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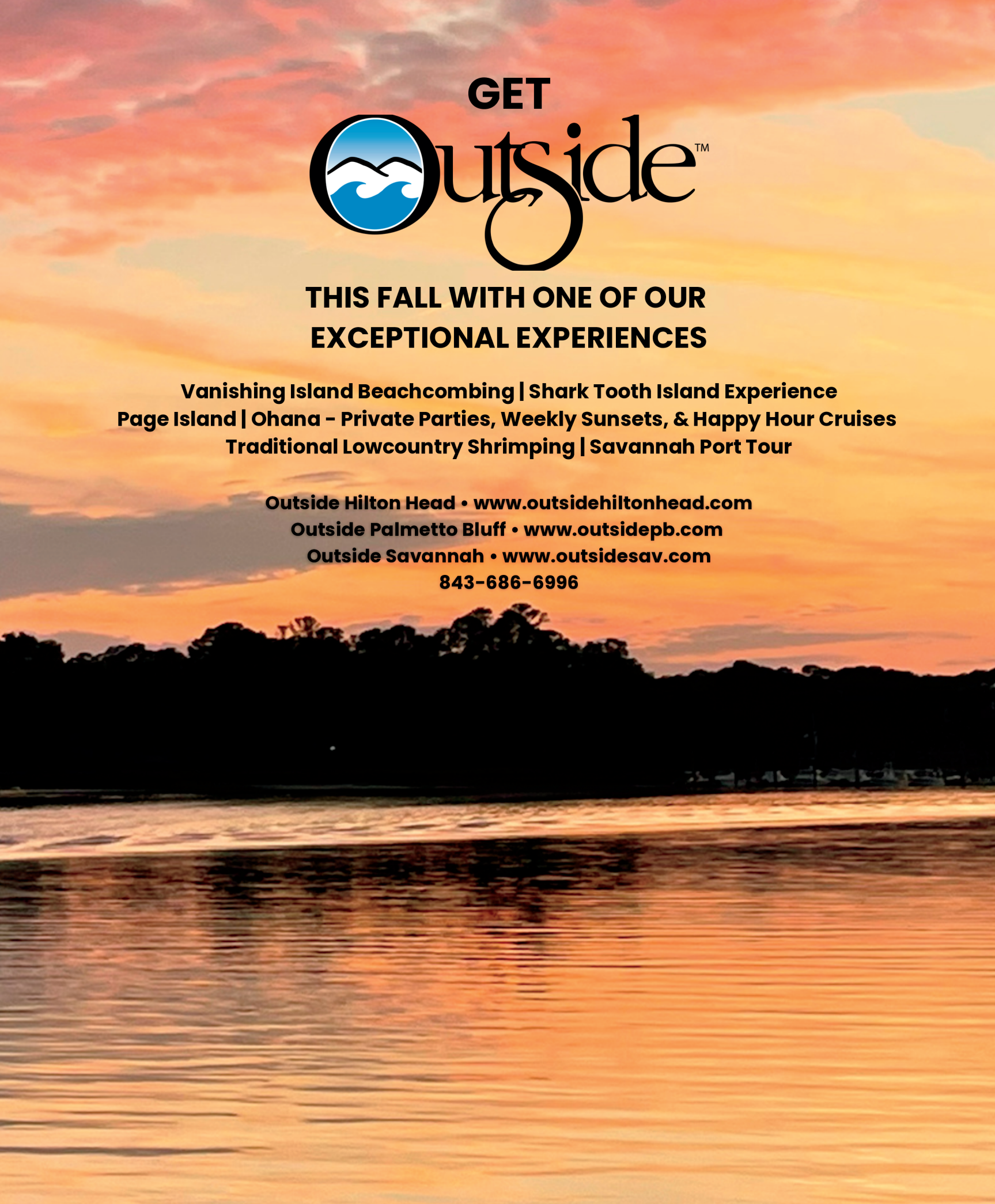
Sept 2026

local life

go wild

THE SHRIMP ISSUE + CAPTAINS OF THE CATCH + FROM TRAWLER TO TABLE

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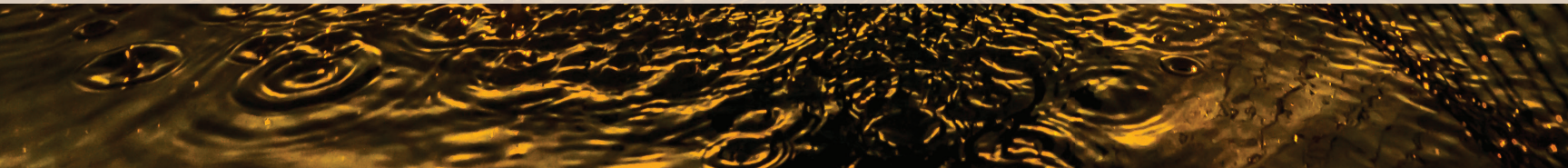

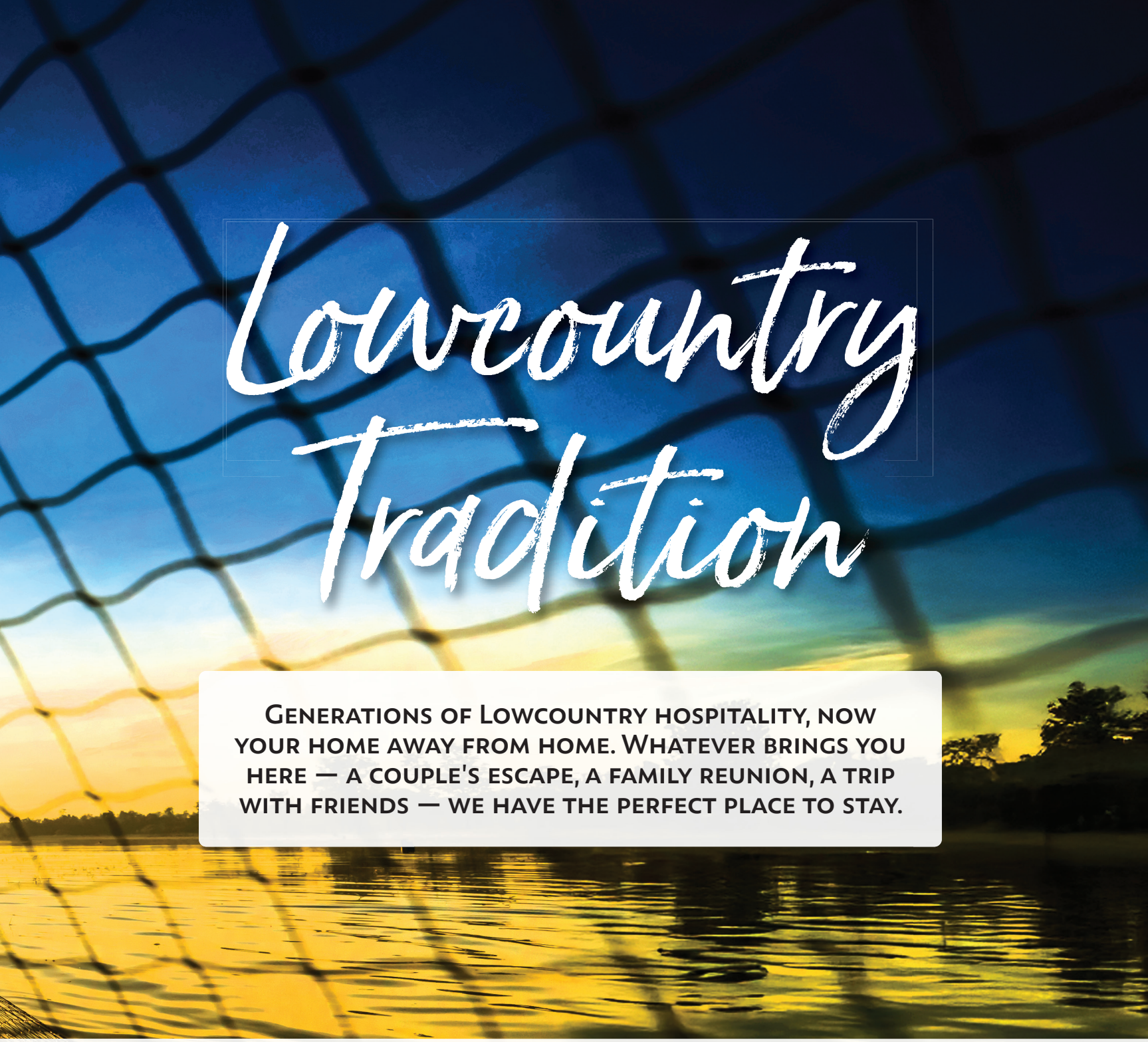

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What's your favorite way to eat shrimp?

"Shrimp ceviche."
- LORI



"The shrimp tacos at Cactus Street Cantina."
- LANCE



"Just peel and eat like a savage."
- JEREMY



"Fried in a basket with tartar sauce and cocktail sauce."
- CHARLES



"Bang Bang Shrimp."
- ASHLAN



"I've been a vegetarian since childhood, so I don't eat shrimp."
- BAILEY



"Coconut shrimp!"
- ALEA



"Steamed with a really horseradishy cocktail sauce."
- REBECCA



"I absolutely love shrimp and will eat it any way."
- KENNY



"Lowcountry boil."
- LEAH



"Jumbo shrimp stuffed with crabmeat."
- BRUCE

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Sept features

The Shrimp Issue

Shrimp is more than a Lowcountry staple. It's a season, a livelihood and a tradition woven into life along the coast. This issue celebrates our signature catch from every angle, from the shrimpers, fishmongers and chefs who bring it to our tables, to the science, history and waterways that sustain it. Discover where to eat, buy and catch local shrimp, master new recipes and cooking techniques, explore its surprising life cycle and nutritional benefits, and meet the people fighting to preserve a way of life for generations to come.



©MICHAEL HRIZUK

FRESH FROM THE ATLANTIC Wild-caught shrimp fill the culling box of the Gracie Belle after a haul from South Carolina waters. Each haul represents the skill and hard work behind one of the Lowcountry's most treasured harvests. Follow Capt. Craig Reaves and his crew in photographer Michael Hrizuk's photo essay, "The shrimp run," on **page 110**.

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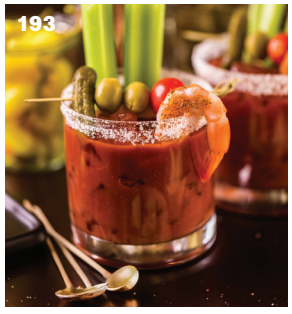
Lofty ambitions
Bold design pushes this Palmetto Bluff home beyond Lowcountry tradition.











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The heart of the harvest

September welcomes peak white shrimp season and the people who keep the Lowcountry's shrimping heritage alive



SUPPORT THE CATCH
LOCAL Life publisher Lori Goodridge-Cribb is all smiles with a platter of fresh South Carolina wild-caught shrimp from Piggly Wiggly Hilton Head.

September in the Lowcountry feels different. The mornings turn a little cooler. Marsh grasses begin their annual shift from green to shades of gold. Schools are back in session, football returns, and shrimp boats once again head out before sunrise as peak white shrimp season arrives.

For me, that's when fall truly begins.

Every September, seafood markets fill their counters with fresh South Carolina wild-caught white shrimp, harvested just hours earlier. Restaurants proudly showcase the day's catch. Festivals bring together chefs, fishermen, families and visitors to celebrate a tradition woven into the fabric of the Lowcountry.

There's a reason Lowcountry shrimp are considered some of the best you'll find anywhere. The nutrient-rich estuaries along our coast provide young shrimp with abundant plankton, producing shrimp that are naturally sweet, firm and full of flavor. Around here shrimp aren't just seafood. They're one of the signature flavors of the Lowcountry.

But shrimp have always been about more than what's on our plates.

It's a story of families, traditions and livelihoods shaped by these waters. Long before sunrise, local shrimpers leave the dock, often facing rough weather, rising fuel costs and uncertain markets. Today inexpensive imported shrimp and soaring operating costs have left fewer commercial boats working our waters than ever before.

That's why every purchase matters.

Choosing South Carolina wild-caught shrimp supports local fishermen, family-owned seafood markets, restaurants and working waterfronts. It also helps preserve a tradition that has shaped this region for generations.

Healthy estuaries aren't just beautiful. They're the nursery for every generation of Lowcountry shrimp. Our shrimpers have long been among the strongest voices for protecting the waters that sustain us. Decades ago, they helped lead the fight against a proposed BASF chemical plant that threatened our rivers and estuaries. Today they continue to champion cleaner waterways by supporting efforts to reduce pollution from failing septic systems and protect the estuaries where every generation of shrimp begins its life.

This issue celebrates every part of that story. Inside you'll meet the people behind the catch, discover where to find fresh local shrimp, learn new ways to prepare them and explore the festivals that bring our coastal communities together.

Shrimp are more than something we eat. They represent our history, our culture and our connection to the water.

As September unfolds, I hope you'll visit a local seafood market, order South Carolina wild-caught shrimp at your favorite restaurant, attend a shrimp festival and thank a shrimper when you have the chance.

Every time we choose local shrimp, we help ensure that future generations will know the same September mornings, the same shrimp boats on the horizon and the same proud coastal traditions we celebrate today.

LORI GOODRIDGE-CRIBB
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More than a meal

I've loved shrimp for as long as I can remember. The first time my family visited Hilton Head Island in 1970, I was 10 years old and ordered steamed shrimp at a local restaurant. I loved them so much that I ate what was probably a pound, all by myself.

An hour later I learned that too much of a good thing can catch up with you. You'd think that would have cured me of shrimp forever. It didn't.

Years later, when Spring Island was just getting started, Tommy Baysden invited me to visit. As we drove around the property, he asked, "Do you like shrimp?"

"Of course," I said.

He stopped beside a pond, grabbed a cast net and tossed it into the water. When he pulled it back, it was full of fresh shrimp.

"Let's go have some lunch."

The chef steamed them, and to this day I don't think I've ever eaten fresher shrimp. But what I remember most is Tommy's generosity and the simple joy of sharing that afternoon. I'll always treasure that memory, and I still miss him.

That's what shrimp mean to me. They're more than a favorite meal. They're friendships, memories and one of the many reasons I fell in love with the Lowcountry.



THE GIFT OF GOOD TASTE
Have you seen the LOCAL Life Jeep around town? This month we rolled up next to ***Meredith Taylor***, owner of Gifted, a popular gift shop in The Village at Wexford. Whether you're searching for the perfect hostess gift, a piece of jewelry, coastal décor or a little something for yourself, her shop is full of thoughtfully chosen treasures.


