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Jan 2022

local life

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the team

IF YOU COULD HAVE ONE DREAM COME TRUE, WHAT WOULD IT BE?

"To win the lottery, of course! Guess I should start playing." - LORI



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"To own a fully restored Mustang from the 1960s." - LANCE



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"To grow some wings and fly." - JEREMY



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"Airstream that doubles as a time machine." - CHARLES



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"Visiting all my bucket-list travel locations." - ASHLAN



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"To open an animal sanctuary." - BAILEY



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"I was born a dreamer ... how much time do we have?" - MELISSA



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"I have been thinking of three genie wishes for my whole life." - REBECCA



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"For people to stop telling me that they hate getting their picture taken." - LISA



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"Book a six-month Viking World Cruise." - BRUCE



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"To attend Wimbledon for two weeks." - LEAH



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Jan features



The Dream Issue

Dreams can be a horrible burden to carry around until they come true. And in that sweet moment, nothing else matters. It's a moment of pure karmic perfection that will only ever happen to those who dare to dream it. In this issue we examine all aspects of dreams and celebrate those who dared to dream and lived that moment when the universe rewarded them with a dream come true.

© RUBY SCHMANK

SLEEP LIKE A DOG If you're waking up dog-tired in the morning, reinvest in your rest by mixing and matching the nine helpful sleep aids on page 114. While many prescription sleep medications have been reported to cause bad dreams or even nightmares, these remedies can help you fall asleep faster and wake up energized, ready to run with the big dogs.

38
Dreams come true
Meet three locals who dared to dream and made it happen

66
Dream tech
Trick up your room and set the scene for perfect slumber

68
Pillow talk
Choose the right size and number of pillows for your bed

104
Chase your dreams
Seven habits of dreamers who also are doers

108
DIY dreamcatcher
A step-by-step guide for making your own sleep charm

110
Lucid dreaming 101
How to tell when you are moving in the dream landscape

112
Bad dreams decoded
Five most common nightmares and what they might mean

120
Dream cuisine
Local chefs and restaurants share dreamy recipes

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Jan contents

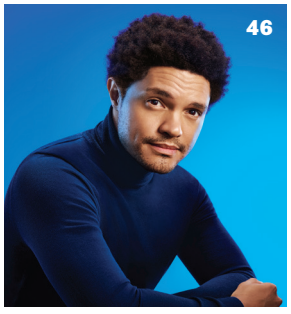
18
Publisher
All great things start with a dream. The dream becomes a vision, the vision transforms into a plan, then the plan becomes a reality. Yes, dreams do come true but only for those who truly want them.

20
Contributors
Meet the locals behind this issue

22
Links
Special content you can find online at locallifesc.com

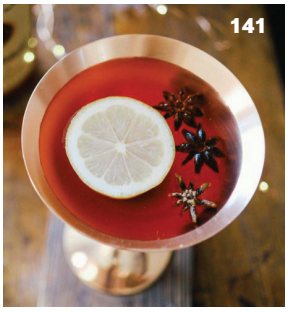


58
The rebirth of color
Think the modern look is all crisp whites and natural textures? Think again.











24
Blend
Five reasons to look on the bright side of 2022

46
Celebrity
Trevor Noah is taking his comedy show on the road

50
Wellness
Health care pros offer good advice for the year ahead

62
Living
Bedroom inspiration from a home decor specialist

82
Outdoors
Prepare your garden for the cold days ahead

94
History
"Living the dream" throughout HHI's history

96
Style
Kick off the new year in style with trendy combinations

102
Shopping
Blissful bedroom decor from local shops and boutiques

116
Eats
Use more of the pigmented spice with everything nice

141
Libations
Sip on a Stardust Sipper as you're wishing upon a star

142
Destinations
The Windy City is a great winter escape

154
Culture
Getting technical with the multi-talented Carlton Pitts

158
Scene
Photos of parties and events happening around town

162
Happenings
The top performances and events planned for January

168
Parting shot
A dreamy image from Mount Pleasant's Reid McCall

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Dare to dream

If you believe it, you can achieve it.



©LISA STAFF

TEA-HEE! LOCAL Life publisher Lori Goodridge-Cribb is shown in her favorite work-from-home attire. For Zoom calls she replaces the robe with a bright-colored blouse and comfy pants. After dark the tea is replaced with a glass of wine.

How does a woody, sparsely populated barrier island off the South Carolina coast become a world-famous resort in less than 60 years? For Hilton Head Island, it can be traced back to a genius real estate developer with a big dream. All great things start with a dream. The dream becomes a vision, the vision transforms into a plan, then the plan becomes a reality. Yes, dreams do come true but only for those who truly want them. So what are you dreaming about in 2022?

I'm lucky to dream almost every night. I dream in color, and sometimes I can even smell in them. I'm a firm believer in the "better sleep on it" theory. LOCAL Life had a dream come true when we got the results of our reader survey (see the entire survey, with verbatims, on our website). It was a Sally Field moment for our team — to know our readers not only keep LOCAL Life on their coffee tables, but they also are very likely to purchase local products and frequent local businesses featured in our pages and online. Our goal is to serve our readers and local small businesses and we are thrilled to realize that dream, and we will keep striving to be even better!

Let our "Dream Issue" be your guide in making your dream come true too. Whether it's building your dream home, finding your dream job or realizing a goal (like making the school's cheerleading squad), you'll be inspired by local residents who have put in the hard work and found the determination needed to make their dreams come true.

Set the scene for perfect slumber with tech tips to trick up your bedroom. Learn the right pillow-size combinations to use for your beds. Transform your home into a dream home with the right furniture. Discover the history behind the common local phrase, "Living the Dream." Feeling crafty? Create your own beautiful dream catcher with our step-by-step guide.

You'll find all of that and more inside this dreamy January issue of LOCAL Life. We hope it inspires you to realize your dreams in this exciting and promising new year. Happy 2022!

"I like the dreams of the future better than the history of the past."

- THOMAS JEFFERSON

THE READERS HAVE SPOKEN

Scan this QR code to find results from LOCAL Life's 2021 Reader Survey. Browse interesting graphics or watch a video presentation of the results from the Circulation Verification Council.

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

Sleep essentials

Take a warm bath, set the alarm and lower the lights. Here are three other essentials to consider for your bedtime routine:

WHAT TO WEAR

Softies robe

This oh-so-soft robe is one of "Oprah's Favorite Things" and has become one of mine as well. Once you put it on, you won't want to take it off.





WHAT TO DRINK

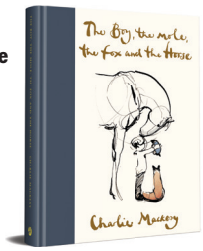
Yogi herbal tea

There are few things as soothing as a hot cup of tea, especially before bed. My favorite varieties are Bedtime, Stress Relief and Relaxed Mind.

WHAT TO READ

The Boy, the Mole, the Fox and the Horse

Meredith at Gifted turned me on to this heartfelt graphic novel filled with relatable characters. It's the perfect book for your nightstand.





BY DESIGN Have you seen the LOCAL Life Jeep around town? This month, we rolled up next to ***Kelly Caron*** of Kelly Caron Interior Design. Check out her impressive portfolio at kellycarondesigns.com.

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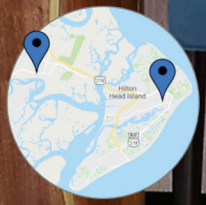

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contributors

MEET LOCAL CREATIVES BEHIND THE SCENES

Jay Wooster *Photographer*



OTHER CREDS: Doctorate in dentistry; general dental practice in Okatie **FOR THIS ISSUE:** Downy woodpecker images **HOMETOWN:** Long Island, New York **CURRENT HOME:** Beaufort **LOCAL SINCE:** 1996 **HOBBIES:** Photography and fishing **WHAT IS SOMETHING ABOUT YOU MOST PEOPLE DON'T KNOW?:** Most people whom I meet while photographing think that I do this for a living. I always have to tell them this is just a hobby, and I have a full-time job. **IF YOU COULD HAVE ONE DREAM COME TRUE, WHAT WOULD IT BE?** For Covid-19 to be eradicated! **GOAL FOR 2022:** Continue to stay healthy, workout and travel more. **WHAT ARE YOU LOOKING FORWARD TO IN THE NEW YEAR?** Traveling more in an RV and expanding my photographic horizons. **WHAT DO YOU LOVE MOST ABOUT JANUARY?:** The birds begin nesting in early winter, and the mating rituals and displays are amazing to witness. Also, it is at this time that many birds are in their peak breeding colors.



FUN FACTS

- *His daughter, Stephanie, is a CRNA at Johns Hopkins Hospital in Baltimore. His son, Mathew, is a vascular surgeon at MUSC in Charleston.*
- *Posts amazing **local bird images** on social media. Follow him on Facebook and Instagram.*



Bernard Snyder *Author/poet*

OTHER CREDS: I've written five books and am currently working on a screenplay for a suspense thriller titled "One Hand Washes the Other." **FOR THIS ISSUE:** Wrote the poem, "I Too Had A Dream ..." **HOMETOWN:** I was born in Savannah, but raised on Hilton Head Island since the age of 5 by my aunt and uncle, the late Maggie and John Holmes Jr. **HOBBIES:** My favorite hobby used to be basketball, but as I grew older, it changed to writing. **WHAT IS SOMETHING ABOUT YOU MOST PEOPLE DON'T KNOW?:** I am a loner. **IF YOU COULD HAVE ONE DREAM COME TRUE, WHAT WOULD IT BE?** To have a conversation with my mother, Florence, who was killed in Savannah when I was only five years old. **DO YOU HAVE ANY RECURRING DREAMS?** All of my dreams are different. They range from winning the lottery to finally getting married one day. **GOAL FOR 2022:** To have my screenplay and my sixth book both completed. **WHAT DO YOU LOVE MOST ABOUT JANUARY?:** It is the time of year I set my goals and look forward to new beginnings.

FUN FACTS

- *Played basketball against the **Harlem Globetrotters** twice — once in the '80s in Savannah and later in the '90s on Hilton Head. The Globetrotters won both games.*
- *Chili was voted "People's Favorite" in the 2012 Kiwanis Chili Cookoff at Honey Horn.*



Others who helped make this dream come true ...

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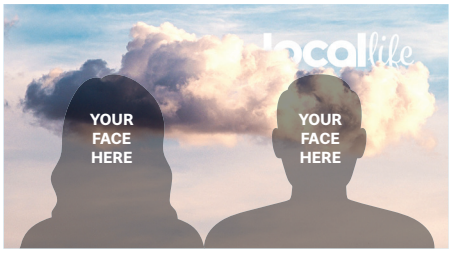



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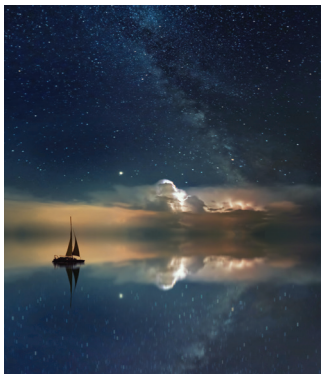
The Buzz *LOCAL Life's latest must-reads*
The Nest *Home trends and tips*

About the Cover

The dreamy masterpiece on the cover was created by landscape photographer and graphic artist, ***Johannes Plenio****, using a low-light camera and stellar post-production skills. "I'm a passionate landscape photographer, and I like to use different creative techniques to achieve the result, which I dream up in my imagination," Plenio said. "I love to paint with light. Everything was created by God. I want to capture God's wonderful creation!" Find Plenio's complete collection of stunning landscape and nature photos online at j.plenio.de. Follow him on Instagram and Twitter (@jplenio).*



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The beach is easier to reach

ISLANDERS BEACH PARK TERRACE

Mid-island, nestled within a wall of oak trees is "someplace only we know." Islanders Beach Park is a hidden gem of Hilton Head Island, offering beach access to those with beach parking permits, along with some limited metered parking. It has gained a reputation for being a locals' beach, and the town of Hilton Head wants to make sure that anyone and everyone who wants to can enjoy and appreciate the space. In response to a resident who approached the council about making the park more accessible, there is a plan to build a terrace (a little smaller than the example shown in the photo) that will provide an accessible way for people to see the ocean without having to navigate through the sand. In addition to the mobimat path that creates a walkway from the boardwalk to the water's edge, this new terrace will create a patio area where people can watch the sunrise with ease.

Coming soon

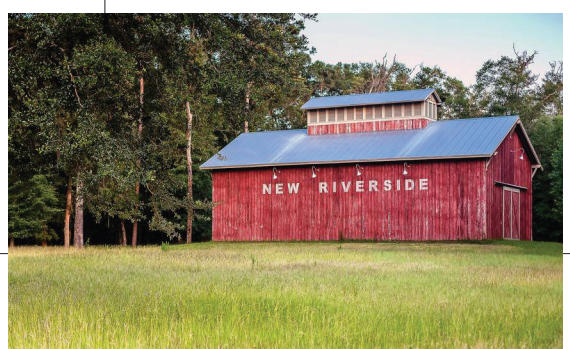
FIVE REASONS TO LOOK ON THE BRIGHT SIDE OF 2022

Another year, another 365 days of exciting updates to the Lowcountry's landscape. The new year will bring in a number of additions to public spaces across the region. Ranging from new public parks to updates to the most loved spots in town, 2022 promises to keep Hilton Head, Bluffton and Beaufort looking their best as town managers and parks and recreation teams from each town work tirelessly to improve the quality of life for the communities they serve. Keep your eyes peeled as you drive through downtown Beaufort or find an accessible hideaway at Islander's Beach Park for improvements that are sure to make you fall in love with this area once again. Whatever part of the Lowcountry you call home, this upcoming year is brimming with optimism for the future of these communities and how wonderful life can be living here.

History gets a facelift

NEW RIVERSIDE BARN PARK

Set to feature a new playground, multi-purpose trails, restrooms and events spaces, the New Riverside Barn Park in Bluffton is building off the bones of the area to create a new public space for people of all ages to enjoy. The new park will be centered around an existing barn, which was originally constructed as an advertising billboard. Rather than tear it down, the Town of Bluffton is using it as a site of inspiration to ground a vision of an expansive social space and passive park. "With 37 acres in the fastest growing area of Bluffton, the Riverside Barn Park will be the town's largest park and offers the community a multi-purpose venue for large-scale festivals as well as intimate events such as weddings," said Bluffton Town Manager Stephen Steese. Plans for the project include outdoor gardens, increased porch spaces, a catering kitchen and an outdoor kitchen designed for barbecues and oyster roasts.





Less traffic, need I say more?

PARALLEL ROAD

If you have ever been to Beaufort, you've likely driven down Boundary Street and taken the picturesque corner onto Carteret Street, called Bellamy Curve. The road dissects the town of Beaufort and functions as the backbone of its social and cultural life, given the many stores, restaurants and businesses that line it. As more and more people have been flocking to the area for love of its community, nature and lifestyle, traffic in the area has increased as well. To alleviate the buildup of vehicles and to keep traffic flowing smoothly, the Town of Beaufort is planning to build a road which will run parallel to Boundary Street. They will be hosting a kick-off meeting with Mead and Hunt, the company that will be surveying the area in early 2022.



There'll be no raining on our parades

POINT STUDY PROJECT

Life never goes as we plan it. Luckily, when things go awry, the City of Beaufort is always ready to plan something new to set things back on track. Given its namesake as the Lowcountry, coastal communities in the area have an elevation quite close to sea level. When a storm comes through and it rains for days on end, the historical down-town area of Beaufort occasionally floods. Enter The Point Study Project, an initiative to update the city's infrastruc-ture and to mitigate the chance of flooding in the event of a major downpour. Engineers from Davis and Floyd have been hard at work installing monitoring systems across the area, so the infrastructure updates in 2022 can be as accurate as possible. Rain or shine in 2022, every day will be a great day to walk the streets of historic Beaufort, thanks to the updates provided by this upcoming project. The City hopes to present preliminary design proposals to the Beaufort City Council and hold holding public meetings to share them with the community.



All roads lead to home

DEPOT ROAD AND SPANISH MOSS TRAIL UPDATES

Something about the Spanish moss draped on the oaks makes the coastal South feel like home. It is hard to say one has seen all the beauty of the Lowcountry without having taken a stroll down the Spanish Moss Trail in Beaufort. The 10-mile-long greenway boasts unparalleled views of the region while giving visitors a paved space to bike, run, fish or walk through the marshes and forests that make the region so beautiful. In 2022 Beaufort County will be working with the Friends of Spanish Moss Trail in order to create streetscaping on Depot Road. This work will extend the trail and strengthen its connection to the downtown area. By working with this community-based nonprofit, Beaufort County is investing in ways to connect residents and visitors to the phenomenal work being done by locals in the area.

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hot tech

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Clear the air

AROMINI BT

Ever hear someone tell you about the importance of essential oils and you completely zoned them out? Well, don't zone out of this pitch: The AroMini BT fragrance diffuser is designed to easily diffuse essential oils into the air, and it turns out that some of these oils, like lavender, play a huge role in sleep quality. Prepare to return to the counter-culture of the '70s and enjoy inhaling some legal products in the comfort of your own home. *$227. aromatechscent.com*





An alternate universe

GALAXY PROJECTOR 2.0

If you are bored of staring at your ceiling and counting sheep to fall asleep, why not try the Galaxy Projector 2.0 so you can start staring at a galaxy-filled ceiling instead? With its companion smart app, users have the freedom to choose between custom themes, brightness, changes in color options and more. *$179. galaxylamps.co*



Cover your eyes

ILLUMY SMART SLEEP MASK

Typical sleep masks are faux pas in the Lowcountry, but Illumy's Smart Sleep Mask is a step above the others. With its sleek and lightweight design, the mask prompts your body's own natural responses to key light cues for the highest quality sleep possible. These very cues are what astronauts rely on for quality rest during their trips to the space station. Coupled with the mask's built-in alarm and companion, you can choose the perfect sunrise and sunset to awake to and fall asleep to. *$100. soundoasis.com*



Follow your dreams

FITBIT SENSE

Not all sleep is created equal, and one of the Fitbit Sense's many features is one capable of judging your sleep quality as well as measuring the time you spend in each stage of sleep, from light to REM. Furthermore, for those husbands who don't believe their wives' constant claims that they snore, now is the time to officially set the record straight with the Fitbit Sense's Snore & Noise Detect. *$300. fitbit.com*



Not too hot, not too cold

BEDJET 3 DUAL ZONE

Finding the perfect sleeping temperature is not only subjective but virtually unachievable, or so we thought. Bedjet and its NASA founder grappled with this very issue and came up with a product that can quietly and conveniently heat or cool your bed to your own personal desires. The BedJet 3 Dual Zone also caters to customers in relationships where each wants different things. While one side of the bed can be toasty, the other can be chilly. *$1,269. bedjet.com*



The boomin' twins

TWO ROOM SET WITH SONOS ONE

Found locally at Custom Audio Video in Bluffton, these twin speakers are the perfect way to be lulled to sleep every night. Whether you are keen on falling to asleep to the sound of a crispy fireplace or the sound of storm clouds on a rainy night, your two new Sonos Ones are capable of emulating all. *$379. custom-audio-video.com*



Light up your life

LIGHT OF LIFE LAMP

Did you know that the quality of one's bedside table light is contemporarily considered a window into their soul? Okay, that is not true, but it is fair to say that most people appreciate a nice table light when they see one. With Articture's Light of Life Lamp, you not only gain the luxury of a uniquely designed lamp but one with a wireless charging pad as well as a Bluetooth speaker, seamlessly integrated into its design. *$219. articture.com*



Doze off in 4K

LG CINEBEAM PROJECTOR

Why settle for just the sound of a cozy fireplace or rain outside your windowsill, when you can slowly doze off to it in 4K? In America anything is possible, and the opportunity to reap both the visual and audio benefits of a crackling fireplace without the excessive heat is why American innovation remains top tier. *$1,799.99. lg.com*







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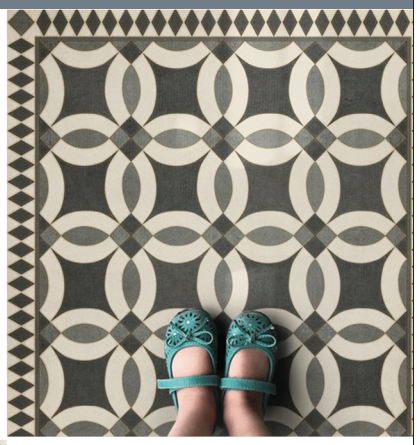

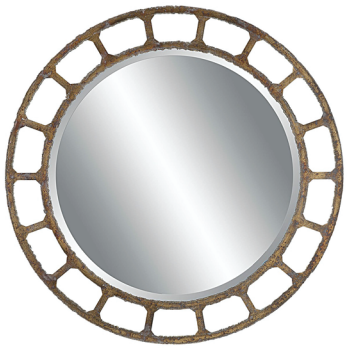

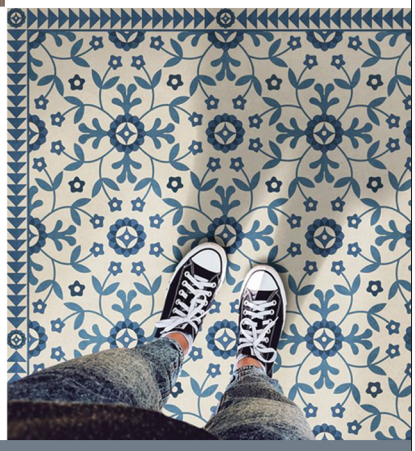

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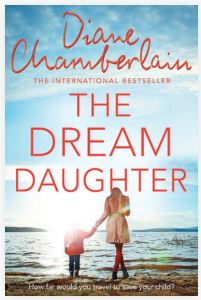
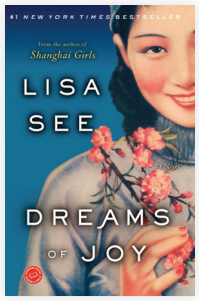


THE DREAM DAUGHTER
BY DIANE CHAMBERLAIN

Carly Sears had just lost her husband in the Vietnam War when she realized she was pregnant. Having a part of her husband was such a gift, until she found out her baby girl had a heart defect that, in 1970, she would not survive. Her brother-in-law offers her a chance to travel into the future where medical technology can possibly fix her daughter's heart. She is forced to consider the impossible and take a leap of faith for the sake of her child but at the risk of altering the future.

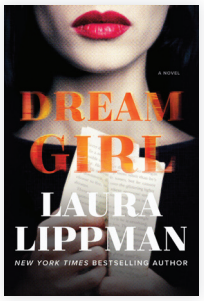


DREAMS OF JOY BY LISA SEE

A follow-up novel to the acclaimed Shanghai Girls, the story continues for sisters Pearl and May in the United States. Pearl's daughter, May, is now 19. Strong-willed and idealistic, she returns to Shanghai to find her birth father and embrace the New Society of Red China of 1957. As the country enters one of its most tragic times in China's history, Pearl will do whatever it takes to save her daughter. Beautifully written historical fiction, the author takes you from remote, countryside villages to progressive Shanghai on the Huangpu River.

DREAM GIRL BY LAURA LIPPMAN

Novelist Gerry Anderson is recovering from a fall in his lavish Baltimore penthouse. His big success came from his fictional novel "Dream Girl" about a girl named Aubrey. As he spends his days bed bound and on pain meds, he starts to receive phone calls from a woman who claims to be the real-life Aubrey, or at least the person he based the character on. Is someone messing with him, or is he imagining the calls? When his ex ends up dead in his apartment, the harassment takes on a sinister, psychological nightmare.



DREAMS OF FALLING BY KAREN WHITE

Larkin must leave New York to return to her hometown of Georgetown, South Carolina, after her mom has a bad fall at the burned-out wreckage of her family's ancestral rice plantation. As her mother lays unconscious in the hospital, Larkin searches for answers why her mother was there and uncovers secrets that her parents and best friends kept for 50 years. A great Southern lit story of buried family history, strong friendships, an uncovered mystery and, of course, romance.





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Adopt this Pet:

Creed

GOT SOMETHING YOU NEED: HIS NAME IS CREED.

This handsome 7-month-old terrier mix looks like a big boy, but he is actually only 20 pounds and will probably only grow to be about 30 pounds. He is a happy-go-lucky boy, knows how to "sit" and "stay," is learning new tricks daily and loves to cuddle! In other words, Creed is a perfect family dog. Any dog lover would be lucky to add this good boy to their family.

MORE ABOUT CREED

Colors: Brindle (dark brown)
Age: 7 months
Likes: Learning new tricks and cuddling. "Not to brag, but I already know how to sit and stay — those were easy! I learn new tricks daily and love showing them off. I love nothing more than pleasing people, and all I ask in return is plenty of cuddling." ***- Creed***
Dislikes: Not having someone to cuddle with every day. "I love people so much, and I hate not being able to cuddle. I can't wait until I find a family to cuddle with me all the time!" ***- Creed***
Adopt him: Due to Covid, 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



It's a new year and a new reason to be smarter. Get started with this Mensa Quiz!

1. Five words starting with Ja or Jan are defined in the list below. Can you fill in all five?
1) A ringing sound _____ 2) A mercenary _____ 3) A piece of clothing _____ 4) Sprightly _____ 5) To chatter _____

2. What two words, formed from different arrangements of the same six letters, can be used to complete the sentence below?
Although the police had a confession, the interrogation caused the suspect to go into a _____ and he now wished to _____.

3. Rebecca wanted to get rid of most of her dolls. She gave one-fourth of her collection, plus 10, to Nancy. Then she gave one-fifth of what was left, plus 10 to Susie, and half of what was left, plus 10, to Cheryl. She kept the last 5. How many dolls did Rebecca start out with?

4. Take a word that means "carry" and change one letter to find pickling solution.
Take a word for a mark and change one letter to find a word that means "without spice."

5. An eight-letter word is spelled out in the box to the right. Find it by beginning with the correct letter and moving clockwise or counterclockwise around the box, using each letter only once.

E	R	E
N		H
T	A	D

[LAST MONTH'S ANSWERS]

1. *red, orange* ***2.*** *16 (The numbers are the squares of 7, 6, 5, 4, 3, 2, and 1.)* ***3.*** *gardenia, drainage* *4. 78 (76 + 80 ÷ 2 = 78)*
5. *SACRAMENTO, PETALUMA, HOBOKEN, PIERRE, MONTGOMERY, TALLAHASSEE*

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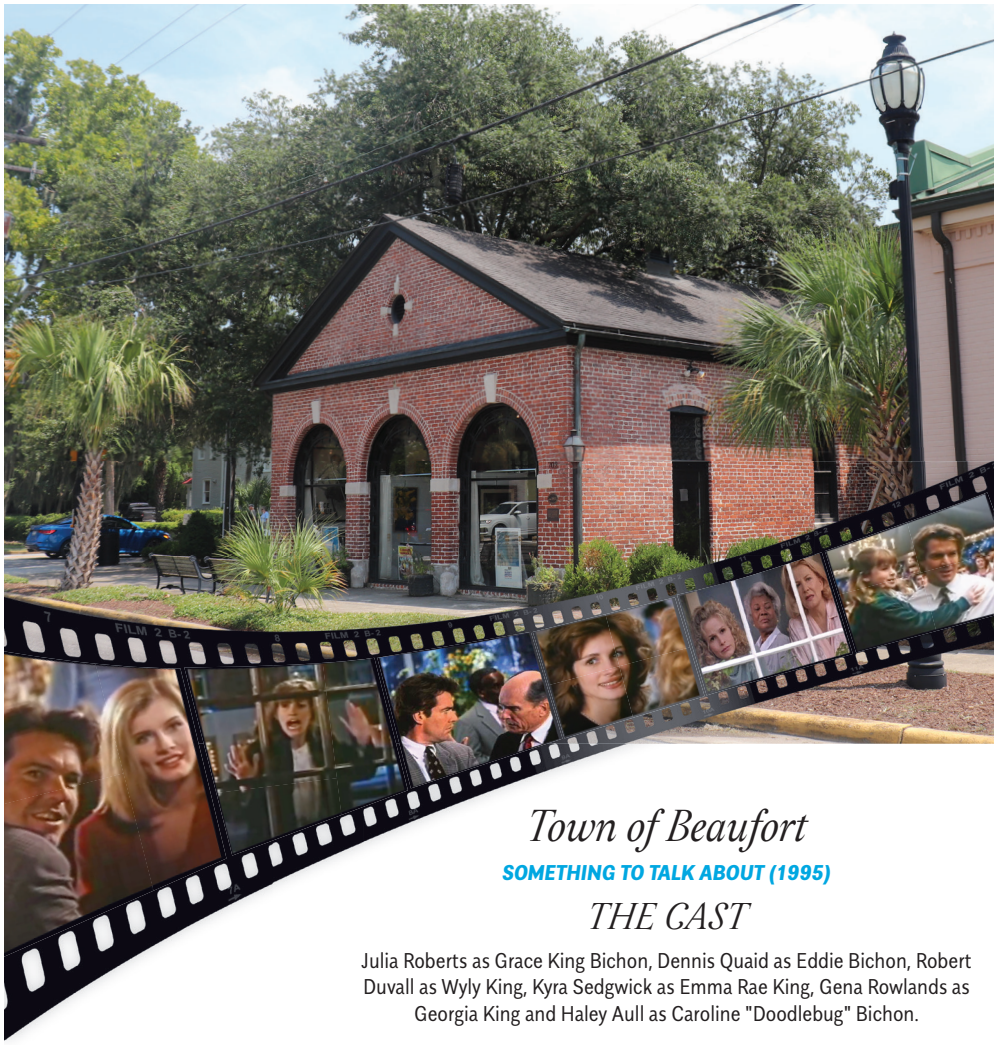
On location

A LOOK AT THE LOWCOUNTRY'S STARRING ROLE IN THE MOVIES.

