPiano! will take place at various venues in the Hilton Head and Bluffton area.

Tickets go on sale April 5 online at hhipc.org.



#### Hilton Head Island Seafood Festival

The Hilton Head Island Seafood Festival (Feb. 21-27, 2022) is a weeklong culinary and cultural tourism event where top chefs, mixologists, sommeliers, local seafood, artisans, live music and wildlife come together.

Learn more at hiltonheadseafoodfestival.com

# The 2021 Rankings are In!

It is hard to move up when you are already at the top! Hilton Head Preparatory School



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Rating: (N) NICHE

# Informative Events



#### Heritage Library Happenings

Feb. 2: Beginning Genealogy

Feb. 8: Family Tree Maker Part IV: Creating a Final Project Feb. 9: Point of No Return - The Yemassee War of 1715 Feb. 18: The Reconstruction Era on Hilton Head Island

Feb. 24: Colonial Hilton Head

**Details:** heritagelib.org



#### More online

Scan this QR code to find more details on these and other events happening this month around the Lowcountry.

### WACHH Evening Speaker Series



Dr. Colin Moseley

The World Affairs Council of Hilton Head is continuing its virtual Evening Speaker Series. The events will be held via Zoom, and tickets are \$10. Learn more at wachh.org.

March 9: "An Olympic Odyssey: An Insider's Perspective of Olympic History" will be presented by Dr. William James Mallon, an American orthopedic surgeon, former professional golfer, and leading authority on the history of the Olympic Games.

Feb. 9: "Delivering Healthcare" will be presented by Dr. Colin Moseley, a pediatric orthopedic surgeon and a dual citizen of the U.S. and Canada.

# WACHH Friday Speaker Series

#### Coming up ...

On Feb. 5, the World Affairs Council of Hilton Head will host **Steven Olikara** and his presentation of "How the Rise of Millennials and Gen Z will shape American Foreign Policy." Olikara is the founder and president of Millennial Action Project. This event will take place via Zoom. Learn more at wachh.org.



# Informative Events



#### Lowcountry Camellias

Camellias are fascinating plants with a rich history. Although not native to America, they have been part of the South since the 1700s and have been cultivated for their beauty in many Lowcountry gardens. The Coastal Discovery Museum has a camellia garden with over 130 plant and flower varieties. Garden manager Wendy Dickes will discuss the history, diversity, and significance of camellias, as well as the necessary knowledge to grow and care for camellias in the Lowcountry.

#### **COASTAL DISCOVERY MUSEUM EVENTS**

Feb. 1: Southeast Coastal Birds
Feb. 3: For the Perils and Fortunes of the Sea: The Final Voyage of the
French Corsair Le Prince

Feb. 8: The Nutritional Value of Native versus Non-native Berries for Migrating Birds
Feb. 10: Life Cycles Associated with the Salt Marsh

Feb. 17: Daily Life and Extraordinary Ceremony at the Sea Pines Shell Ring Feb. 24: Lowcountry Camellias CAT U SEE WE AIN'T KITTEN!

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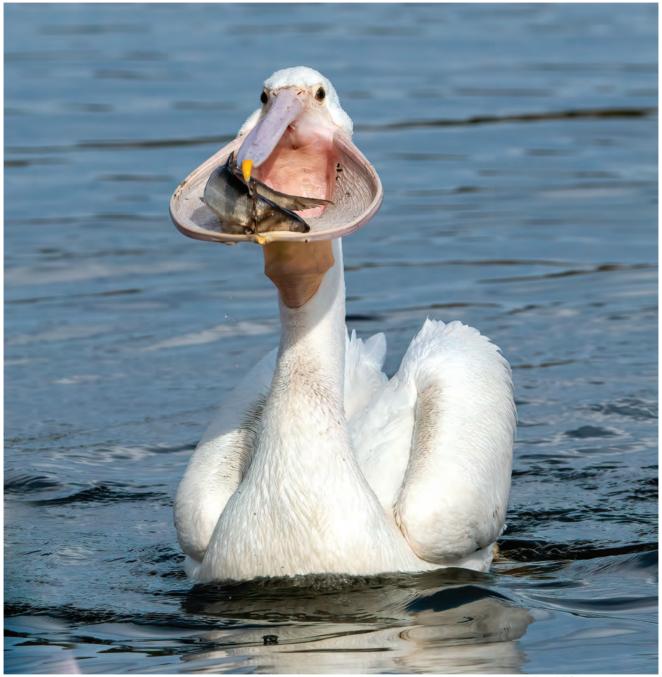
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# Fill the bill



Donnelly Wildlife Management Area

"I stepped down in a hole by a rice trunk and set the camera on the top rail. I had to lie down, so I was almost eye-level with them. I could not believe how close they came to me. It was a magical moment." - SOPHIA SCHADE, BLUFFTON





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