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contributors

MEET LOCAL CREATIVES BEHIND THE SCENES



Miho Kinnas *Poet*

OTHER CREDS: Translator, book reviewer and essayist. **HOMETOWN:** Yokohama, Japan **WHAT DO YOU MISS MOST ABOUT JAPAN?** Food, fashion and local bookstores. **CURRENT HOME:** Palmetto Dunes **WHAT DO YOU LOVE MOST ABOUT THE LOWCOUNTRY?** The old oak trees, the birds — both resident and migratory — and the many people I've met from different walks of life. **FOR THIS ISSUE:** Poem, *Three Shrimp Boats on the Horizon* **WHAT INSPIRED THIS POEM?** I was on Coligny Beach for a Polar Plunge on Jan. 1, 2022. The daytime moon was high in a perfect blue sky. It was a picture of peace and hope. I already had the first line in my head — Moon. White. Seagulls. — as I walked toward the water. At some point, however, it dawned on me how fortunate I, and everyone else there, was. Like the game of rock, paper, scissors, one small thing in life can change its outcome and our circumstances. **FAVORITE LOCAL SPOT:** Green's Shell Enclosure. **FAVORITE WAY TO EAT SHRIMP:** Boiled — expertly boiled. I don't need any sauce, just a twist of lemon. **FAVORITE PLACE TO ORDER SHRIMP:** My husband and I love Hudson's! We also miss the boiled shrimp from the Piggly Wiggly that used to be in the Plaza at Shelter Cove. **SUMMER HIGHLIGHT:** We spent 10 days with our 1 1/2-year-old granddaughter, Amelia. As every grandparent knows, keeping up with a toddler's energy is challenging, but reminiscing about our child-rearing days with our daughter, who is now a parent herself, made it an especially meaningful experience.



Chloe Knight *Graphic designer and writer*

OTHER CREDS: Graphic design major at Auburn University; graphic designer for the Auburn University Program Council. **HOMETOWN:** I've lived on Hilton Head Island my whole life. **WHAT DO YOU LOVE MOST ABOUT THE LOWCOUNTRY?** Being able to interact with nature every day. It's such a blessing to see sunsets over the bridge, gorgeous marshes and amazing beaches on a daily basis. **FOR THIS ISSUE:** Hot tech **FAVORITE LOCAL SPOTS:** Island Bagel and Fiesta Fresh are my go-to spots for a quick bite, and when I'm looking to enjoy the outdoors, I love spending time at Jarvis Creek or Burkes Beach. **HOBBIES OR PASSIONS:** Reading, beach days, drawing and hiking, especially in national parks. **WHAT ARE YOU READING?** *Sunrise on the Reaping* by Suzanne Collins. **WHAT ARE YOU DRINKING?** A Starbucks strawberry açaí refresher or a kiwi guava Celsius. **FAVORITE WAY TO EAT SHRIMP:** Fried shrimp, all the way. **FAVORITE PLACE TO ORDER SHRIMP:** The Sea Shack. **FAVORITE LABOR DAY TRADITION:** A full beach day, Pub subs, pool time and ending the night around a bonfire. **WHAT ARE YOU MOST LOOKING FORWARD TO THIS FALL?** Cooler weather and all things pumpkin-flavored. **WHAT'S SOMETHING PEOPLE MIGHT BE SURPRISED TO LEARN ABOUT YOU?** I hate roller coasters.



Mary Bell *Writer*

OTHER CREDS: Recent graduate of the University of Mississippi with a degree in Southern studies and a minor in journalism. Kappa Delta alumna. **HOMETOWN:** Elizabethtown, Kentucky **CURRENT HOME:** Hilton Head Island **WHAT DO YOU LOVE MOST ABOUT THE LOWCOUNTRY?** The slower pace of life and how connected everyone feels. Some of my favorite moments this summer have been watching the sunset after work, grabbing dinner with friends by the water and realizing how much joy can come from the simple things. **FOR THIS ISSUE:** Mighty by the ounce **FAVORITE WAY TO EAT SHRIMP:** Blackened ***shrimp tacos*** topped with pineapple salsa. **FAVORITE PLACE TO ORDER SHRIMP:** Old Oyster Factory. **FAVORITE LABOR DAY TRADITION:** Labor Day has always felt like one last chance to slow down with family before everyone heads back into busy schedules. **WHAT'S SOMETHING PEOPLE MIGHT BE SURPRISED TO LEARN ABOUT YOU?** I was the placekicker for my high school's all-boys' varsity football team and was the first girl in my school's history to earn that role.

Others who helped tell the story of the Lowcountry's favorite catch...

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3. A closer look at the harmless and helpful corn snake



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About the cover

Fall is prime time for local shrimp, when the season's catch is plentiful, sweet and unmistakably Lowcountry. Our September cover celebrates the harvest with the ***Local Charcoal-Roasted Shrimp from Quarterdeck*** *in Sea Pines. Sourced from Craig Reaves of Sea Eagle Market in Beaufort, the shrimp are cooked over blazing-hot charcoal and finished with fresh herbs, barbecue seasoning and garlic butter. The cover was photographed by Michael Hrizuk, the art director and photographer behind Hrizuk Studio. See more of his work at hrizukphoto.com.*



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Community connections

Stories, advice and local expertise from the people helping shape life in the Lowcountry



New year, new school

Beaufort County School District has transformed ***Hilton Head Island High School***, reimagining the campus with renovated classrooms, state-of-the-art collaborative spaces, a new three-story building and more. Take a look inside the expanded campus, and discover what it means for students and the Hilton Head Island community in the September digital issue of LOCAL Life.

Glow your own way



Great holiday lighting does more than make a home sparkle. ***Humbug Holiday Lighting*** treats decorating as a design exercise, using warm white lights, classic accents and thoughtful placement to enhance a home's architecture and landscape. Learn the design secrets behind a beautifully balanced holiday display in the September digital issue of LOCAL Life.



A whole-face approach

Before choosing filler, it pays to look at the bigger picture. Dr. Nicole Nadel of ***Totality MediSpa Hilton Head*** explains why understanding how the entire face ages can lead to more natural, balanced results and why sometimes the best recommendation isn't another syringe. Discover her whole-face approach to aesthetic treatments in the September digital issue.

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At the heart of Palmetto Bluff is the land itself, and here each home is as distinct and storied as the Lowcountry landscape that surrounds it. From grand estates and riverfront retreats to charming cottages and thoughtfully placed homesites, every residence is both unique and unified in its place at the Bluff. Whether overlooking the marsh, tucked among the live oaks, or nestled within a bustling village, every home offers a distinct way to experience life at the Bluff. **Come experience the Lowcountry as it was meant to be lived.**

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Catch of the season

The Lowcountry's wild-caught white shrimp are at their peak. Here's where to eat them, buy them and celebrate them

STORY BY LANCE HANLIN

The Lowcountry's commercial white shrimp season heats up in late August and stretches through December, with September and October delivering the biggest catches of the year. In favorable seasons, local shrimpers may even stay on the water into early January. Harvested from the pristine waters of our creeks, rivers and Atlantic coast, these wild-caught shrimp are prized for their firmness, sweet flavor and exceptional quality. Whether you're buying them straight off the dock, ordering them at your favorite restaurant or celebrating them at one of the region's signature festivals, there's no better time to enjoy one of the Lowcountry's greatest culinary treasures.





©THE SEA PINES RESORT

CELEBRATE SHRIMP SEASON

Shrimp season comes with its own festival circuit, giving locals and visitors plenty of chances to sample the Lowcountry's signature seafood. It all begins Sept. 19 at the ***Hilton Head Island Shrimp Festival*** in Harbour Town, where more than 15 local chefs serve creative shrimp dishes alongside craft beer, live music and family-friendly activities. In October the celebration spreads across the Lowcountry with the Beaufort Shrimp Festival (Oct. 2-3) at Waterfront Park and the Historic Bluffton Arts & Seafood Festival (Oct. 9-18) in Old Town Bluffton, each showcasing fresh local seafood, live entertainment and the communities that have built their traditions around the water. The festivities continue Nov. 6-7 at the Hilton Head Oyster Festival, where fresh local shrimp share the spotlight with oysters, before wrapping up with the Hilton Head Island Seafood Festival (Feb. 22-28), a weeklong celebration of the chefs, fishermen and coastal traditions that define the Lowcountry. Together these festivals offer more than good times and great food. They celebrate the shrimpers, chefs and coastal traditions that have shaped the Lowcountry for generations.





©VAGABOND CRUISE

CLIMB ABOARD A SHRIMP BOAT

Few experiences bring you closer to the Lowcountry's shrimping heritage than stepping onto a working shrimp boat. Departing from Harbour Town in Sea Pines, ***Vagabond Cruise's Shrimp Trawling Expedition*** aboard the Tammy Jane takes guests behind the scenes of a commercial shrimping operation as the crew deploys the trawl nets, hauls them back aboard and sorts through shrimp, blue crabs, fish and other marine life. Along the way, you'll learn how the region's tidal creeks and salt marshes support one of the East Coast's richest fisheries and why sustainable harvesting helps protect this valuable resource. If the crew lands enough shrimp, you'll even take some home. Trips begin at $45 per person, making it one of the most authentic ways to experience the Lowcountry's working waterfront.



©OUTSIDE BRANDS

BRING HOME YOUR OWN CATCH

Want to catch dinner yourself? Recreational shrimpers use two popular methods: ***deep-hole shrimping*** and ***shrimp baiting***. Both require the proper South Carolina licenses and have a daily limit of 48 quarts of whole shrimp. Deep-hole shrimping is most productive from October through December, when cooling water pushes white shrimp into deeper channels. Using sonar to locate a school, shrimpers cast a 10- to 14-foot net that sinks quickly before hauling in the catch. Shrimp baiting begins each September during South Carolina's 60-day baiting season. Shrimpers place clay-and-menhaden bait balls beside marker poles at low tide, then cast their nets as the rising tide draws shrimp to the bait. It's one of the Lowcountry's favorite fall traditions and a rewarding way to experience the region's shrimping heritage firsthand.



©OUTSIDE BRANDS



MASTER THE CAST NET

Watching an experienced waterman throw a cast net is like watching an artist at work. With a single smooth motion, the circular net opens into a perfect disc before settling over the water, trapping shrimp beneath it. ***Outside Hilton Head's Lowcountry Shrimping Experience*** lets guests learn this generations-old skill during a three-hour excursion from Shelter Cove Harbour & Marina. Offered September through November, the trip explores scenic tidal creeks while guides teach the fundamentals of cast-net fishing, explain shrimp behavior and help guests search for productive shrimping holes. Along the way, you'll learn how tides, currents and the salt marsh ecosystem influence where shrimp gather, giving you a deeper appreciation for the waters that sustain the Lowcountry's commercial and recreational shrimping traditions. The private experience accommodates up to four people for $625. Whether you're hoping to master a new skill or simply enjoy a memorable morning on the water, it's one of the most hands-on ways to experience shrimp season.



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BUY FRESH LOCAL SHRIMP

Nothing beats taking home shrimp that were swimming just hours earlier. When shopping, look for the words "South Carolina Wild-Caught Shrimp," or simply ask where the shrimp came from. During peak white shrimp season, many seafood markets can even tell you which boat landed that day's catch. Whether you're planning a Lowcountry boil, firing up the grill or stocking the freezer, these are some of the best places to find fresh local shrimp.

Hilton Head Island: *Benny Hudson Seafood, Barnacle Bill's, Piggly Wiggly, South End Seafood, Spanish Wells Seafood & Produce*

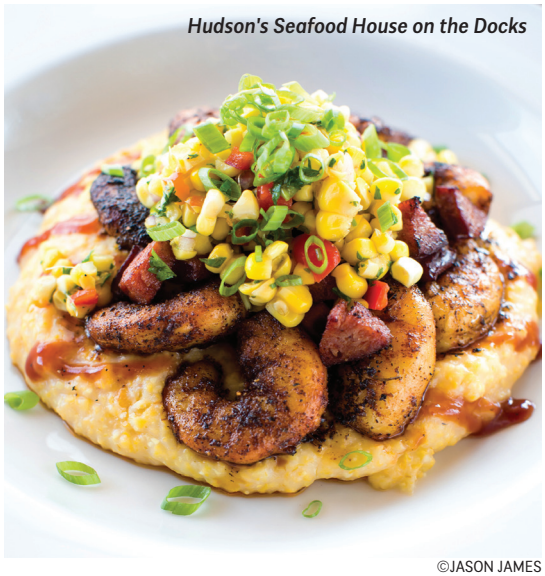
Bluffton: *Bluffton Oyster Co., Russo's Fresh Seafood, Lowcountry Fresh*

Beaufort area: *Sea Eagle Market, Gay Fish Company, Bradley Seafood Market*

Ridgeland: *Captain Mike's Bluewater Seafood, Bolan Hall Seafood, Fiddler's Seafood Market*


South End Seafood

©LISA STAFF


Hudson's Seafood House on the Docks

©JASON JAMES


The Quarterdeck

©MICHAEL HRIZUK

ORDER IN-SEASON SHRIMP

One of the easiest ways to enjoy the freshest shrimp is to order what's in season. While many Lowcountry restaurants proudly serve South Carolina wild-caught shrimp, the species on the menu changes throughout the year. Knowing the harvest seasons helps you recognize when you're most likely to enjoy shrimp that were caught in local waters. Whenever you dine out, ask whether the shrimp are local and wild-caught. Restaurants committed to regional sourcing are usually happy to tell you where that day's catch came from.

May-June: *Roe white shrimp are large, sweet and highly prized, but their commercial season is brief.*

June-August: *Brown shrimp are the stars of summer, prized for their firm texture and rich, savory flavor. At many local restaurants they're simply advertised as "local shrimp."*

Late August-December: *Fall white shrimp are the Lowcountry's signature harvest, with peak landings in September and October. This is the best time to order fresh local shrimp.*

January-April: *Fresh local shrimp are generally unavailable, so many restaurants rely on South Carolina shrimp frozen during the fall harvest or imported shrimp.*





Perfectly positioned on a lagoon-view corner lot in prestigious Windmill Harbour, this completely reimagined Lowcountry residence blends timeless coastal style with sophisticated, turnkey living.

White oak floors flow throughout the 3,442-square-foot home, where designer lighting, custom millwork, built-ins and carefully curated finishes elevate every room. The chef's kitchen features custom cabinetry, GE Café appliances, an oversized porcelain farmhouse sink, illuminated cabinetry and brass-accented open shelving. Nearby, an elegant dining room, gas fireplace, custom back pantry and light-filled living spaces make entertaining effortless.

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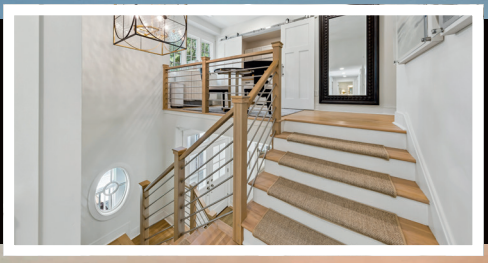



The spacious primary suite overlooks the lagoon and features exposed beams, dual custom closets and a spa-inspired bath with a freestanding soaking tub and oversized shower. Two additional suites, including a flexible first-floor bedroom or office, offer privacy for family and guests.

Outside, a tabby patio and charming brick courtyard create inviting spaces for dining beneath the trees. Just moments from the South Carolina Yacht Club and Windmill Harbour's renowned lock-controlled marina, this is Hilton Head living at its most polished—and most effortless.