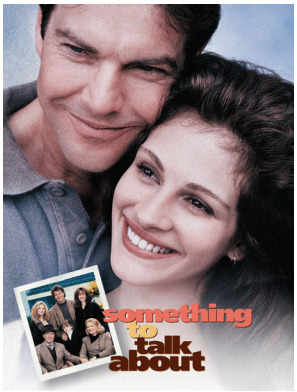


Town of Beaufort

SOMETHING TO TALK ABOUT (1995)

THE CAST

Julia Roberts as Grace King Bichon, Dennis Quaid as Eddie Bichon, Robert Duvall as Wyly King, Kyra Sedgwick as Emma Rae King, Gena Rowlands as Georgia King and Haley Aull as Caroline "Doodlebug" Bichon.



DETAILS

This romantic dramedy starring Julia Roberts and Dennis Quaid follows the life of a Southern woman who discovers her husband is being unfaithful. A large portion of the movie was filmed at the former **Michael Rainey Antiques store**, located at 702 Craven Street. Gatsby's Restaurant, now Q on Bay, was used to film the restaurant scene. Many locals were used as extras. The USC Beaufort Performing Arts Center was the backdrop of Grace Bichon's college campus. The Beaufort Library on Scott Street housed the "green room," and its parking lot was home to the actors' mobile dressing rooms. The library stayed open during production. Many stars from the film were spotted around town and posed for photos that are now framed on the walls of many local restaurants and bars. Crew members stayed at the Beaufort Inn and in the apartment next to Plums restaurant on Bay Street.

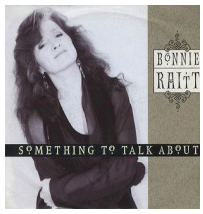
THE PLOT

Grace discovers that her husband, Eddie, is having an affair with another woman. After a wildly public confrontation with Eddie and his mistress, Grace packs up their daughter and returns home to her parents' horse farm to regroup. To her surprise and dismay, everyone around her is still mired in old-fashioned ideals and believes she should forgive and forget Eddie's indiscretion.

FILM FACTS









- The King Farm scenes were filmed at **Davant Plantation** in Gillionsville, about 10 miles north of Ridgeland. The backdrop was selected over other top locations in Georgia, North Carolina, Tennessee and Virginia.
- The role of Caroline Bichon was cast to young actress Haley Aull, who lived a few hours north in **Orangeburg**. She was allowed to keep the horse her character owned in the film. Aull also starred in the film Wild Hearts Can't Be Broken (1991).
- The film's title stems from the **Bonnie Raitt** song of the same name.
- **Kyra Sedgwick** was nominated for a Golden Globe Award for Best Actress in a Supporting Role.

REVIEWS

"Something to Talk About is the kind of movie where you start out wondering how all of these people are related, and end up knowing all too well."

— Roger Ebert

"The humanity is spread around with a quirky, generous hand, reason enough to distinguish this quiet, low-tech comedy in a season of big-bang juvenilia."

— Newsweek

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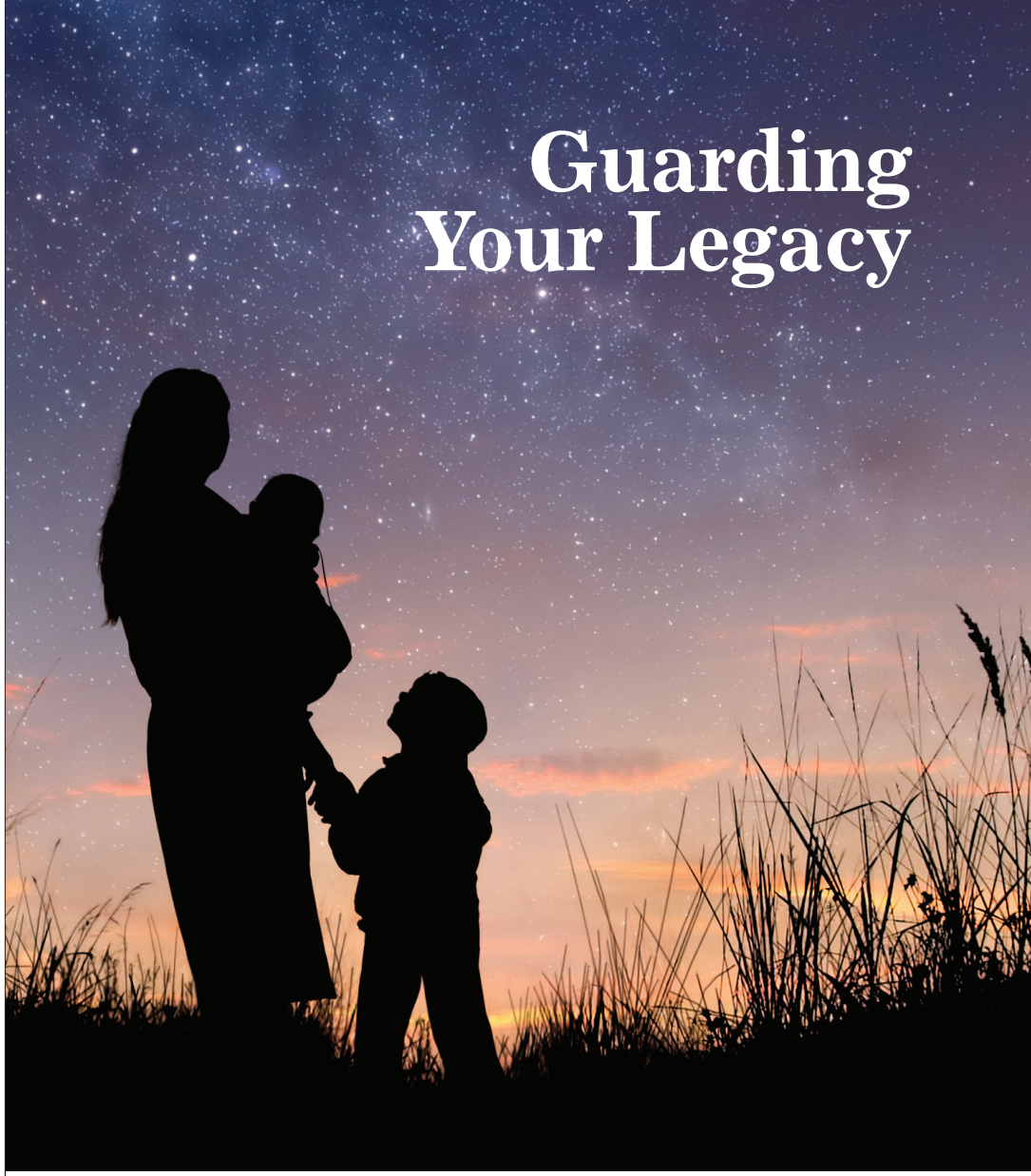

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Charity Spotlight

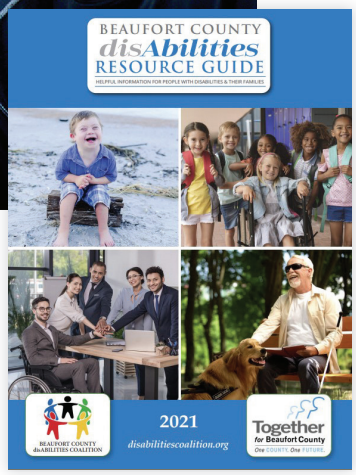
Beaufort County Disabilities Coalition

MISSION

To enhance the lives of persons with disabilities in Beaufort County and the Lowcountry region by working together to provide, improve or expand needed services and opportunities for them and their families.







GET THE GUIDE The Beaufort County disAbilities Resource Guide is now available. The 50-page resource guide is full of helpful information for anyone of any age looking for disability resources in Beaufort County.

HISTORY

The Beaufort County Disability Coalition started in 2013 as a conglomerate of service providers, government agencies and private citizens to discuss how our community can best meet the needs of individuals with disabilities. Shortly thereafter it was recognized as an official Together for Beaufort County Coalition (T4BC), leveraging a broad county-wide human services network to grow and expand.

HOW TO HELP

If you would like to participate in the Beaufort County Disabilities Coalition, email bcdisabilitiescoalition@gmail.com. The first disAbilities Resource Guide was published this year. Find a digital version at disabilitiescoalition.com. You will find 50 pages of local resources to help people with disabilities in our community.



WHOM IT HELPS

Any and all persons with any type of physical and/or developmental disability, as well as their families. The primary objectives are to enable and enhance mutual cooperation and coordination of efforts between local organizations that serve individuals with disabilities to provide necessary services, reduce duplication across agencies and improve the overall quality of life for this target population. Their partners work to foster an effective and ongoing conversation among government officials, private and public nonprofit agencies, the philanthropic community, private citizens and, most importantly, individuals with disabilities. The coalition also provides advocacy on topics such as housing, job training and placement, medical and behavioral treatment services, respite care and family support, transportation services and accessibility, identifying and requesting funding for needed programs and services, and enhancing school-based programs for the disabled.

FOR MORE INFORMATION on the Beaufort County Disabilities Coalition, visit **disabilitiescoalition.com**

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IN 2022

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LETTER TO THE EDITOR
LOCAL Life asked ***Steve Birdwell***, president of Sea Pines Resort, to share his thoughts on what it means to be local. Birdwell first moved to Hilton Head Island in 1982 and returned in 1992 to join the Sea Pines community. LOCAL Life welcomes letters to the editor and comments to our website. **Write to info@wearelocallife.com.**

What makes it local


Beth and Steve Birdwell

adjective. lo·cal | lō-kəl

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

The human community on the island is remarkable

BY STEVE BIRDWELL

Being "local" has a different meaning for many, but every local clearly remembers the first time they arrived on Hilton Head Island.

The first time I crossed the bridge to Hilton Head, I was 22 years old, a recent accounting graduate from the University of Tennessee, and I had the very good fortune of transferring to work in Cherry, Bekaert & Holland's Hilton Head office. In that small accounting office off Pope Avenue, I met managing partner Wayne Busey as well as Bill Motsch and Janice Gray – three people who became more than co-workers; they became lifelong friends.

For a single guy, the island offered the right combination of a warm climate, many outdoor activities and a small-town flavor. But I soon realized what made the island such a special place were the residents who lived and worked on Hilton Head. I had numerous opportunities to meet locals who were born and raised on the island and many others who had moved to the island from locations all over the country.

In the early 1980s networking wasn't by email, text message or Facebook, it was meeting a client or friend for lunch at the original Reilley's or "meat and three" at Remy's. It was seeing business associates and clients at the Red & White, at church or enjoying an evening at the Quarterdeck with David Wingo and the Simpson Brothers. It was knowing the business owners, their staffs and patrons, and understanding it took all of us to make our island community flourish and thrive.


LOCAL SINCE 1982 When not serving as president of Sea Pines Resort, Steve Birdwell enjoys relaxing at the beach, exploring local waterways and spending time with his wife, Beth, their family and friends.

I met my wife, Beth, in 1988 on the beach behind the William Hilton Inn, which is now Marriott's Grand Ocean Resort. We were introduced by mutual friends, and our first date the following weekend was dinner at Le Bistro. In 1990 we got married and moved to Atlanta for career opportunities.

But the island lifestyle had been ingrained in our souls, and we dreamed of returning. Fortunately, we had the opportunity to come back to the island in 1992 and join the Sea Pines community. Working with many of the early visionaries of Sea Pines, including Jim Chaffin, Marc Puntereri, JR Richardson and David Ames, has been life-changing.

Like so many residents, Beth and I enjoy everything the island has to offer: walking the beaches, bike riding, exploring the local waterways, soaking up the energy and activity in Harbour Town, where we've made our home and, of course, enjoying time with friends and creating relationships with new locals.

In the words of Charles Fraser, the founder of Sea Pines, "the human community on the island is remarkable and is the greatest accomplishment of the island as a whole."

I completely agree. *LL*



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

Faces of dreams come true

IF YOU NEED A REMINDER THAT THE WORLD IS A BEAUTIFUL PLACE, WE HAVE THREE LOCALS WHO ARE LIVING PROOF.

STORY BY BARRY KAUFMAN
PHOTOGRAPHY BY LISA STAFF

It's easy to be cynical at times. And in cynical times it's easy to view optimism as a type of severe character defect. We roll our eyes at their starry-eyed hopefulness. We call them Pollyanas and dreamers. We encourage them to get their heads out of the clouds.

But deep down inside we envy them because we know it takes strength to stay positive. Dreams can be a horrible burden to carry around until they come true. And in that sweet moment nothing else matters. It's a moment of pure karmic perfection that will only ever happen to those who dare to dream it.

Here you'll find three locals who dared to dream and lived that moment when the universe rewarded them with a dream come true.

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Ayaks Castellanos

THIS HONDURAN IMMIGRANT BUILT HIS FAMILY'S DREAM HOME THROUGH SWEAT EQUITY.

Each of the homes in The Glen on Marshland Road, with their tidily manicured lawns and vivid pastel facades, tells a story of giving and grace. Each one represents a dream come true. As homes built by Habitat for Humanity, they reflect the great selfless impulse of humanity's brightest hearts.

Nobody knows this better than construction manager Ayaks Castellanos, because as a resident of The Glen, he's living that dream.

"I've been so blessed," he said, adding with a laugh, "and my commute is like a minute if I get caught in traffic."

Castellanos and his family moved into their Habitat home in 2017 after putting in their 400 hours of sweat equity. Having grown up on a job site where his dad worked construction, and displaying a seemingly bottomless well of can-do spirit, he impressed the construction manager at the time.

"I knew a lot of construction, but a lot of it was the people," he said. "The volunteers really took me in. They understood the mission."

They wanted to bring Castellanos in then, but at the time he had a job running a 400-acre equestrian plantation. Two years later, however, his boss at the plantation passed away. The time seemed perfect for Castellanos to take the reins in his community and help others as he had been helped.





HOME SWEET HOME Ayaks Castellanos is the construction manager for Hilton Head Regional Habitat for Humanity. He and his family moved into their Habitat home in The Glen in 2017.

"It's very rewarding because not a lot of people get a chance to do what I do: provide for my family and make an impact on my community," he said. "It's almost like a calling. To me it's personal because I knew what these homes mean to these families."

And in the final analysis, that's what it's all about. "This whole journey, working for Habitat and starting where I started, it hasn't been easy," he said. "And you can't do that without God and family."

Castellanos isn't just stopping with his own home and his own neighbors. As an advocate for the Lowcountry Immigration Coalition, he's working with people who experienced the same trials in coming to America that he faced as a Honduran immigrant 21 years ago.]

"I've lived here for 21 years, and there are still moments of culture shock. I want to help people adapt the best they can," he said.

And in between raising a family, helping new neighbors build their dream and giving support to his fellow immigrants, he still finds time to be a leader within the community. "Everyone comes to me when they have questions or need something. I don't mind it. That's what it's all about," he said. "That's what makes it a community."

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Tamekia Ford

THIS INNOVATIVE TEACHER IS LIVING HER DREAM, HELPING AT-RISK STUDENTS FIND SUCCESS.

We all have that dream job that occupies our mind growing up. We fantasize about becoming a movie star when we're older, or an astronaut, or a firefighter.

For Tamekia Ford that dream job was to be a teacher. And in this case, the term "dream job" seems inadequate next to calling teaching what it always was for her: destiny. Beginning at an early age she served as an in-home tutor to her brother, Henry, helping him overcome a learning disability. By middle school she was leading a mentoring group called "Little Flames," an offshoot of the Torch Club.

"Most of the kids... had a hard time focusing and being engaged," she said. "They just didn't have the stamina to read and be engaged."

This was despite her own struggles, which saw her reading below grade level through her elementary and middle school years. And then in middle school her science teacher tried something different and altered the trajectory of this young woman's life.

"My teacher started incorporating movement and music into the lessons," she said. "I became extremely passionate about doing that."

Fast forward a few years, and that methodology of engaging students through rhythm, music, movement, sounds and rhymes has become a cornerstone of her work. Through years in the classroom and then now as a State Instructional Coach, she has rewritten the rule book on reaching students who have difficulty learning.

These students (and their teachers) dance. They sing. They create clever raps



about the branches of government. And along the way they learn at a higher level than they otherwise might have.

"There is a ton of research that supports how this musical engagement and innovation in the learning environment is connected with academic achievement," she said. "I'm a firm believer that an entertained learner is an engaged learner. Anytime I'm able to have fun and make it educational... it really taps into a different part of the mind that's not tapped into on a day-to-day basis."

She followed this research through an academic career that saw this at-risk student earn a teaching degree from the University of South Carolina Aiken, a masters in divergent learning from Columbia College and a doctor of education degree from South Carolina State University. And urging her on every step of the way was the community she called home.

That support was what led her to bring her considerable academic acumen back home to Beaufort County. "That was a priority for me, to go back and give back to the community that had supported me so much," she said. "Especially with my mom being a single mom and losing my dad to lung cancer at an early age, that was extremely important."

It's an incredible journey and one that continues with every student Ford inspires.

"I believe when you do things with love, the results are endless and unimaginable," she said. "Miracles happen."



TOP TEACHER Tamekia Ford grew up attending the Boys & Girls Club of Hilton Head Island, where she was named "Youth of the Year." Today, she is a state reading instructional coach, head track coach and head basketball coach at Whale Branch Middle School. In 2018 she was a finalist for Beaufort County Teacher of the Year.

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— Kaylynn Evans, MSM-HC, LTCA, CADDCT
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Caroline Mayers

THIS DETERMINED AND SPIRITED TEEN IS REALIZING HER CHEERLEADING DREAMS.

Sometimes all a dream needs to succeed is a chance. For young Caroline Mayers, that chance first came when her parents made the decision that she would not be defined by the Down syndrome she was born with.

"For a long time we knew what she was capable of, and I battled for years to have her mainstreamed," said her mother, Kathleen. "I told them, 'Somebody just needs to give her a chance.'"

Caroline took that chance and ran with it, proving herself more than adept at taking on the challenges of mainstream high school. A National Honor Society student, Caroline rose to the occasion and then some. Along the way she made a host of friends and proved a lot of doubts about her wrong. It would wind up being a common theme.

Blessed with an outgoing, vivacious personality, Caroline found herself making friends with the cheerleaders at Hilton Head Island High School in her freshman year. Watching her new friends practice, Caroline found her next dream.

"It just seemed so fun," she said.

Like her mom said, somebody just needed to give her a chance. That someone was Annette Lee. The teacher was the one who had originally approved Caroline's request to be mainstreamed at the school. She also happens to be the cheer coach and encouraged Caroline to try out. At



Hilton Head High, making the cheer team isn't honorary or token placement — you have to earn a spot using a point-based system. Caroline first tried out for sideline cheer and scored enough points to make the team. Soon Ms. Lee asked, 'Would she be interested in competition?'"

The little girl who had already proved what she could do in the classroom had proved again what she can do on the field.

"People for years just thought I can't," said Caroline.

She's showing she can, and in achieving her dream she is showing others the path to achieving their dreams. As part of the cheerleading squad, she not only helped the team place third in their division in a recent meet at University of South Carolina, she also gave a rousing speech telling her teammates "Don't let anyone steal your spotlight."

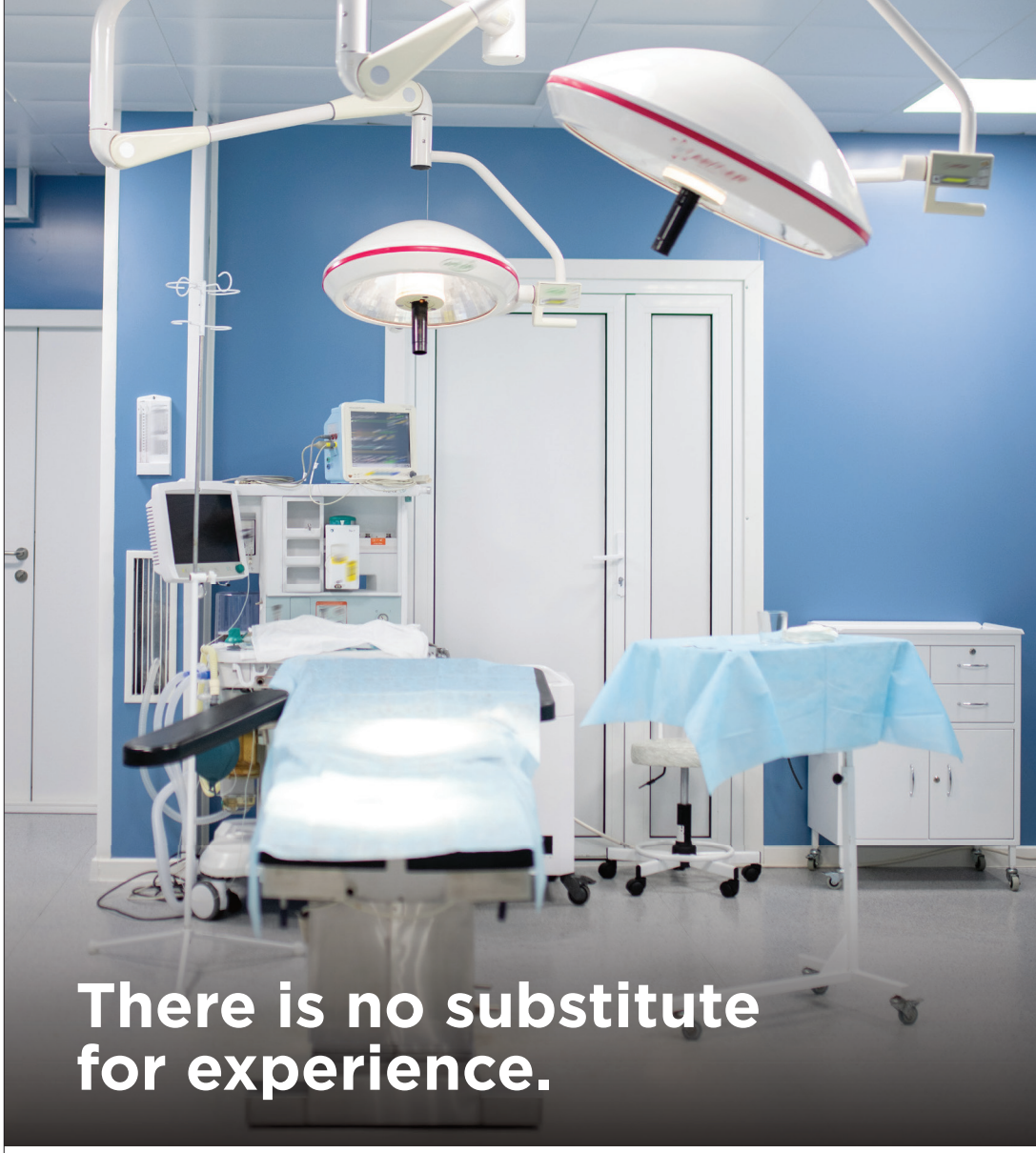
"My story is always just be true and give love, and love will always be there," she said.

Caroline's next dream is to attend college in pursuit of a future as a videographer or event planner. She has her eye on Georgia Southern but knows that the future is what she makes it. "If I reach my goal, if I make it or not... I'm happy," she said. "I'm so lucky."

And those she inspires are lucky as well because Caroline Mayers doesn't back down just because someone tells her she can't. *LL*



CAN'T HIDE HER PRIDE Caroline Mayers always gets the crowd fired up as a member of the cheer squad at Hilton Head Island High School.



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CELEBRITY CONNECTION

Back to Abnormal

TREVOR NOAH, THE HOST OF COMEDY CENTRAL'S "THE DAILY SHOW," IS TAKING HIS COMEDY TOUR ON THE ROAD.

STORY BY LESLIE T. SNADOWSKY



©VIACOM

"I feel like there should be a rule in America [where] you can hate immigrants all you want; but if you do, you don't get to eat their food. No Dominican food, no Asian food, nothing. Only potatoes."

It's the kind of thought-provoking and irreverent barb you'd expect to hear from stand-up comedian Trevor Noah, the host of the Emmy-award winning "The Daily Show" on Comedy Central. Immigration is just one of myriad political and social topics to be explored and exploited at Noah's "Back To Abnormal Tour," that's circling the globe.

"It's a world tour," Noah said to his Facebook fans. "We're kicking off with the U.S. dates, and then we're going everywhere. And I mean everywhere, Europe, Africa, Asia. If you live in a city, we're coming to that city, and if you don't live in a city, I'll come close to your place and you come to the city and I'll meet you there. Let's do it."

Produced by Live Nation, Noah's "Back to Abnormal Tour" revolves around the Covid-19 pandemic with the repeated refrain, "I want to get back to the way things were." But while jeering about Zoom meetings and wearing masks, Noah stealthily attacks various social-isms, including racism, nationalism, etc., and questions if things were really better before lock-downs.



SAVANNAH SHOW CANCELED

If Santa left tickets to Trevor Noah's Back to Abnormal World Tour in your holiday stocking, we've got bad news: The January 15 show at Savannah's new Enmarket Arena has been canceled. The date had not been rescheduled at LOCAL Life press time. Find the latest updates at **backtoabnormaltour.com**.



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Noah is from South Africa and is considered the most successful comedian in Africa. His No. 1 New York Times bestseller, "Born a Crime: Stories from a South African Childhood," has received the Thurber Prize for American Humor, two NAACP Image Awards and has sold more than one million copies across all formats. The Audible edition of his book, performed by Noah, remains one of the top-selling, highest rated and most commented-on Audible performances of all time.

"The Daily Show" catapulted Noah to late-night TV acclaim with its interactive and engaging social and digital experiences, podcasts, scripted and unscripted packages and biofilms on notable figures. In 2021 "The Daily Show" was ranked the No. 1 most engaging late-night show with more than 118 million engagements, 2 billion views across platforms and 3.3 billion minutes consumed on YouTube. LL



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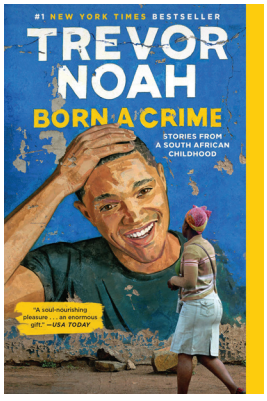

Related reading

Born a Crime: Stories from a South African Childhood

Trevor Noah's unlikely path from apartheid South Africa to the desk of "The Daily Show" began with a criminal act: his birth. Trevor was born to a white Swiss father and a black Xhosa mother at a time when such a union was punishable by five years in prison. Living proof of his parents' indiscretion, Trevor was kept mostly indoors for the earliest years of his life, bound by the extreme and often absurd measures his mother took to hide him from a government that could, at any moment, steal him away. Finally liberated by the end of South Africa's tyrannical white rule, Trevor and his mother set forth on a grand adventure, living openly and freely and embracing the opportunities won by a centuries-long struggle.



Popular podcast

The Daily Show with Trevor Noah: Ears Edition

Listen to highlights and extended interviews in the "Ears Edition" of The Daily Show with Trevor Noah, from Comedy Central's podcast network.



Fast facts

- *Noah, whose net worth is estimated at $100 million, is biracial and was born in Johannesburg during apartheid when it was illegal for different races to engage in sexual relations.*
- *Noah, who will be turning 38 this year, debuted on TV with a cameo in one of South Africa's biggest soap operas, Isidingo, when he was just 18.*
- *Noah has written, produced and starred in 11 comedy specials, including "Trevor Noah: Son of Patricia," on Netflix that received an NAACP Image Award for Outstanding Variety Show as well as a Grammy award nomination for Best Comedy Album.*
- *Noah is fluent in English, German, Afrikaans, Zulu, Xhosa, Tswana and Tsonga.*
- *In April 2018 Noah launched The Trevor Noah Foundation, a youth development initiative that empowers youth with the foundation for a better life: access to high-quality education. Noah's vision is a world where an education enables youth to dream, see and build the impossible.*
- *According to various media reports, Noah recently listed his $29.75 million, 11,000-square-foot Bel Air mansion for sale in California. He owns a $10 million penthouse in Manhattan's Hell's Kitchen neighborhood and is renting his Tribeca neighborhood home for $52,000 a month.*

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Ask the experts

LOCAL PROFESSIONALS SHARE POPULAR TREATMENTS, IDENTIFY TRENDING TECHNOLOGIES AND OFFER GOOD ADVICE FOR THE YEAR AHEAD.