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SELECTIONS BY CHLOE KNIGHT



Cut above

Nemco 55925 Power Shrimp Cutter & Deveiner

Cleaning a cooler full of shrimp isn't anyone's favorite chore. This commercial-grade electric cutter and deveiner powers through peeling and cleaning, leaving only the fun part — firing up the stove or grill. ***katom.com. $1,522***



Glow getter

Apollo Underwater LED Lighting System

As the sun slips below the marsh, these powerful underwater LED lights transform your dock or boat into the brightest spot on the creek. They're perfect for illuminating the water, attracting baitfish and creating an unforgettable glow after sunset. ***incredibleunderwaterlights.com. $553***



Never overcook

ANOVA Precision Cooker 3.0

Fresh-off-the-boat shrimp deserve perfect treatment. This smart sous vide cooker keeps water at the ideal temperature, producing consistently tender, juicy shrimp whether you're cooking dinner for two or feeding the whole neighborhood. ***anovaculinary.com. $229***



Chill factor

Engel 19-Qt. Live Bait Pro Cooler

Live bait is only as good as the cooler holding it. This rugged 19-quart cooler features a rechargeable aerator that keeps bait healthy and ready, whether you're exploring Broad Creek, Calibogue Sound or waters farther offshore. ***engelcoolers.com. $130***



Dock duty

Siren 3 Pro Main Device

Your boat doesn't stop being important when you leave the marina. Battery monitoring, GPS tracking, security alerts and digital switching keep you connected wherever you are, giving you complete peace of mind between trips. ***sirenmarine.com. $800***



Open ears

Shokz OpenRun Pro 2

Stay connected without tuning out the world around you. These open-ear headphones let you enjoy music, podcasts and calls while still hearing waves, wildlife, boat traffic and that telltale splash of a fish on the line. ***shokz.com. $180***



Smooth sailing

ReliefBand Motion Sickness Device

Nothing ruins a perfect day offshore faster than seasickness. This wearable device uses gentle nerve stimulation to help prevent motion sickness without medication, so you can focus on the shrimp instead of the horizon. ***reliefband.com. $150***



Eyes below

Garmin LiveScope Plus System

When you're searching creek channels, oyster rakes or offshore structure, seeing beneath the surface changes everything. This cutting-edge sonar delivers a live underwater view that helps you fish smarter before you ever wet a line. ***garmin.com. $1,800***



Heavy lifter

VEVOR Line Hauler Pot Puller

Hauling traps, pots and heavy lines by hand gets old fast. This electric line hauler delivers serious pulling power with smooth 360-degree rotation, saving your back so you still have plenty of energy left for the shrimp boil. ***vevor.com. $485***

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Clear the clutter

Simple habits to organize your digital life before fall

STORY BY LANCE HANLIN

By the end of summer, many of our devices are as cluttered as our garages. Phones fill with vacation photos, inboxes overflow with promotions, downloads pile up, and apps multiply until finding anything becomes a chore. The good news? A quick digital cleanup can make your devices feel cleaner, faster and far less frustrating to use. Here are six simple habits that will help you spend less time managing technology and more time enjoying it.



ROOM TO BREATHE You might not need a new phone, just a cleaner one. On an iPhone, go to Settings > General > iPhone Storage to view storage recommendations, which identify oversized apps, forgotten downloads, old podcasts, duplicate photos and large videos consuming valuable space.



LESS CLUTTER, MORE CLARITY
A cluttered home screen can make your phone feel more chaotic than it is. Use the App Library to keep rarely used apps off your main screen, organize similar apps into folders, and keep only your everyday essentials front and center.

What's eating all your storage?

Duplicate photos: Apple's Photos app automatically detects and merges duplicate images.

Message attachments: Videos, GIFs and photos shared in Messages can consume several gigabytes.

Downloaded streaming content: Movies, TV episodes and playlists saved for offline viewing are easy to forget.

Website data: Cached files and browsing history gradually grow over time.

Unused apps: Turn on Offload Unused Apps to automatically remove apps you rarely use while preserving their data.

15-MINUTE DIGITAL RESET

Digital clutter never disappears for long, but it doesn't have to become overwhelming. Set aside just 15 minutes each month to delete unwanted photos, review your storage, remove unused apps, and clear out old downloads.

5 minutes: *Delete blurry photos, screenshots and duplicate images.*

3 minutes: *Remove or offload apps you haven't used in months.*

3 minutes: *Empty your Downloads folder and delete large videos you no longer need.*

2 minutes: *Unsubscribe from unwanted newsletters and promotions.*

2 minutes: *Check Settings > General > iPhone Storage for storage recommendations.*

FIND ANY PHOTO IN SECONDS

Instead of endlessly scrolling through thousands of pictures, let AI do the work. Apple Photos and Google Photos use artificial intelligence to search your library using simple words like "sunset," "dog," "shrimp," "boat," "receipt" or even "blue shirt." Once you've found similar images, delete blurry shots, screenshots and duplicates you no longer need. Before organizing your photos into albums, delete the ones you don't need. The less clutter in your library, the easier it is to find the memories that matter. ***Quick tip:*** *Search by places, pets, holidays or objects like "kayak" or "oyster" to instantly uncover photos you forgot you had.*



SIMPLIFY YOUR HOME SCREEN

A cluttered home screen can make your phone feel more chaotic than it really is. On an iPhone, use the App Library to keep infrequently used apps off your main screen. Android users can achieve the same result with folders or launchers like Nova Launcher. Keep only your everyday essentials within easy reach, and group everything else into folders. You don't have to delete a single app to make your phone feel cleaner and easier to navigate. ***Quick tip:*** *Aim for one streamlined home screen, and let everything else live in folders or the App Library.*

TAKE CONTROL OF YOUR INBOX

An overflowing inbox creates unnecessary stress. Before creating folders, unsubscribe from newsletters and promotions you no longer read using your email provider's built-in unsubscribe option or a service like Clean Email. Then file what's left into a few simple folders for receipts, travel, finances and family. ***Quick tip:*** *Gmail users can search for unsubscribe to quickly find mailing lists they've accumulated over the years.*

PROTECT YOUR MOST IMPORTANT ACCOUNTS

If you still reuse passwords across multiple websites, now is the perfect time to change that habit. Password managers securely generate and store unique passwords for every account, so you only have to remember one master password. Apple's built-in Passwords app is an excellent choice for iPhone users, while Bitwarden offers a free solution that works across nearly every device. ***Quick tip:*** *Start with the accounts you'd panic if someone accessed: your email, banking and Apple or Google account.*

BACK IT UP BEFORE YOU NEED IT

It only takes one lost phone or failed hard drive to realize how valuable automatic backups really are. Cloud backups keep your photos, contacts and important documents safe even if your device doesn't survive the day. Once enabled, backups happen quietly in the background, giving you peace of mind without any extra effort. ***Quick tip:*** *Restore a file once a year to confirm your backup is working as expected.*

GO PAPERLESS

Receipts, warranties, insurance cards and important documents don't have to stay in a filing cabinet. Use your iPhone's built-in document scanner in the Notes app or an app like Adobe Scan to create searchable PDFs. Store them in iCloud or Google Drive so they're available whenever you need them. ***Quick tip:*** *Scan appliance manuals and warranties as soon as you buy something new so they're easy to find later.*



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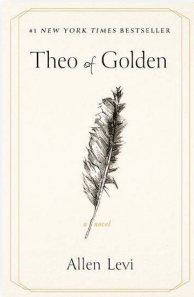
Summer reads

Denise Friday**, a social worker and mother of twins, finds both escape and reflection in a good book. **These memorable novels were among her favorite reads this summer.

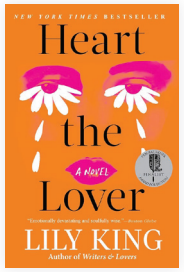


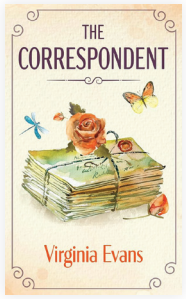
THEO OF GOLDEN *BY ALLEN LEVI*

An elderly man named Theo arrives in a small town in Georgia. He uses no last name and reveals very few details about himself. While at a local coffee shop, he sees almost 100 pencil-drawn portraits on the wall done by a local artist of mostly townspeople. He decides to purchase them, a few at a time, and meets up with each subject to give them the portrait and hear their life story. In the process, he makes friends, learns about the town and even changes some lives. His secret is revealed at the end of this sweet story that will restore your faith in mankind.

HEART THE LOVER *BY LILY KING*

Main character "Jordan" is a college senior at an unnamed school that suspiciously seems like Chapel Hill. She begins to date a creative-writing classmate, Sam, who lives with his best friend, Yash, in a professor's home they are house-sitting for the semester. The three become close friends, but things get very complicated. Years later, the three reunite in a hospital room as one lies dying. I adored this book so much. It captures the uncertainty and heartbreak of young love and regret.



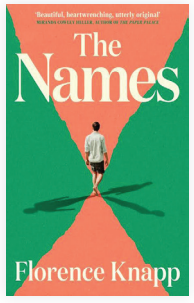


THE CORRESPONDENT *BY VIRGINIA EVANS*

Sybil van Antwerp, in her early 70s, is retired from a long and successful law career. Her means of communicating is through letters, and she writes to many people, including her brother, daughter, best friend, several authors and anyone else whom she feels she needs to respond to, thank or correct in their assumptions. The reader is privy to her letters with her blunt statements and sharp tongue and to the replies. When an anonymous writer continues to send her hate mail, she is forced to examine a dark time in her life and change her thinking in an attempt to make amends.

THE NAMES *BY FLORENCE KNAPP*

Cora, the mother of a young girl and a newborn boy, heads to the registry to sign papers to officially name her son. Her husband, Gordon, wants him to be named after him and his father, for tradition. Gordon is a handsome and respected surgeon beloved by his patients. Yet at home he is controlling and abusive. Cora fears the name will burden her son to be like his father, and names him Bear. The story unfolds over 35 years with three timelines; her son as Gordon, Bear and Julian, and how a name can change the course of a life. Incredibly moving, five stars and more.





CHAPTER CHAT

*LOCAL Life's **Rebecca Kerns** reviews **"Culpability" by Bruce Holsinger**, a gripping blend of family drama and techno-thriller that explores the moral fallout of a self-driving car crash. Watch her review on LOCAL Life's YouTube channel: **youtube.com/@locallifesc***



A NEW SEASON.

A FRESH LOOK AT *Your Retirement Plan.*

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Local IQ *September crossword challenge for locals*

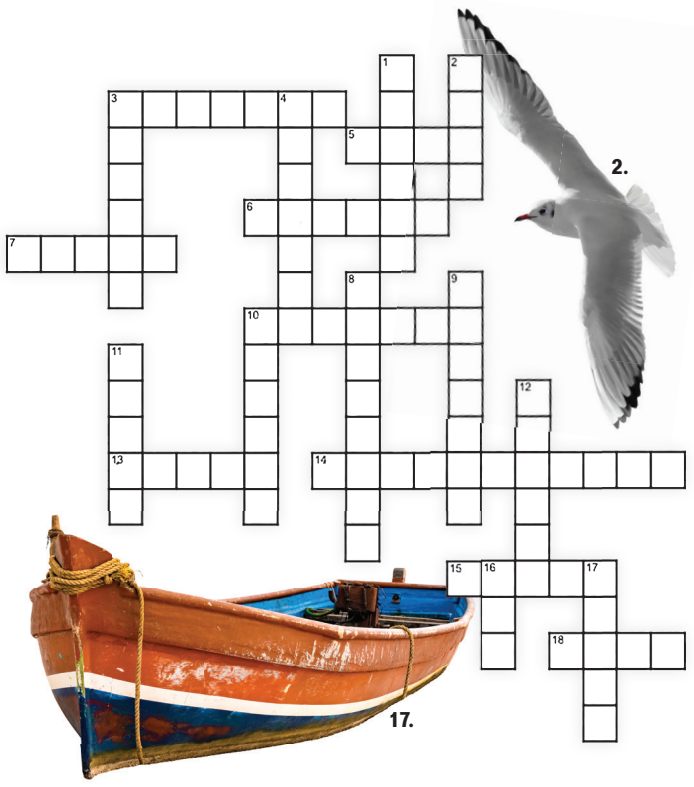
CLUES BY LANCE HANLIN + GRID BY JEREMY SWARTZ

ACROSS

3. The workhorse of the Lowcountry shrimp fleet.
5. A Lowcountry feast of shrimp, sausage, corn and potatoes cooked together.
6. Hilton Head seafood pioneer who passed away in 1997: Benny ____.
7. The graceful white bird often seen stalking the Lowcountry marsh.
10. Marine life unintentionally caught in a shrimp net.
13. The prized Lowcountry shrimp at its peak in September and October.
14. The root that gives cocktail sauce its signature kick.
15. The Southern comfort food that's made for shrimp.
18. A flavorful shrimp commonly found in deeper offshore waters and Florida.

DOWN

1. The spicy shrimp appetizer popular at The Black Marlin.
2. The seabird often following shrimp boats in search of an easy meal.
3. Bluffton family with generations of ties to Lowcountry shrimping.
4. Nature's nursery where freshwater and saltwater meet.
8. The local cruise company offering hands-on shrimp trawling excursions.
9. The deeper passage that guides shrimp boats through the marsh.
10. The signature shrimp item at St. Helena's famous Shrimp Shack.
11. The shrimp that kicks off the Lowcountry's commercial season each spring.
12. A buttery garlic shrimp dish often served with pasta or bread.
16. Small, edible eggs carried by female shrimp
17. The small boat built for exploring shallow tidal creeks.

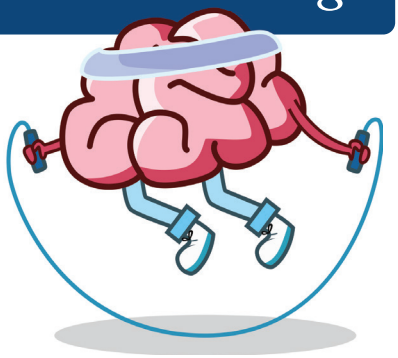


Answer key

ACROSS: ***3.*** *TRAWLER* ***5.*** *BOIL* ***6.*** *HUDSON* ***7.*** *EGRET* ***10.*** *BYCATCH*
13. *WHITE* ***14.*** *HORSERADISH* ***15.*** *GRITS* ***18.*** *PINK*
DOWN 1. *VOODOO* ***2.*** *GULL* ***3.*** *TOOMER* ***4.*** *ESTUARY* ***8.*** *VAGABOND* ***9.*** *CHANNEL*
10. *BURGER* ***11.*** *BROWN* ***12.*** *SCAMPI* ***16.*** *ROE* ***17.*** *SKIFF*

Official Mensa® Challenge

HOP TO IT!



Break a mental sweat and hop to this Mensa quiz!

1. Start with the number of U.S. Senators, subtract the number of U.S. states, then multiply by the number of seconds in five minutes.

What do you get?

2. One painter and a half paint a wall and a half in a day and a half. How many walls can six painters paint in nine days?

3. The following 17 letters can be anagrammed into a seven-word phrase meaning "to act as an unseen observer."

O E A O E A B L F N T L L Y W T H

4. Charlie has six times as many sisters as he has brothers. His sister Pat has three more sisters than she has brothers. How many siblings are in the family? (Hint: There are no more than 10.)

5. The candy store owner sold both jelly beans and fruit drops. He sold 6 jelly beans and 5 fruit drops for 85¢. However, 6 fruit drops and 5 jelly beans costs only 80¢. How much did each cost?

ANSWER KEY

1. *15,000 (100 - 50 = 50; x 300 = 15,000)* ***2.*** *36 walls (A painter paints one wall in a day and a half.)* ***3.*** *TO BE A FLY ON THE WALL* ***4.*** *There are two boys and six girls.* ***5.*** *Jelly beans cost 10¢ each, fruit drops cost 5¢ each.*

Mahjong mastery

What is the No. 1 question Pink Palmetto Mahjong instructor Jennifer Kenwell is asked? "Can I use a joker here?" Jokers are great, but they can't be used everywhere. Test your joker knowledge in these four situations. Which jokers are used correctly, and which are not?



ANSWER: *Only the joker with the Red Dragons is correct. Even if you drew one of the other jokers for mahjong, it can't be used in that position.*

Did you get it right? *For an explanation of the joker rules, watch Jennifer Kenwell's video at locallifesc.com or on the LOCAL Life YouTube channel (@locallifesc).*



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The hot list

What to watch, read and listen to in September

SELECTIONS BY DAISY DOW

STREAMING









NETFLIX ***Crew Girl*** *(drama)* A family scandal changes life as she knows it for Teagan Tao (Miku Martineau). In the wake of the upheaval, Teagan and her mother move to the East Coast, where the 16-year-old has to start from scratch at a new school. She wants to continue pursuing her passion for crew. Even though her new school only has a boys' team, Teagan won't let it stand in her way. **Release date: Sept. 10**

PRIME VIDEO ***The Grand Tour*** *(car reviews)* A spin-off of Jeremy Clarkson, James May and Richard Hammond's long-running show "Top Gear," "The Grand Tour" took viewers around the world through the lens of cars. Now that the original trio has moved on to their own projects, the fan-favorite show is getting a revival with a more contemporary cast of YouTubers James Engelsman and Thomas Holland, as well as influencer Francis Bourgeois. **Release date: Sept. 4**

APPLE TV+ ***Brothers*** *(comedy)* When you think of the duo of Woody Harrelson and Matthew McConaughey, their intense dynamic from "True Detective" might come to mind. Leave that visual behind and imagine them as close-knit best friends in Texas who do just about everything together. When Woody's daughter's wedding goes off the rails, he retreats to Matthew's home in Austin, where a secret is revealed that further upends their lives: They might be more than just friends. They might be brothers. **Release date: Sept. 23**

ABC/ESPN ***Clemson at LSU*** *(college football)* Week 1 delivers a heavyweight match-up in Death Valley. Clemson heads to Baton Rouge looking to rebound from a disappointing 7-6 season and reignite its offense under returning coordinator Chad Morris, architect of some of the program's most explosive attacks from 2011 to 2014. On the other sideline, the Lane Kiffin era begins at LSU with championship expectations and a national spotlight from the opening kick. **Kickoff: 7:30 p.m., Sept. 5**

MOVIE THEATERS



The Weight *(thriller)* With one month until his daughter is placed for adoption, imprisoned Samuel (Ethan Hawke) is desperate for freedom. Warden Clancy (Russell Crowe) offers him a chance: join a group of inmates smuggling government gold through the wilderness. As the heavy load slows them down, desperation and distrust threaten to tear the group apart. **Release date: Sept. 2**



By Any Means *(drama)* In 1966 Mississippi, FBI agent Wayne Strider (Yahya Abdul-Mateen II) investigates unsolved crimes against civil rights leaders. Facing racial hostility and legal roadblocks, he teams with ex-mobster Greg Scarpa (Mark Wahlberg), whose unconventional methods push the limits in their pursuit of the truth. **Release date: Sept. 4**

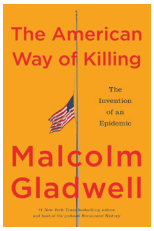


Practical Magic 2 *(romance)* Sisters Sally (Sandra Bullock) and Gillian (Nicole Kidman) Owens have both given up on the idea of finding love, largely because of the family curse placed on the women in their family: Any man they fall in love with is doomed. Sally's daughters, Kylie (Joey King) and Antonia (Maisie Williams), are finding their place in the world. When Kylie's beau is struck while riding his bike, the young witch rebels and vows to destroy the curse. **Release date: Sept. 11**

BOOKS & NOVELS



Switzy *By Emma Cline (fiction)* Nearing the end of a full life, retired executive David travels the world with his assistant, Cody, tying up professional and personal loose ends. Visits with his adult daughter and a long-lost friend stir old memories as his grasp on the present begins to fade. **Release date: Sept. 8**

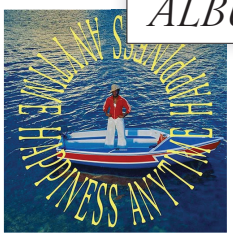


The American Way of Killing *By Malcolm Gladwell (nonfiction)* Malcolm Gladwell examines America's high homicide rates and epidemic of gun violence through interviews with victims, perpetrators and gun owners. Blending history, reporting and scientific analysis, he explores how the country reached this point and why meaningful change has proved so difficult. **Release date: Sept. 29**



Ahead of Her Time *By Nancy Thode (local)* Ann Head, a famed writer from Beaufort, was ahead of her time. Her short stories and novels were considered provocative in the mid-20th century, but today her literary legacy is recognized as trailblazing for tackling subjects that illuminated the realities many people faced. Her daughter, Nancy, wrote this memoir reflecting on who she was beyond the worlds she created. **Release date: Out now**

ALBUMS



Happiness Anytime
By Leon Bridges (R&B)
Release date: Sept. 25



Ride Lonesome
By Beck (alternative)
Release date: Sept. 18



Signs
By Luke Bryan (country)
Release date: Sept. 18

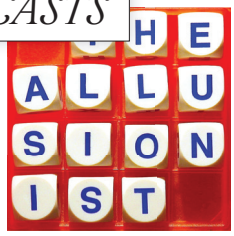


House I Used to Know
By Anna Barnes (local)
Release date: Out now. Catch her at The Fillin' Station on ***Sept. 5.***

PODCASTS



Untapped
Subject: Health



The Allusionist
Subject: Language

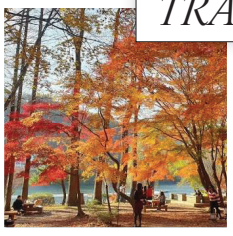


Hotel Bar Sessions
Subject: Philosophy

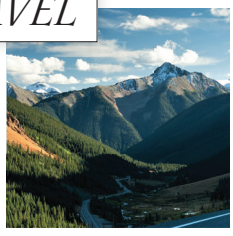


Locked On Gamecocks
Subject: Football

TRAVEL



Namiseom, South Korea
See the foliage change on this river island.



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Community in action

A place to belong

One family's journey reveals what happens when support doesn't end at graduation

STORY BY BAILEY GILLIAM

When Marty Boise talks about his sons, it's impossible not to hear the gratitude in his voice. Jacob, 32, and Pete, 30, both have Fragile X syndrome. Like many parents of adults with intellectual and developmental disabilities, Marty and his wife wondered what life would look like after school. The structure, friendships and opportunities their sons relied on suddenly disappeared, leaving them asking the same question countless families face: What's next? Then they found Pockets Full of Sunshine.



DRIVEN TO GIVE BACK
Marty, Jacob and Pete Boise attend a Carolina Dreamers Car Club charity cruise-in benefiting Pockets Full of Sunshine.

Carolina Dreamers Charity Car Show

When: 10 a.m.-2 p.m., Sept. 6
Where: Lowcountry Celebration Park
Details: Rev up for a great cause at this annual charity car show, featuring stunning vehicles, live music, food trucks, raffles, a silent auction, awards and more, all benefiting local charities such as Pockets Full of Sunshine.
carolinadreamers.info

Beyond the disability cliff

Families often describe life after high school as falling off the "disability cliff." Once individuals with intellectual and developmental disabilities turn 21, many programs and social opportunities disappear. Marty watched that reality unfold firsthand.

"Things kind of drop off socially," he says. "There are a few other organizations, but Pockets just really speaks to us. It's such a lifesaver for the families involved."

After about a year on the waiting list, Jacob and Pete finally joined Pockets. Now Fridays are the highlight of their week. Whether they're creating art, learning job skills, sharing lunch with friends or heading into the community, the brothers have found a place they're excited to be.

"When I drop them off, they slam the car door and barely say goodbye," Marty says with a laugh. "They're so excited to go."

More than a program

At Pockets, Jacob and Pete have found friendships, purpose and opportunities to keep learning. They enjoy new hobbies, outings with friends and learning skills through the organization's screen-printing micro-business. For Marty the biggest change has been watching his sons build lives of their own.

"We had an active social life, but there really weren't any peers for our sons," he says. "We would bring them along, but nobody wants to hang out with their parents all the time."

The impact reaches beyond Jacob and Pete.

"I've become very good friends with a lot of the parents because we're all in the same situation," Marty says. "It's just a big family."

A community that cares

Pockets partners with local businesses, volunteers and civic groups to create opportunities for its members while encouraging them to give back. Marty also has seen that spirit through the Carolina Dreamers Car Club, which supports Pockets through charity events and fundraising.

"The Dreamers are a huge supporter," he says. "Everybody was so excited. It's just another example of people coming together. They're exposed to the community, and the community is exposed to them. I think there are benefits for both."

"I don't even like to think about what our life would be like without Pockets," Marty says. "It would be fine, but it wouldn't be as great as it is."

Jacob and Pete now have friendships, purpose and a place where they're known and valued.

"It's hard to put into words just what a difference Pockets make," Marty says. "It has changed our lives."

Take action

Pockets Full of Sunshine provides life-skills programming, vocational training, social opportunities and community partnerships that help adults with intellectual and developmental disabilities build independence, confidence and meaningful connections. Community supporters — including the Carolina Dreamers Car Club — help make that mission possible through fundraising and volunteer efforts. Learn more, volunteer, or donate at ***pocketsfullofsun.org***. *LL*



FINDING THEIR PLACE
Brothers Jacob and Pete Boise have built lasting friendships, greater independence and a true sense of belonging through Pockets Full of Sunshine, where Fridays have become the highlight of every week.

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What makes them local



©GLORIA CARMINES

HOOKED EARLY At 4 years old, Andrew proudly shows off a catch in Calibogue Cay on Hilton Head Island. Childhood days spent fishing and exploring the island's waterways sparked a lifelong passion for the Lowcountry, its seafood and the coastal waters he now works to protect.

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*

Sweet on shrimp

ANDREW CARMINES EXPLAINS WHAT MAKES LOWCOUNTRY SEAFOOD SPECIAL AND WHY PROTECTING LOCAL WATERS MATTERS

STORY BY BECCA EDWARDS



©LISA STAFF

HOME ON THE DOCKS Andrew Carmines has spent a lifetime on the water. At Hudson's Seafood House on the Docks, he champions wild-caught local shrimp, sustainable shellfish farming and the protection of the waterways that make Lowcountry seafood exceptional.

You can't cast a net over Hilton Head Island's modern history without pulling up ***Andrew Carmines*** and Hudson's Seafood House on the Docks. Andrew's parents, Gloria and Brian, moved here in 1975 after purchasing Hudson's from Benny Hudson and his wife, Barbara.

"I was born in 1978 on the way to Beaufort. There was no maternity ward at Hilton Head Hospital at the time, so my dad delivered me on the front seat of his Dodge pickup at the base of the Parris Island bridge," Andrew explained. "I was very fortunate growing up the way I did. We lived very close to the ocean in Palmetto Dunes. Hard to believe, but at the time, there was one house for every six or seven oceanfront lots. The beach and the maritime forest were our playground."

Andrew admits there is something very special about Hilton Head and reflects on taking over the family business and raising his three children here.

Q: When did you decide to build your career and family on Hilton Head? A: My parents never pushed me to work in the family business. In 2006, after 31 years in the business, they were ready to start passing the torch. So I decided to come home and see if it was something I was interested in. I quickly realized that while it had its charms, there was room for improvement. I accepted an entry-level management position and started learning that side of the business. Being back on the island was incredible. Now that my kids are 10, 13 and 14, I couldn't be happier with the decision to raise them here.

Q: What Lowcountry traditions have you passed down to your children? A: I learned to swim when I was 2 and spent most days on the water in some capacity. Then, in my teens, we had a little Boston Whaler that we would take out during the summer and on weekends. Those are great memories, and I'd like to think we're creating similar memories for our kids. We spend lots of time on the water. Alice, my oldest, just got her boater's certificate. Milly and Oak are my first mates, and Erin is always great company, so we have an excellent crew.

Q: What is your favorite shrimp dish, and do you have a special way of making it? A: Well, I couldn't tell you what my favorite shrimp dishes are without sounding like Bubba Gump because there are so many. I will share a secret



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that I learned by mistake. I was at a party at a house on the beach, and the people were from out of town. They had all the ingredients for a Lowcountry boil, but they didn't have any seasoning. Instead of driving to the store, I filled the pot with ocean water and boiled everything in it. It was great, and to this day I always make a Lowcountry boil with seawater.

Q: What makes our local shrimp so good? **A:** One thing I will say about the white shrimp we catch here is that, in my mind, they are sweeter and firmer than any other shrimp I have eaten anywhere else. The reason for this is debated, but I think it's because we have water that is very rich in the plankton the shrimp eat as juveniles.



©HILTON HEAD ISLAND SEAFOOD FESTIVAL

LEADING BY EXAMPLE Andrew has spent his career connecting diners with the freshest seafood the Lowcountry has to offer. At Hudson's Seafood House on the Docks, he has expanded the restaurant's commitment to sustainability through oyster farming, soft-shell crab production, stone crab harvesting and strong partnerships with local fishermen who supply Hudson's with fresh, wild-caught shrimp.

Q: Tell us about your involvement in protecting our natural environment. **A:** My interest in conservation started at a young age. My fourth-grade science fair project was on water quality in areas containing oysters. My goal is to do what I can to help make the area we call home a better place. I have served on several boards focused on conservation, education and research. The Port Royal Sound Foundation is doing a lot of water-quality studies right now. If we don't have a baseline for where we are today, it's very hard to know what the future holds. I also have a clam and oyster farm, which we will be expanding this year. It helps conserve wild oysters and clams while providing our customers with a more sustainable — and, I think, more delicious — alternative. My parents also started the David M. Carmines Foundation after my brother passed away. Through that foundation and the Hilton Head Island Seafood Festival, we have donated more than $2 million to local nonprofits that make this area a better place to live, work and play.