When it comes to feeling and looking your best, diet and exercise might not be enough. Let your New Year's resolution know you are in it for the long haul by improving your physical and mental health with advice from local experts. We reached out to industry leaders to learn more about their practices, what treatments are the most popular and what technologies are trending in 2022. Discover a more beautiful and healthy you in the new year.

Brad Fraum CHIROPRACTOR

[Q] What was the most common treatment in 2021? **[A]** The most common treatment has been restorative health services around our Beyond Stem Cells solutions. This includes overall wellness enhancements to non-surgical joint restoration, into aesthetic services to help people look and feel great.

[Q] What trend or trends do you see coming in 2022? **[A]** I see a whole lot more people seeking answers to health-related questions from non-traditional providers. The environment around COVID has shown a glaring level of distraction toward what being healthy means and a person's ability to take their own health into their own hands. Sitting down with a medical professional and having the ability to direct your health based on your own personal needs is something traditional medicine has been missing. We have been seeing a resurgence of people seeking personalized attention to work on getting healthier versus fixing problems after they occur. Our board certified Dr. Heather Hinshelwood, MD, leads our global healthcare advocate program specifically for people who want to sit down for 30 minutes with a medical professional to come up with a health plan.

[Q] Are there any new technologies, procedures or treatments you are excited about? **[A]** At the end of 2021 we found and implemented a breakthrough solution for neuropathy. With the use of a specifically calibrated non-invasive laser, we are able to treat the peripheral nerves that may cause symptoms like weakness, pain, numbness, tingling and more. Anyone with neuropathy or people who may be at risk of developing this condition, such as those with autoimmune disorders, diabetes and senior citizens, understand the challenges they face every day dealing with this condition. It is very exciting to witness the results our patients are getting from our new laser.

FIND RELIEF FROM ACUTE PAIN Are you suffering from ongoing pain caused by a condition like sciatica, arthritis or even a herniated disc? If so, chiropractic care could help you find much-needed relief. Specifically, chiropractic techniques like spinal decompression and spinal adjustment can help to relieve pain. For example, if you suffer from sciatica, there is excess pressure being placed on your sciatic nerve, and that is likely what is causing your pain. With spinal decompression therapy, chiropractors work to relieve the excessive pressure on your sciatic nerve by decompressing the vertebrae in the spine. This can also be an effective treatment for those with herniated or bulging discs.

BOOST YOUR MOOD Even if you're not suffering from any pain or other symptoms, chiropractic care can benefit your health in a number of ways. For instance, did you know that regular spinal adjustments can help improve the function of your central-nervous system and improve circulation? As a result, you may feel more alert, energized and happier in general. Chiropractic spinal adjustments also are highly recommended for pregnant women to make labor easier and to ensure a more comfortable pregnancy.

Dr. Brad Fraum is the owner of Fraum Center for Restorative Health. Learn more at ***fraumchiropracticofhiltonhead.com****.*



EXPERT ADVICE

You don't drive your car until the check-oil light comes on before you service it, so why treat your body poorly and wonder why it breaks down or gets sick? ***2022 is the year you can take your health into your own hands and come up with a health plan.*** *With many services available in our office, the Fraum Center for Restorative Health is here to support our community and raise the standard for what health means. 2022 is the year to live the life you love.*



Bonnie Rothwell **DENTIST**

[Q] What was the most common treatment in 2021?
[A] Procedures that make cosmetic smile enhancements: Porcelain restorations such as veneers or crowns as well as composite procedures to repair chips and fractures or changing the contours of teeth.

[Q] What trend or trends do you see coming in 2022?
[A] The trend for cosmetic dentistry and dentistry in general is preserving as much healthy tooth structure as possible. Gone are the days where heavy preparation of natural tooth structure is required in many circumstances, especially for the teeth at the front of the mouth.

[Q] Are there any new technologies, procedures or treatments you are excited about? **[A]** All the technology available to dentists — be it lasers, CT scans, scans that replace impressions and more — all help dentists provide better and more comfortable care for the patients. Labs are more and more using digital design with milling and 3D printing for restorations.

Dr. Bonnie Rothwell is a cosmetic dentist for Rothwell Cosmetic Dentistry. Learn more at ***hiltonheadcosmeticdentist.com****.*



EXPERT ADVICE

Of course, dental professionals want you to look good and enjoy the benefits of a beautiful smile, but we want your teeth and gums to be healthy most of all. Although there are many products that make home care more fun and efficient, like electric toothbrushes, waterpiks, water flossers and new-fangled, full-mouth toothbrushes, good old-fashioned ***flossing and brushing still are usually all you need for optimum oral health.***

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Patrick Wiita PSYCHIATRIST

[Q] What was the most common treatment in 2021?
[A] Unsurprisingly, the treatment of Attention-Deficit/Hyperactivity Disorder (ADHD) with medications is perennially the most common treatment in kids and teenagers. I have been seeing more adults, often young professionals, who have been successfully treated with ADHD medication through high school and college and are now starting their careers. A few years ago I would have told you that half of kids with ADHD grow out of the symptoms, but more recent research shows that up to 90 percent of people who had ADHD as kids still have some symptoms into adulthood.

[Q] What trend or trends do you see coming in 2022?
[A] If 2021 was characterized by getting comfortable with seeing your doctor on a computer screen, 2022 will be all about going back into the office. Many patients and families prefer seeing their psychiatrist or therapist in person, and it certainly is my preference. That being said, the convenience and flexibility of telepsychiatry is unbeatable. I will likely be offering both in-person and virtual appointments at some point in 2022.

[Q] Are there any new technologies, procedures, or treatments you are excited about? [A] I am excited to see the continued evolution of "interventional" psychiatric treatments, office-based therapies or procedures that hold promise for very rapid improvement in psychiatric symptoms. Transcranial Magnetic Stimulation (TMS) is demonstrating evidence for new indications, and the use of the powerful medication, ketamine, is proving to be safe and effective for the right types of patients. There are significant barriers that presently make widespread availability difficult, and some therapies need a bit more research before they are ready for prime time. I often counsel patients that treatment is a marathon, not a sprint. This may change for some conditions or symptoms soon.

EXPERT ADVICE

Get back out there. *Many of us put our social lives on hold over the past year, and the compounding effect on mental health may be substantial. For some it has cut off an important outlet for self-care. For others it has reinforced anxieties that lead to more avoidance, holding them back from the things they want to be doing. I think we have a really consistent idea now of how we can be safe and responsible while getting back to the important business of living our lives.*

Dr. Patrick Witta is a child, adolescent, adult and forensic psychiatrist based on Hilton Head Island. Learn more at ***wiitamd.com****.*





Matthew Mastrorocco DENTIST

[Q] What was the most common treatment in 2021?
[A] We saw a big increase in cosmetic cases this year. As mask mandates were lifted and people started returning to public and social settings, they were more conscious of their appearance and, in particular, their smiles. As a result we did a lot of full-mouth restorations. These involved anything from a full mouth of crowns or a combination of crowns, veneers and dental implants. Minor smile enhancements like teeth whitening and a combination of veneers and whitening were really popular.

[Q] What trend or trends do you see coming in 2022?
[A] Based on the discussions we are having with patients, it seems like the popular services that I just described will continue as people re-enter social life again. People are investing in their smiles because they realize the impact they have when they are in social settings. They feel more confident, and this affects their interactions, professional or personal.

[Q] Are there any new technologies, procedures or treatments you are excited about? [A] I am always excited about advances in digital imaging. The use of cone-beam technology has become really popular in the last five years. It creates a 3D image of the teeth and jaws, which has improved everything from diagnosing infection and pathology to aiding in dental implant placement. Also, although I have been doing them for 12 years, chairside digital impressions vs. physical impressions using that goopy putty material have become the standard of care in dentistry now. They are more accurate and comfortable for the patient, resulting in less rework for the dentist and better fitting restorative materials, like crowns and veneers, for the patient.

EXPERT ADVICE

I see a lot of patients who are medically compromised, meaning they have health issues related to poor diets or a health history that requires taking a lot of medications. They struggle to understand why their teeth show decay despite the fact that they brush and floss regularly. The food we eat and the medications we take can change the amount of saliva we have and its chemistry, which can create the perfect storm for a dry, acidic mouth that makes you extremely prone to cavities and gum disease. I understand that it is very difficult to change dietary habits and people need these medications, but ***the old adage about exercise and a proper diet is really true; they do affect your oral and overall health****.*

Dr. Matthew Mastrorocco is a dentistry practitioner at ROC Dental Group. Learn more at ***rocdentalgroup.com****.*

Edward Blocker ORTHOPEDIC SURGEON

[Q] What was the most common treatment in 2021?
[A] With the aging of Baby Boomers, knee replacements continue to be one of the most common elective procedures in the United States. More than 30 million Americans suffer from knee pain caused by advanced osteoarthritis, a degenerative joint disease that occurs when the cartilage cushioning your joints wears down. If the arthritis becomes severe, and more conservative treatments no longer work, the best option is knee replacement. It's like recapping a tire. The ends of the bones are resurfaced so they don't rub on each other anymore.

[Q] What trend or trends do you see coming in 2022?
[A] Baby Boomers have long embraced an active lifestyle, especially here in the Lowcountry. They love to walk, play golf and tennis, ride bicycles, kayak, fish and do just about anything outdoors. They don't want knee pain to slow them down. Each year in the U.S. some 700,000 people undergo knee replacement surgery – and that number is expected to grow to 3 million by 2030.

[Q] Are there any new technologies, procedures or treatments you are excited about? [A] The latest advancements have been in surgical technology. At Beaufort Memorial Hospital, we began using the cutting-edge Mako Robotic Arm-Assisted Surgery System two years ago for both knee and hip replacements. The technology's software allows orthopedic surgeons to create a surgical plan unique to a patient's anatomy. We can then use the robotic arm to implant the prosthetic components with greater precision so the tension of the ligaments on each side of the knee are balanced. The goal is to achieve better function, more natural movement and increased longevity of the prosthetic components. Manufacturers of the technology are continuously fine-tuning the software for robotic surgery to improve outcomes.

EXPERT ADVICE

If you want to ease your arthritis pain, start with diet and exercise. *Maintaining a healthy weight and eating naturally anti-inflammatory foods like turmeric, salmon, blueberries, nuts and seeds can have a big impact on the health and longevity of your joints. You also want to strengthen the muscles that support the joints. When the symptoms of arthritis begin to interfere with the quality of your life and the activities of daily living, it's time to visit an orthopedic specialist.*

Dr. Edward Blocker is a board-certified orthopedic surgeon and chair of orthopedic surgery at Beaufort Memorial. Learn more at ***bmhsc.org/services/orthopedics****.*



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Joanie Vilcheck NURSE

[Q] What was the most common treatment in 2021? [A] I definitely saw an increase in my IV clinic, which is great. My super Antioxidant IV is so beneficial to keep immune systems at optimal levels, especially during cold and flu season.

[Q] What trend or trends do you see coming in 2022? [A] IVs are trending, which is wonderful news. People are looking for options to get and stay healthy.

TRENDING IV THERAPIES

Anti-Aging Cocktail: Glutathione push followed by an infusion of vitamin C, B complex and B12 as methylcobalamin.

Myer's Cocktail: Magnesium Sulfate, Calcium Gluconate, B-12 as methylcobalamin and B complex vitamins as well as vitamin C.

Skinny Drip: Methionine, Inositol, Choline, Carnitine, vitamin C, Magnesium Sulfate and Trace Minerals as well as B-12 as methylcobalamin, B1 and B5.

Wellness Cocktail: Zinc, Copper, Manganese, Chromium and Selenium, Vitamin C, B complex vitamins and of B-12 as methylcobalamin.



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Joanie Vilcheck is a registered nurse who administers restorative and rejuvenating IV therapy at Vitality Med Spa. Learn more at ***vitalitymedspa.co****.*



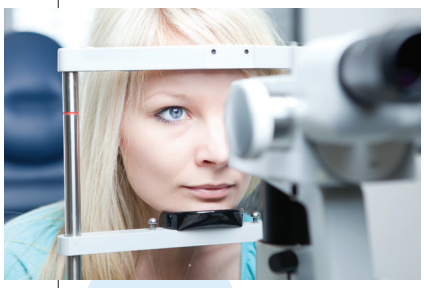
EXPERT ADVICE

If you want to improve your overall health and defeat fatigue, stress, too much holiday fun or workout recovery, just to name a few, ***Super Antioxidant IV therapy delivers 100 percent of vitamins directly into your body, along with hydration.***

Trey Bishop OPTHALMOLOGIST

[Q] What was the most popular procedure in 2021? [A] Refractive cataract surgery was once again the most popular procedure in our practice for 2021. Cataract surgery remains by far the most common procedure performed by physicians in the United States annually. Fortunately, it also remains one of the safest and most successful. A cataract develops when the natural lens of the eye becomes cloudy. It commonly occurs with aging but also occurs secondary to various medical conditions and/or treatments. The result is blurred vision inhibiting the performance of routine daily activities. Traditional cataract surgery involves removal of the cloudy lens and insertion of a new lens implant to restore vision. Refractive cataract surgery elevates the goal of safely restoring vision to include enhancing visual performance and freedom from glasses and contacts. State-of-the-art refractive cataract surgery truly epitomizes the "art of medicine."

[Q] What trend or trends do you see coming in 2022? [A] Further evolution and refinement of refractive cataract surgery will continue to be the major trend for our practice in 2022. Recently we at Bishop Eye facilitated development and FDA approval of integrating the innovative Cassini Ambient diagnostics and Johnson & Johnson CATALYSTM Precision Laser therapeutics for use in cataract surgery. This allowed dedicated refractive cataract surgeons to achieve new levels of accuracy and precision in treating astigmatism during cataract surgery globally. In turn, the optimized surgical outcomes created better vision and greater freedom from glasses for our patients. For 2022 we will continue to collaborate with industry experts and introduce progressive technologies and techniques to our patients in our unwavering pursuit of "perfect" vision.



EXPERT ADVICE

When it comes to healthcare, be informed and discerning. *For example, before committing to any procedure or treatment, know your particular risks and benefits, potential limiting preexisting conditions, various options, and expectations. Establish rapport and trust with your physician, knowing your best interests are being addressed. For example, if you are electing to have cataract surgery, truly understand your condition and choices. Because cataract surgery involves numerous advanced techniques and technologies, there are often extra elective costs to cover the expenses. But understand that just because something is "advanced" and costs more doesn't mean it's a better choice for you personally. In our practice, we are quick to counsel that all of our options are state-of-the-art independent of costs; costs vary depending on the expense of the technologies chosen; and the chosen technology is totally dependent on your ocular health, visual goals, and lifestyle. Only through extensive informed discussion with your physician and his or her support staff can you make a wise decision.*

[Q] Are there any new technologies, procedures or treatments you are excited about? [A] Yes, we are very excited about the recently FDA approved Lumenis OptiLight technology for treating dry-eye disease. The Tear Film and Ocular Surface Society (TFOS) recently described dry-eye disease as a lifestyle epidemic. Nearly 50 million Americans alone are estimated to suffer from dry-eye disease as a result of our digital devices, cosmetics, nutrition, elective medications and procedures, environment, lifestyle and societal challenges. This leads to a vicious cycle of poor tear film quality accompanied by increased ocular surface inflammation, damage and neurosensory abnormalities. As a result our patients with dry-eye disease often experience fluctuating poor vision, significant irritation, and tremendous frustration. While we at Bishop Eye utilize extensive counseling and numerous therapeutic modalities in an attempt to alleviate the symptoms and treat the underlying causes of dry eye, OptiLight is the first FDA-approved use of intense pulsed light (IPL) to facilitate breaking the aforementioned inflammatory cycle in a non-invasive procedural manner. We hope that it proves a truly beneficial and efficient means to help our dry-eye patients.

Dr. Trey Bishop is a comprehensive opthalmologist and is the founder of Bishop Eye Center. Learn more at ***bishopeye.com****.*



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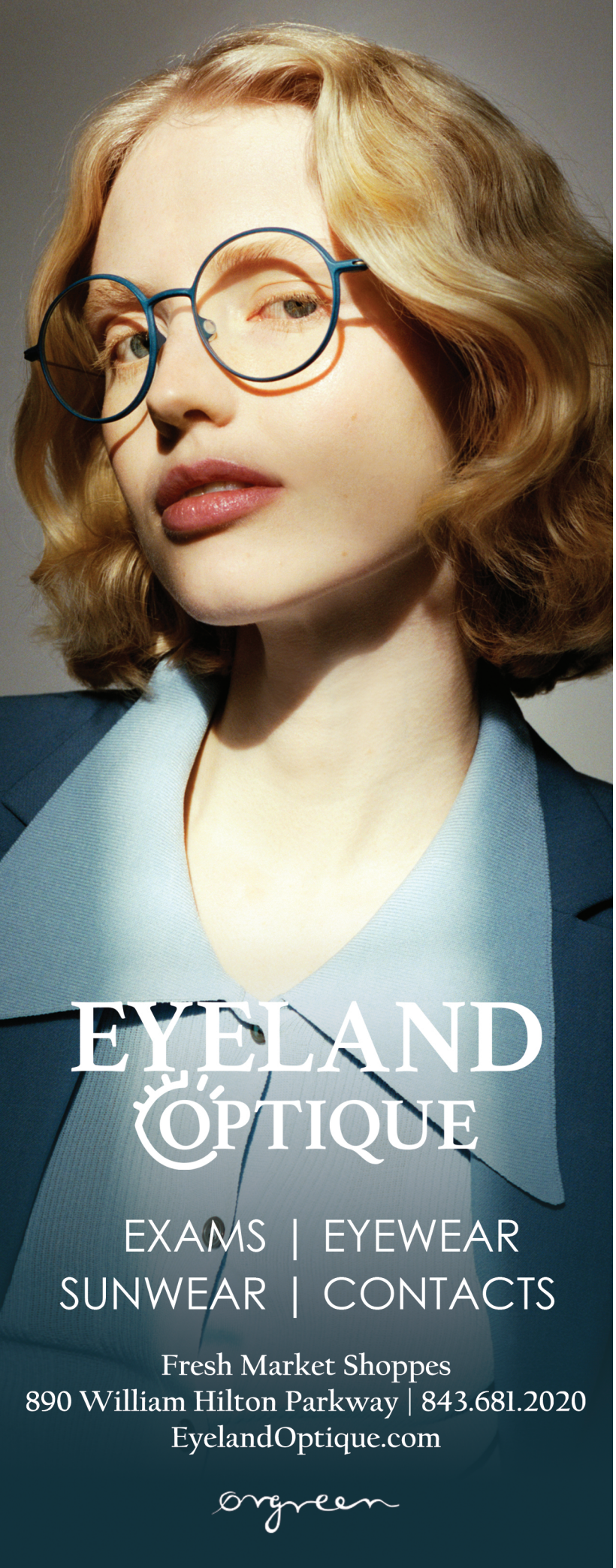
- **Edward R. Blocker, M.D.**
- **H. Kevin Jones, M.D.**
- **Vandit Sardana, M.D.**
- **Leland C. Stoddard, M.D.**

Beaufort Memorial



Billy Simmons OPTICIAN

[Q] What was the most popular procedure in 2021? [A] With wellness on the forefront of everyone's mind, an annual comprehensive eye exam is recommended to screen for conditions such as macular degeneration, cataracts, dry eyes and glaucoma. An exam also can reveal many life- and vision-threatening conditions before symptoms appear. With advancements in technology we are able to catch the earliest signs of disease, and rest assured that vision is preserved.

[Q] What trend or trends do you see coming in 2022? [A] In terms of materials for current frame selection, that's easy. Metals, metals, metals! Frame trends in eye-wear fashion are all about metals, even mixed combinations with acetates. This, along with a premium fashion tint, can make you the most popular star of the party. Allow an expert optician to style you.

[Q] Are there any new technologies, procedures or treatments you are excited about? [A] The industry continues to move forward with contact-lens technology. With increased device use and an aging population, there are many advancements in contact lenses. From daily contacts to multi-focal astigmatic lenses — there is something for all to switch between your fabulous eyewear. The doctor will provide an evaluation and determine which lens design is the best fit based on exam results and lifestyle needs.

EXPERT ADVICE

*With increased electronic device use, **we recommend switching your brightness setting to the "dark mode" to reduce eye strain or fatigue.** This also will improve sleep patterns as a result of blue light exposure. In addition, practice the 20-20-20 Rule: Every 20 minutes, take a 20-second break and gaze 20 feet away. This practice and retreating outdoors encourage healthy eye routines.*

*Billy Simmons is a practicing optician at Eyeland Optique. Learn more at **eyelandoptique.com**.*





Randy Rose HEARING SPECIALIST

[Q] Are hearing aids still the best option in 2022? [A] Ninety-five percent of Americans with hearing loss can be treated with hearing aids. Only five percent of hearing loss can be treated with surgery. Success rates with hearing aids today show that nine out of 10 people with hearing aids report improvements in quality of life.

[Q] Are there any new technologies, procedures or treatments you are excited about? [A] New technology is coming out — improved bluetooth capabilities, language translation and improved recharge ability. The digital revolution has made a huge impact on the way hearing aids look, feel and function. They can be so small that they are virtually invisible, so "cool" looking that you'll want to show them off and so natural sounding that they'll mimic the way you used to hear before you experienced hearing loss.

SIGNS OF HEARING LOSS

- Trouble understanding what people are saying
- Asking people to repeat themselves
- Trouble understanding conversations when there's background noise
- Frequent ringing in your ears
- Hearing in one ear better than the other
- Turning up the TV or radio to levels that are too loud for others

EXPERT ADVICE

*If you want to improve the quality of your hearing health, **have your hearing checked annually and always wear ear protection in loud environments.** And to get the best from your hearing aids, have them checked by a hearing specialist quarterly, get annual hearing tests and keep your hearing aids clean and dry.*

*Randy Rose is president of Rose Hearing Healthcare Centers. Learn more at **rosehearinghealthcarecenters.com**.*



EXPERT ADVICE

A common misconception is that because you have oily skin you do not need to moisturize. False! ***All skin types need a moisturizer.*** *Moisturizer actually can help with oily skin. It is essential in your everyday skin-care routine. It helps to protect against premature aging, helps maintain your skin's natural barrier, protects the skin from harmful environmental factors and helps to prevent other skin conditions from developing.*



Carmen Traywick DERMATOLOGIST

[Q] What was the most popular procedure in 2021? **[A]** Injectables remain our most popular medical spa procedure in 2021. There's a reason why Botox is the most well-known injectable product in the world. This wrinkle-relaxing treatment is the gold standard in decreasing line creases that develop around your eyes, on your forehead, and between your eyebrows. Your wrinkles will improve after 10-14 days, and the change in your skin is likely to last 3-4 months. If you would like to fill in hollow cheeks, change the size and shape of your lips, or correct wrinkles around your mouth and nose, you should consider receiving some dermal fillers, such as Restylane or Juvederm. These injectable products can diminish your wrinkles and plump your skin for up to a year.

[Q] What trend or trends do you see coming in 2022? **[A]** Though Botox and Dysport aren't new, many don't realize that Botox and Dysport can be used to help eliminate jaw pain and headaches that are often associated with TMJ symptoms, such as teeth grinding and jaw tension. A treatment that will be trending is treating patients by injecting Botox directly into the Masseter muscles, which will relax the overused muscles leading to diminished grinding, tension and pain.

[Q] Are there any new technologies, procedures or treatments you are excited about? **[A]** I am most excited about using Halo — a hybrid fractional laser that can maximize clinical results with minimal down time. Halo can be performed on the face, chest and neck to revitalize the texture of the skin by diminishing fine lines and rebuilding collagen deep below the skin's surface. It does not require application of heavy ointments after treatment (as some older laser's do) and patients can return to activity within a few days after treatment.

Dr. Carmen Traywick is a cosmetic dermatologist at LUX ~ A Medical Spa and owns May River Dermatology. Learn more at ***luxhhi.com****.*



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SCAN FOR SPECIALS

model



TEAL OF FORTUNE Fearless use of color and textures enlivens the kitchen in this vibrant Sea Pines home, with a palette defined by the dazzling teal of the dining room.





HOME SHOWCASE

The rebirth of color

THINK THE MODERN LOOK IS ALL CRISP WHITES AND NATURAL TEXTURES? HUE ARE IN FOR A SURPRISE.

STORY BY BARRY KAUFMAN
PHOTOGRAPHY BY LAUREY GLENN

Across the spectrum of visible light, there are, of course, the classic seven ROYGBIV; but it's the spaces in between those tones that create a nearly infinite array of colors. Given the unimaginable vastness of shades, tints and hues from which to work, why then are homes so often limited to white and taupe?

As this Sea Pines stunner proves, there is a whole world of color out there just waiting to beautify a space. But choosing the correct colors and presenting them in a way that reflects their vibrancy takes incredible skill. That's where ***Hannah Fulton of J. Banks Design*** comes in.

"It was so fun to work with a client that embraced color," said Fulton of working with homeowner Angie Prow. "I love color, so I think we were well paired here."

Informed by a classical European use of palettes and textures, this home is a beautiful kaleidoscopic reminder of the power color has to enliven a home.

These walls talk

Exemplifying the European influence that Fulton brought to this project, the dining room carries the look of Victorian grandeur viewed through the lens of modernity.

"The wallpaper set the tone for the rest of the house. It's printed on linen, so it has a gorgeous texture when you view it in person," she said. "We sourced out antique mirrors and sconces to juxtapose with the modern chandelier, and it worked beautifully."

Dynamic balance

When working with bold colors, it's important to balance out your tone of choice with contrasts, either in tone or in texture. Here in the kitchen we see the inspired way Fulton used both to contrast an eye-catching blue center island. Between the bold stainless and brass of the range hood and the fun patterns of the back splashes both in the kitchen and in the bar, this kitchen revels in artistic details.

"There are so many different materials in this space, which is fun," said Fulton. "The metal cabinets flanking the range hood, the wood cabinets, the custom lights from Lowcountry Originals; it's all interesting but doesn't take away from the color."





Living the dream

The grand living room pulls together an entire rainbow of colors, mixing them beautifully and creating visual interest in every corner. The window treatments in the breakfast nook, as well as the bold greens in the living room curtains, find a home in the rug as do the bold pinks of the artwork flanking the fireplace.

"We had the rug custom made to pull through all of the colors," said Fulton. "The big focal points are the paintings of spoonbills; the scale is enormous on them. We worked with a custom artist, Heather Lancaster. We wanted to pop that paint but not make it overwhelming." *LL*



EXPERT ADVICE

HANNAH FULTON'S RULES FOR USING COLOR

Choose spaces wisely: The bunk room and the mudroom in this home, particularly, are unapologetically blue because they can be. Tucked away as they are, they can be audacious with color without competing against other spaces.

Give spaces personality: "I work hard to understand the function of a space," Fulton says. Use everything, from how you'll spend your time there to when you'll spend your time there, to define the palette.

Play with intensity: Don't be afraid to go bold in more off-the-beaten-path areas of the home, and tone it down in main spaces. "As much as I love using color, we did a classic, simple sofa in the living room. It's important not to overwhelm a space."



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Read the room

BEDROOM INSPIRATION FOR HOME DECOR AND INTERIOR DESIGN

*Turn your bedroom into a lair of luxury with these bedside inspirations from **Leslie Trenta with Marsh on the May**. Layer the bed with different textures and accent colors to create dreamy harmony, and decorate the space with interesting accessories and colorful artwork available at Marsh on the May. Crisp whites, colorful accents and interesting lines are just some of the ways you can make your bedroom dreamy and luxurious.*





A LIGHT TOUCH

Ditch the boring bedside lamp and try the Kathrine Ceramic Wave Lamp. This work of art is accented with hand-painted gold accents and a Lucite base and finial. Any room would benefit from this light source.



SWEETER THAN HONEY

Make a statement with Matouk's Liana Sheeting. The Ceylon sheeting is embellished with a modern honeycomb pattern embroidery on cotton percale. Layering becomes effortless with patterned sheets like these.



BEYOND THE BLANKET

Matouk's Pacific Coverlet may seem to be a surprisingly simple cotton coverlet, but it is woven and stone-washed in Portugal, which creates a rich, pebbled texture, and its white yarns are incorporated throughout to soften the colors. Add a set of knife-edge shams, and you have an effortless statement of casual luxury, suitable for creative layering.



DOWN TO AN ART

Add some color to your walls with artwork by Joey Blazek, Fine Art of the Coastal South. Joey's colorful artwork will brighten up any space. You can find several of Joey's pieces at Marsh on the May.



DUVET BOUQUET

Step up your comforter game with Matouk's Poppy Duvet & Sham. This classic, timeless print by artist and designer Lulu DK is inspired by hydrangeas in full bloom. This duvet's cheerful pattern is woven and printed in Italy on 500-thread count Luca Egyptian cotton percale and finished with signature scallop edges. A bed of roses doesn't even begin to cut it.


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ROOM OF THE MONTH



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DARK MAGIC
In contrast to the feminine salon, the adjacent men's closet has many of the same features but in darker tones, larger hardware and organized for professional and leisure wardrobes.

Walk-in wonder

THE CLOSETS CERTAINLY WERE NOT AN AFTERTHOUGHT IN THIS LOWCOUNTRY DREAM HOME.

Like kitchens and bathrooms, closets are now the focal point of many homes. For this glamorous closet, the homeowner worked with her personal decorator and the design and production team from ***Closets by Design*** to transform a space from a home expansion into the closet of her dreams.

The overall design and color palate convey the aura of a designer boutique, blending elegance and warmth with spaciousness, comfort and functionality.



RELAX & REFLECT This three-way corner mirror allows the homeowner to view her outfits from every angle.

STANDOUT FEATURES INCLUDE:

- Glass door panels
- Dimmable mood lighting
- Shelves that display while protecting clothing, shoes and handbags
- A large center island with a built-in wine cooler
- Tilt-out hampers
- Slanted shoe shelves
- A hidden ironing board
- Jewelry and sunglass drawers and pull-out trays with dividers
- Abundant counter space and cubbies for displaying photos and artwork
- Sitting area along one side of the main closet



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EXPERT ADVICE

Treasure hunting

BRING LIFE TO YOUR HOME DECOR WITH ONE-OF-A-KIND AUCTION FINDS

Unique objects can transform a room into a meaningful and deeply personal space. Finding unique pieces doesn't have to be difficult; look at auctions where antique dealers, decorators and savvy collectors shop and build relationships with auction house specialists so they can guide you in finding the most interesting pieces for your home. Amanda Everard of ***Everard Auctions and Appraisals*** *shares examples of unique finds that could add interest to your home decor. Check out Everard.com to view its upcoming February auction and to find that next piece that's uniquely you.*

PHOTOS BY BLEACHER EVERARD PHOTOGRAPHY

1. Down to an art

Ben Wilson, Rivals, Oil on Plywood, 1985 Invest in a large abstract painting like this to add a pop of color to your home.

2. Play ball!

Set of 8 French Metal Bocce Balls Show some sporty history by filling a large bowl with bocce balls to create an interesting dining room table centerpiece.

3. Best case scenario

Rare Chinese Huanghuali Scholars Cabinet, 17th/18th Century A small Chinese cabinet like this would look great on a coffee table and add interest to any room.

4. Mirror Image

Unusual Art Nouveau Mahogany Peacock Mirror, 20th Century Mirrors like this Art Nouveau one not only add space but also create a nice statement piece for any room.

5. Set in Stone

Stone Figure of a Woman's Torso Add height for visual impact with a sculpture like this one.

6. Outside the Box

Chinese Lacquered Chest, 18th Century Create a focal point for your living room with a piece like this lacquered chest on a stand.

7. On the table

Regency Style Ebonized Parcel-Gilt Mirrored Console Choose eclectic pieces like this unique mirrored console to add storage with personality to your entry or dining room space.

8. A Change of Scenery

Michael Harrell, Edge of the Gulfstream, Watercolor For those with wanderlust, add a travel watercolor like this so you can always have that perfect scenery right in your home.



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Photo by Ebony Ellis

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HOME TECH

Set the scene for perfect slumber

TECH TIPS TO TRICK UP YOUR ROOM.

BY R.V. WINKLE

According to the Sleep Foundation, "electronic back-lit devices like cell phones, tablets, readers and computers emit short-wave-length enriched light, also known as blue light, which has been shown to reduce or delay the natural production of melatonin in the evening and decrease feelings of sleepiness. Blue light also can reduce the amount of time you spend in slow-wave and rapid-eye movement (REM) sleep, two stages of the sleep cycle that are vital for cognitive functioning." But that doesn't mean you can't use technology to help you get a better night's sleep.



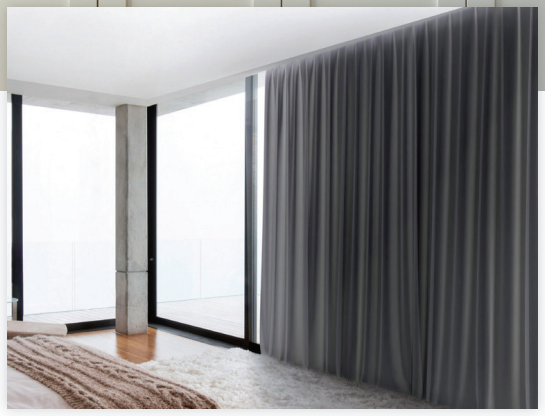
1. Sleep sounds

Of brown noise, pink noise and white noise, it is white that is recommended as the best for sleeping by the Sleep Foundation. The Sharks on Shark Tank chose to fund the Hatch Restore (formerly Hatch Baby) as their favorite machine.



2. Secretive sets

According to Sandy Benson of Custom Audio Video, "People who don't want to remove the television from the bedroom are choosing to cover it with moveable artwork so they resist the temptation to watch it when they are trying to sleep. We can hide the TV a number of ways, from covering it with moveable artwork to installing a system to move the television into the ceiling, floor or furniture." The Sleep Foundation agrees that electronics in the bedroom are sleep inhibitors, but when you can easily hide them, you get the best of all worlds – a great show, beautiful art and a good night's sleep.



3. Shhush shades

Nothing is more frustrating than when you are about to fall asleep and realize you haven't closed the blinds. With automated window treatments you can set a schedule to open and close your shades according to your sleep schedule. Raise them when you want to waken and close them when you go to bed, so you never have to leave your bed.

You also can control the positioning of your window coverings with a remote or voice command throughout the day for light control and privacy. "Our customers are always surprised at the number of designer window treatment options available with home automation and remote control. There are literally hundreds of fabrics and styles. We are getting more and more requests for motorized shades, which makes it even easier for homeowners to enjoy the convenience of automation," said Bob Engler, owner of Budget Blinds. So stay in bed and ask Siri or Alexa to close the blinds.



4. Say it

Caséta lighting controls connect to Alexa to allow people to manage their smart home with voice commands to change the lighting and adjust the temperature for that perfect sleep. "We have seen that more people are interested in enhancing their master bedroom with technology than ever before," said Curt Hubner, owner of Advanced Integrated Controls.

PRO TIP: *Keep Alexa in the ensuite so she is out of sight but not out of earshot to hear your commands.*



5. Sweet scents

We love technology that can multi-task, like the URPOWER Essential Humidifier, which is a great option for anyone who wants to naturally enjoy diffused scents while they are trying to sleep. It not only delivers a fresh and natural scent to your space, but it also has a humidifier feature that will help prevent the air in your bedroom from getting too dry while you are trying to sleep. Bonus points: It is waterless, so it is easier to use.

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Pillow Talk

PUT YOUR BATTLES TO REST

STORY BY R.V. WINKLE

Decorative pillows on a bed look beautiful, but are often a bone of contention among couples. Inevitably, one person prefers many pillows to create that picture-perfect scene. The other person hates removing the pillows every night and replacing them every morning. Sometimes they have been known to throw the pillows across the room. This will not settle who is right and who is wrong. We do hope this helps you choose the right size and number of pillows so your bed, and marriage, are more peaceful.

king		queen
26 x 26, 26 x 26, 26 x 26 20 x 30, 20 x 30 14 x 36	**MAXIMALIST** Squares, shams and throw pillows galore! This style maximizes the most space on the bed.	26 x 26, 26 x 26 20 x 30, 20 x 30 14 x 28
26 x 26, 26 x 26, 26 x 26 24 x 24, 24 x 24 20 x 20	**ROMANTIC** This style highlights the Euro pillows by adding a decorative sham in the front of the parade of pillows.	26 x 26, 26 x 26 22 x 22, 22 x 22 18 x 18
26 x 26, 26 x 26, 26 x 26 16 x 46	**TRADITIONAL** Focused on clean lines, minimalistic and neutral tones, this style is hassle-free without being too little.	24 x 24, 24 x 24 16 x 32
20 x 30, 20 x 30 14 x 42	**CONTEMPORARY** Less is more for this style. Just place a long lumbar pillow in front of two large pillows.	20 x 30, 20 x 30 14 x 32



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Dreamy bedroom designs

STORY BY BAILEY GILLIAM

EAZZZY WAYS TO ENHANCE YOUR ZZZs



Don't lose sleep over trying to design the perfect place in which to slumber. We may spend a whopping one-third of our lives in quest of quality shuteye, but creating a quiet and comfy place to nap shouldn't turn into a nightmare. Think calm, muted colors, fluffy comforters, cool air and dark corners. With a little help from LOCAL Life, your bedchamber will merit forty winks from Mr. Sandman himself.

Technicolor dreams

Colors affect the way we snooze. It's been proven that cool hues like ***light blues, greens and lavenders*** painted on the walls can lower blood pressure, heart rates and physiological activity, ensuring a good night's sleep. A flat or matte finish is also preferred compared to a glossy one that can reflect distracting light. As for the lamps or overhead fixtures, opt for bulbs that emit warm yellow or orange tones.

Sleep tight

Introducing symmetry and flow into your boudoir means placing your bed as far from the door as possible and arranging your furniture suite so the room is balanced and in proportion. Even if you sleep alone, ***invest in two nightstands*** to frame your twin, queen or king. It also helps to declutter this space as much as possible so your bedroom becomes a harmonious sanctuary and not an anxiety-ridden storage unit.



Out cold



The ideal temperature conducive to dozing is 65 degrees. Studies have shown a cool room helps you fall asleep quicker, improves your sleep quality, promotes your ability to create the anti-aging melatonin hormone, jumpstarts your metabolism, decreases your risk of certain diseases including type 2 diabetes, enhances your mood and decreases your stress levels. In case your AC can't cut it, invest in a cooling gel bed topper, a quiet fan or tuck yourself in wearing only a smile.

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Sleep on it

Blankets should be soft, comfortable and washed regularly, and sheets should have a thread count of between 280 and 450. Anything higher will trap body heat. And while crisp, white linens sound dreamy, they actually reflect light and could cause restless nights. ***Blue sheets promote relaxation***, gray and silver sheets mimic moonlight, light yellows and oranges evoke coziness and green sheets remind the body of the great outdoors. This natural verdant association can help you sleep like a log.

Sound asleep

To ensure sweet dreams, soundproof your bedroom by using noise-canceling headphones, white noise machines and soothing music to block out disruptive external noises. You also can install thick carpets, seal gaps around your doors and windows and hang acoustical foam or thick drapes around the room. In a pinch, blankets can do double duty when hung over door and window openings.





Sleep like a baby

When using your olfactory senses to create a serene and soothing atmosphere, there are many scents to turn to. Diffused bergamot boasts anti-inflammatory and anti-bacterial properties, chamomile recharges the mind and body, lavender helps overcome insomnia, sandalwood balances your mood, and ylang ylang slows down your system. You'll also breathe easier when you clean and dust your bedroom regularly to keep allergens out of the air. Air purifiers are a plus as well.

Out like a light

Don't be asleep at the switch when managing light sources in your master bedroom. Some suggest ***layering window treatments*** to encourage natural light by day and black out all distractions at night. For the best beauty sleep, remove all lamps without shades and bright alarm clocks from the room, and install low-wattage bulbs and dimmers to improve the mood. Whatever lighting you do choose, make sure you can turn them on and off from a supine position when hitting the hay. *LL*



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It's easy being green

2022 COLOR OF THE YEAR EXUDES PEACE, TRANQUILITY

STORY BY BAILEY GILLIAM

From Sherwin-Williams' subtle "Evergreen Fog" to Benjamin Moore's botanical "October Mist," major coating companies have chosen similar shades of sage to be their "it" color of the new year.

PPG chose a lush "Olive Sprig," Behr is showcasing a minty "Breezeway," and Glidden is hawking a healthy "Guacamole."

In a post-pandemic world, consumers are clamoring for calm, and many paint purveyors have responded by producing this harmony of hues. Green is a soothing color historically associated with nature, growth, renewal and balance, and the commercial market has uniformly recognized the collective need for tranquility and optimism.

If the rooms in your home are in need of a fresh start, be it new paint or simple decorative touches, check out this LOCAL Life room-by-room guide on how to go green in 2022.





For the kitchen

Food for thought. Benjamin Moore's "October Mist" provides a strong foundation with its neutral silver-green palette described as "harmonious yet diverse, reliable yet whimsical, and meditative yet eclectic." Let this chipper color help your culinary talents blossom and inspire healthy cuisine in the new year.

Green thumb. An enticing herb garden will add spice to your kitchen by incorporating more greens, flavor, zest and taste.

For the bedroom

Dream in color. PPG's "Olive Sprig" is a soft, organic shade reminiscent of the soothing aloe vera plant and the luxurious velvet of sage leaves. Let its relaxed undertones create a safe space for where you slumber.

Sweet greens. Freshen up your bedroom with new curtains, comforter and pillows, brass accents and wood tones, and add more green by way of potted plants and trees to bring even more positivity into your sanctuary.



For the dining room

Green light. Designed with historically east-facing breakfast rooms in mind, Farrow & Ball's "Breakfast Room Green" invites bright sunlight and soft candlelight into this versatile space.

Eat your greens. Add more dashes of color with green dishes or napkins for a posh vibe, and make guests green with envy with stunning centerpieces made with green plants and flowers.

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Image provided by Arto Brick

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For the living room

Brush with greatness. "Evergreen Fog" is Sherwin-Williams' statement shade of the season, and its green-meets-gray chroma offers a hint of blue. It's a color that complements organic textiles with its restorative and modern complexion.
With flying colors. Throw some green throw pillows, blankets and artwork into the mix, or look for luxury with a stylish mid-century modern green velvet couch.





For the bathroom

Color my world. Glidden says its spirited green "Guacamole" brings organic energy to any space. Its crisp and clean coloration also emits a refreshing and soothing feel.
True colors. Try adding a green accent mirror, switch your boring white towels for green ones, and introduce some bathroom-friendly plants such as ferns, aloe vera, snake plants or bamboo to invigorate your lavatory.



For the laundry room

Grass is greener. Dutch Boy's "Cypress Garden's" muted green brings comfort and the illusion of calm to this often cluttered space. Dutch Boy suggests incorporating lively lilacs and contrasting greens to evoke a transformative, dream-like quality.
Go green. Start a sustainable new habit by ditching the plastic detergent bottles and pouring its contents into uniform green glass bottles and jars. For future cleaning purchases, opt for bulk refills you can store in your decorative bottles to reduce plastic waste.



For the foyer

Eye for color. Behr's sea-glass green "Breezeway" provides a welcoming atmosphere for your entryway. This breath of fresh air envelopes you in a state of both relaxation and rejuvenation.
Picture this. For your main hallway adorn your walls with some framed hand-pressed flowers and leaves for a pop of color, and add some candles for a touch of warmth.

For the office

Color outside the lines. Better Homes & Gardens released its first-ever color of the year, and it's a dusty green shade called "Laurel Leaf" (available only at Walmart). It inspires focus and concentration and is enhanced by organic and natural accents.
Off color. Make space for a Zen garden on your desk to transform your office into an inspirational oasis with vibrant green energy. LL



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Take comfort in the latest furniture trends

CEO OF UNIVERSAL JEFF SCHEFFER SHARES WHAT'S TRENDING FOR 2022

STORY BY BAILEY GILLIAM + PHOTOS PROVIDED BY UNIVERSAL FURNITURE

In a new world where everything revolves around the home, purchasing the right furniture is more important than ever. ***Part-time local, Jeff Scheffer, president and CEO of Universal Furniture***, shared his thoughts on how the furniture industry is changing and what trends are coming our way in 2022.

Demand for home furnishings has been ramping up due to the fact that people are in their homes much more often than they used to be. People are working from home, teaching their children from home, shopping from home — and the list goes on.

"The home furnishings business is on fire and frankly shows no signs of slowing," Scheffer said. "The pandemic has given everyone a new appreciation for their home."

For many people, gone are the days where employees commuted to meetings in business attire. More and more meetings are done remotely from the comfort of home. Zoom allows for one's bottom half to be clothed in pajamas while showing the appearance of a put-together top half. Comfort has become a priority.

"Home furnishings more and more reflect the casual lifestyle we're all living," Scheffer said.

Today's open floor plans rarely include a formal living or dining room — rooms are "lived in" more today than ever.

"We're seeing a real surge in performance fabrics," Scheffer adds, noting the importance to homeowners of being able to easily clean their upholstered furniture.

Texture is also trending. In upholstery, more casual nubby fabrics like boucles are increasing in popularity. Today's popular wood finishes are lower in sheen than years past, often featuring cerusing on wire-brushed or sandblasted wood surfaces. Lastly, natural materials like wicker and rattan have become popular accent pieces. So while people are finally able to get out of their homes more, we're not so sure they'll want to with furniture like this. *LL*







SITTING PRETTY Natural materials such as wicker or rattan, and furniture covered in casual fabrics are more comfortable. Performance fabrics are easier to clean.

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Out Cold

PREPARE YOUR PLANTS FOR COLDER WEATHER WITH THESE WINTERING TIPS

STORY BY BY R.J. DAVEY

Hard freezes and cold weather can harm ornamental plants, especially winter-flowering species. It takes a bit of planning to protect them over the winter, but with the right preparation it's relatively easy. While cold weather does impede growth and flowering, it doesn't necessarily mean that your plants will be killed or harmed when the temperature drops. Many plants have the ability to adapt to atmospheric changes adequately. Plants do survive hard freezes. If you want to keep your precious plants in top condition over the winter so they can thrive in the warmer spring and summer months, follow these simple tips.





1. Cover flowering plants and buds

Plants most at danger from damage caused by cold temperatures and frost are those with fragile flowers and buds. Newly opened flowers display unsightly brown spots on their petals, while fully open flowers can turn brown and die. Buds can freeze completely and drop from stems. The way to avoid this is to cover plants with sheets or frost covers. Don't use plastic coverings as they can cause an oven-like effect in direct sunlight.



"Protecting your plants over winter takes preparation and a bit of know-how, but it is more than worth it."

Scan this QR code for additional cold-weather gardening tips from the Clemson Cooperative Extension Home & Garden Information Center.

2. Remove buds and let them open inside

Another way to avoid the disappointment of losing those pretty flowers is to remove them from the plant and let them open inside your house. Do this in advance of any predicted freeze to protect their vibrant colors and brighten up your home at the same time.



3. Water in advance of a freeze

Watering before the ground freezes helps the plant absorb as much moisture as possible. This is especially good for annuals and potted plants. Water both roots and above-ground shoots.



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4. Use mulch

This works by keeping the temperature around the roots stable, mitigating the effects of hard freezes on the soil.





5. Compost well

Compost adds vital nutrients to the soil, which your plants will need over the winter. Don't add more than three inches of compost, though.

6. Bring your houseplants inside

Houseplants are particularly vulnerable to frost, so bring them inside the house. Keep them in a position where they can receive plenty of natural sunlight (about five hours a day), spray them with insecticide, and water them thoroughly with an insecticidal solution to keep any unwanted bugs at bay. Keep them away from drafty areas and vents, and don't over water them.





7. Use extra protection for containers

Plants that grow in containers also are vulnerable to frost, so protect them with commercially available coverings or sheets, and keep them close to foundations and under eaves.



8. Don't fertilize

Fertilizer encourages plant growth, and new growths can be killed easily by a sudden cold snap. Save the fertilizer for the warmer months and let your plants rest and rejuvenate over winter.

9. Water more sparingly

A deep watering once a week during cold dry periods is sufficient. Your new plants will benefit from watering them less. Don't worry about the regular watering cycle. *LL*

FREEZING TEMPERATURES

Light freeze: 29 to 32 degrees. Tender plants are killed.

Moderate freeze: 25 to 28 degrees. Widely destructive to most vegetation.

Severe freeze: 24 degrees and colder. Heavy damage to most garden plants.

LOWCOUNTRY FROST DATES

Last spring frost: March 10

First fall frost: November 29

Growing season: 263 days

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Wormsloe State Historic Site

SECRET SPOT OFF THE BEATEN TRACK

STORY + PHOTOGRAPHY BY MICHELE ROLDÁN-SHAW









Many a Savannah tourist has "discovered" this little window onto the past, with its evocative front archway and dignified avenue of oaks. Yet for us here on the Carolina side, the Wormsloe State Historic Site remains largely off the beaten track. I personally would never have thought to visit if not for several miles of trails that came up while scouting for new adventure spots on the AllTrails app. But the merit of this 1736 colonial estate doesn't lie in its hiking — it's the chance to see history come to life that sets Wormsloe apart.

Just inside the front gate an impressive 1.5-mile-long avenue is lined with oaks that aren't huge and ancient but have otherwise achieved perfection in their arched tunnel streaming with Spanish moss. Little knots of tourists shuffle around the visitor's center, but past that and the parking lot is a trail head. I made for straight for it and soon was alone, my breath deepening as the forest began to work its therapeutic magic on my nervous system.

The path wound along the marsh edge to meet Moon River, named for the hit song written by Savannah boy Johnny Mercer, who grew up picking huckleberries along tidal creeks. (He originally called the song "Blue River" after the berries, but when he found out that name was already taken, he changed it to Moon River, and later life mirrored art.) At a particularly pretty bank, I lay down for a few minutes in the sun; it was the sort of gentle landscape that makes the Lowcountry a healing balm.

Back on the trail a little spotted fawn scampered out of its hiding place, and several more deer bounded off with their white tails bobbing and flagging in the sun. Other wildlife sightings included the usual assortment of bugs, birds, lizards and skinks. But by the time I reached the end of the loop, I had entered the world of Noble Jones.

Jones came to the Colony of Georgia in 1733 with James Oglethorpe (Savannah's founder) and within a few years had set up shop here on Isle of Hope. The remains of tabby fortifications built to defend his home against Spanish attacks are now the oldest standing walls in the Savannah area. Less than a hundred years later the home was abandoned, but a two-story frame house built in 1828 by Jones' grandson has since sheltered another seven generations right up to the present day.

If you go

Location: Isle of Hope

Hours: 9 a.m.-4:45 p.m., Monday-Sunday

Cost: $10 for adults, $9 for seniors, $4.50 for youth (6-17) and $2 for children under 6

Travel tip: Grab a trail map at the visitor's center so you can explore the entire site.



HUMBLE HOME
Wattle and daub huts like these would have housed enslaved or indentured people.



Noble Jones raised cattle and crops at Wormsloe and planted oranges, peaches, figs, apricots, pomegranates and mulberries, which were later enjoyed by the pioneering botanist William Bartram as he passed through in 1765 on his botanical surveys. These days visitors can see heirloom veggies, thanks to the efforts of Sarah Ross, who has grown hundreds of rare varieties in her heritage plots and gives the seeds away via her nonprofit Social Roots. At the time of my visit, the "African Garden" was full of beautiful squashes and okra.



The other thing that fascinated me about Wormsloe's historical exhibit was the wattle and daub hut — a replica built to simulate colonial life — which would have housed indentured servants and slaves. It was tiny inside, with one room dominated by a wooden table and soot-blackened fireplace that made the whole place smell like bacon. A ladder led up to a sleeping loft with a rustic cot under the rafters. I would definitely live there — at least as a seasonal camp — but not if I had to be some dude's slave.

If you're looking for a quiet place to spend the day amongst tabby ruins and sunlit rivers, I recommend Wormsloe. Take the kids and dogs, or your parents and grandparents, or just go by yourself. You won't feel alone with spirits of the past as companions. *LL*

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Downy Woodpecker

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The smallest woodpecker in North America, the Downy Woodpecker, readily enters towns and city parks, coming to backyard bird feeders.

Suet balls or cakes in the backyard will bring the local downy woodpeckers to you. They also like fruit, sunflower seeds, cracked corn, and doughnuts. Downies favor suet with peanut butter, millet, or nuts.

See more of this Frequent Flyer in this issue of Local Life.

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Lowcountry Dreamtime

SURVEYING OUR GEOLOGIC HISTORY THROUGH THE LENS OF PERPETUAL CREATION MYTHS

STORY + ARTWORK BY
MICHELE ROLDÁN-SHAW

The Australian Aboriginal people conceive of the world in Dreamtime. Everything they know — the plants and animals; the rocks, rivers and sacred sites; themselves, their ways and their stories — came into being by the power of Ancestor Spirits that moved over the earth during Dreamtime. The Ancestors shaped the land, populated it, set down laws to govern its inhabitants, then became features of the geography themselves.

But Dreamtime never ended. It is a continuum — past, present and future combined — throughout which creation never ceases. There is no word for time in any of the hundreds of Aboriginal languages. "Dreamtime" is just an English approximation, but to Aboriginal people the Dreaming is now, then and forever. It is who they are. With the longest unbroken cultural history of any people on earth — an estimated 50,000 years — the Aboriginal people have no need of distinguishing eras.

What would a Lowcountry Dreamtime look like? How would we understand this place if we'd been inhabiting it continuously? The forces that shaped this land in a remote past continue to work on it today, even if we conceive of them in scientific terms rather than as mythical marsupials or the Rainbow Spirit.

Millions of years ago the grinding and colliding of tectonic plates produced a fiery birth of mountains, including the ancient Blue Ridges. These were once tall and mighty crags. Constant weathering of the ages has worn them down to gentle, rounded shapes that invite us to stroll through them today, listening to birdies chirp and picnicking in airy forests. As these mountains eroded, rivers carried off their sand and clay, depositing sediments over the land below.

Throughout prehistory, sea levels rose and fell repeatedly, creating some of the most distinctive features of the Atlantic coastal plain. The Carolina Sandhills, today an inland ecosystem of piney woods, were once wind-blown beach dunes. At other times the coast was even further out than it is today, clear to the Continental Shelf. Such epic receding tides left deposits of limestone here and there and exposed layers of sediments that had been deposited by rivers on the ocean floor.

During the last period of glaciation, cold temps prevailed in the South, and more of the Earth's water was locked up in ice. But as temperatures warmed and the ice melted, our barrier and sea islands formed when rising ocean water cut them off from the mainland. Rich briny stews formed the basis of an incredibly diverse habitat that we witness today. Such endless creative processes go on — sea levels rise, barrier islands are enriched or eroded, the stumps of ancient ranges get worn down even as the conditions for new mountains percolate far below the Earth's surface.

When Aboriginal people go on Walkabout, they travel alone into the bush for weeks or months. They learn to survive on the land, getting in touch with themselves and their origins by following the paths of the Ancestors. Songlines, or Dreaming Tracks, connect sacred sites and record the movement of ancient creator-beings; they have been preserved for millennia in songs, stories, dances and distinctive Aboriginal art, which appears abstract but can actually contain secret meanings.

If one were to go on such a Walkabout in the Lowcountry, it would equally be a Swimabout. Starting from the highest peak of Mt. Mitchell in the Blue Ridges; descending through the mineralized Piedmont and the ancient dunes of the Sandhills; covering the vast, flat coastal plain with its swamp bottoms and intricate estuaries; floating out on tidal rivers and drifting among the Sea Islands; jumping from barrier beaches to swim over the limestone bed of the Continental Shelf; and at last entering the ocean deep that would swallow one's Dreaming completely...

These are the Lowcountry Songlines. *LL*

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FREQUENT FLYER

Downy woodpecker

JUST LOOK AT THOSE PECKS!



STORY BY BAILEY GILLIAM + PHOTO BY JAY WOOSTER PHOTOGRAPHY

Permanent residents of the area, downy woodpeckers can be seen acrobatically climbing about and hanging upside down on trees, shrubs and weed stalks. This bird can be found in a wide variety of habitats, from wilderness areas to suburban backyards. The black and white birds are more tolerant of human activity than most other species and visit feeders more frequently than larger, more aggressive hairy woodpeckers.

Downy woodpeckers are the smallest woodpeckers in North America, but don't let their size fool you. Their "pecks" have tremendous force, and like many other woodpeckers, they have a strong bill and neck muscles, a reinforced skull and a brain that is tightly packed in its protective cranium to help cushion the shock of repeated hammering. And though they have small bills, they can probe tiny crevices for invertebrates and wood-boring grubs that can destroy trees. Not only do they protect trees and thereby help the planet, they also eat beetles, ants, caterpillars and wasps.

When scanning your yard for these little jackhammers, look for small birds with white backs, black wings with white bars, black-spotted outer tail feathers and short, stubby bills. Males also have a red patch on the back of their heads. Why do only males have beautiful colors? Well, ladies, you'll be glad to know that the females have white stripes on the sides of their heads, which typically form a halo. Males may have a little bright color, but the females are figuratively angels.

You'll certainly hear the downy woodpecker around this time, as males and females have separate feeding areas until they pair up in late winter. They take turns drumming loudly on dead limbs until the male gradually makes his move. After laying eggs, the parents wait about 12 days before their little fledglings hatch, and then they have the joy of raising their young for 20-25 days before they ultimately leave the nest.

So set up a suet feeder full of peanut-flavored delights, and you'll probably get to watch the downy woodpecker's circle of life unfold in your own backyard. LL

Fun Facts

- *Woodpeckers have feathered nostrils, which filter out the sawdust produced by hammering.*
- *Woodpeckers may hammer on a tree as much as 10 times a minute.*
- *Their nests are in tree cavities and are often cleverly hidden by fungus or lichen.*

Where to see them

Any wooded environment, especially deciduous and mixed forests and areas with tall, deciduous shrubs and weedy edges.