A SEAFOOD CELEBRATION Andrew Carmines has helped shape the Hilton Head Island Seafood Festival into one of the Lowcountry's premier culinary events. Each February thousands gather to enjoy fresh local seafood, chef demonstrations, live music and coastal hospitality while celebrating the fishermen, chefs and waters that make the region's seafood traditions so special.



©JASON JAMES

FRESH FROM THE DOCKS Hudson's Seafood House on the Docks has earned its reputation as one of Hilton Head Island's favorite places for fresh local shrimp, serving nearly 70,000 pounds each year.

Q: Describe your perfect day on the water. **A:** A perfect day on the water? A giant hurricane is sitting 150 miles off the coast and has stalled. There's no chance it's going to hit Hilton Head Island, but it's generating a massive ground swell with offshore winds and creating perfect waves with six- to eight-foot faces. I'd get up early and go surfing. There is a group of us who grew up here, along with others who have moved here, who wait for days like that. They are few and far between. I remember the day after Hurricane Hugo when I was a kid, like it was yesterday. I remember the way the air smelled, the temperature of the water, the people I was with, the sargassum floating in the water — everything. It was a perfect day. I'd love to share one of those days with my kids.

Q: What is your motto in life? **A:** The Golden Rule, of course.

Q: What is one thing maybe no one knows about you? **A:** I am basically blind in my left eye. I don't really know how it happened, but I have a scar on my retina that showed up in my 20s. It hasn't gotten worse, but it's never going to get better. Something like that puts things into perspective. We are all lucky to be here. *LL*









50 Richland Drive, *Bluffton, SC*

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Beyond the home, Belfair offers a lifestyle as exceptional as its surroundings, with two Tom Fazio championship golf courses and a state-of-the-art golf learning center. Resort-style pools, tennis and pickleball, an expansive fitness and wellness campus, scenic walking trails, and a vibrant clubhouse create endless opportunities to connect, unwind, and enjoy the community. Here, timeless architecture and refined craftsmanship are complemented by one of Belfair's most captivating natural settings. Elegant, private, and beautifully connected to the landscape, 50 Richland Drive represents Lowcountry living at its finest.

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Local business buzz

The latest openings, expansions and developments shaping the Lowcountry

STORY BY BAILEY GILLIAM

September brings plenty of movement to the Lowcountry business scene with new shops opening, local organizations expanding their reach and major projects taking shape across the region. From health care and housing to retail, recreation and the arts, this month's developments reflect a community that continues to grow and evolve.



NOW OPEN

Novant Health Bluffton Emergency Department

Washington Square, Bluffton

Emergency care is now closer to home for many Bluffton-area residents. Novant Health opened a 10,000-square-foot freestanding emergency department at Washington Square, just off Buckwalter Parkway. Open 24/7, the facility includes 10 treatment rooms, onsite diagnostic services and a dedicated trauma room staffed by board-certified emergency physicians and experienced nurses. It marks the first phase of Novant Health Washington Square Medical Park, where additional outpatient and specialty services are planned.



Oyster Coast Supply Co.

Online and in select Coligny stores

Lowcountry life is the inspiration behind Oyster Coast Supply Co., a new lifestyle brand from local entrepreneur Heather Stanley Quinn. The shop offers apparel, accessories and specialty coffee inspired by Hilton Head Island, Daufuskie and the traditions that make coastal life special. From slow mornings and boat rides to oyster roasts with family and friends, the collection celebrates the simple rituals of life by the water.



Cashmere Books & Gifts

700 Bay St., Beaufort

Downtown Beaufort has a new destination for book lovers. Cashmere Books & Gifts opened on Bay Street, offering a curated selection of books, gifts and literary-inspired finds. The independent bookstore is designed as more than a place to browse, with a welcoming atmosphere for readers, shoppers and neighbors to gather while discovering their next great read.

Balanced Wellness

3345 Argent Blvd., Ridgeland

Balanced Wellness has expanded to Ridgeland with a new location offering mental health services in a warm, welcoming setting. The practice provides therapy for individuals, couples, adolescents and families, along with specialized care for postpartum depression, infertility and birth trauma. Both in-person and virtual appointments are available, combining evidence-based treatment with individualized support.





J. Banks In Residence *35 Main St., Hilton Head Island*

J. Banks has brought its retail concepts together with the launch of J. Banks In Residence, a new destination for Lowcountry home and style. The unified showroom combines the firm's signature furnishings, décor and home accessories with its curated retail collections. The mix will grow later this fall when Gigi's Boutique and Flowers by Katie Ford each open second locations inside the showroom, bringing interior design, fashion and floral artistry together in one space.

COMING SOON

Lowcountry GT

119 Persimmon St., Bluffton

Collector cars are getting a new home in Bluffton. Founded by collector Steve Menzies, Lowcountry GT is preparing to open a studio on Persimmon Street dedicated to sourcing, restoring and showcasing coach-built, grand touring and other historically significant automobiles. Beyond the cars themselves, the studio will bring collectors and enthusiasts together around a shared appreciation for automotive design, craftsmanship and history.

Sterling Helicopter

65 Innovation Drive, Bluffton

Sterling Helicopter is landing in the Lowcountry with an aerospace engineering and manufacturing facility at Buckwalter Commerce Park. Expected to open this fall, the operation will support helicopter engineering, certification, inspection and FAA-approved parts manufacturing with approximately 15 new jobs projected over five years. The Pennsylvania-based company works with major aircraft manufacturers, including Airbus, Bell, Sikorsky and Leonardo, adding another specialized employer to Beaufort County's growing aerospace sector.

Spanish Wells Clubhouse

Spanish Wells Club, Hilton Head Island

A major clubhouse renovation is on the horizon at Spanish Wells Club. Plans call for expanded indoor and outdoor gathering areas, an upgraded kitchen and dining space, a new outdoor bar and flexible areas for events. Covered porches, Savannah brick accents and metal roofing will help retain the club's Lowcountry character while creating more room for dining, socializing and waterfront gatherings.

Osprey Village

East Argent Parkway, Bluffton

A new Bluffton community is taking shape with independence at its heart. Osprey Village is being developed for adults with intellectual and developmental disabilities, with one-bedroom cottage-style duplexes and quadplexes featuring accessible living spaces, front porches and modern amenities. Beyond housing, the community will provide life-skills programming and person-centered support services designed to help residents live more independently while staying connected to family, friends and the broader community.

Distinguished Club from BOARDROOM magazine

Lowcountry Living Perfected

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STEP INSIDE WHAT STEVE MENZIES IS BUILDING AT LOWCOUNTRY GT, AND UNDERSTAND THE CRAFTSMANSHIP BEHIND THE HORSEPOWER

STORY BY BARRY KAUFMAN



©MICHAEL HRIZUK

DRIVEN BY VISION Steve Menzies stands inside the Bluffton showroom of Lowcountry GT, a modern gallery-like space created to showcase rare and historically significant automobiles, including coach-built classics. For Menzies the new venture brings together a lifelong passion for exceptional cars, a collector's appreciation for craftsmanship and a commitment to giving back to the Lowcountry.

Tucked away off a side street in Bluffton, beside a spur of Bluffton Parkway yet invisible from that busy thoroughfare, the building that houses Lowcountry GT was always intended to be a luxury goods showroom. With its bold skillion roofline soaring above walls of sparkling glass, it's unmistakably modern and as daring as the extraordinary automobiles it holds.

It was created to showcase luxury. The gentleman inside, however, took a far more circuitous route.

"I never set out to be a car dealer," said ***Steve Menzies***, reclining amid the minimalist trappings of Lowcountry GT. "But this is an automotive ecosystem that I found very intriguing. I had a collection of cars, a good relationship with a restorer, and I could get things done."

To hear him talk about cars is to understand the passion that fuels Menzies' newest chapter in life. While building a 40-year career in transportation equipment leasing in Chicago, he amassed a collection of coach-built and grand touring automobiles, along with a deep appreciation for them. Anyone who has built such a collection knows you have to have a good restorer, and Menzies built a relationship with Park-Ward Motors in Illinois.

The collection was more of a hobby until tragedy had Menzies reevaluating everything.

"Our son passed away in 2022, and aside from the obvious emotional hurt of that, it was a little bit of an awakening for me that maybe there's a different calling," he said. Establishing the SDM Rising Youth Athletics Foundation in his son's memory, he was able to support athletic organizations working with underprivileged and underserved youth. "We're very, very proud of it, and it's something our entire family has been involved with."

That led Menzies to the Hilton Head Island Concours d'Elegance & Motoring Festival.

"There's an adjunct to the Concours, and that's a philanthropic mission," Menzies said. "We've seen what other major events in this area can do for the community, and we want the Concours to do the same. After our son passed away, our family really leaned into legacy philanthropy, and partnering with the Hilton Head Island Concours gives us a platform to enhance that mission — to make a meaningful contribution



©BONHAMS

TALL ORDER Lowcountry GT's showroom will soon include Wilt Chamberlain's restored 1961 Bentley S2 Drophead Coupé. At 7-foot-1, Chamberlain needed a few accommodations to drive comfortably. His Bentley was specially ordered with a "special driver's seat to suit owner" and a steering column extended by two inches.



©MICHAEL HRIZUK

CONCOURS CONNECTION Menzies flips through a Collector's Concours Souvenir Program from the Hilton Head Island Concours d'Elegance & Motoring Festival. Lowcountry GT was named Presenting Sponsor for 2026, strengthening Menzies' connection to one of the region's premier automotive events. This year's festival runs Oct. 29-Nov. 1 on Hilton Head Island.

KIM MCELMAN

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here in Bluffton and Hilton Head, not just by showing cars, but by supporting causes that matter."

It also gives Lowcountry GT an immediate high profile among the types of buyers who share Menzies' appreciation for handcrafted elegance and automotive artistry. As the presenting sponsor, Lowcountry GT enjoys prime real estate on every banner and sign at an event that has established itself among the top tier of motoring festivals. Making the most of that visibility, however, took some quick thinking on Menzies' part.

"The way things came together ... kind of accelerated everything to make it work. It moved some of our plans up by as much as a year," he said.

Fortunately, he already had the space secured. Next came bringing in the collection. When he sat down with LOCAL Life, only three cars had arrived, all Bentleys. Among them was one representing the very last of the hand-built Bentleys, along with a SuperSport and W12 that ooze horsepower and sex appeal. Surrounding them, placards hint at what else you might expect to see.

Menzies' collection will include coach-built Bentleys and Rolls-Royces, along with highlights such as a 1960 Bentley Flying Spur by Park Ward Mulliner, a 1962 Bentley S2 Drophead Coupé and a 1961 Bentley S2 Drophead Coupé originally built for Wilt Chamberlain.

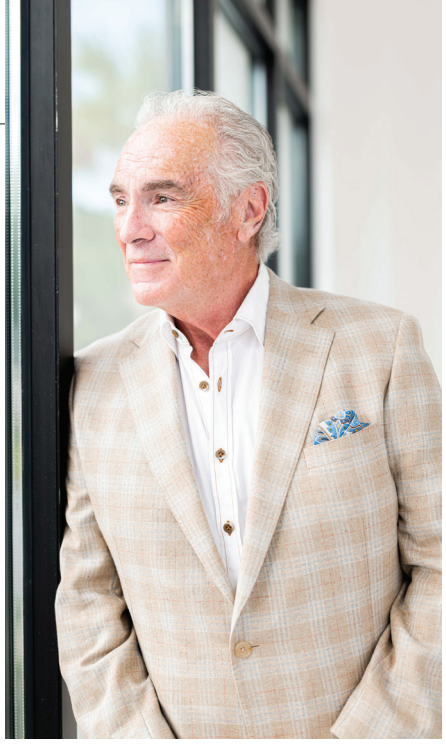
"It's more than just an automobile. There's a story behind most of them," he said. "The provenance is very important, and some of them have very interesting provenance."

Along with the coach-built cars, Lowcountry GT will showcase heritage utility trucks — what Menzies calls "the fun collection" — like a 1971 Ford Bronco and a few Shelby trucks, as well as limited-production halo vehicles. Once they arrive, Menzies intends to display them in a way that lets serious collectors shop for their next must-have cars, or have cars from their own collection expertly restored and readied for sale.

Essentially, it's a high-end art gallery, with works crafted in a medium of steel, leather and engineering.

"That's the concept. You sell art in an art gallery, and you change exhibits with touring artists rotating through," he said. "When someone comes in, they'll do so with the expectation that they're going to see something they've never seen before."

Explore the possibilities at ***lowcountrygt.com***. LL



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Where: Hilton Head Island
Details: The four-day celebration of automotive excellence includes the Lowcountry Driving Tour on Oct. 30, the Car Club Showcase on Oct. 31 and the signature Hilton Head Island Concours d'Elegance on Nov. 1. For a complete schedule of events, tickets and more information, visit ***hhiconcours.com***.

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PARTNER CONTENT

New School in Town

MORE THAN A NEW BUILDING, THE REVAMPED HILTON HEAD ISLAND HIGH SCHOOL REPRESENTS AN INVESTMENT IN STUDENTS, EDUCATORS AND THE ISLAND'S FUTURE.

STORY BY ALEA WILKINS

Parents may have already noticed: morning drop-offs at Hilton Head Island High School (HHIHS) look a little different this year. With the completion of the first phase of Beaufort County School District's (BCSD) multi-step renovation of the campus, including the opening of a cutting-edge three-story academic building, this school year marks the beginning of a new chapter for the district. As the Lowcountry population rises, BCSD is committed to growing alongside it, bringing in new opportunities for students while preserving what makes HHIHS a top-performing school in the region.

For Principal Steven Schidrich, the new facility represents an investment in where Hilton Head Island is headed.

"As our community continues to grow, this new facility provides the space and resources needed to meet the evolving needs of our students while supporting continued academic excellence and innovation," he says. "We are excited about what this means not only for our current students, but for future generations of the HHI community."



STEVEN SCHIDRICH
Principal at Hilton Head Island High School



Room to grow

Through the campus' expansion, HHIHS can now accommodate not only more students but more specialized learning opportunities. Assistant Principal Margherita Haldenwang says new programs will help students realize their interests and prepare for their futures.

"Whether students are pursuing advanced coursework, career and technical education pathways, fine arts, athletics or extracurricular activities, they will find opportunities to discover their passions and develop the skills needed for future success," she says.

A highlight is the upcoming addition of a Health Science Lab and a Culinary Arts classroom, two fields that are especially relevant to our local economy. These hands-on experiences will support individual students as they prepare for graduation and, in turn, the next generation of the Hilton Head Island workforce.