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.



Food & Accessories

FEEDERS

- Suet feeder
- Hummingbird feeder (occasionally)

FOOD

- Suet
- Peanuts
- Peanut butter
- Black oil sunflower seed
- Mixed seed

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We know why we choose to live here. It's the same reason so many choose to visit us every year. What you may not know is our visitors actually help keep our island beautiful. Tourism dollars pick up 100% of our beach renourishment tab. Those dollars are also invested into visitor education efforts on respecting and protecting our island ecology on how to be environmentally respectful and responsible during their stay.

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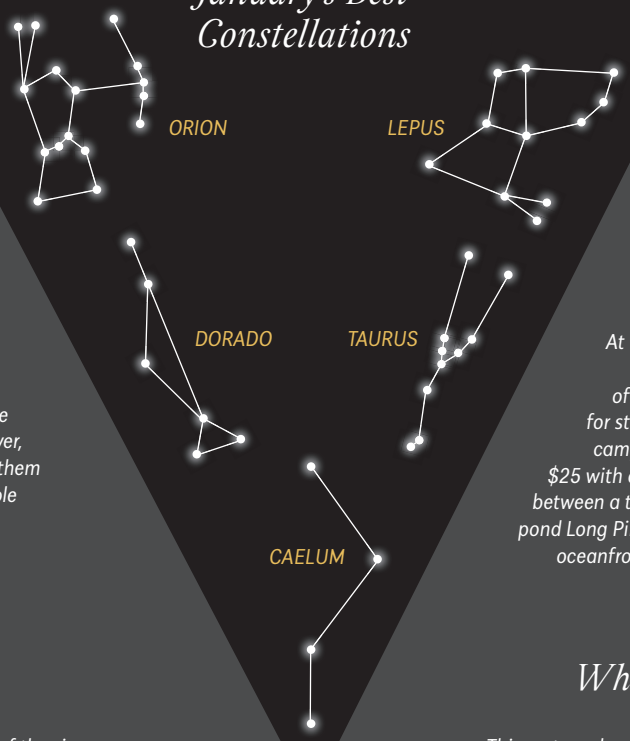
JANUARY stargazing

BY CARLY SCHULTZ

Twinkle, twinkle little star, bundle up and add these constellations to your winter radar. Grab these stargazing essentials and travel south to the Everglades to start 2022 off with a bang. ***Here is your guide for January:***

January's Best Constellations



Capricorn
DEC 22ND - JAN 19TH
Capricorns can inspire others with their dedication, enthusiasm and loyalty. They are always ready to undertake a challenge and learn. However, their intense drive can leave them exhausted and hold impossible standards for themselves.

Aquarius
JAN 20TH - FEB 18TH
The most unique individuals of the signs, Aquarians are hard to describe as a whole. They are very concerned with helping others and are here to make the world a better place. They will always assume the good in people while also being very intellectual and analytical.

Where to go

EVERGLADES NATIONAL PARK

At the southern tip of Florida, Everglades National Park offers one of the prime spots for stargazing. One night at the campground costs only around $25 with a prior reservation. Choose between a tent or RV lot at the fishing pond Long Pine Key Campground or the oceanfront Flamingo Campground.

When to go (Jan. 3)

THE QUADRANTIDS

This meteor shower will peak close to a new moon, so the sky will have almost perfect visibility conditions. The radiant point will lie close to the Big Dipper making it easy to find the meteor shower amidst the sea of stars.

Moon Chart

Jan 2nd
New Moon

Jan 3rd-8th
Waxing Cresent

Jan 9th
First Quarter

Jan 10th-16th
Waxing Gibbous

Jan 17th
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5-MINUTE HISTORY

Living the dream

STORY BY RICHARD THOMAS + PHOTOS BY ARNO DIMMLING







LOCAL LANDMARK Mitchelville Freedom Park is located at 229 Beach City Road on Hilton Head Island. Explore it at your own pace and leisure. Informative signs and placards are placed around the park to guide your journey.

One of the most common responses to the greeting, "How're you doing?" on Hilton Head is "Living the dream!" Most residents here would readily agree that Hilton Head is a dream location in which to live. In fact, Hilton Head Island has been the focus of many diverse versions of "living the dream" throughout its history.

The earliest Native American inhabitants of the area likely came here from the mountains during the winters for more temperate surroundings. Their "dream" was a more abundant food supply and a climate less harsh in which to survive.

Later many of the early European expeditions pursued four or more "dreams." Paramount was a direct water route to the shores of Asia and its riches, the fabled "Northwest Passage." Second was freedom from religious persecution or the opportunity to bring more people into the Christian faith. Third was the promise of untold riches in the lands to the West, providing badly needed resources for the depleted royal treasuries of the European monarchies. And last was the opportunity for people from lower-class backgrounds to better their lot in life by risking the dangers of colonizing an unknown land. All of these drove people to this area.

The British Empire sought to expand to North America's Atlantic coast because of its bountiful crops and goods as well as a place to establish colonies to create an agrarian paradise. But the convergence of contrasting "dreams" between indigenous and European cultures destroyed the "dream" of Native American peoples who were the first residents of the coastal plain. Then Huguenots from France, Pilgrims from England and Covenanters from Scotland came to the New World, dreaming of freedom of religious expression and freedom from persecution for those religious beliefs.

A dreamland divided

But "The Dream" for Protestant English settlers of America also meant infringing on the dream of Catholic Spanish settlers who had come before. A century of warfare between the two countries ensued, ending in a sharply divided "dreamland" along the Southeast Atlantic and Gulf coasts. British land grants to noblemen led to new settlements in the local area in the early 1700s. And once Yamasee tribes were driven into Spanish territory in the 1720s, Europeans began sailing from the British Isles and establishing farms along the Carolina coast. Rice among the inland and upriver landholders and indigo and cotton among the sea island planters became avenues to wealth and prosperity that fulfilled dreams for many.

However, the labor required to build the crops-based economy of the Carolinas and Georgia came from Africans who were taken away from their homelands and forced into slavery on the plantations of the English dreamers.





HOT SPOT Mitchelville Freedom Park features historical exhibits that will take you back in time and hosts many events, including the annual Juneteenth Celebration.

Later a growing awareness among whites of the moral contradiction the existence of slavery presented to Christian beliefs, especially after 1820, brought pressure for legislative reform to grant freedom for enslaved people in the Northern states. But because the agrarian economies of Southern states were so heavily dependent on enslaved labor, Southern states staunchly resisted the cry to end slavery in the South.

The Civil War ended "The Dream" for Southern planters, but answered it for thousands of men, women and children who had been enslaved. The Port Royal Experiment heralded the days when Emancipation and Reconstruction structured the rights of formerly enslaved African-Americans in pursuit of their dreams. Beaufort County became a model of black self-government during Reconstruction through land ownership, entrepreneurial endeavors and government opportunities.

So "living the dream" is not in any way a recent phenomenon for Hilton Head residents. In fact, the pursuit of a variety of dreams is woven through Hilton Head's history. Without a doubt, there will be many more dreams to pursue in the years to come. LL

Richard Thomas is an owner and guide for Hilton Head History Tours and is the author of Backwater Frontier: Beaufort Country, SC at the Forefront of American History.



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Trends of 2022

PHOTOS BY LISA STAFF

2021 is finally over, and we're ready to ring in the new year. We asked local experts to share their take on what's trending for 2022. From color-matching pieces, to layering in style, or to patterned perfections, kick off the new year with these trends gathered by local stores and boutiques. A special thanks to Colleton River for allowing LOCAL Life use of its incredibly inspiring spaces.



***Available at** Knickers*

style



Monochromatic looks are great, but don't be afraid to add a pop of color. Try a top like this one to really bring out those blues and sea greens.

Available at *Palmettoes*



Color coded

Go bold with your colors *this year and try a monochromatic look. One color palette can encompass an entire outfit. Use different shades of the same color for a casual, effortless look.*

For a more sophisticated color story, try a muted palette. Kids will love being able to wear every color of the rainbow without looking like they dressed themselves. And what kid can resist a unicorn purse that doubles as a Pop It?

Available at *Island Child*



Wearing cool color tones like this outfit from Southern Tide mimics the cooler temperatures, while the accessories add a summertime homage.

Available at *Southern Tide*

Playful patterns

Bold patterns *are definitely trending, and it's time for you to make a statement for the new year. All eyes will turn when you enter the room wearing a statement dress like this one. Remember to keep the accessories neutral; you want the patterned garment to be the focal point.*



Available at *Outside Hilton Head*



Available at
Cocoon

Ready for warmer days? Go ahead and strut your style in a sleeveless printed maxi. When going for warmer florals, add neutral accessories to amp up the sophistication and avoid going "too springy, too soon."

MEET THE MODELS...



CARLOS AVILA

Local since: 2020
Favorite thing about living at Colleton River Club: The people.
Hobbies: Golf, cooking, entertaining, fitness and wine tasting.
Fun fact: Has ziplined twice and run 8 marathons.



CHANDLER MOENIUS

Local since: 2020
Favorite thing about living at Colleton River Club: What don't I love? All the people. Everyone's so friendly, humble and gracious. I moved here not knowing anyone, and we found everyone to be so welcoming and now we found a great group of friends.
Hobbies: Anything outdoors. I ride my bike, swim, run marathons and do crossfit.
Fun fact: I can ride a unicycle.



CHRISTINE HOTHAM

Local since: 2020
Favorite thing about living at Colleton River Club: Definitely the people, the activities, the beauty – literally the opportunity for a utopian life.
Hobbies: Tennis, pickleball, fine wine, cooking, traveling
Fun fact: I used to love caving as a kid, but now I'm claustrophobic.

Available at
Eyeland Optique



Sunglasses like these can go with any look and are the perfect accessory to show off how cool and calm you are waiting for the summer sunshine to stop in.

Layer player

***Layering** is key to creating cool and comfortable looks. Just because the weather is cooler doesn't mean you have to dress in the thickest winter apparel. For those of us used to shorter winters, layering is all you need to get through the seasonal changes.*



***Available at** Spartina 449*

For a more subtle approach to pattern, try layering a colorful plaid underneath a half zip for a pop of texture. Incorporating some of those pops of brown throughout the outfit creates a cohesive, cool look.



Available at
John Bayley Clothier

FASHION CREDITS

Photography Lisa Staff **Makeup + Hair** Chaeli and Carley Kruckenberg
Location Colleton River Club

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How to chase your dreams

WHAT PEOPLE WHO ACCOMPLISH THEIR DREAMS DO DIFFERENTLY THAN THOSE WHO DON'T

STORY BY MICHAELA SATTERFIELD

It's a new year, which means new dreams or a new resolve to make old dreams happen. If you constantly come against the same roadblocks when going after your big goals, we have a few secrets that will help you make it happen this year. As it turns out, those who accomplish their dreams have some different tricks up their sleeves than those who wave to their dreams as they pass by. Don't get stuck in a daydream. Let this advice inspire your own plan to make your dreams come true. ***Here are 7 habits of dreamers who are also doers:***

© GREG RAKOZY

1. They dream big, but not too big

Those who accomplish their dreams know how to avoid setting themselves up for failure. Aiming for a gigantic, far-off goal could lead to initial failure, which could reinforce doubt about your ability to accomplish anything. Big, lofty goals are comprised of smaller, more modest goals. Start with a small goal and allow your dream to grow bigger as you go. If your dream is to climb Mount Everest and you've never climbed a day in your life, you may want to start at the rock-climbing gym first.

2. They knock down pie in the sky

Dreams sound easy when left at the pie-in-the-sky stage. Just thinking about something you'd like to accomplish in a vague way can lead to a sort of satisfaction that will leave the wheels spinning in your mind and prevent your goals from ever actually getting off the ground. Take your vague dreams and break them down into concrete, achievable steps. Once you turn your ambiguous dream into a to-do list and start checking off the boxes, you'll begin to see results. The first step to climb Mount Everest, after all, is to go to the store for some climbing gear.

3. They don't go it alone

When it comes to making your dreams come true, doers know accountability is key. Let your dreams be known, and assemble a support team to cheer you on. Your personal dream team will remind you why you started in the first place when you're ready to throw in the towel. Make sure that a few key people, who will be on your side and serve as a shoulder to lean on when things aren't going so well, are in the know every step of the way.



© WOLF ZIMMERMANN

KEEP THE END IN SIGHT At the start, trying to make your goals or dreams come true can be confusing and unclear — just like dreams while sleeping. The secret is to focus and keep working toward the end goal.

4. They don't waste time getting started

Getting started is often the hardest part in going after any goal. Once you get past this initial roadblock, things will start working like a dream if you stay the course. Set deadlines for yourself to help nix procrastination. To overcome the getting-started jitters, don't forget you need to tackle only one task at a time. Slow and steady wins the race.

5. They get focused

Achieving your goals requires laser focus. Your environment has a big impact on your ability to focus, so figure out what works best for you. Do you need background noise or total silence? Depending on your answer, you may need to shuffle your favorite playlist or grab some noise-cancelling headphones. Set up a space dedicated to working on your goal – whether that looks like a desk area in the house or a workshop in the garage. Take your work to another location, like a coffee shop, when you just can't settle down. Also take frequent breaks, preferably in some fresh air, to get your body moving and your focus flowing.

6. They become friends with failure

The avoidance of failure has a flipside: it usually results in the avoidance of success. When going after your dreams, there's a good chance you will fail at some point along the way. When you do fail, don't let it set a precedent. Failing once does not mean your whole endeavor is a failure. Don't allow failure to faze you. Acknowledge it, then get back up and try again.







© JOHANNES PLENIO

7. They follow a strategy

Those who have accomplished their dreams didn't get there without a method to the madness. At the end of the day this isn't a one-size-fits-all situation. It's up to you to figure out which strategies work best. We have a few ideas to stir your inspiration. **To increase productivity and the chance of seeing your dreams come true, try one (or a few) of these 5 techniques:**

1. The Seinfeld Strategy: This technique is credited to comedian Jerry Seinfeld, who uses it to improve his writing. First grab a big calendar. Every day you complete a task toward accomplishing your goal, no matter how small, draw a red "X" on that day on the calendar. Your mission? Simply don't break the chain of "X's". Daily action will gradually make it happen.

2. The Pomodoro Technique: This time-management technique was created by author Francesco Cirillo. To use it, divide your time into intervals, called pomodoros. Pomodoro is the Italian word for tomato, as the technique was named after the classic tomato-shaped kitchen timer. The idea is to work for 25 minutes, then take a 5-minute break. Repeat this process two more times, then take a longer break of 20 minutes. By the time you're done with one set, you'll have over an hour of work under your belt without feeling like it, thanks to the breaks.

3. The 52-17 Rule: This is another technique to divide your time. Researchers at the social networking company Draugiem Group found that the ideal work-break balance is to work for 52 minutes, then take a 17-minute break. For this technique to work, work times must be dedicated solely to work, and break times must be dedicated solely to taking a break. Those who take breaks about every hour have been shown to be more productive than those who don't allow themselves to take a break until the task at hand is done. Go ahead and relax every once in a while – you have our permission.

4. The Rule of Three: This strategy, developed by author J.D. Meier, is simple. The rule is that you must put three tasks on your to-do list each day – no more and no less. This helps with prioritizing what actually needs to get done that day, so you don't waste time on fluffy time-fillers.

5. The Two-Minute Rule: We can thank productivity consultant David Allen for this one. He says to go ahead and get anything done that will take less than two minutes to complete right now. It's not a big time commitment, and it will declutter your schedule and mind so you can focus on the tasks that really matter. *LL*

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Dreamcatcher

Need: 5inch metal hoop · 2.5 yards suede lace · 3 feathers with loop for hanging
1 skein of embroidery floss · natural gemstone beads · needles for threading (optional)

1

Gather all of your supplies!



Traditionally, the circular frame represents Mother Earth ← everything that sustains life.



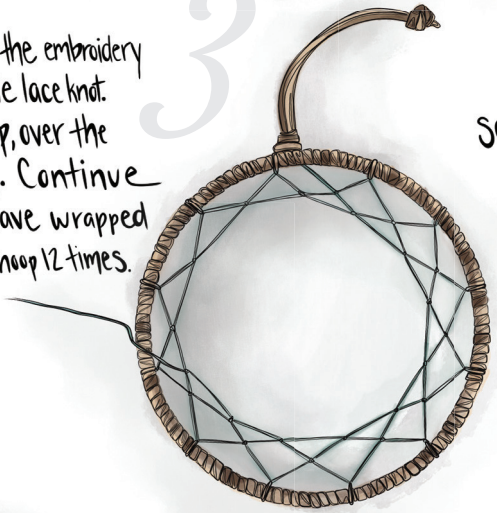
2



Wrap the suede lace tightly around the metal hoop. Leave a bin tail at the top of the hoop. Tie a knot at the base and ends of the tails.

3

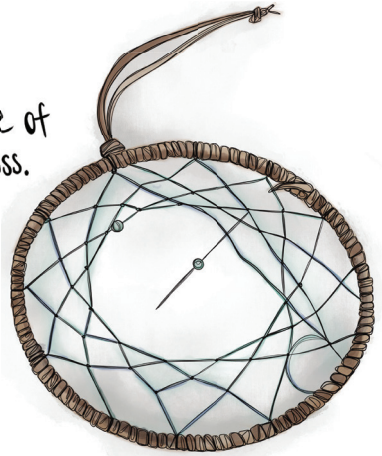
Tie one end of the embroidery floss around the suede lace knot. Weave it through the hoop, over the top, and back through. Continue this motion until you have wrapped it around the hoop 12 times.



4

Repeat the same process, but wrap it around the middle of the embroidery floss. This will create a spider web pattern.





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5



Add the gemstone beads when you get close to the center. Pull the floss tight & secure with a knot.

6

To complete the dreamcatcher, hang beads and feathers from the hoop. Display your dreamcatcher on your bedroom window. Sweet Dreams!

Catch your dreams with this DIY project

STORY BY BAILEY GILLIAM
ILLUSTRATION BY MEGAN GOHEEN

We've all seen dreamcatchers, or maybe even owned them, but what exactly do they do? And where do they come from? As it turns out, dreamcatchers have quite a history and do more than just serve as bedroom decor.

DON'T LET THE BED BUGS BITE

Dreamcatchers are a symbol of oneness across numerous indigenous cultures and tribes; they are now generally a symbol of Native American identity. Dreamcatchers can be traced back all the way to the Native American Ojibwe tribe. This tribe believed in the spirit, Asibikaashi, also known as the Spider Woman. She was a spiritual protector of infants and the adults around them.

SLEEP LIKE A BABY

As the Ojibwe tribe began to spread out through intermarriage and trade in the 1960s, the Ojibwe believed that their physical distance could become difficult for Asibikaashi to manage, so the women began weaving webs, or dreamcatchers, for infants as a way to help out. They originally used willow hoops and sinew to weave these protective webs and gifted them to children for protection. These woven charms were hung above children's beds to catch any bad dreams or other harms that could come to them during the night.

YOU WON'T NEED TO SLEEP WITH ONE EYE OPEN

The web of the dreamcatcher absorbs bad dreams and discharges them during the day, while the feathers act as a ladder and allow good dreams to descend on the sleeper. The hoop shape represents togetherness as well as the circle of life, and the charms represent good dreams and creation. Traditionally, the number of webbed points on the dreamcatcher have meaning: 13 points are the phases of the moon, 8 are the spider woman's legs, and 5 are a star.

TEAM WORK MAKES THE DREAM WORK

Easily add a dreamcatcher to your sleep team with our DIY guide. To make your own dreamcatcher, you just need a metal hoop, suede lace, embroidery floss, some feathers and gemstones. Hang this DIY near your bed to ensure great dreams and add some decor to your bedroom, or give it as a gift to symbolize your care for a loved one's well being.



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Lucid Dreaming 101

HOW TO TELL WHEN YOU ARE DREAMING

STORY BY BEA CONRAD

The world of dreams is a truly fascinating one, and the realm of lucid dreaming is even more so. Lucid dreaming gives sleepers a chance to explore altered states of consciousness, all without the use of drugs or the danger of addiction.

What sets a lucid dream apart from a standard one is the knowledge that you are dreaming. When you enter a lucid dream state, you recognize the unreality of the situation, and with practice you can use that knowledge to embark on a new adventure every time you shut your eyes.

Since awareness of the dream state is the cornerstone of lucid dreaming, the ability to recognize that state is key to success. Lucid dreaming comes easier to some than others, but moving from standard dream state to the self-awareness of a lucid dream may be less intimidating than you think.

Dreams may be mysterious, but they have an internal logic. You can use those consistencies to recognize the dream state and increase the odds of a lucid dream. Here are some things to look for when asking yourself if you are moving within the dream landscape.



Time for dreaming

Time takes on unique properties in the dream world, and the behavior of time tends to be much less distinct than in waking life. If you want to know if you are dreaming, read the numbers on your bedside clock. If you are awake, the time will be clear and easy to determine. When dreaming, the time on the clock may appear blurry, and the time may change sharply from one look to the next.

The reading test

Reading also takes on a different tenor in the world of dreams. Reading a page of text or an entry from the dream journal near your bed is one of the best ways to tell if you are dreaming. If you are awake, the text should be clear, precise and easy to understand. In the dream world that same text may be indistinct, blurry or nonsensical.





DREAM CONTROL With practice you can learn to take control of your dreams, opening the door to new adventures each time you shut your eyes.

Take a look at yourself

Your body image can be completely different in the dream state and the waking world. If you want to distinguish one from the other, start by looking at your hands and feet. In the dream world these extremities will often look fuzzy or distorted. If you can see your hands, feet and other parts of your body clearly, chances are you are fully awake.



Mastering your dreams

Learning how to recognize the unique characteristics of the dream state can make lucid dreaming a lot easier and a lot more productive. Once you know how to recognize when you are dreaming, it will become increasingly easier for you to drop into that lucid dreaming state, a place where you are in control of the action. Once you master the gateway into lucid dreaming, you can not only watch a different internal movie every night, but you also can write and rewrite the script. *LL*





It's just a dream

FIVE MOST COMMON NIGHTMARES AND WHAT THEY MIGHT MEAN

STORY BY SEAN HENDERSON

Ever since we were little, nightmares have been the occasional — and sometimes more often — unshakable things that wake us during the night from our deep sleep and leave us shaken, sweaty and full of terror. Could there be more meaning behind them? Dreams and nightmares can cause a lot of stress, but they can also be a result of anxieties and subconscious feelings that your brain might be trying to communicate to you.

The following are some of the most common types of nightmares that people experience and what some people believe they may mean.











1. Falling

This is reportedly the most common nightmare that people have. This type of bad dream most often happens during the first part of your REM cycle, as you are beginning to fall asleep, and your body is starting to relax. People most often have the sensation of falling and never reaching the ground, which can be terrifying. Some people think this is actually caused by the fact that you are going through something that is out of your control in your waking life. Your mind is working through those waking feelings using this type of unpleasant dream.

2. Being chased

The feeling of being chased is quite common in nightmares. Another version of this type of bad dream is when something is coming after you, and you feel like you cannot run fast at all. This kind of dream can mean that in your real life you have a goal of some sort that you are trying to achieve but having trouble. It could be frustration or lack of progress to get to that end goal. However, the scary aspect makes it seem like a whole new beast of a problem.

3. Teeth falling out

Dreaming about your teeth falling out is a both a common and gross nightmare that a lot of people have. This could actually be a sign that you feel powerlessness in your waking life. This nightmare could also be trying to communicate a sign of worrying about how others perceive you, since you can tell a lot by a person's smile.

4. Being late

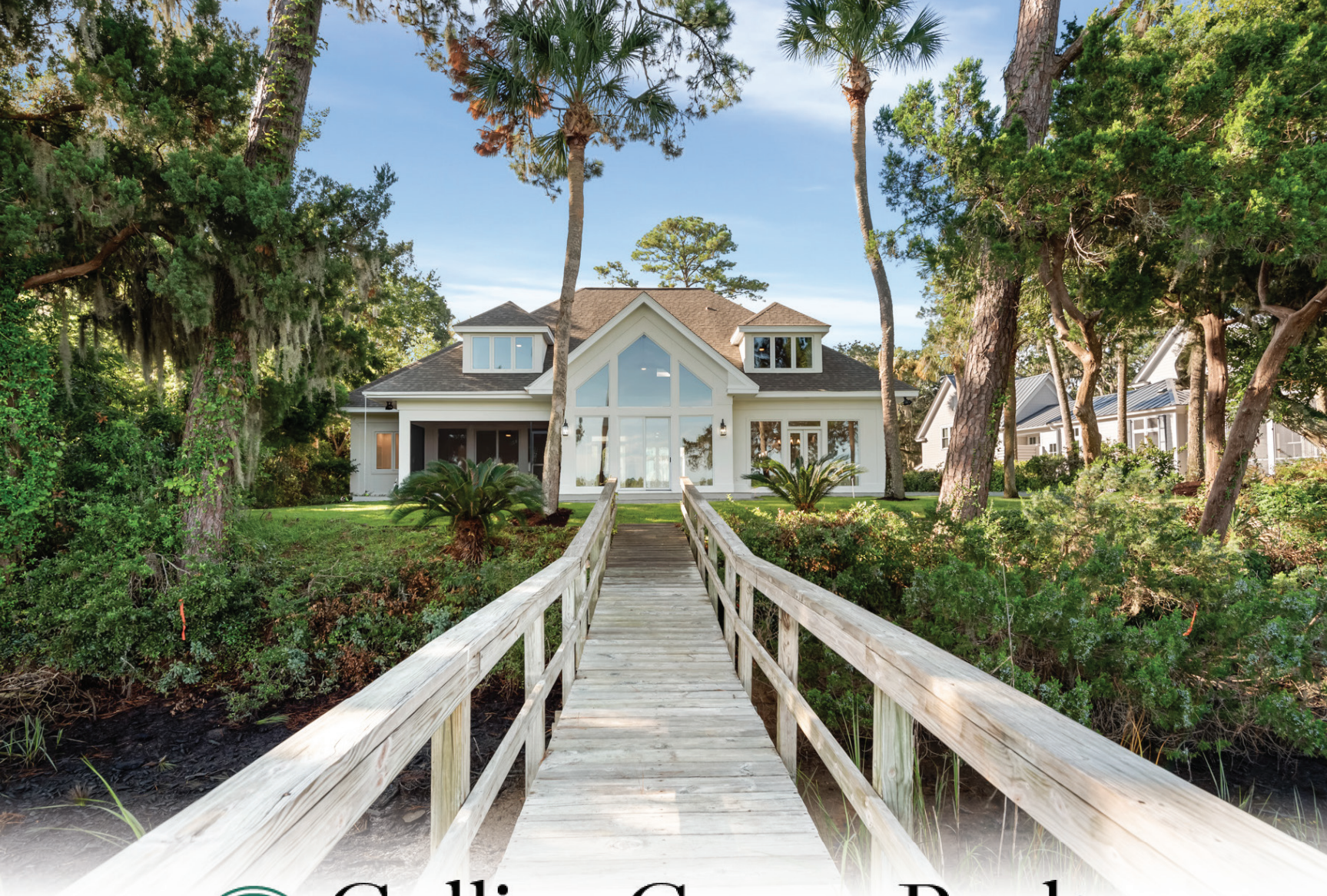
Dreams about running late for important meetings or events can suggest that you are feeling overwhelmed or out of control with life. You could be frazzled by something going on and feeling like you are barely hanging on, which explains the running late in your dreams.

5. Being naked in an inappropriate setting

Maybe the most comically horrifying? Dreaming that you are naked in front of a crowd of important people or any other place where clothes would be strongly suggested is a common nightmare. As being naked in public would make you vulnerable, a dream about this can mean that you are fearful of being vulnerable. This could stem from deep-rooted insecurities or anxieties about fitting into a group and how other people may see you.

TAKEAWAY: Don't take dreams literally

As with most things in life, it is always best to not take things so literally. The same goes for our dreams. Although they can give us inklings about ourselves and our subconscious thoughts, they might not be the absolute be all, end all. If you are struggling with nightmares like the ones above, consider doing things like keeping a dream journal, getting a good night's sleep and before bed refraining from caffeine or other things that may disrupt sleep.



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Reinvest in your rest with these ***nine sleep aids*** to get you snoozing in no time. Mix and match remedies for the ultimate restorative sleep that will leave you feeling energized and kicking insomnia to the curb.



Plants

Mother Nature comes to the rescue again with an organic sleep remedy. Plants such as aloe vera and English ivy are known to remove toxic agents from the air and provide a natural indoor filter. Having clean air to breathe induces the sleep process as the room is filled with ample oxygen.



Lavender

Not only does this sleep aid smell like a sweet floral wonderland, lavender essential oil is known for its magical soothing and relaxing properties. Sprinkle a few drops on your pillow before bed and let the therapeutic-grade aroma lull you into sweet dreams.



CBD oil

Known for its therapeutic properties, this award-winning ISO Sleepy Bedtime Formula is made for sleep time. It promotes relaxation, sedation and relief of discomfort. Find it at Burke's Main Street Pharmacy.

Melatonin

If you're looking for a fast remedy for sleep, OLLY's Extra Strength Sleep supplies a blend of Melatonin, L-Theanine and botanicals to get you snoring in no time. This safe, non-addictive gummy tastes good and will give you the relaxation you need.





Weighted blanket

For those restless nights, this Organic Cotton Weighted Blanket by Saatva will be your best friend. Cozy, luxurious and velvet to the touch, this blanket provides enough soft pressure to give you the security you need to fall safely asleep.



White noise

Turn off the TV and turn on the Dodow metronome to fall asleep to a steady beat. Along with a light system, this natural remedy will help promote deep breathing, which is conducive to falling asleep.



Glow light

Ease yourself into sleep with this Casper Self-Dimming Light that creates a calm atmosphere in the bedroom. The automatic feature knows when to shut off at night and how to slowly awaken you in the morning.



Thermal pad

Don't worry about finding the cool side of the pillow any more or bundling up with blankets with this OOLER thermal sleep system. This pad covers a range of temperatures from 55-115°F for all your temperature sleep needs.

The Heavenly Bed

Made for comfort and support, the Westin Heavenly Bed passes the Princess and the Pea with flying colors. Designed for restorative sleep, this mattress is made of plush, pillow-top framework. You will need some convincing to get out of it in the morning. Available at the Westin Store.



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WHAT'S FRESH IN JANUARY?

Tantalizing turmeric

THE PIGMENTED SPICE WITH EVERYTHING NICE

BY MADDIE BANE



LOCAL LIFE TEST KITCHEN

Pasta with tomatoes, turmeric & capers

INGREDIENTS

16 ounces penne pasta
2 cups tomatoes, diced
1/2 cup extra virgin olive oil
3/4 cup white wine
1/3 cup capers
1 tablespoon turmeric
Salt and pepper, to taste

DIRECTIONS [1] Cook pasta according to package directions. While doing so, heat olive oil over medium heat in a large skillet. **[2]** Add tomatoes, capers, and turmeric. Bring to a high heat and add white wine. Simmer for 2-3 minutes. **[3]** Bring heat back down and cook for an additional two minutes. **[4]** Once pasta is cooked, add to sauce and mix until well combined. When serving, add salt and pepper to taste.

Turmeric is the queen bee of spices when it comes to regions like India, Southeast Asia and the Middle East. There it is used in medicinal practices just as often as it is in the kitchen. It's heavily used in the States as well, and it bodes an impressive amount of health benefits, both internal and external. In climates such as the Lowcountry, turmeric is grown as a perennial. In the spirit of "new year, new you," maybe it's time to incorporate some of this healthy root into your everyday life.



Superfood to the rescue

A cousin of ginger, turmeric mimics some of the same nutritional benefits. It's been shown to act as an anti-inflammatory, lower the risk of heart disease, and even aid in fighting off depression. Widely regarded as a super-food, turmeric can assist in fighting off viral infections. Maybe start slipping some turmeric powder into your tea to get a jumpstart on flu season.



Down to the roots

Want to grow your own turmeric? It's easy in the subtropical climate of the Lowcountry. Simply plant a turmeric rhizome about three inches deep into the soil and keep it well watered. It is happiest when it is provided ample sun, 8 to 10 months of frost-free growing and regular water. After a few months the plant will spout big and beautiful green leaves that last until temperatures drop. When the leaves turn yellow, dig up the root ball, take what you need, and put the root back into the ground to grow more. With the price of fresh turmeric root soaring to up to $16 a pound, you can save a few bucks while enjoying fresher, more nutritious roots from your garden or container.

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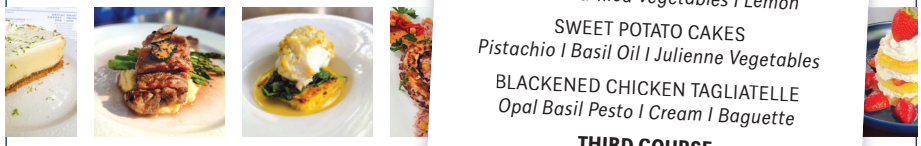

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Pistachio I Basil Oil I Julienne Vegetables
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Uses for fresh turmeric root

- *Chop it into matchsticks for salads and slaw*
- *Juice it to use in salad dressings*
- *Use in grain dishes with lentils and rice*
- *Grate it into scrambled eggs and omelets*
- *Use it as part of a marinade for chicken, fish and vegetables*
- *Pickle or freeze for later use*

Super soups

- *Creamy orange cauliflower, pumpkin and turmeric soup, dusted with black pepper.*
- *Boiled oxtail soup with turmeric, glass noodles, tomatoes and peppers.*
- *Chopped meat with turmeric, garlic, sprouts and potato chips, sprinkled with fried shallots.*
- *Golden chicken soup with turmeric, carrots, celery and onion.*

Where to buy them

You usually can find turmeric rhizomes at Whole Foods; sometimes Kroger and Harris Teeter. Sometimes the roots are fresh, other times frozen. Turmeric powder can be purchased at most major grocery stores, including Burke's Main Street Pharmacy and The Herb Room Organic Apothecary.

Skin in the game

While turmeric benefits the inside of your body, it can benefit the outside, as well. By combining it with water, coconut oil, and other spices over heat, a paste can be created. This can be used as a home remedy for sunburns. In India, brides and grooms use the paste on their wedding day to enrich the complexion of their skin. *LL*



LOCAL LIFE TEST KITCHEN

Spiced turmeric latte

INGREDIENTS

1/8 cup water
1 cup milk
1 tablespoon sweetener of choice
1/4 teaspoon ***turmeric powder***
1/8 teaspoon cinnamon
1/8 teaspoon ginger
1 pinch nutmeg

DIRECTIONS [1] Add water and spices to a pot and boil for 1-2 minutes. **[2]** In a frother, combine milk and sweetener. Froth until desired consistency and add to boiling water. **[3]** Boil for one minute and pour drink into cup. Sprinkle cinnamon and turmeric powder on top.



LOCAL LIFE TEST KITCHEN

Mango & turmeric smoothie



INGREDIENTS

1 cup mango, cubed
1/3 cup Greek yogurt
1/4 cup milk
1/2 teaspoon ground turmeric
2/3 cup ice cubes, if desired
Fresh mint

DIRECTIONS [1] In a blender, add all ingredients except mint. **[2]** Blend until desired consistency. **[3]** Pour into glass and garnish with mint.

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*Dreams do come true. Thanks to our **local chefs and restaurants**, you can make these Lowcountry favorites right in your own kitchen.*



NUNZIO RESTAURANT + BAR

Turkey Meatballs with Swiss Chard

INGREDIENTS

1 bunch Swiss chard, washed and cut 1/2 inch thick, blanched
1/4 cup tomatoes, diced
1 1/2 pounds lean ground turkey meat
6 apricots, dried and finely chopped
3 ounces pistachios, shelled and crushed
1/2 cup Parmigiano cheese
1/2 cup breadcrumbs
3 eggs
1 tablespoon chopped parsley
2 garlic cloves, finely chopped
1 dash all-spice
1 pinch chopped marjoram
Salt and pepper
2 ounces Marsala wine

DIRECTIONS [1] Heat oven to 400 degrees. **[2]** To prepare meatball mix, combine all the ingredients in a mixing bowl, except the Swiss chard. Mix together and form golf ball-sized meatballs. **[3]** Bake the meatballs in oven on a sheet pan for 15 minutes. You may also fry them. Remove and set aside. **[4]** Cook Swiss chard with garlic in a large saute pan until garlic is golden. Add diced tomatoes to cooked Swiss chard. **[5]** Add meatballs and let simmer together for 15 minutes. **[6]** Serve meatballs on large platter and sprinkle with grated Parmigiano cheese.

LET'S TALK TURKEY

For a healthier and, dare we say, tastier option, try your hand at these turkey meatballs from Nunzio Restaurant + Bar. This recipe is so hearty and rich, you don't need to add pasta to make it a meal.



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WINNER, WINNER SCHNITZEL DINNER

Wiener Schnitzel is one of Alexander's Restaurant's most coveted dishes, and now they're sharing it with us. For a fully authentic German feast, serve with Yukon gold mashed potatoes, lemon-caper brown butter, asparagus and baby carrots.



ALEXANDER'S RESTAURANT

Wiener Schnitzel

INGREDIENTS

1 veal cutlet
2 eggs, beaten
1/2 cup all purpose flour
1/2 cup panko bread crumbs
Olive oil

DIRECTIONS [1] Pound veal cutlet very thin. **[2]** Set up standard breading procedure in 3 bowls. Dip veal cutlet into all-purpose flour, then eggs, then lastly breadcrumbs. **[3]** In a hot pan, add olive oil and mix around into pan. **[4]** Add veal cutlet. Cook on medium-high heat for about 2 minutes per side. **[5]** Cook veal cutlet in the oven at 450 degrees for about 2 minutes until brown. **[6]** Prepare demi-glace by adding capers to a traditional Espagnole sauce and simmer. **[7]** Serve cutlets topped with demi-glace sauce and garnished with lemon and parsley.



LAY DOWN ROOTS

Stop making the same potato dish for every other meal. Change it up with Vineyard's root vegetable platter. This not only makes a great side dish but can be perfect by itself; all roots have a chance to come up and shine.



VINEYARD BLUFFTON

Winter Roasted Root Vegetable Platter



INGREDIENTS

1 bunch medium red beets
1 bunch medium Golden beets
1 acorn squash
*1 small **butternut squash***
1 bunch carrots with stems
1 medium sweet potato
3 medium parsnips
10 ounces assorted small potatoes
6 ounces "Mudd" homemade seasoning, (mixture of chopped fresh garlic, rosemary, oregano, green onion, black peppercorn, parsley, olive oil and lemon rind)

DIRECTIONS [1] Wash and cut all vegetables about the same size with different shapes. **[2]** Place vegetables in a large bowl and add the "Mudd" mixture; mix well. **[3]** Distribute vegetables on a baking tray in a single layer. **[4]** Place in a 400-degree oven for about 15 minutes. **[5]** Stir vegetables with a spatula and cook for an additional 15 minutes or until charred. **[6]** Place vegetables on a serving platter and sprinkle with sea salt or seasoned salt.



GET YOUR DUCKS IN A ROW

Why should turkeys have all the fun? Cooking duck might seem intimidating, but Charlie's L'Etoile Verte's classic duck recipe makes things easy and delectable.

CHARLIE'S L'ETOILE VERTE

Duck A L'Orange

INGREDIENTS

Duck brine
1 large onion, roughly chopped
7 garlic cloves, smashed
4 ***bay leaves***
2 tablespoons black peppercorns
6 each juniper berries
1/4 teaspoon red pepper flakes
2 each ***star anise***
3 tablespoons kosher salt
1 cup dark brown sugar, loosely packed
3 cups orange juice
1/2 cup apple cider vinegar
2 quarts water
6 cups ice
4 cups carrots, roughly chopped
3 cups onion, roughly chopped
1 stalk celery, roughly chopped
3 tablespoons extra virgin olive oil
1 teaspoon salt
1 teaspoon pepper
1 cup white wine
2 each bay leaves
1 tablespoon black peppercorns
1 tablespoon kosher salt
2 gallons water
1/2 cup orange marmalade
3 tablespoons cornstarch
4 tablespoons water

DIRECTIONS [1] Place all ingredients in a large stock pot. Bring to a boil over medium high heat and allow to simmer for 15 minutes. Remove from stove and pour into plastic container large enough to accommodate duck and brine. **[2]** Add ice to cool down. Strain and cool. Place in refrigerator until completely cool. When brine has completely cooled, put duck in and let sit for 8-12 hours. Pull out and let air dry for 20 minutes before putting in 350-degree oven. **[3]** Place duck and veggies in a large baking pan. Coat everything with olive oil, salt and pepper. Bake for 30 minutes. **[4]** Remove from oven and pour in white wine to deglaze pan. Place mixture in a large stock pot and add bay leaves, salt, peppercorns and water. Bring to a boil and cook down for 2 1/2 hours. Strain and put in new pot. Bring back to boil and lower to a simmer. **[5]** Add orange marmalade and thicken with cornstarch slurry. **[6]** To cook duck, place on a sheet pan with a baking rack. Cook at 175 for 2 hours or until internal temperature is 160 degrees. Remove from oven and rest while you turn up oven to 400 degrees. Place duck back in oven and cook for another 10-12 minutes until skin has crisped.







CAKE WALK

You can't go wrong with the combination of chocolate and raspberry in this cheesecake recipe by Lulu Kitchen. If you don't have time to make it, you can pick some up in person; it's currently on the menu.

LULU KITCHEN

Chocolate Raspberry Cheesecake



INGREDIENTS (crust)

1 ½ cups graham cracker crumbs
*2 cups toasted **macadamia nuts***
1 cup sugar
6 tablespoons unsalted butter, melted

INGREDIENTS (filling)

1 pound quality white chocolate, melted
4 teaspoons vanilla
1 ½ teaspoons lemon zest
5 large eggs
1 ½ cups fresh raspberries, washed
3 cups sour cream
1 cup powdered sugar, plus more for decoration

DIRECTIONS [1] Heat the oven to 350 degrees. Wrap a 10-inch springform pan in foil; this will stop water from getting to the crust while baking. **[2]** Make the crust by blending together the crust ingredients until crumbs absorb butter and it stays together when pressed. Bake for 10 minutes. Remove and let cool. **[3]** Start the filling: in a stand mixer, blend together the white chocolate, vanilla, lemon zest, and eggs until the filling is smooth and well incorporated. **[4]** Spread half of the filling into the crust. Arrange raspberries to cover the bottom filling. Top raspberries with remaining filling, making sure to cover the raspberries. **[5]** Cover pie with foil and place on a sheet pan. Add water to the pan and bake for 45 minutes. **[6]** Remove and let cool overnight in the refrigerator. **[7]** Mix together sour cream and powdered sugar. Gently spread over top of cake. Add more fresh raspberries and powdered sugar for design.

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SOUP'S ON!

Don't let the word "vegan" scare you away from this vegetable stew recipe from Sprout Momma. With hearty vegetables and a delicious, savory taste, you'll probably want to go vegan.

SPROUT MOMMA

Vegan Stew



INGREDIENTS

2 tablespoons olive oil
1 pound portobello or cremini mushrooms, cleaned and roughly chopped
1 large onion, diced
2 medium celery stalks, chopped
2 medium carrots, sliced
3 garlic cloves, minced
¼ cup all-purpose flour
4 cups vegetable broth
2 pounds red potatoes, cut into 1 to 2-inch chunks
2 tablespoons fresh ***thyme leaves***
2 tablespoons finely chopped rosemary
1 cup dry red wine
2 tablespoons tomato paste
1-2 teaspoons Marmite, (optional, but highly recommended for savory flavor)
½ teaspoon liquid smoke, to taste, (optional)
Salt and pepper, to taste

DIRECTIONS [1] Coat the bottom of a large pot with oil and place over medium heat. **[2]** Once oil is heated, add mushrooms in an even layer. Let them cook for about 5 minutes, until browned on the bottom. Flip and cook for an additional 5 minutes, or until softened. **[3]** Add the onion, celery, carrots, and garlic. Cook everything until vegetables begin to tenderize, about 10 minutes, stirring occasionally. **[4]** Sprinkle in the flour, a bit at a time, stirring between additions to form a coating. Cook the vegetables and flour for about 1 minute, stirring constantly. **[5]** Begin adding the broth, a bit at a time, stirring to eliminate any lumps that form. When all broth has been added, stir in the potatoes, thyme and rosemary. **[6]** Raise the heat and bring the liquid to a simmer. Lower the heat and allow it to simmer, uncovered, until the potatoes are tender but still a bit undercooked, about 15 minutes, stirring occasionally. **[7]** Stir in the wine, tomato paste and Marmite. Bring the stew back to a simmer. Allow the stew to simmer for about 20 minutes, stirring occasionally, until the broth is thick and the vegetables are very tender. **[8]** Remove the pot from heat and season the stew with liquid smoke, salt and pepper. **[9]** Ladle into bowls and serve.



Cooking in the Moment

A CULINARY CONVERSATION WITH CELEBRATED CHEF ANDREA REUSING, LEADING UP TO HER APPEARANCE AT THE HILTON HEAD ISLAND SEAFOOD FESTIVAL.

STORY BY LESLIE T. SNADOWSKY
PHOTOGRAPHY BY LISSA GOTWALS



James Beard Award-wiinning chef Andrea Reusing will help prepare an ocean-inspired, multi-course feast at the Hilton Head Island Seafood Festival's Salt Water Supper on Thursday, February 24, at the Omni Hilton Head Oceanfront Resort's Shorehouse. Guests will be served surfside and enjoy globally influenced flavors and wine pairings.

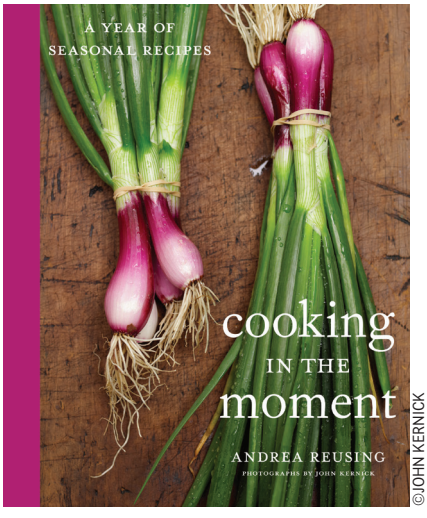
Chef Reusing also will be leading a Master Class cooking demonstration at the Omni on Saturday, February 26.

She is the chef and proprietress of the Lantern restaurant in Chapel Hill, North Carolina, that was named one of "America's Top 50 Restaurants" and "Best Farm-To-Table Restaurants" by Gourmet, one of "America's 50 Most Amazing Wine Experiences" by Food & Wine and "Restaurant of the Year" by The News & Observer. Reusing is a staunch advocate for the sustainable agriculture movement.

Her cookbook, Cooking in the Moment, is a testament to using seasonal, locally grown ingredients when preparing celebratory meals for family and friends.







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WORTH THE DRIVE

If your travels land you anywhere near Chapel Hill, North Carolina, treat yourself to **Andrea Reusing's popular Asian-fusion restaurant, Lantern**. It's a must-stop for many famous touring musicians and celebrities. Gourmet magazine ranks it among "America's Top 50 Restaurants." Her tea-smoked roast chicken has gained nationwide attention.



©JOHN KERNICK

LOCAL Life caught up with Chef Reusing and reeled in her famed recipe for oyster stew.



[LOCAL Life] How are you preparing for the Hilton Head Island Seafood Festival this year? [Andrea Reusing] We will be traveling with a few prime North Carolina ingredients, definitely ***osetra caviar from Marshallberg Farm*** and ferments and preserves. We will figure out what we will cook based on what's happening on the docks when we get there.

[LL] What's your favorite seafood dish? [AR] Whatever it is that I'm eating! But my main squeeze is shellfish, especially mussels, clams and oysters. In a good oyster stew, the oyster liquor is as important as the meat itself. The point is to surround the warm, barely cooked oysters with a rich, briny cream. Use only very fresh, tasty oysters. Since the only other ingredients are cream and butter, the stew will only be as flavorful as the oysters themselves.

[LL] Where do you like to eat when on Hilton Head Island? [AR] I like cooking with old friends and going to Hudson's.





[LL] Why is the sustainable agriculture movement so important to you, and how can our readers benefit from it? **[AR]** My most delicious and memorable meals have come from ingredients grown close to where I was eating/cooking and by people whom I could talk to and learn from. Beyond real connections and flavor, buying local supports farmers, processing and distribution infrastructure and keeps more resources in economically vulnerable rural communities.



[LL] In your book Cooking in the Moment, you focus on cooking with ingredients that are grown locally and are in season. What suggestions do you have for our LOCAL Life readers to do just that? **[AR]** Celebrity chef culture and foodie-ism tell us that satisfying cooking requires special skills and/or luxury ingredients. My idea for writing Cooking in the Moment was to help give friends the confidence that they can cook and serve a fabulous dinner from ingredients they can find at a nearby farm stand.

[LL] What's your next project? **[AR]** A bar in downtown Durham that is an homage to my grandma and her basement game room, where she made pickles and dandelion wine. *LL*



ANDREA REUSING

Oyster stew

INGREDIENTS (Serves 4)

20 salty oysters, freshly shucked and liquor reserved, or 1 pint of the very best shucked oysters, with their liquor
1 1/2 cups heavy cream
4 tablespoons unsalted butter, room temperature
1/4 to 1/2 teaspoon kosher salt, or more as needed depending on the saltiness of the oysters
Pinch of cayenne
Freshly ground black pepper

DIRECTIONS **[1]** Strain the oysters, reserving the liquid. **[2]** Heat the cream in a heavy nonreactive 2-quart pot to a low simmer over medium heat, being careful not to let it scorch. In the meantime, warm four small bowls, add 1 tablespoon of the butter to each bowl and set them in a warm spot. **[3]** Season the cream with salt, cayenne and some black pepper. **[4]** Add the oyster liquor and return to a simmer. **[5]** Add the oysters and cook for 30 seconds, until they start to curl and are just heated through. **[6]** Adjust the seasoning, and divide the oysters and sauce among the warm bowls. **[7]** Serve with a stack of crisp, hot, buttered toast.



PRO TIP

Shucked oysters can be frozen for up to 6 weeks. *So grab a couple of pints when you find them fresh and at a good price to enjoy at a later date.*

SAVE THE DATES

HILTON HEAD ISLAND SEAFOOD FESTIVAL
hiltonheadseafoodfestival.com

FEB 21-27 *Daufuskie Island History and Artisans Excursions*

FEB 21-26 *Lowcountry Experiences on the Water*

FEB 24 *Salt Water Supper*

FEB 25 *Pig Pickin' + Oyster Roast*

FEB 26 *15th Anniversary Saturday Seafood Festival*

HILTON HEAD ISLAND

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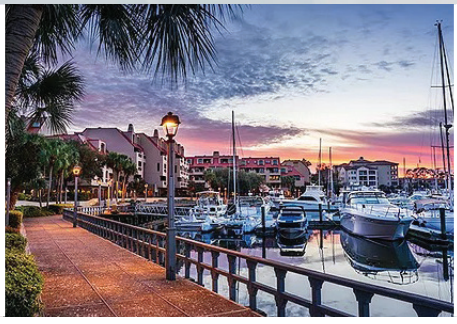
15TH ANNIVERSARY







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Winter dishes eaten around the world

BEAT THE CHILL WITH THESE 10 IRRESISTIBLE INTERNATIONAL MEALS.

STORY BY AMY BARNES



Chinese Hotpot

When temperatures plummet in China, many people vie for the traditional hotpot dish. Traditionally shared among friends and family, the hearty dish is composed of a massive pot of boiling broth in conjunction with an assortment of meats and vegetables for epicureans to add to their own stock. Popular ingredients include leafy vegetables, sliced potatoes, chopped meat, seafood, tofu, beans, mushrooms, vermicelli, egg dumplings — every ingredient needed to warm up you and your immune system. For an added kick, most hotpots include spices such as peppercorns and chili peppers. When perusing the web for recipes, keep in mind that these recipes vary by region.

January brings the most severe winter weather to the Lowcountry. We're talking 50-degree days and 40-degree nights. Egad! As temperatures drop, many locals find comfort in hearty soups and homemade stews. But why settle for a warmed-up can of chicken noodle when you can wow your tribe with something more sophisticated and special? Many cultures around the world have developed wintery comfort foods to help combat the cold. **Recreate one of these 10 irresistible international meals to warm up even the coldest of January nights.**



French Beef Bourguignon Stew

Beef Bourguignon Stew is a winter staple for the busy Frenchman. Upon ingredient preparation, this dish magically comes together after the ingredients simmer in a slow cooker all day, leaving you to tend to more important matters. Ingredients include beef, pearl onions, carrots, garlic, bacon, mushrooms and bouquet garni. And there's nothing more French than that rich red wine sauce.

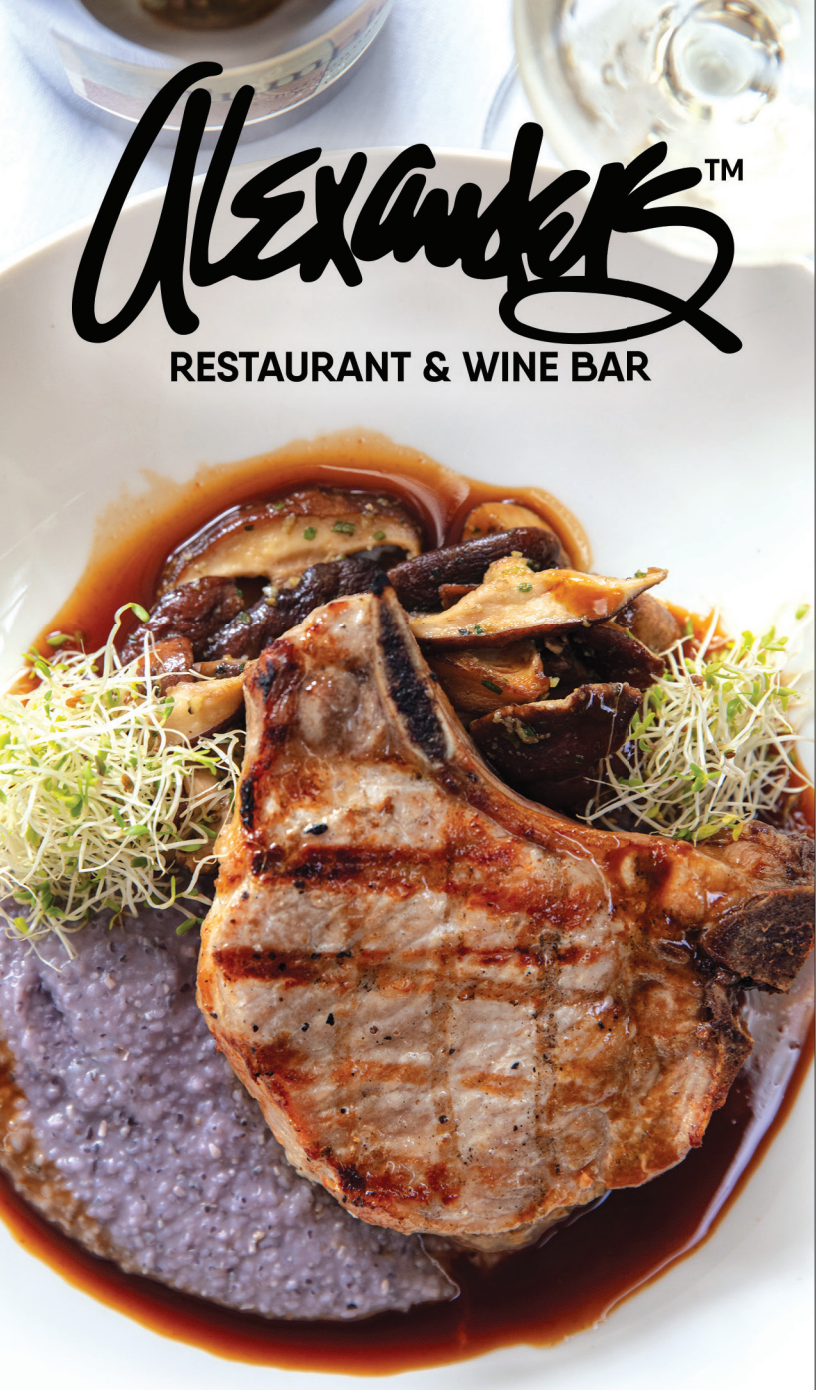


Ukrainian Borscht

Show your immune system some love with a nutrient-filled Ukranian Borscht. This sweet and tangy soup contains not only bone stock and beets but is also packed with vitamin A, vitamin C, magnesium, iron and a surplus of antioxidants. Other common ingredients include cabbage, garlic, beans, potatoes, bell peppers, parsley root, tomatoes, zucchini and dill. But don't worry, it's not all about health — Ukrainian Borscht is sometimes topped with a generous dollop of sour cream.







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German Potato Soup

Everyone knows that potatoes are historically the "go-to" for a cheap, filling carbohydrate. Germany tends to be an economical and efficient country, so it's no surprise that their soup of choice is potato soup. This filling and nutritious soup contains potatoes, sausages, bacon, vegetable broth, leeks, carrots, celery, onions, mustard, marjoram, pepper, nutmeg and sauerkraut. Since it can be made in a slow cooker, this soup is perfect for those busy winter days.



Japanese Oden

For a well-balanced and comforting winter meal, try Japanese Oden. This seafood hotpot is packed with hard-boiled eggs, fish balls, fish cakes, daikon radish, konjac, deep-fried tofu, fish paste, seaweed, potatoes and soy sauce, creating a high flavor profile with high health benefits. It is high in protein and slow-release carbohydrates, but low in fat, and contains vitamin C, calcium, manganese, phosphorus, riboflavin and selenium. It's almost "fishy" how delicious yet healthy this hotpot can be.