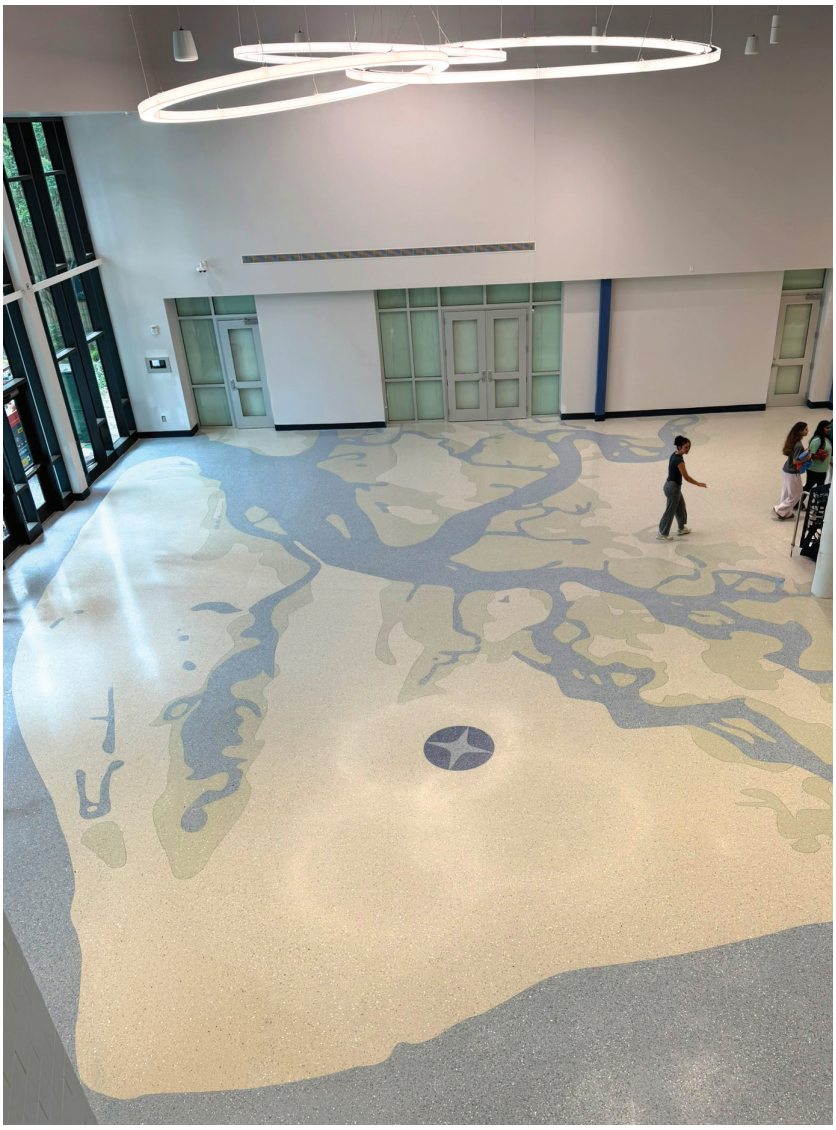
Better together

The new campus also reflects a commitment to building a more cooperative, connected community through its design. Features like Socratic seminar circles, collaborative learning spaces and more inclusive architecture encourage students to gather and grow together.

"Collaboration is at the heart of our vision for teaching and learning," Schidrich says. "The new spaces will encourage students to work together, communicate effectively and learn from one another while developing the skills needed for college, careers and life beyond high school."

Teachers, too, will feel the benefits of HHIHS' reimagined architecture. Collaborative spaces grant teachers greater opportunities to work across disciplines, share ideas and develop learning experiences that challenge and excite their students. To Schidrich, these improvements match the quality of the school's staff and faculty.

"Many of our educators have dedicated decades of service to our school community, and they have consistently created exceptional learning experiences regardless of the facilities they had available," he says. "It is incredibly rewarding to know they will now have learning environments that reflect their professionalism, creativity and commitment to students."





MARGHERITA HALDENWANG
Assistant Principal at Hilton Head Island High School

Community connections

A strong school doesn't exist in isolation, and the new campus makes it easier for HHIHS to interact with the wider community.

More flexible multipurpose spaces allow the school to host events such as the Family Connections Expo, Career Day and College Fairs. These gatherings give students meaningful opportunities to meet professionals, explore colleges and careers and connect with resources that can help shape their futures.

Above all, Haldenwang says this interconnection between the campus and the community at large will strengthen students' sense of belonging.

"We strive to create a safe, welcoming environment where students are encouraged to grow not only as learners, but also as individuals," she says.

Yet to come

With a fresh look and a new year underway, HHIHS is reimagined to support Beaufort County as a whole. Its ongoing renovation, expanding to provide greater academic, extracurricular and collaborative opportunities, will continue to enrich the lives of its students as they develop their skills and connect with the community around them. While the building may be getting all the attention now, Schidrich promises it's only the beginning.

"This transition represents more than a new building – it is an investment in our people and in the bright future of our community."

When shrimp bites back

WHY SHELLFISH ALLERGIES CAN DEVELOP LATER IN LIFE AND HOW TO RECOGNIZE THE WARNING SIGNS

STORY BY MADISON MCBRIDE



©MICHAEL HRIZUK

ONE BITE CAN CHANGE EVERYTHING For generations fresh-caught shrimp have been a defining flavor of the Lowcountry. Yet shellfish allergies can develop later in life, even after years of enjoying shrimp without a problem.

In the Lowcountry, shrimp is more than dinner. It's the centerpiece of backyard boils, seafood restaurants and family gatherings. But for some people, one bite can turn a favorite meal into a medical emergency. Even more surprising, shellfish allergies often develop after years — even decades — of eating shrimp, without any problems. About 60% of food allergies begin in adulthood, proving they're not just a childhood condition. Knowing the warning signs can help you recognize when shrimp bites back.

When allergies appear

Unlike milk or egg allergies, which often begin in childhood, shellfish allergies frequently appear later in life. Researchers are still studying why, but one leading theory involves an unexpected culprit: dust mites. According to local allergist Dr. Thomas Beller, shrimp and dust mites share a muscle protein called tropomyosin. Years of exposure to dust mites eventually may cause the immune system to mistake shrimp proteins for those found in dust mites.

"If you look at a dust mite, it basically looks like a microscopic little land crab," Beller said.

It may sound unusual, but the science supports the comparison. This phenomenon, known as cross-reactivity, helps explain why shellfish allergies sometimes develop seemingly out of nowhere after years of eating shrimp without issue. While not everyone with a dust mite allergy will develop a shellfish allergy, the connection offers one explanation for why the condition can develop later in life. When someone with a shellfish allergy eats shrimp, the immune system mistakenly identifies proteins such as tropomyosin as dangerous invaders. It releases chemicals that can trigger symptoms ranging from an itchy mouth and hives to swelling, difficulty breathing and, in severe cases, a dangerous drop in blood pressure.



AN UNEXPECTED CONNECTION Though they seem worlds apart, dust mites and shrimp share a muscle protein called tropomyosin. Many scientists believe years of exposure to dust mites may cause the immune system to mistake shrimp proteins for those found in dust mites, helping explain why shellfish allergies sometimes develop later in life.

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DON'T IGNORE THE SIGNS
Hives, redness and swelling can be among the first visible signs of a shellfish allergy. If symptoms spread beyond the mouth or are accompanied by vomiting, dizziness, difficulty breathing or a feeling that something isn't right, Dr. Thomas Beller recommends using an EpiPen without delay.

Know when to act

Many people assume the greatest danger during a severe allergic reaction is that the throat closes. Beller says the more immediate threat is often a rapid drop in blood pressure, known as anaphylactic shock. An epinephrine auto-injector, commonly called an EpiPen, quickly helps reverse the reaction by relaxing the airways, raising blood pressure and slowing the body's allergic response.

"If you're even questioning, 'Should I use it?' ... just use it," Beller said. "You're much better off taking it and not needing it than not taking it when you needed it."

Medical recommendations have evolved in recent years. While people were once told to use an EpiPen and immediately call 911, experts now recognize that fear of an emergency room visit sometimes caused people to delay using the medication.

Beller recommends using an EpiPen as soon as symptoms spread beyond the mouth or include vomiting, stomach pain, dizziness, fainting, trouble breathing or you have a strong sense that something isn't right. If symptoms don't improve — or worsen at any point — call 911 immediately.



"If you're even questioning, 'Should I use it?'... just use it."
— Local allergist Dr. Thomas Beller



Living safely with a shellfish allergy

Living with a shellfish allergy requires extra planning, but it doesn't have to mean giving up Lowcountry traditions. Tell restaurant staff about your allergy, ask how your food is prepared and whether precautions are taken to prevent cross-contamination. Whether you're attending a shrimp boil, enjoying waterfront dining or cooking at home, understanding the risks — and acting quickly if symptoms appear — can help you continue enjoying one of the Lowcountry's favorite traditions with confidence.

HIDDEN HAZARD
Even foods that don't contain shrimp can become unsafe if they're cooked in the same fryer or prepared with the same utensils. Let restaurant staff know about your shellfish allergy before ordering, and ask how cross-contamination is prevented.

FACT OR FICTION?

Fiction: *A shellfish allergy is caused by iodine.*
Fact: *Shellfish allergies are triggered by proteins, not iodine.*

Fiction: *A fish allergy and a shellfish allergy are the same.*
Fact: *They are separate allergies and having one doesn't necessarily mean you'll have the other.*

Fiction: *Cooking shrimp thoroughly prevents an allergic reaction.*
Fact: *Heat doesn't destroy the proteins that trigger shellfish allergies, so cooked shrimp can be just as dangerous as raw shrimp for someone with the allergy.*



SHRIMP ALLERGY SURVIVAL GUIDE

Heading to a shrimp boil or a seafood restaurant? A little preparation can make all the difference.

Know the warning signs

If these symptoms develop after eating shellfish, seek medical attention immediately.

- *Itchy mouth or throat*
- *Hives or skin rash*
- *Swelling of the lips, tongue or throat*
- *Vomiting or severe stomach pain*
- *Difficulty breathing or wheezing*
- *Dizziness or fainting*

Before dining out

Simple precautions can help reduce your risk of accidental exposure.

- *Tell your server about your shellfish allergy before ordering.*
- *Ask how your meal is prepared and whether there's a risk of cross-contamination.*
- *Always carry your prescribed EpiPen if you have a shellfish allergy.*
- *Know where the nearest emergency medical care is located, especially when traveling.*

Remember, you can develop a shellfish allergy even after enjoying shrimp for decades. If you experience symptoms for the first time, don't ignore them. Talk with a doctor or an allergist to determine whether shellfish is the cause and develop a plan to keep yourself safe. LL



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Mighty by the ounce

LOWCOUNTRY SHRIMP PACKS AN IMPRESSIVE NUTRITIONAL PUNCH

STORY BY MARY BELL

Shrimp has been a Lowcountry staple for generations. Piled into a seafood boil, served over creamy grits or grilled fresh from the day's catch, it has earned its place as one of the region's most beloved ingredients. But beyond its sweet flavor and versatility, shrimp brings plenty of nutritional value to the table. According to USDA nutrition data, a 3-ounce serving of cooked shrimp provides roughly 20 grams of high-quality protein for fewer than 100 calories. Protein helps build and repair muscle, supports healthy bones and can help you feel satisfied after a meal. Shrimp also contains very little total or saturated fat, making it a lean source of protein.

Its benefits extend beyond protein. Shrimp provides selenium and vitamin B12 and, like other seafood, can contribute iodine to the diet. According to the National Institutes of Health, selenium plays important roles in thyroid function, DNA production, reproduction and protecting the body from oxidative damage and infection. Vitamin B12 is essential for healthy nerve function, red blood cell formation and DNA synthesis, while iodine is needed to produce thyroid hormones. Shrimp also provides the omega-3 fatty acids EPA and DHA, though in smaller amounts than fatty fish such as salmon. The U.S. Food and Drug Administration notes that fish and shellfish provide high-quality protein and other essential nutrients and can be part of a healthful diet.



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What about cholesterol?

Shrimp's relatively high cholesterol content has long given it a questionable nutritional reputation, but today's science tells a more nuanced story. Dietary cholesterol can affect blood cholesterol, though the response varies from person to person and depends partly on the overall diet. The American Heart Association now emphasizes the bigger picture, recommending an eating pattern low in saturated fat and rich in fruits, vegetables, whole grains and lean sources of protein. That's good news for shrimp lovers: shrimp is naturally very low in saturated fat.

Research also suggests cholesterol content alone doesn't tell the whole story. In a small, controlled feeding study published in The American Journal of Clinical Nutrition, adults who ate a shrimp-rich diet experienced an increase in LDL ("bad") cholesterol but an even greater increase in HDL ("good") cholesterol, along with a decrease in triglycerides. The study was small and involved far more shrimp than most people would typically eat, so its findings shouldn't be viewed as definitive. Still, they illustrate an important point: when it comes to shrimp and cholesterol, the entire nutritional picture matters. For most people that means looking beyond a single number and considering how shrimp is prepared, what accompanies it and how it fits into an overall balanced diet.



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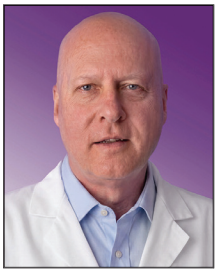

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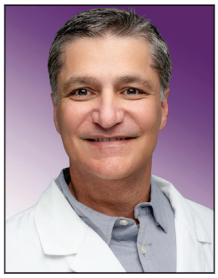

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SIMPLY DELICIOUS Shrimp's mild flavor and quick cooking time make it a natural partner for fresh vegetables and whole grains. Building a balanced meal around it can be as simple as adding what's fresh and in season.



THE WHOLE PICTURE Shrimp's cholesterol content often gets the attention, but its broader nutritional profile deserves a look too. A 3-ounce serving delivers about 20 grams of protein for roughly 85 calories, with very little saturated fat.

Shrimp by the numbers

Approximate values for a 3-ounce serving of cooked shrimp; nutrition varies by species, product and preparation.

Calories: *About 85*
Protein: *About 20 grams*
Total fat: *Less than 1 gram*
Saturated fat: *Less than 0.5 gram*
Also provides: *Selenium, vitamin B12 and omega-3 fatty acids*

Preparation matters

Shrimp may be naturally lean, but what happens in the kitchen can quickly change the equation. Frying, heavy breading and rich sauces can add significant calories, saturated fat and sodium, while simpler preparations allow shrimp's nutritional benefits — and naturally sweet flavor — to shine.

Fortunately, shrimp doesn't need much help. Its mild flavor and quick cooking time make it an easy addition to everything from salads and grain bowls to tacos and pasta. And here in the Lowcountry, choosing locally harvested shrimp offers another benefit: supporting the fishermen, docks and seafood businesses that have helped shape the region's coastal culture for generations.

Fresh from the dock or pulled from the freezer, shrimp brings together flavor, versatility and impressive nutrition. Sometimes the simplest preparation is all this Lowcountry favorite needs.



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KEEP IT COOL Fresh or frozen, proper handling makes the difference. Keep fresh shrimp well chilled, store frozen shrimp at a consistent temperature, and thaw it safely in the refrigerator or cold water. When shopping for frozen shrimp, excessive frost or ice crystals can signal lengthy storage or possible thawing and refreezing.

Fresh or frozen?