British Pea and Ham Soup

Since the weather in Britain can often be cold and dreary, the Brits have nailed their classic pea and ham soup. With split green peas and ham hock being the main ingredients, this soup is rich in protein, iron, zinc, phosphorus and fiber. Other ingredients include sweet onions, celery, carrots, butter, garlic, vegetable oil, black pepper and bay leaves. This hearty soup is the perfect addition to your cold-weather lineup.



Hungarian Goulash

Coming from a country full of mineral spas and lavish architecture, it's no surprise that Hungarians' eating habits are just as luxurious. The traditional Hungarian Goulash is a rich, healthy stew containing noodles, paprika, beef, meat stock, rosemary, bay leaves, marjoram, lemon zest, potatoes, red peppers, tomatoes and other nutritious vegetables. The bell peppers and tomatoes provide an incredible source of vitamin C, the beef is rich in zinc and iron, and the entire dish is full of warm, comforting flavor — perfect for those cold winter days.



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Argentinian Carbonada

We all love a good beef stew, but if you're wanting a healthier and unique option, try an Argentinian Carbonada. This beef stew contains beef, tomatoes, potatoes, corn, garlic, onions, red wine, yellow peppers, vegetable stock, oregano, basil, rosemary, olive oil and various dried fruits, such as apricots, and can easily be made in a slow cooker for added convenience. If you're craving a bit of red meat with all the health benefits, this vibrantly colored and nutritious dish is for you.



Swedish Pyttipanna

Hashbrowns are no longer just for breakfast. Swedish Pyttipana, translated as "little bits and pieces in a pan," is a hash with a base of potatoes, diced meat and onion. This wasteless dish can readily incorporate refrigerated leftovers such as rutabaga, parsnips, leeks, carrots, broccoli, peas and peppers. Not only is Pyttipanna nutritionally well-balanced, it is also filling — perfect for those low temperatures that require a few extra calories.



Chilean Chicken Cazuela

Chicken soup doesn't have to be for only when you're feeling under the weather. Chilean Chicken Cazuela is packed with delicious flavor from chicken pieces on the bone, corn on the cob, potatoes, butternut squash, onion, chicken broth, carrots, celery, bell peppers, green peas, olive oil, cilantro, cumin and oregano. It's a great source of vitamins and minerals to keep your immune system strong. It also contains chondroitin, gelatin, and other immune boosting nutrients, so don't wait around to get sick to enjoy a comforting chicken soup.



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HILTON HEAD DISTILLERY

Campfire Bananas

INGREDIENTS

1 1/2 ounces HHD Bananas Foster Rum
2 ounces half & half
1/4 ounce marshmallow syrup
4 dashes walnut bitters

DIRECTIONS Shake all ingredients over ice. Strain into coupe glass rimmed with graham cracker crumbs. Garnish with toasted marshmallow and banana chip.

HILTON HEAD DISTILLERY

Spiced Winter Punch

INGREDIENTS

1 1/2 ounces ***HHD Spiced Rum***
1 1/2 ounces cranberry juice
1/3 ounce cinnamon syrup
1/4 ounce apple cider
1/4 ounce tart cherry grenadine
3/4 ounce ginger beer

DIRECTIONS Shake everything except ginger beer over ice. Strain into ice-filled rocks glass. Top with ginger beer. Garnish with cranberries and apple.

Toast the New Year: Dreamy winter cocktails by Hilton Head Distillery

Hilton Head Distillery graciously shared recipes for two of its dreamy new winter cocktails *— Spiced Winter Punch and Campfire Bananas. The distillery, located on Cardinal Road, is open for daily tours and tastings. Best days to go:*

January 1: *National Hangover Day. Special deals and bundles.*
January 17: *National Bootlegger Day. One-day sale on all spirits.*
January 20: *Ginuary Cocktail Class. Featuring special guest bartender Tony Bagnulo and Bulrush Gin. Book online at hiltonheaddistillery.com.*







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Country Cobb Salad

Nectar opening Old Town location

Bluffton fans of Nectar Farm Kitchen soon won't have to cross the bridge to enjoy the restaurant's grits, fried chicken or catfish. *SERG Restaurant Group is opening a new location in Old Town Bluffton where Fat Patties used to be. A January 10 opening is being targeted. The Chicago Tribune recently listed Nectar one of "7 must visit restaurants for superb Southern cuisine." Learn more at* ***nectarfarmkitchen.com****.*

Giuseppi's offering cauliflower crust

Did you know that you can now get cauliflower crust pizza at Giuseppi's Pizza & Pasta? *The popular locally owned restaurants are celebrating with a special pizza creation each week. Past creations have included the Muffaletta (a sun-dried tomato pesto base, ham, capicola, salami, fresh mozzarella and chopped olives) and the Chicken Fajita (chicken, peppers, tomatoes and local Ringstar hot sauce). Follow their Facebook page for updates on their newest creations.*


Chicken Fajita Cauliflower Pizza



Meet the Artist Wine Dinner

Mark your calendars for Lulu Kitchen's upcoming "Meet the Artist: Jeff Keefer Wine Dinner*," which takes place at 6 p.m. on January 8. The event includes a 5-course meal and special wines featured from Orin Swift. RSVP at 843-648-5858.*

Private cooking classes at Michael Anthony's

If you're interested in learning a new cooking skill with friends or family but can't attend any of the ***special cooking demonstrations offered at Michael Anthony's****, they offer private hands-on cooking classes for 5-10 guests at 11:30 a.m. on Tuesdays or Saturdays. Simply call Camryn McCarter at 843-785-6272 to schedule your class and pick your menu.*



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Try these

Hot picks *from the local food scene.*

A REAL HOTSHOT
What happens when you combine pimento cheese, hot honey, fried chicken and a perfectly soft biscuit made from scratch? Order the Hotshot Chicken at ***Bad Biscuit*** and find out. You'll be glad you did.



THE BEST THING WITH SLICED BREAD
For a Southern sandwich packed with barbecue flavor, try ***Sprout Momma's*** Pulled Chicken Sammie. It comes packed with BBQ pulled chicken, harvest slaw and house pickles.



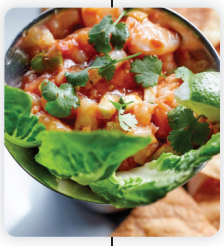
WORK THOSE MUSSELS
Even those who aren't fans of mussels will love the PEI Mussels Mariniere from ***Hudson's Seafood House on the Docks***. These are made with wine, butter, herbs, lemon, onions, tomatoes, cream and come with a garlic-toasted French baguette.



PICK-LE ME UP
Try a bold flavor combination at ***Nectar Farm Kitchen*** with their Spicy Chicken N' Pickles Sandwich. Marinated pickles, chili-rubbed chicken, Duke's mayonnaise and honey all collide to form a powerful flavor profile.



COOL YOUR CEVICHE
The combination of tomato-marinated local shrimp, avocado and cucumbers served with tortilla chips creates the zesty ***WiseGuys*** Shrimp Ceviche. With a flavor like this, it won't even matter that it's not cooked.



RACK 'EM UP
Why should anyone have to choose between ribs or a burger? The Baby Back Burger is loaded with jack cheese, cole slaw, pickles, red onions, a third of a rack of baby back ribs and a juicy burger. Get yours at ***One Hot Mama's***.





Cooking demos at Alexander's

Gather 'round the table for cooking demonstrations each month by Palmetto Dunes Resort executive chef Charles Pejeau at Alexander's Restaurant & Wine Bar. *All demonstrations are $25 per person and include a glass of sparkling wine and culinary gift to take home. All the money collected will be given to the Palmetto Dunes Employee Assistance Program. Make reservations at* ***alexandersrestaurant.com****.*

UPCOMING DEMONSTRATIONS

January 23: *Game day food. Homemade salsas, queso and guacamole*
February 20: *Shrimp and grits*
March 20: *Alexander's signature Wiener Schnitzel*

chamber restaurant week

Chamber Restaurant Week returns

The Hilton Head Island-Bluffton Chamber of Commerce's 14th annual Restaurant Week is back *(Jan. 29-Feb. 5) for you to enjoy prix-fixe menus. With over 70 of Bluffton and Hilton Head Island restaurants participating, there will be something for everyone. Restaurants will offer prix-fixe menus starring new entrees, signature dishes and fan favorites. View this year's menus at* ***ChamberRestaurantWeek.com****.*



Underground Burritos kiosk open 24/7

The worker shortage has caused many restaurants to alter their hours, but ***Underground Burritos owner Jimmy Soules turned a crisis into an opportunity by introducing a new burrito kiosk at his Bluffton restaurant****. Every night burritos will be stocked in a high-tech refrigerated case on their back porch next to a microwave. Customers can scan their cards, select items for purchase and, based on laser recording technology, will be charged for what they took. Soules hopes to open more kiosks at other locations in the future.*



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WWMD

What would Margaret drink?

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

Where Dreams have no end …

Since the late 1800s the Jermann family has been producing highly sought-after wines in the Friuli region of Italy. The Slovenian family immigrated just across the border to this far northeast region to find a better life. In the mid-1970s Silvio Jermann took over to lead the winery in modernizing wine-making practices and created a name not only for his wines but for the region of Friuli on the world stage. In addition to making one of Italy's finest Pinot Grigios, Jermann produces Chardonnay and Pinot Noir. Inspired by the groundbreaking 1987 U2 album, Joshua Tree, the Chardonnay is entitled "Where Dreams have no end " as an ode to "Where the Streets Have No Name."

Joshua Tree is a literal mecca for creatives, known as a place to escape for a psychedelic experience in the middle of the desert. The album focuses on the idea of the dream America versus the real America. Silvio's Chardonnay is much like a dream; some middle state where our minds are free to run wild. The nose is tropical with exotic hints of fruit. The palate is filling, and the acidity leaves you yearning for another sip. Being aged in small French barrels brings a sophisticated edge to the wine. It's an experience in and of itself.



Have your vodka and drink it too

COCKTAIL RECIPES TO HELP YOUR DREAMS COME TRUE

*The beginning of a new year always calls for creating a new list of goals to meet and dreams to achieve. These cocktail recipes from **Tito's Handmade Vodka** can help you along the way. Sip on a Stardust Sipper as you're wishing upon a star, or whip up an Early Bird on those days when you're in the grind to get the worm.*



Tito's Stardust Sipper

INGREDIENTS

2 ounces cranberry & orange-infused Tito's Handmade Vodka (below)
1/2 ounce orange liqueur
1/2 ounce lemon juice

DIRECTIONS [1] Add all ingredients to a shaker with ice. **[2]** Shake and strain into a martini glass. **[3]** Garnish with a lemon slice and star anise.



GRAN-ORANGE INFUSION



INGREDIENTS

740 milliliters Tito's Handmade Vodka
1 cup frozen cranberries
2 whole orange peels

DIRECTIONS [1] Boil the frozen cranberries for about 5 minutes or until they pop. Let cool. **[2]** Add Tito's Handmade Vodka, cranberries and orange peels to a glass container. **[3]** Let sit for two weeks before straining out fruit. Pro-Tip: Be careful to avoid the white pith of the orange as that can make your infusion bitter.



Tito's Early Bird

INGREDIENTS

1 ounce Tito's Handmade Vodka
2 ounces sparkling wine
1 ounce grapefruit juice
1/4 ounce lime juice
1-2 sage leaves, garnish

DIRECTIONS Add all ingredients to a flute and garnish with sage.



Tito's® Toddy

1 ½ Tito's Handmade Vodka
4 oz earl grey tea, hot
¼ oz lemon juice
1 dollop of honey
1 lemon slice, garnish

Brew tea to your liking. Add Tito's Handmade Vodka, honey, and lemon juice. Stir and garnish with a lemon slice. Serve warm.

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Even though we live in paradise, the occasional out-of-town excursion is a treat. From Hilton Head and Savannah we're fortunate to have nonstop flight options that afford exploration of many popular North American destinations rich in abundant sights, sounds and flavors. **LOCAL Life** brings these nonstop cities to you through the eyes and recommendations of local foodies, shopaholics, sports fans and cultural aficionados who will ensure that your next out-of-town adventure is just that — nonstop.

Chicago

THE WINDY CITY IS A GREAT WINTER ESCAPE AND IS AN EASY NONSTOP FLIGHT FROM SAV.

BY B.C. RAUSCH

No matter when you visit **Chicago**, there is tons to do and see. And although winters in the Windy City can be bone-chillingly cold, a surprising wealth of things to do awaits both indoors and out. *LL*

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Airline: Southwest, Allegiant (April 14)

Savannah Hilton Head International Airport (SAV) to Chicago O'Hare International Airport (ORD)
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Airline: United

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ABEL ARCINIEGA

Where to go

If you're visiting in winter, go skating at the **McCormick Tribune Ice Rink** in Millennium Park. The rink is open daily (weather permitting) from now through early March. Admission is free, but online reservation tickets are required. Rentals and lessons are also available.



RANVESTEL PHOTOGRAPHIC

Chicago is famous for its architecture, and the best way to see it is on an **architectural tour** via boat on the Chicago River. Winter might not be the most comfortable time for this, but you'll still find a variety of companies offering guided discoveries of the 130-year history behind the city's skyline.



Locals love the **Garfield Park Conservatory**, easy to reach from the Loop's Green Line train. Admission is free (there is a suggested donation). Even in the chilly winter months, you'll see thousands of plant species from around the world spread among eight indoor display gardens.

Chicago is a city of neighborhoods, and each has a story to tell.



Lincoln Park, just north of downtown, has a free zoo on the shores of Lake Michigan. There are fun and educational programs for children and adults, like enjoying a glass of wine while learning about Puerto Rican parrots. An extensive schedule of programs and daily activities for the Lincoln Park Zoo is available online.

Be sure to cross the bridge on the zoo's Nature Boardwalk: The view of the skyline from behind the South Pond is stunning.

Jackson Park, on the city's South Side, will be the future home of the Obama Presidential Center. Right now it's where you'll find the famous Japanese Gardens, part of the exhibit built for the 1893 World's Fair. Check out SKYLANDING—Yoko Ono's first permanent art installation in North America. Come spring, blossoming cherry trees, koi ponds, waterfalls, bridges and authentic Japanese horticulture offer welcome serenity.



Andersonville, one of Chicago's coziest neighborhoods, is famous for its Swedish heritage. Spend the day there shopping and eating, starting with breakfast at Ann Sather. Try authentic Swedish dishes like lingonberry pancakes, and don't miss the famous giant cinnamon rolls. Start walking off the carbs by learning about the area's history at the **Swedish-American Museum**, then wander the stalls at the Andersonville Galleria, where dozens of local artists sell handmade jewelry, art, clothes and kitchenware. Still hungry? Head over to Middle Eastern Bakery for homemade hummus, pita and baklava, plus pistachios, dates, spices and more. Wrap up the afternoon at Hopleaf, one of the best beer bars in the country, also famous for steamed Belgian mussels and frites.





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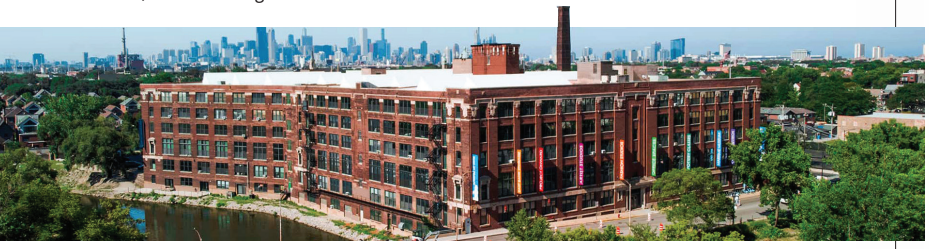
Established in 1860, Graceland Cemetery in **Uptown** provides a window into Chicago's storied past. Many of the biggest names in the city's history are buried here, including retailer Marshall Field, hotelier Potter Palmer, heavyweight champion Jack Johnson, America's first undercover agent Allan Pinkerton and architects Daniel Burnham, William LeBaron Jenney and John Root. A self-guided audio tour is available.



PHOTO COURTESY OF CHOOSE CHICAGO

Chicago is a year-round sports-mad city. In winter it's the NHL's Blackhawks and the Chicago Bulls of the NBA. Spring and summer? The White Sox play at Guaranteed Rate Field on the South Side, and no summer trip is complete without a visit to Wrigley Field — home of the Chicago Cubs, 2016 World Series Champions — with its ivy-covered outfield walls, manual scoreboard and lively atmosphere. Surrounding the stadium is **Wrigleyville**, which bursts at the seams with sports bars, souvenir stalls and die-hard Cubs fans. Even if you're not a fan, take a walk on **Clark Street**, which is filled with bars and restaurants.

Right outside the stadium is Gallagher Way, a popular gathering spot for neighbors, fans and visitors, featuring year-round events including farmers markets, an outdoor concert series, film screenings and a winter wonderland.



Painters, sculptors, photographers, ceramicists and fashion designers welcome visitors into their studios at **The Bridgeport Art Center**, located in the former Spiegel catalog warehouse. Open studios are featured on the third Friday of each month from 7-10 p.m. Farmers and crafts markets are popular throughout the city and 'burbs. Two worth finding are **Randolph Street Market and Fulton Market**.

What to eat

The city's **food scene** also varies by neighborhood. You'll find the iconic deep-dish pizza just about everywhere, but search out the numerous specialty food shops and ethnic restaurants that bring the flavors of the world to the cooks and diners of Chicagoland. Among the best-known cuisines in Chicago are Polish, Indian, Chinese, Little Italy and soul food, along with coffee houses and speakeasies.

There's not nearly enough space here to list the best restaurants, but some local foodies offered these suggestions:

• **Lula Cafe:** A favorite breakfast spot offering a selection of pastries, sweet and savory. The smoked trout scramble and seasonal crostata are favorites. Also great for lunch and dinner, with noteworthy beverage options including low- and zero-proof cocktails, responsibly made wines and a selection of local beers.



Lula Cafe

• **Donut Vault:** This literal hole in the wall in the River North neighborhood is open until they sell out. Favorites? Pistachio Old Fashioned and Chestnut Cake donut (seasonal).



Beautiful Rind

• **Beautiful Rind:** An amazing specialty cheese shop that offers both dine-in and takeaway. The salespeople are extremely knowledgeable and friendly.

• **Lardon:** All house-made charcuterie with a wide selection of cheeses and amazing bistro fare. Think crispy duck confit, trout a la meuniere, steak frites and frisee salad.

• **Uncle Mike's Place:** The Filipino breakfast is hearty, tasty and affordable. Each order comes with a cup of lugaw, a rice porridge of sorts, which is perfect on its own, no need to add a thing.



Uncle Mike's Place

• **Pequod's Pizza** in Morton Grove. The place is small, the pizza is fantastic, and you'll meet lots of locals.

A few more names: Gibson's on River North (great view and fantastic lunch), RPM Italian, Yu's Mandarin (Schaumburg or Vernon Hills), Sienna Tavern, Angelina's (Lakeview), Geja Café (fondue) and Howl at the Moon. For some post-meal fun, try one of Chicago's many speakeasies.

On your way home (and conveniently located near Gate B8 at O'Hare), pick up some **Garrett Popcorn**. The classic savory-sweet Chicago mix (a cheese caramel corn blend) is irresistible. It'll get you planning a return visit real soon.



Pequod's Pizza



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Long-time realtor Richard MacDonald and Joey Doyle have enjoyed another very successful year together. Richard's wealth of knowledge and Joey's natural people skills have helped create the perfect team. Richard is a dedicated professional with over 41 years of real estate experience here on Hilton Head Island and Bluffton. Richard and his wife Janet are true South Carolina Natives and raised all three sons here.

Joey, originally from Oklahoma, has called the Lowcountry home for over 15 years. Real estate is a family affair as her husband Chad has been in real estate for many years as well. When not working with clients, you can find them enjoying all things Lowcountry with their two children.

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CharterOne Realty

Who's Who in Luxury Real Estate

Journal keeping: New year. New journal. Blank page.

"Discover joy in the everyday. Challenge yourself to explore the world and pay attention to the everyday things around you that most of us overlook."

BY CAROLYN MALES

I've kept piles of personal notebooks over the years. Mountains of them. So many that my office shelf where they reside is threatening to totter. But over the past two years of pandemic semi-isolation, I've consolidated my musings, sketches, collected new vocabulary words and jottings into one fat journal that sits on my desk. Inside its leather-bound pages I've scratched out notes on my everyday experiences alongside anniversary listings of events and innovators that changed the world. Noting the latter, I tell myself, is a way to learn something and think beyond my own four walls. Writing in this journal is a daily habit that begins sometime before dawn and continues throughout the day.

My other notebook, titled Raw Drafts, contains copies of all the mixed-media artwork I've created during this semi-cloistered period. This time spent alone spurred me to mess around with errant thoughts and ideas, art materials, designs and fonts. The results? The good, the bad and the occasionally ugly. No matter. Leafing through my art journal, now I can see how each design builds upon earlier ones. So perhaps I'm making progress.

Meanwhile I confess that I've always loved the voyeuristic thrill of looking at other people's journals, discovering their creative processes and how they view the world. Frida Kahlo's notebooks dance with color, wild sketches and bold ideas. Andy Warhol's, stamped with both significant and mundane details of his life, provide a written snapshot of a bygone era. My favorite, The Journey is the Destination, offers a collaged narrative of offbeat travel experiences depicted in photographs, paint, sketches and words collected from the notebooks of the late photojournalist Dan Eldon.

So with the blank slate of the new year ahead of us, I asked a few journaling devotees to tell us about their own practices.







Pamela Johnson Brickell:

Artist, educator, event illustrator

"Everything is eye candy for me, and I just love capturing it all on paper."

I journal whenever I can and wherever I am. I always have a sketchbook with me. I use pens, pencils and watercolor. For example, in our kitchen we have a scope set up looking at the bird feeders, and if I'm doing something like waiting for the water to boil, I'm at the window looking through the scope, sketchbook in hand, always recording what birds are doing. When we've gone out to restaurants, I tell my husband, "You can't eat that quite yet. I've got to get down the presentation. (He is a patient man.) I sketch the day away capturing all the goodies that happen like golf tournaments, special events: parties, festivals, weddings.

My sketchbooks are a place of learning and discovery. Along with sketches, I write down what's going on with weather, date, time and anything I happen to see. And I also note colors I've used. I often include a "what was I thinking?" note and jot down what I would do differently. So when I look through the journal, I can be transported right back to that very second I made the entry. It's really a magical memory lock for me.

I like working in ink because you just draw and then you're committed. It's helped me be a very fast sketcher. Because it's in sketchbooks, I don't have the fear of oh, I have to be precise. Instead, I'm in constant learning mode. This way you discover the progress you're making, even if it's only for fifteen minutes a day.



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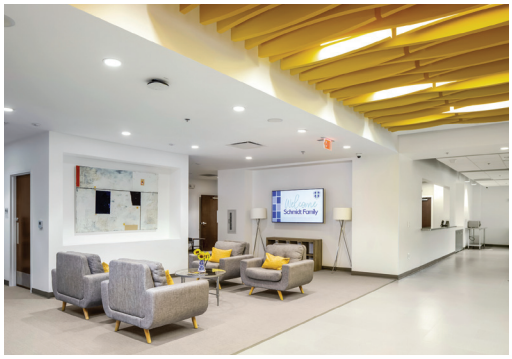


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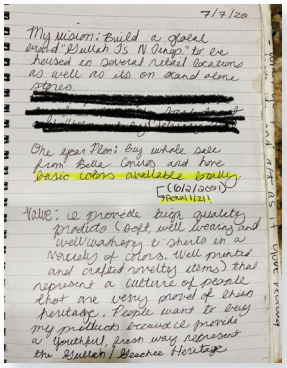
Sonya Grant:

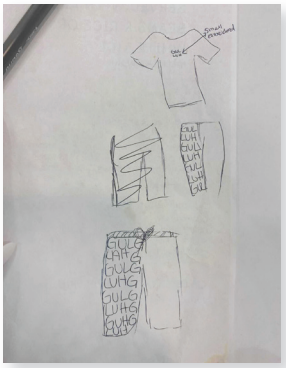
Entrepreneur, designer

"I script my life for everything that I want to do and everything I want to accomplish."

I use my notebook for developing new designs, collecting random thoughts, doing inventory count and control, but mostly I do a lot of manifesting in it. A year or so ago I started getting into crystals, energy and writing down everything that I want to happen. I watch the universe work and figure out what I need to do to make those things come to pass.



My notebook is black with my logo on the cover. This is the journal I began when I started the business, and it's getting pretty raggedy. I've used almost all its pages, so I have another one prepared as a backup. I write with a gold pen with a diamond gem at the top. I write in it every day and keep it wherever I am. If I'm out and about, it's in my purse. If I'm at home, it's literally right by my pillow.



Writing for me is more therapeutic than typing. I feel I can process my thoughts at a slower pace in more detail. There's also an emotional connection involved in writing everything out. When I'm writing something down that I want so badly, I can end up getting tears on the page.

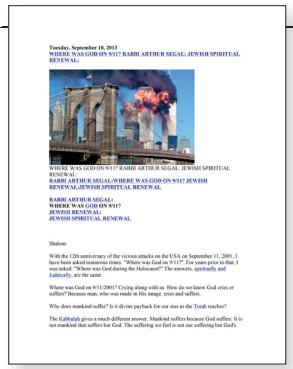
I look back and see how far I've come. I remember that on July 7, 2010, I wrote down that I wanted to have basic colors for my line available in local shops in the next five or six months. Then after it happened, I went back and highlighted that entry. That's when the power of manifesting became real to me. It's more keepsake that way. I don't know where I'll be ten years from now, but I know I'll have this notebook.

Dr. Rabbi Arthur Segal

Retired head and neck cancer specialist, rabbi and author

"My journal is where I keep myself spiritually centered and learn what's in God's realm."

I pray and meditate thrice a day and before I even say hi to my wife, Ellen. The Hebrew word for prayer is *Tephillah*. (Hebrew root of self-judging.) When we pray, we are praying inwardly to God, who lives inside of all of our hearts "if we let Him." (That's a quote from The Talmud.) So when I pray, I'm judging what happened yesterday, but my plans are for today and what's going on in my life. The second part of that is meditation in which I silence myself and listen to God and my heart for God Orderly Direction. (Notice that the initials for that are G.O.D). It centers me.



Tuesday, September 10, 2013
WHERE WAS GOD ON 9/11? RABBI ARTHUR SEGAL: JEWISH SPIRITUAL RENEWAL:

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WHERE WAS GOD ON 9/11?
JEWISH RENEWAL:
JEWISH SPIRITUAL RENEWAL

Shalom:

With the 12th anniversary of the vicious attacks on the USA on September 11, 2001, I have been asked numerous times: "Where was God on 9/11?". For years prior to that, I was asked: "Where was God during the Holocaust?" The answers, spiritually and Judaically, are the same.

Where was God on 9/11/2001? Crying along with us. How do we know God cries or suffers? Because man, who was made in His image, cries and suffers.

Why does mankind suffer? Is it divine payback for our sins as the Torah teaches?

The Kabbalah gives a much different answer. Mankind suffers because God suffers. It is not mankind that suffers but God. The suffering we feel is not our suffering but God's

The counsel or guidance I hear is what I end up writing on a pad that I keep by my bedside. I use a pencil because pens don't write uphill. I jot these notes while my eyes are closed and I'm hearing the advice. But before I do write these things down, though, I have to check to make sure the messages that I've gotten are coming from God or a good place and not coming from ego because my ego can get in the way. Afterward I go to the computer where I can expound on them or write an essay for public use if I wish. Then I throw the handwritten notes away.

Amos Hummel:

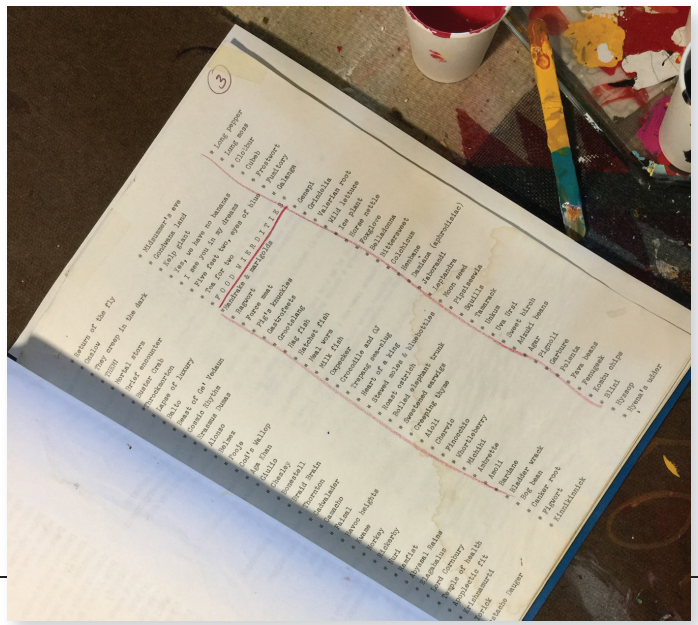
Artist

"I keep lists."