Don't assume fresh is automatically better. Both fresh and frozen shrimp can be nutritious choices, and what matters most is the quality of the product, how it has been handled and what has been added to it.

Check the ingredients. *Compare labels for added sodium and other ingredients, particularly in seasoned, breaded or processed shrimp.*
Inspect the package. *When buying frozen shrimp, avoid packages that are open or damaged or contain excessive frost or ice crystals, which can be signs of lengthy storage or thawing and refreezing.*
Keep it cold. *Refrigerate fresh shrimp promptly, and keep frozen shrimp frozen until you're ready to use it.*
Thaw it safely. *Defrost frozen shrimp overnight in the refrigerator or, for a quicker method, seal it in a plastic bag and immerse it in cold water.* LL



FIRE UP THE FLAVOR Grilling is an easy way to bring out shrimp's natural sweetness without relying on breading or heavy sauces. A quick turn over the flame adds smoky flavor, while citrus, herbs and spices can provide plenty of punch without piling on saturated fat or sodium.

SMART SWAPS

Small changes in preparation can make a big difference without sacrificing flavor.

Instead of: *Deep-fried shrimp*
Try: *Grilled, roasted or sautéed shrimp for plenty of flavor with less added fat.*

Instead of: *Heavy cream or butter sauces*
Try: *Olive oil, lemon and fresh herbs for a lighter finish.*

Instead of: *Reaching for more salt*
Try: *Garlic, citrus, chile and spices to build bold flavor without piling on sodium.*

Instead of: *A plate heavy on refined carbs*
Try: *Pair shrimp with colorful vegetables and whole grains for a more balanced meal.*

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TOTALITY MEDISPA PRESENTS

The Biggest Cosmetic Decision Happens Before Anyone Picks Up a Syringe

THE MOST IMPORTANT COSMETIC RECOMMENDATION ISN'T ALWAYS FILLER. DR. NICOLE V. NADEL EXPLAINS WHY UNDERSTANDING FACIAL AGING COMES FIRST.

STORY BY OLIVIA SIMS

Most people schedule an aesthetic consultation believing they already know what they need. They have spent hours studying their reflection, comparing photos from a few years ago, reading about fillers online, and convincing themselves the answer lives in one specific area of the face.

By the time they sit down with Dr. Nicole V. Nadel at Totality MediSpa Hilton Head, many have already decided which treatment they want.

The consultation rarely begins there.

Patients often point to their smile lines, cheeks, or jowls as the problem. Dr. Nadel starts somewhere they never expected.

"Patients almost always notice the last sign of aging first," Dr. Nadel says. "The jowls are the final domino to fall. By the time someone sees changes there, the rest of the face has already been changing for years."

To patients, aging often looks like a single concern. Dr. Nadel sees a series of connected changes involving bone support, fat loss, skin quality, and facial support, all developing gradually over time. Focusing on the feature drawing the most attention without understanding those underlying changes can lead to treatment plans that never fully address what patients hope to improve.



The Questions Worth Asking First

Many patients spend weeks researching filler brands before they ever schedule a consultation. They compare products online, ask friends for recommendations, and assume choosing the right syringe will have the greatest influence on their appearance.

Dr. Nicole V. Nadel believes the conversation starts much earlier.

"The product matters, but it will never outweigh the skill of the injector. Poor technique can undo even the best filler."

Before recommending any treatment, Dr. Nadel works to understand why someone looks older, not simply where they look older. Once she identifies the underlying cause, the conversation can turn to treatment options, including filler if it truly belongs in the plan.

The first question is never which product belongs in the syringe. It is whether injectables can realistically accomplish what the patient hopes to achieve.



When the Right Answer Isn't More Filler

Many patients assume every concern has a nonsurgical solution. At Totality MediSpa, one of the most important parts of every consultation is recognizing when injectables have reached their limit.

Skin laxity often becomes the deciding factor. Fillers restore lost volume exceptionally well, yet they cannot recreate the support lost through significant loose skin.

"One of the most important parts of my job is knowing where injectables stop working," Dr. Nadel says. "When someone needs surgery, they deserve to hear it. Recommending more filler simply isn't the right answer."





Some patients benefit more from laser treatments to improve skin quality or collagen-building procedures before considering filler. Others achieve the best outcome through plastic surgery. Those recommendations are not always what patients expect when they schedule an appointment, yet Dr. Nadel believes honesty should always come before another procedure.

"The consultation isn't about finding a way to inject every patient," she says. "It's about recommending the treatment that will truly help them."

Why Treating One Area Can Make Someone Look Older

One of the quickest ways to recognize inexperienced injector work, according to Dr. Nadel, is seeing the same areas treated repeatedly while the rest of the face remains deflated..

Many providers become comfortable injecting cheeks and lips early in their careers. As patients return over the years, those same areas often receive more filler while surrounding areas continue losing volume.

"The more cheek filler that is added to an already aging face, the more morphed the face can become ," Dr. Nadel says. "Eventually you create what I call a peanut shaped head because everything around the cheeks continues hollowing while the cheeks keep getting bigger."

An experienced injector recognizes a different pattern. Instead of continuing to add volume where filler already exists, Dr. Nadel evaluates the temples, under eyes, and other areas that less experienced injectors are unable to treat. Restoring balance often depends less on adding more filler and more on understanding where aging actually began.

"The face doesn't age one feature at a time," she says. "It changes as a complete unit, and your treatment plan has to reflect that."

What an Honest Consultation Looks Like

Patients often believe the most important cosmetic decision is choosing a filler. At Totality MediSpa Hilton Head, the most important decision happens much earlier, during the conversation that determines if filler is even the right answer.

Every recommendation begins with the same question.

What will create the healthiest, most balanced outcome for this individual, not just today, but years from now?

Sometimes the answer is filler. Sometimes it is Botox, laser treatments, collagen stimulation, or surgery. Occasionally, it is waiting.

"Patients deserve honest recommendations, even when the answer isn't another syringe," Dr. Nadel says. "My responsibility is to recommend what will truly benefit them, not simply what they came in asking for."

Patients spend countless hours researching products, comparing before and after photos, and following the latest cosmetic trends. Dr. Nadel believes a different decision deserves far more attention.

The most important choice is not what goes into the syringe. It is who decides if the syringe belongs there at all.

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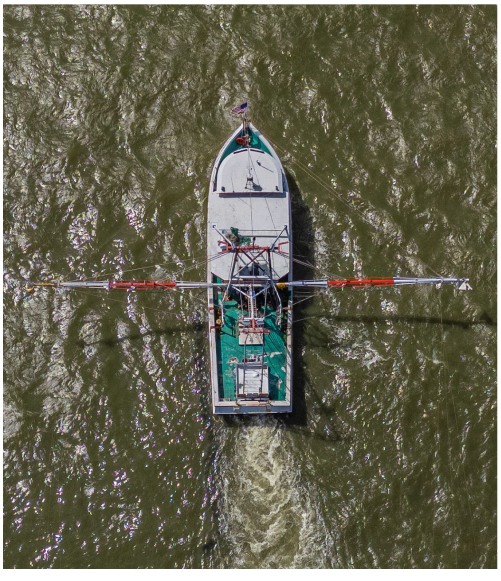

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Against the tide

MEET THREE LOCALS FIGHTING TO KEEP THE LOWCOUNTRY'S SHRIMPING TRADITION ALIVE

STORY BY BARRY KAUFMAN
PHOTOGRAPHY BY MICHAEL HRIZUK

It's a mantra that every local has adopted by now — "Friends don't let friends eat imported shrimp." And if they haven't, they should. Because shrimp are more than just an ingredient around here. They're a way of life. Before golf courses, condos and restaurants lined the shore, these waters belonged to the shrimpers.

The march of modernity made it harder for these shrimpers to get out on the water, while the threat of imports made it more difficult for them to turn a profit. And yet, our local shrimpers persist, because to them, this is far more than a way to make a living. It is a tradition worth fighting for.

There are rays of hope, of course. More and more people are becoming aware of the vital role these shrimpers play in keeping the Lowcountry connected to its roots and of the hidden costs of cheap imported shrimp. On the following pages, you'll meet three locals who are riding that hope to a brighter horizon for the shrimping industry.

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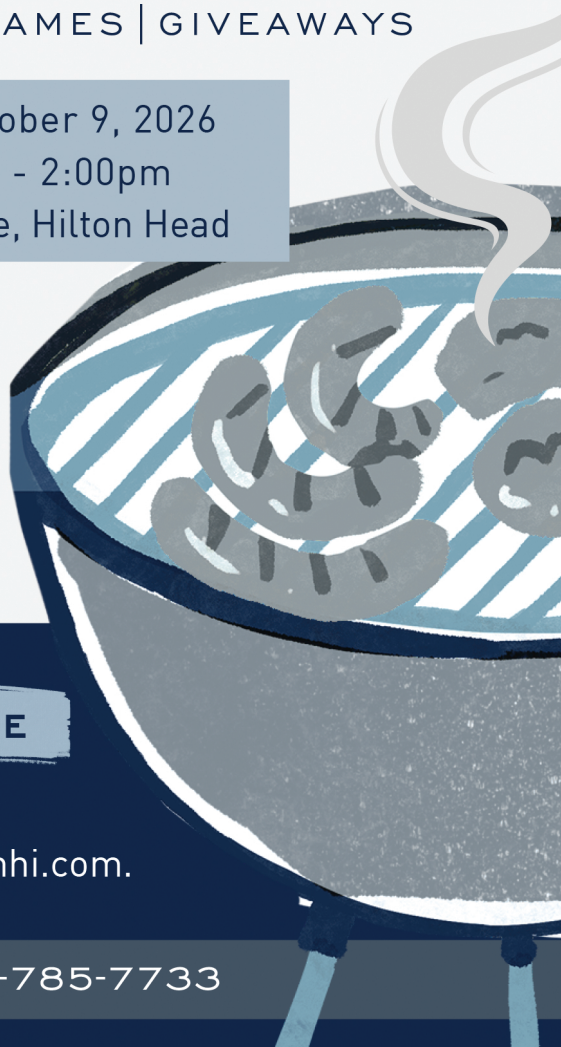

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Craig Reaves

KEEPING THE TRADITION ALIVE

To say that shrimping is in Craig Reaves' blood might be a bit of an understatement. Farming and fishing run through generations on both sides of his family, though for some, including his maternal grandfather, fishing was more pastime than profession. His father turned it into a livelihood. After working summers as a shrimp-boat deckhand as a teenager and serving in the Army after high school, he returned home, married his high school sweetheart and bought a shrimp boat and shrimp dock at Holden Beach, North Carolina. It was the beginning of a commercial fishing career that would span more than 50 years, with the trade eventually passed down to Reaves, his cousin and his younger brother.

"I remember as a child trawling in the waterways with little skiffs and small nets. My granddad would go out and drag a little 30-foot net and catch a five-gallon bucket of shrimp," he said. "It was just his way to be out on the water. Our family would love to go and catch clams and pick oysters. It was a way to make a living, but also a way to literally feed our family."

By age 16 he was shrimping on his own at the helm of The Boy Shrimper, a boat his father bought for him. "We didn't even name it that," he said with a laugh. "We bought it that way, but it was kind of appropriate." Although he would tell you that he "definitely wasn't prepared at the time" to be a shrimp boat captain, he took to it with gusto and with patient support from his family.

By the time he sailed into Beaufort in 1992, he was a young man with more experience behind the helm than most. He was arriving at a time when the shrimping industry had yet to be pressured by waning infrastructure and foreign competition but was still experiencing the threat of development. He diversified from shrimping into oysters and other catches, building on each success until he took over Sea Eagle Market in 2007. In the years since, he's built Sea Eagle into a landmark force in local





NET TO TABLE Capt. Craig Reaves is shown aboard the Gracie Belle, one of Sea Eagle Market's working shrimp boats. Based at the market's waterfront on St. Helena Island, the Gracie Belle brings in fresh shrimp and other seafood destined for Sea Eagle Market in Beaufort and restaurants across the Lowcountry.

seafood, with catches from his boats, Gracie Belle and Lydia Leigh, filling walk-in refrigerators at area restaurants and fueling brisk mail-order sales nationwide.

"With working waterfronts and the infrastructure being in such decline, it takes a lot of effort to reestablish that... And so we bought our own working waterfront out on St. Helena," he said. "That was a piece that we needed. Instead of leasing or renting space, we purchased Sea Eagle Market at Village Creek in 2016. We've seen things vanishing, so the only way we felt like we were going to have longevity was to vertically integrate and fill in some of those blanks ourselves."

Perhaps most importantly, he's built on his success at Sea Eagle to serve as an advocate for the entire industry, appearing on national media and serving on boards from the South Carolina Seafood Alliance to the Southern Shrimp Alliance.

"I've seen our industry dying around us, so the question has become, 'What can I do and what can my family do to try to keep our industry alive?' We're just passionate about the traditions of the old ways and trying to keep something that is unique and very special to the Lowcountry from becoming a museum piece."

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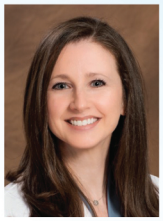

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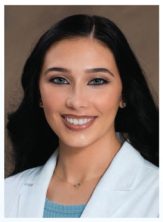

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The future of shrimping

When Craig Reaves talks about the future of shrimping, he speaks from decades of experience. At a time when the industry has been steadily receding, Sea Eagle Market has not only weathered the storm but continued to expand. Reaves also has become one of the industry's most visible advocates, serving as a board member of the Southern Shrimp Alliance representing commercial shrimpers in national media.

"We definitely do our best to educate our customers that there is a huge difference between wild-caught American seafood and imported aquaculture products, especially in shrimp. And it's worse than we can even describe sometimes. Obviously this past year we've seen radioactive shrimp, which I couldn't have even imagined, but even before that we've found hormones and antibiotics in these shrimp," he said. "But then there are things like forced labor, inhumane working conditions and huge environmental impacts that most people don't know about."

So what will it take to turn the ship around? It turns out, the person who can do the most is you.

"Ninety-four percent of what's being consumed in the United States is produced in conditions we would never allow to happen in the United States," he said. "But because people don't know, they just go in the grocery store and buy a bag of frozen shrimp. It never crosses their mind it could have adverse health effects and has such a high human and environmental cost."



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Jim Buchanan

RETIREMENT CAN WAIT

Stepping aboard the Mrs. B, the nearly 60-year-old shrimp boat piloted by Jim Buchanan, you might assume he's been on this ship his entire life. Seeing him in the pilothouse, his youthful frame and smile not giving so much as a hint of his 83 years, you'd think he was the kind of old salt who had been shrimping these waters like his ancestors before him.

Then you hear the unmistakable Great Lakes accent of his Chicago upbringing, and you realize that Jim Buchanan is not your typical shrimper.

"All these young kids will come up to me and say, 'You sound like one of them Yankees,'" he said. "But I've been down here 55 years."

He was first drawn south from Chicago by the call of the U.S. Marine Corps, serving during the Vietnam War and eventually earning his billet to fly helicopters. When he lost that billet, he opted to end his enlistment and see what the next day might bring. It turned out, he didn't need to wait even that long.