My lists began when I got an old typewriter in 1981 and started lists of Hollywood movie titles and interesting names. Today I keep those lists on my phone, but now they're lists of ideas, names, humorous concepts, philosophical gems — all basically artwork ideas. They're pretty long, but because they're digital I can easily scroll through them. I use them to stimulate ideas and titles that I sometimes incorporate into my work. I also keep a picture journal on my phones. They're like little sketchpads.

I write all this stuff down as it comes to me. It's like the poet who said, "Ideas come through me like a train, but if I don't get them down before they're gone, they're gone."

Here's a list called Illyricacy: those lyrics you get wrong or mishear like in "America, the Beautiful" heard as "Oh beautiful/forever waves of gray." Another called Different Ways to Spell Bluffton and Beaufort: Bufeourt (circa 1317). Strange ideas for names: Alonso Woodstacker, Deets Skeeter, Fardette Faraday, Professor ManBurp. Humorous concepts: Pleated jeans and topless muumuus or Acadanemia — weak-minded people. Questions to ponder: What is the fascination with the exact height of tall people? What does space smell like?



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Mary C. Milner:

Animator, illustrator

"In journaling, you're hashing out rough ideas."

Depending on my mood that day, I either use Procreate on my iPad or traditional pen and paper. For that, I use loose paper and then put the pages into a binder or folder. I like to do at least one small drawing a day and then compile all of them into a collage for that week. If I'm sketching down a quick idea, I'll grab the first piece of paper I have, and then I'll Mod Podge [glue] it onto watercolor paper and mix it in with other things for a collage.

For everyday doodles, animals come naturally to me. (I've got two cats, and I dog sit). But I try to be diverse and draw other things like scenery and people. I do some journaling at work and at home or whenever I have down time. I sit at a desk — it keeps me from getting sleepy.

Journaling helps to relax me and take my mind off whatever is bugging me at that moment. It's quite meditative, and that is an invaluable thing to have at your disposal on a stressful day. I feel like the best way to get a train of thought going or a concept rolling is to sketch down lots of little ideas and make a note of thoughts you have during the day. I compile all these little bits of inspiration. Then I can go back and see I've got ideas for bigger projects like animation, illustrations, paintings and printmaking.

Some advice: Just draw expressively, don't try to make it pretty or perfect. You don't have to draw it well. The most important thing you can do is to capture the mood of something. Do what makes you happy. Chase your bliss. Whenever you can draw, draw.

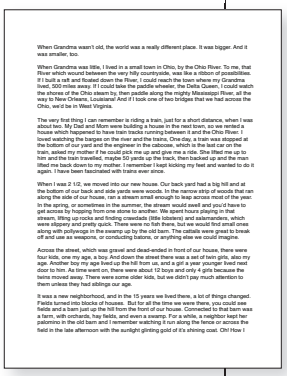
Cynthia Gorski-Popiel:

Musician, piano teacher

"The whole purpose of journaling from my perspective is to serve as an honest outlet for things that run through my mind and that need a safe place to live."

I usually journal early in the morning, somewhere between 5 and 7 a.m. when it's too early to walk the dog, and I'm the only one up. I use my iMac in the family room, though occasionally I use my iPad when traveling. I don't do it every day.

I write about the things that I can't say about relationships, actions people take that are both personal and impersonal, and about politics. And I write about things like performing in recitals that truly terrified me. When I was younger, I wrote poetry. I've done some version of this for as long as I can remember, though often in a disorganized way on yellow pads, drawing pads, scraps, etc. Sometimes I give my entries a title, like "When Grandma Wasn't Old," thinking about how my youth was so different from that of my granddaughters. *LL*



When Grandma wasn't old, the world was a really different place. It was bigger. And it was smaller, too.

When Grandma was little, I lived in a small town in Ohio, by the Ohio River. To me, that River which wound between the very hilly countryside, was like a ribbon of possibilities. If I built a raft and floated down the River, I could reach the town where my Grandma lived, 500 miles away. If I could take the paddle wheeler, the Delta Queen, I could watch the shores of the Ohio steam by, then paddle along the mighty Mississippi River, all the way to New Orleans, Louisiana! And if I took one of two bridges that we had across the Ohio, we'd be in West Virginia.

The very first thing I can remember is riding a train, just for a short distance, when I was about two. My Dad and Mom were building a house in the next town, so we rented a house which happened to have train tracks running between it and the Ohio River. I loved watching the barges on the river and the trains. One day, a train was stopped at the bottom of our yard and the engineer in the caboose, which is the last car on the train, asked my mother if he could pick me up and give me a ride. She lifted me up to him and the train travelled, maybe 50 yards up the track, then backed up and the man lifted me back down to my mother. I remember I kept kicking my feet and wanted to do it again. I have been fascinated with trains ever since.

When I was 2 1/2, we moved into our new house. Our back yard had a big hill and at the bottom of our back and side yards were woods. In the narrow strip of woods that ran along the side of our house, ran a stream small enough to leap across most of the year. In the spring, or sometimes in the summer, the stream would swell and you'd have to get across by hopping from one stone to another. We spent hours playing in that stream, lifting up rocks and finding crawdads (little lobsters) and salamanders, which were slippery and pretty quick. There were no fish there, but we would find small ones along with polywogs in the swamp up by the old barn. The cattails were great to break off and use as weapons, or conducting batons, or anything else we could imagine.

Across the street, which was gravel and dead-ended in front of our house, there were four kids, one my age, a boy. And down the street there was a set of twin girls, also my age. Another boy my age lived up the hill from us, and a girl a year younger lived next door to him. As time went on, there were about 12 boys and only 4 girls because the twins moved away. There were some older kids, but we didn't pay much attention to them unless they had siblings our age.

It was a new neighborhood, and in the 15 years we lived there, a lot of things changed. Fields turned into blocks of houses. But for all the time we were there, you could see fields and a barn just up the hill from the front of our house. Connected to that barn was a farm, with orchards, hay fields, and even a swamp. For a while, a neighbor kept her palomino in the old barn and I remember watching it run along the fence or across the field in the late afternoon with the sunlight glinting gold of it's shining coat. Oh! How I



Famous journal keepers

Leonardo da Vinci
Ben Franklin
Charles Darwin
Mark Twain
Frida Kahlo
David Sedaris
Courtney Love
Richard Branson

There are many different kinds and ways of journaling. To name a few:

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Artistic · Ideas
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Food · Travel · Books
Fitness/Health · Family/Baby
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Carlton Pitts: Sound designer, technical director & singer

BY CAROLYN MALES

If I were to list an occupation for Carlton Pitts, it would involve a lot of hyphens, so many it's head spinning. On the professional side: Sound, set, and lighting designer-singer-composer-voice over artist-announcer-live streamer. On the spiritual side: minister-community activist-restaurant co-owner. And the personal: devoted husband to his wife, Crystal, and father to six-year-old Jace.

Today along with running these businesses, he is technical director for the Hilton Head Symphony Orchestra and SoundWaves. However, as Pitts tells it, the road to his current success wasn't always smooth. In fact, it was two near-death experiences, the last one nine years ago, that brought him to a soul-searching self-re-evaluation that changed his life.

[Q] What got you interested in the performing arts?

[Carlton Pitts] My father was in the military, so we lived in a lot of places like Germany and Panama before ending up at Fort Gordon in Augusta, Georgia. I saw my first play when I was six or seven. It was in a Gothic church in Wiesbaden. I don't remember the name of the play, but it was about a little boy who found a troll and for every wish that the boy made, one of the freckles would fall off his face. It was completely in German, but I was captivated by the magic of theater. Then I saw the animated movie *The Lion King*. It was like stepping into a different world.

[Q] Did you do children's theater?

[CP] No, I was too shy, but I liked to sing. When I was little my parents would stand me on top of the register counter at the PX at Christmastime. I'd have my little mic, and I'd do "I Saw Mommy Kissing Santa Claus." And I'd perform for my family. Then when we were in Augusta and I was in ninth grade, my mother and I signed up with John Casablancas Acting and Modeling. I won some voice competitions (for one at Fort Gordon, I sang Santana's "Maria, Maria"), and I did some improv and acting.

[Q] Did that spur you to study acting and singing in college?

[CP] My first love is music, and I wanted to pursue music at Armstrong State [in Savannah] but because of my full-time work schedule, the classes didn't work out, so I chose to fall back on drama. But as soon as I stepped into the theater at Armstrong, one of my teachers asked me if I'd ever done sound before. When I said no, she said, "C'mon, let's try it out." I liked it. And that was the start of it. I realized I enjoyed making the magic happen. I graduated with a BA in set design with a specialization in sound design technology.



"My success has a lot to do with God. We believe in marketplace ministry, using our businesses to reach other people and teach people to help others."

[Q] What does sound and lighting design entail?

[CP] For a concert, I set up the stage, and control the lights and the sound. Whether it's the symphony, gospel, country, folk or rock, our job is to make everything fit that event.

A setup begins by showing musicians the space so they get a feel for the natural acoustics. Then we go over what equipment they want to use. (Some musicians bring their own.) I arrange the speakers, mics, and the monitors. Also, if I'm staging the event, I think about the theme and what we imagine it would look like. From there, I would balance out the mics, basically giving EQ (equalizing levels) to the vocals or the instruments. That way, we can perfect what type of sound should be heard. I make sure that the lead vocalist or anybody else can hear themselves. I make sure that the lighting fits the event, its theme, and each song.

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[Q] But all this almost got derailed?

[CP] I used to be a party boy, drinking and drugging and hitting the karaoke bars in Savannah. Meanwhile I'd seen friends and family go through the same experience and not walk away from it; I overdosed two times. The first time I ended up in an emergency room. The second time I overdosed on campus and woke up in a jail cell. It was a bad time. It was just after I'd flown out to Hollywood for an *American Idol* competition, but I'd lost. And I was facing eviction. I hadn't been smoking weed for two years, but then one of my buddies gave me some stuff.





I was lucky it had happened on campus. The officer came to me and said, "I'm known for locking people up. But as I interviewed people on campus, not a single person had a bad thing to say about you." Afterwards I met with the dean, and he told me, "Here's what we're going to do. First, you're on probation. Any trouble out of you, and you will be expelled." But, he went on, "I want you to make a song about choices, and you're going to perform this song in front of the faculty and officers." I was three steps ahead of him. I'd already written a song "This is How He Built My Fire." With my sister Kiah accompanying me on guitar, I sang it for them all and my mom. There wasn't a dry eye in the house.



[Q] And your faith has sustained you and led you, along with your wife, Crystal, on some new paths.

[CP] My success has a lot to do with God. We believe in marketplace ministry, using our businesses to reach other people and teach people to help others. Our restaurant, Kim's Café on Martin Luther King in Savannah, is definitely a neighborhood catalyst. Eventually we're going to have after-school programs, credit repair classes and help with housing. We want to feed you not only physically but spiritually.

[Q] During the pandemic, I caught one of your live-streamed performances at SoundWaves and loved the variety of music.

[CP] I love singing and I love performing. If it has a positive message, I'll sing it. When I prepare for a concert, I look at my audience and see who's going to be there that night. If there's a song I've been singing in my heart a couple of months prior to the performance that I've been working on, I'll do it. The crazy part is I'll get there and it ends up being the perfect song for the day.

[Q] Any plans for adding yet another hyphen to your resume?

[CP] I'd still like to do more voice-over work. I'm a big kid at heart. Me and my son are always watching cartoons and making weird voices. I've recently been thinking about doing the life of David, but set in a more futuristic setting as cartoon. Now I'm looking for an animator. I feel like the potential that God put in me is still untapped and I'm still excited to see what he's going to do through me. *LL*

I Too Had A Dream ...

LOCAL ART & POETRY

I also had a dream
though mine wasn't quite as long
I dreamt the rose that attracts
could actually be a thorn.

I awoke from this nightmare
confused and somewhat blue
this rose might be innocent
but my dreams always come true.

— Bernard Snyder



Gullah Rose by
Sonja Griffin Evans



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Lighthouse Awards Gala

The 22nd annual Lighthouse Awards Gala took place at the **Sonesta Resort and Spa on Hilton Head Island**. The gala celebrated homebuilding excellence and raised money for the **2022 Education Foundation Scholarship Fund**. Attendees enjoyed the Awards Gala with heavy hors d'oeuvres and open bar followed by Casino Night at the Holiday Hoedown, which featured live music by **Vannah & the Rump Shakers**.













Yacht club tea party

The **South Carolina Yacht Club** hosted **Miss South Carolina, Julia Herrin**, at a tea party to benefit Julia's #RealNotPerfect platform. Young girls and their mothers from throughout our area, including some **Boys & Girls Club** members, came to hear Julia's message, "real, not perfect," which helps curb low self-esteem and the negative ramifications of social media. Julia spoke to 120 guests, played the piano for all and then got a royal send off by boat to her next event, the **Miss America Pageant.**





Celebrating resilience in the arts

The **Women's Association of Hilton Head Island** (WAHHI) hosted its first indoor luncheon in two years at the **Sonesta Hotel** to celebrate "resilience in the arts" with a thought-provoking panel discussion that took the members behind the scenes to learn how live performance has survived and now thrives in the new normal. The panelists included **Myla Lerner, Ron Tucker, Jordan Ross** and more. **Robyn Zimmerman** of **WHHI-TV** moderated the panel.



Smith Pavilion unveiled

The **Boys & Girls Club of Hilton Head Island** held a dedication ceremony for its new outdoor pavilion. The pavilion was dedicated to **Stan and Margie Smith** as "Club Champions" in honor of their longstanding commitment to the club's mission to serve those in need. The new pavilion will provide club members with much-needed shade in the summer and protection from the rain during meal and snack time. It also will be used as an optional space for learning and socializing, as well as a place to host events.





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Happy New Year!

May All Your Dreams Come True

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New culinary campus

The **Culinary Institute of the South** opened at the **Technical College of the Lowcountry** in November. Several hundred community members gathered for a grand opening and ribbon-cutting celebration and enjoyed a first look inside the new facility and a sampling of small bites. Onsite classes start in January and include associate degrees and certificates in culinary arts, baking and pastry and hospitality.



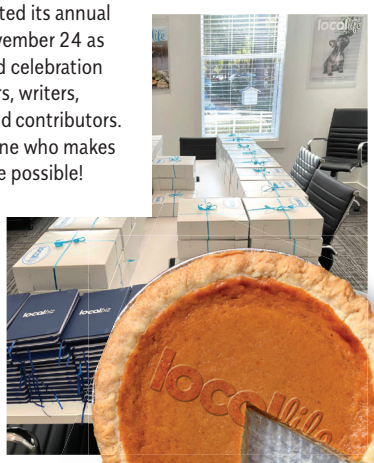


Gotta get down on Pie Day

LOCAL Life hosted its annual **Pie Day** on November 24 as a thank you and celebration to advertisers, writers, photographers and contributors. We thank everyone who makes our magazine possible!









The dream team

The **LOCAL Life softball team** took 1st place in the **2022 BCS Fall Silver League Tournament**. *Front row:* Jeremy Swartz, Jeffrey Daniel, Shannon Boyles, Adam Gerlach, Anthony DiTroia *Back row:* Nate Caron, Tim Lucas, Colin Hawkins, Alan Boatwright, Aaron Benton, Dan Schlemmer, Kyle Putkonen *Not Pictured:* Jake Gartner, Nathan Skager, Scott Skager

World Affairs Council of Hilton Head

2021-2022 FRIDAY SPEAKER SERIES

A year of turmoil! A pandemic, a contested presidential election and massive cyber-attacks raised challenges around the globe. Our strong roster of speakers will provide broad coverage of these topics as well as China's treatment of the Uyghurs, Brexit, Iran under sanctions, the endless conflict in the Gulf Arab States and America's own challenges.

They will help us understand this broad range of issues facing the world including the efforts to undermine our democracy by powerful national and international groups.

For a complete listing of speakers and their biographies, visit www.wachh.org/FridayMeetings21-22



February 4, 2022

Daniel Ziblatt,
American political scientist, and a professor at Harvard University

Title: How Democracies Die



March 4, 2022

Joby Warrick,
National Security reporter for the Washington Post & Pulitzer Prize-winning author

Title: Red Line: The Unraveling of Syria



April 22, 2022

Kevin Scheid,
CEO / General Manager at NATO Communications & Information Agency

Title: Cyber Security Threats & Challenges

FEATURED SPEAKER



January 7, 2022

Farah Pandith,
Senior fellow at Harvard University's Kennedy School of Government

Title: How We Win: Countering Extremism Together Here & Abroad

Be a Guest or Be a Member.
In Person or Online.

Experience the world through the World Affairs Council of Hilton Head.

For more information contact the WACHH Office at 843-384-6758 or wachhi@gmail.com.

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

Bringing the world to The Lowcountry!

January happenings

Art shows, plays & performances



John Morris Russell



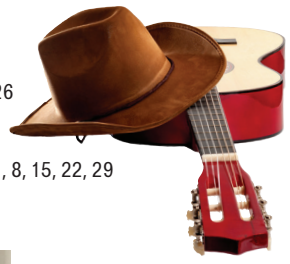
Dueling Pianos

Hilton Head Symphony Orchestra performances

The Hilton Head Symphony Orchestra's concert series continues with Tchaikovsky's Fifth (Jan. 9-10) and Piazzolla, Ravel and More (Jan. 23-24) at First Presbyterian Church. Performing at 4 p.m., January 9, and 7:30 p.m., January 10, enjoy Tchaikovsky's Fifth with conductor John Morris Russell and pianist Kevin Chen. Enjoy Piazolla, Ravel, and More at 4 p.m., January 23, and 7:30 p.m., January 24. The performances will feature conductor José-Luis Novo and Hector Del Curto on the bandoneón. For tickets and additional information, visit **hhso.org**.



The Rooftop at Poseidon



Coastal Country Night: January 5, 12, 19, 26

Dueling Pianos: January 6, 13, 20, 27

Island's Biggest DJ Dance Party: January 1, 8, 15, 22, 29



Other Desert Cities

This production at Lean Ensemble Theater is about Brooke Wyeth, who returns home to Palm Springs after a six-year absence to celebrate Christmas with her parents, her brother and her aunt. Brooke announces that she is about to publish a memoir dredging up a pivotal and tragic event in the family's history—a wound they don't want reopened. In effect, she draws a line in the sand and dares them all to cross it. The production will be showing January 20-30. For tickets and more information, visit **leanensemble.org**.



The Roasting Room

Enjoy live music from 8-10 p.m. with these artists and bands. For a full list of performers and tickets, visit **roastingroomlounge.com**.

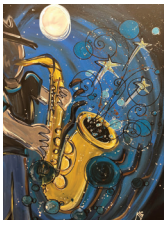
Jan 15: Pretty Darn
Jan 21: Kenny George Band
Jan 22: Jeff Coffey (formerly of Chicago)
Jan 28: Shannon Clark and the Sugar



USCB Center for the Arts performances

See Jim Witter — The Long and Winding Road, Music of the Beatles, and enjoy the recreation of classics like "Hard Day's Night" and "Hey Jude," as well as learning how these songs came to be. Shows at 2 p.m. and 7:30 p.m., January 15. At 7:30 p.m., January 26, see Smokey & Me - A Celebration of Smokey Robinson and celebrate some of his biggest hits. For tickets and more information, visit **uscbcenterforthearts.com**.





Artist Spotlight: Kristin Griffis

This month La Petite Gallerie is featuring the fun-loving painter Kristin Griffis. Kristin experiences synesthesia, which, in the arts, is a concept defined as the simultaneous perception of two or more stimuli as one unified whole experience. That is, the music she hears translates to color and movement of brushstrokes on her canvas. The result is an energetic, colorful, music-filled and almost primitive style of painting that her customers love. A reception featuring music by Jared Templeton will be from 4-6 p.m. on January 7. **lapetitegallerie.com**.

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Thurs-Sat 7:30, Sun 2:00
HHPS Main Street Theatre,3000 Main St, Hilton Head Island

WOUNDS WILL BE UNWOUND.

TICKETS: 843.715.6676 LEANENSEMBLE.ORG

Festivals & fun



Bluffton Farmers Market

Every Thursday from noon to 5 p.m., the Bluffton Farmers Market will be open at 71 Green St. Vendors include 7th Heaven Spices, Clark & Sons Farm, Palmetto Pops, Myers Family Farms, Sprout Momma and Tuten Farms, just to name a few. Check out the market's Facebook page the morning of the market for a complete list of vendors. **Farmersmarketbluffton.org**



Page Island Oyster Roast

Enjoy an afternoon outside while supporting The Outside Foundation. This fun, all-inclusive event features a roundtrip boat cruise aboard the Vagabond from Harbour Town Yacht basin to the pristine, natural Page Island in the Lowcountry backwaters. While on the Island, guests will enjoy an oyster roast and other food from The Bluffton Oyster Co., live music, silent and live auctions of quality products and experiences, drinks, fun and games for the whole family. Only a limited number of spots are available. **outsidefoundation.org**.



Hilton Head Half & Quarter Marathon

The Alliance Roofing Hilton Head Half & Quarter Marathon takes place January 30. Attendees have the option to choose a half marathon or quarter marathon. Both courses showcase Hilton Head's beauty. For more information and registration, visit **gotrievents.com**.

Fundraising events



Hilton Head Snow Day

Snow Day will take place January 29 from 11 a.m. to 4 p.m. at Shelter Cove Community Park. Enjoy inflatable rides, a snowfield and family-fun entertainment.





2022 Polar Bear Run

Taking place at 9 a.m. January 15, the 5k will start and finish at the Oyster Factory Park, taking runners through Old Towne Bluffton. A percentage of the proceeds will benefit a local charity. For more information and registration, visit **bearfootsports.com**.

MLK 2022 Celebration Week

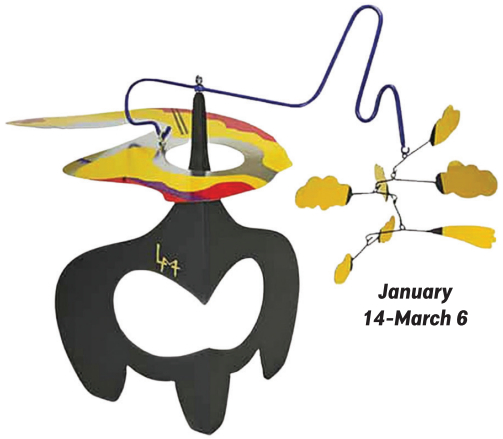
The Hilton Head MLK Committee for Justice goes into high gear to plan its annual events that are held each January in honor of The Reverend Dr. Martin Luther King, Jr.'s birthday. The theme for 2022 is "Only love can drive out hate." The 2022 keynote speaker will be Senator Mia McLeod. Follow Hilton Head MLK Committee for Justice on Facebook for updated information.



EVENTS

January 8: *"Celebrate MLK" Concert*
January 13: *Ecumenical Community Worship Service*
January 14: *Shabbat at Congregation Beth Yam*
January 15: *Breakfast for Cemetery Volunteers & MLK Community Service - Cemetery Cleanup*
January 17: *MLK Memorial March, MLK Memorial Program, & Fellowship Luncheon*

More events

















Coastal Discovery Museum events

For more details call 843-689-6767 ext. 223 or visit **coastaldiscovery.org**.

January 14-March 6: Art Beyond Tradition: Interpretations
January 1-9: Volumes of Light:
The Amazing Lanterns of Chantelle Rytter
January 5: Reptiles and Amphibians in South Carolina
January 12: Cutting Edge Lowcountry Oyster Reef Research
January 17: Connections in Nature: Pollinators and their Plant Partners
January 19: The Northern Sky
January 24: Wood Ducks and Nest Boxes
January 26: Development on Barrier Islands





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Meow we're talkin'

Enlightening conversations

Friday Speaker Series: A Year of Turmoil

The World Affairs Council of Hilton Head's Friday Speaker Series "A Year of Turmoil" continues with a strong roster of upcoming speakers. Purchase tickets at **wachh.org**.



January 7: *Farah Pandith*, *"How We Win: Countering Extremism Together Here & Abroad"*
Pandith is a world-leading expert and pioneer in countering violent extremism. She has served as a political appointee in the George H.W. Bush, George W. Bush and Barack Obama administrations. She was appointed the first-ever special representative to Muslim Communities in June 2009 by Secretary of State Hillary Rodham Clinton, serving under both Secretaries Clinton and John Kerry.



January 21: *Mona Yacoubian*: *"The Arc of Crises in the Levant: Syria, Lebanon, and Iraq Post-ISIS"*
Yacoubian is the United States Institute of Peace Senior Advisor on Middle East and Africa. Her work centers on conflict analysis and prevention in the Middle East, with a specific focus on Syria, Iraq and Lebanon. In 2019, she served as executive director of the Congressionally-appointed Syria Study Group. Additional research interests include violent extremism, fragility and resilience.

SAVE THE DATES
January 21: *Mona Yacoubian: "The Arc of Crises in the Levant: Syria, Lebanon, and Iraq Post-ISIS"*
February 4: *Daniel Ziblatt: "How Democracies Die"*
February 18: *Trita Parsi: "Can We Lose the Enemy?"*



Evening Speaker Series

The WACHH Evening Speaker Series takes place at 6 p.m. at SoundWaves.
Tickets can be purchased online at wachh.com and include light appetizers and non-alcoholic beverages.

Jan. 11: *J. Michael Williamson,* ***"Right Whale: Our Coastal Visitors"***

Williamson has been active in education and research for over 40 years. He founded WhaleNet in 1993 to excite students about math, science, the environment, and technology (STEM). He served as vice president of the Mingan Island Cetacean Study, which has conducted the longest continuous research program on blue whales in the world.

SAVE THE DATES
February 8: *Margaret Coker, "Spies and Allies"*
March 8: *Dr. William Patterson, "The Role of Foreign Assistance in US Foreign Policy"*

More news and events



Hunting Island Lighthouse

Heritage Library events

Reluctant Radical: Rufus Saxton, The Real Champion of Reconstruction
Learn about Rufus Saxton and his role as a chief architect in the early years of freedom for the formerly enslaved. This event takes place at USCB Hilton Head Campus from 1-2:30 p.m., January 13. For additional information, visit **heritagelib.org**.

Lighthouses of the Lowcountry
Learn how lighthouses have allowed Port Royal, among others, to become a major center of shipping. This event takes place at USCB Hilton Head Campus from 1:30-3 p.m., January 19. For additional information, visit **heritagelib.org**.

Ambush at Parker's Ferry: Learn about the Trail and how the Swamp Fox orchestrated an embarrassing and costly defeat for the British forces in Colleton County. This event takes place at USCB Hilton Head Campus from 3-4:30 p.m., January 25. For additional information, visit **heritagelib.org**.



WHHI-TV growing in 2022

Under the direction of new General Manager Jessa Jeremiah and longtime COO Wayne Morris, WHHI-TV is making significant changes, including expanding its reach in 2022. The station's footprint is expanding from 70,000 households to a new reach of 500,000 people in Beaufort and Jasper counties, stretching its coverage area from Beaufort to Savannah. With the new reach will come new and refreshed programs, including a highly anticipated daily newscast focusing primarily on Beaufort County. Jeremiah is no stranger to WHHI Television as she worked for the station previously, including anchoring the station's first newscast, but her return offers a fresh look at the station's lineup and partnerships. For an updated program schedule, visit WHHI's new website at **WHHItv.com**.

HOW TO WATCH
Over the air: *30.1* ***Spectrum:*** *Channels 3 and 1230*
Hargray: *Channels 8 and 418* ***YouTube:*** *youtube.com/user/WHHITV*

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a benefit for
THE OUTSIDE FOUNDATION

All proceeds from this event will be used to fund Outside Foundation programs, including:
• Kids in Kayaks, with the goal to get every middle schooler in Beaufort County out kayaking!
• The Oyster Recycling and Reef Building Initative
• Beach, park and waterway litter clean-ups

PAGE ISLAND OYSTER ROAST HIGHLIGHTS:
• Round-trip, catered boat ride to Page Island, courtesy of **Vagabond Cruises**
• Oysters + Lowcountry Boil from **The Bluffton Oyster Company**
• Local craft beer, wine + cocktails courtesy of **Fish Casual Seafood**
• Live painting by local artist **Amiri Farris**
• Live music from **Cranford + Friends**
• Live + silent auction of local art and experiences
• Walking trails with scenic views + pristine nature

a limited number of tickets are available, don't wait!

LEARN MORE AND PURCHASE TICKETS AT OUTSIDEFOUNDATION.ORG/OYSTERROAST

Reach for the stars



Image captured from Reid's back yard

"Here are the Running Man Nebula (top) and the Great Orion Nebula (bottom), a 24 light-years wide region of massive star formation. I used a TMB 92mm refractor telescope and Canon 5D II DSLR camera. A tracking mount was used along with a guide camera to keep the subject framed for 72 long exposures of three minutes each, which were then stacked and processed as one data-rich image. Follow me on Instagram @reidmccallphoto."

- REID MCCALL, MOUNT PLEASANT

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