"It was somewhere around 8:00 in the morning when I went to dispersing and cashed out. By 11:00 I had left base, gone over to the yacht basin and got on a shrimp boat," he said. "We were doing good back then. I was fat and happy. I'd come back home with scales all over me and the girls would go, 'Yeesh,' but it was good."

His initial love affair with shrimping, it turned out, was short-lived. A three-month shrimping trip to Key West proved to be his breaking point. "I didn't come back for three months, and that was only because I jumped





STILL AT THE HELM At 83, Jim Buchanan pilots the 46-foot Mrs. B, the shrimp trawler he returned to the water to run after retiring from a long career in aviation. Named for his wife's Port Royal shop, the Mrs. B docks at Gay Fish Co. on St. Helena Island, an iconic seafood stop between Beaufort and Fripp Island.

ship in Key West," he said. "It was three days on a Greyhound back to Chicago, and it was five below zero when I got back. It took me about a month to recover, and I came down here and never left."

Rather than give shrimping another go, he took to the skies as an ariline pilot for Midway Airlines until they "threw him out," as he says, at 62. He spent another 10 years as a corporate pilot.

"The only thing between the airlines and corporate was I'm flying someone's toy. Well, really, they wanted it to be called a business tool," he said.

Retirement hardly suited him, so 11 years ago at the age of 72 he found himself drawn back to the water.

"I'd walked the beach enough and got to thinking that shrimping wasn't all that bad. And sure enough, I got back into it. When you take off in the morning and it's still a little dark, you look around and you just say, 'Wow, this is pretty nice.' But then you have to put the outriggers down and get the doors out."

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A fresh perspective

The shrimp boat Jim Buchanan pilots bears the name Mrs. B, a reference to his wife's Port Royal boutique, Mrs. B & Company. Although he has owned the boat for only 11 years, it represents his deep passion for shrimping and for the people carrying on the tradition.

"I've been down here 55 years so I knew all these guys long before I started shrimping again. Especially the Gay family. My first partner in the boat was Robert Gay, who passed last year," he said. "The guy on the next boat over, he and his wife came here from Cambodia. The wife's whole family got wiped out in the killing fields."

He understands that his situation is different from that of many shrimpers. But he also knows the people around him are facing mounting pressures, and he understands just how much help the industry needs.

"No support from the government. Nancy Mace got close; she wanted to start something similar to the farm bureau but for fishermen. We don't want a handout, just give us interest-free loans," he said. "At one time there were 200 shrimp boats here. We're down to 12. The people have been great, though. They've been buying as much as we can get."



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John Gerdes

LESSONS FROM THE WATER

The Tammy Jane is not your typical shrimp boat, and her captain John Gerdes is not your typical shrimper. On the surface, all of the elements are there. With its winches, boom, net and pilothouse, the Tammy Jane trawls the waters of Calibogue Sound just like any other shrimp boat, and Gerdes awaits the results of each trawl with hope that the sea will be generous.

But the catch the Tammy Jane pulls in on each voyage is far less important to Gerdes than the experience and the lessons it teaches.

"I really enjoy it because I get to take what I'm passionate about and teach it to the people I take out. Not everybody understands the shrimping industry, so I get to show them how it's done and a little bit about the ecology of the water here and the rules of shrimping," he said. "So they get a little information to help them understand the price they pay at the grocery store, because friends don't let friends eat imported shrimp."

Part of Vagabond Cruise's fleet of experiences, a trip on the Tammy Jane gives passengers a chance to see how a real shrimp boat operates. Cruising out of Harbour Town, she trawls the waters of Calibogue Sound on a two-hour trip that blends an entertaining lesson about the Lowcountry and the shrimping industry, with a chance to see and feel how the catch is pulled in.

"They get to see the sea monsters that come up out of the water and feed the birds, and it's a very hands-on trip. We've found that even when the catch is not that great, people have fun because they get to see so many different things."

Gerdes' journey to the pilothouse of the Tammy Jane began in Ohio, where he'd worked in manufacturing and held a captain's license. When corporate furloughs freed up his summers, he started coming down to Hilton Head to run ferry boats,





CATCH OF THE DAY Capt. John Gerdes turns each trip aboard the Tammy Jane into a hands-on lesson in Lowcountry life. Departing from Harbour Town, the two-hour shrimp-trawling expedition gives passengers a firsthand look at the local shrimping tradition, the salt marsh ecosystem and the surprising sea creatures that come up in the nets.

dolphin tours or whatever trip was hiring a seasonal captain.

"I'd been coming down every year running boats, and about 15 years ago I just decided not to go back," he said. He spent 10 years with Sea Tow as a responder for people who needed help on the water before landing at Vagabond Cruise five years ago. He now runs several vessels in the fleet, including the Spirit of Harbour Town, The Vagabond, The Solaris and the Prestige, but his heart lies with the Tammy Jane.

"It's kind of an old-school, down-to-the-roots fiberglass and wood boat. And unlike a dinner cruise or dolphin tour, here you never know what's going to happen while you're dragging," he said. "I do enjoy the challenge of trying to put some meat on the deck... I gave up working in the manufacturing industry to be down here on the water because I love my office window. No matter what the weather, I look out, and it's always beautiful for me."

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Not all shrimp are created equal

Part of the thrill John Gerdes feels from running charters out on the Tammy Jane is the element of the unexpected that accompanies each trip. First of all, there's the catch. There have been trips when the nets of the Tammy Jane came up to the surface with more shrimp than the boom could handle, forcing the crew to cut it loose and lose the entire trawl. There have been trips when the nets dumped more jellyfish and tiny drum than shrimp.

On one particular trip, it pulled up a small octopus that Gerdes was able to hold in his hand and show to his guests before throwing it back in. But one catch was unusual enough to get the attention of state wildlife officials.

"Probably the rarest thing I pulled up was an 11-inch tiger shrimp. That's an invasive species," he said.

Growing faster and larger than native shrimp, Asian tiger shrimp have been documented in Southeastern waters for years. Researchers have monitored the non-native species to better understand how it arrived and what impact, if any, it could have on native shrimp populations. One theory is that tiger shrimp reached U.S. waters through ballast water discharged by ships. Despite their presence, local shrimpers say encounters remain relatively uncommon.

"I thought I might be able to try and eat it, because I wanted to see what it tasted like," Gerdes said with a laugh. "I called up DNR and they said absolutely don't do that. They actually showed up at my house to pick the thing up."

The warning wasn't because tiger shrimp are inedible. At the time, the unusual catch was of interest to researchers trying to understand why a species native to Asia was appearing in local waters, so DNR wanted the specimen for testing. Years later, tiger shrimp remain an occasional catch rather than an everyday sight in Lowcountry nets." LL

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Reclaimed beams, French oak flooring and plaster walls establish a rustic atmosphere in the living room, yet cylindrical brass light fixtures and upholstered armchairs lend a contemporary touch.





HOME SHOWCASE

Built differently

Through layout, craftsmanship and unexpected materials, this waterfront home redefines coastal living

STORY BY ALEA WILKINS
PHOTOGRAPHY BY KELLI BOYD

Some things are expected in a Lowcountry home: bright interiors, woven textures and coastal motifs that reveal a confident sense of place. It's a look that has long defined local homes, creating a regional aesthetic that's recognizable from the front door. For a young family's Palmetto Bluff vacation home, ***Court Atkins Group*** dared to break from tradition.

"It was one of those rare opportunities when we get to really rethink what's possible," says William Court, founding principal and lead architect on the project.

Set along the waterfront of Wilson Village, the 11,000-square-foot retreat interprets the region's design through a fresh perspective, one that honors its setting while challenging what Lowcountry living can look like.

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Beautiful, inside and out

Essential to the Southeast's way of life is its emphasis on indoor-outdoor living. As the homeowners built their new getaway, they wanted to embrace the Lowcountry's al fresco style.

"There are some things that are very specific to Lowcountry homes — a sort of casual, open living," Court says, pointing to the great room that connects cooking, dining, lounging and entertaining in one glorious, multipurpose space. The room further opens to the patio, establishing a seamless flow from interior to exterior that revels in its setting. Interior design director Deborah Van Plew believes that connection is what makes the home so inviting. "It really does feel like an extension of the home from the inside to the outside," she says.





To make that transition more luxurious, Court took the ordinary entryway connected to the garage and turned it into something special. Glass doors and siding envelop the space in its surroundings, while oak cubbies make storage convenient and clutter-free. "For the most part, our clients don't experience the formal foyer, so we wanted to create something unique for the family as they arrive," he says. With the improved passageway, the family can walk in and out without interrupting the view, turning everyday movement into an experience of its own.







PRETTY & PRACTICAL In the back kitchen, glass-paneled cabinetry and a cozy corner desk deliver on both function and fashion. An in-wall coffee maker, complete with a retractable drawer of brewing essentials below, makes every cup a morning ritual.

Past meets present

While the home's floor plan embraces classic Lowcountry principles, Court Atkins Group sought to create a new, original take on local living. To achieve it, they went old school. In the award-winning kitchen, rustic masonry pairs with sleek countertops for an unexpected contrast. "That stone in the background looks like it was hand-laid in a monastery 1,000 years ago, but then you get the cleanliness of the new surfaces," Court says.

For the great room's light fixtures, Van Plew was drawn to a similar blend of traditional and contemporary styles. Overhead, hand-hewn beams evoke Old World simplicity, while bold, abstract chandeliers appear undeniably modern. "The space doesn't get too bogged down in the expectation of what it should look like," she says of the combination. "It kind of kept it fresh — a little on edge."

Balancing past and present, the home's unique style is perhaps most apparent in its architecture. According to Court, the home's structural weight and detailed edges capture the most attention. "People who come into that house are always shocked by these beautiful, thick-walled, cased openings that have unique chamfered edges," he says. "That was completely new to Palmetto Bluff when we were developing it."

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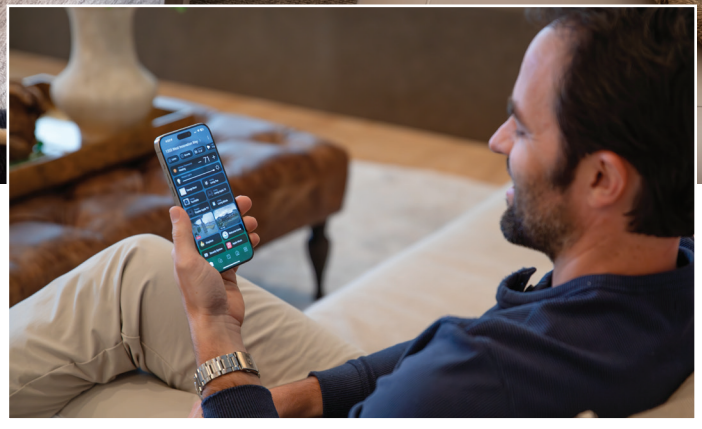

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NIGHT MODE Tucked behind the great room's fireplace, the affectionately nicknamed "vibe room" turns down the brightness. Its plaster walls, darkened to a moody charcoal hue, create the perfect hideaway for both cozy catnaps and elegant nightcaps.

Perfectly imperfect

Despite its bold blend of styles, this home's true defining characteristic is its willingness to embrace imperfection. "So many homes that we create are all about creating a sense of perfection," Court says. "This had nothing to do with that."

Throughout the great room, notched wooden ceilings and a brick fireplace lend homespun character, while in the kitchen a trio of hand-blown glass pendants celebrate the irregularities of locally crafted art. "They sit a little cattywampus, and they have different little dents, so everything felt like it was touched by hand — sort of perfectly imperfect," Van Plew says.

That authenticity is what makes the home so remarkable. Where minimalist interiors favor the stainless and symmetrical, the design of this home takes pride in its irregularities. To Court, this makes the expansive residence feel personal and lived-in. "This wasn't about being super austere or all white or clean. It was really about bringing more materials into the palette rather than reducing them," he says. "It makes the home feel more intimate and livable."

New rules

At its core, the home remains unmistakably Lowcountry. Its open floor plan welcomes the outdoors in, its interiors are warm and inviting, and its charm feels earned rather than manufactured. However, its departure from tradition sets it apart, blending pieces across time periods and aesthetics for a look that's truly its own. Handcrafted elements build on that distinct personality, embracing the beauty of imperfection for a home that feels fresh and familiar at the same time. Court believes that balance is what gives the home its lasting appeal. "I think it just goes to say, even though this is a modern home, it still has life in it. There's a timelessness to it," he says.

Together, it's unexpected in the best way. *LL*



ACROSS THE POND The powder room, featuring patterned wallpaper and a custom sink made from Turkish aubergine marble, wows as a surprise jewel-box moment. "It just takes your breath away," lead designer Deborah Van Plew says.

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GET THE LOOK

Dark side

DRAMATIC PLASTER WALLS AND HANDCRAFTED DETAILS TRANSFORM THIS MOODY LOUNGE INTO ONE OF THE HOME'S MOST MEMORABLE SPACES

STORY BY ALEA WILKINS + PHOTOGRAPHY BY KELLI BOYD



Tucked around the corner from this home's light-filled living spaces, the lounge — referred to as the "vibe room" — offers a dramatic shift in mood. Designed by ***Court Atkins Group*** for a family's waterfront vacation home in Palmetto Bluff, the intimate space delves into rich, striking finishes without losing sight of the home's overall warmth.

"It was a great change of pace," says William Court, founding principal of the firm and lead architect.

While the rest of the residence leans into soft neutrals and ample sunlight, the vibe room surrounds guests with dark plaster walls, hand-hewn ceiling beams and two-toned oak cabinetry. Though its palette is arresting at first glance, spending time within its moody walls reveals a natural continuation of the adjoining spaces, using the same materials in different shades.

For Interior Design Director Deborah Van Plew, striking that balance proved to be a difficult but ultimately rewarding challenge. "The vibe room was very important to the homeowners because they wanted to pull off that look while being openly accessed to a very neutral living room," she says. "We wanted to keep it simple but luxe. It's almost a contradiction."

Upon completion, the room is undeniably one of the home's most memorable spaces, showcasing the payoff of taking a design risk and seeing it through.

NIGHT AND DAY

In stark contrast to the living room's sunny disposition, the "vibe room" offers a completely different take on the home's signature blend of rustic and contemporary. Plush upholstered furniture and a tidy shelf of bartending essentials bring modern luxuries to the forefront, while reclaimed wooden beams overhead keep the space casual.





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Playing field

An Olympic athlete's backyard pairs recreation and relaxation for the ultimate outdoor retreat

STORY BY ALEA WILKINS + PHOTOGRAPHY BY KELLI BOYD AND COREY GIBSON





WELCOME HOME This light-filled passage between the garage and main house turns an everyday entrance into an experience of its own. Glass doors preserve views through the home, while steel-framed windows, oak storage and a geometric paver courtyard make the transition both practical and polished.

When designing the backyard for an Olympic gold medalist in soccer, ***Court Atkins Group*** emphasized recreation, gathering and the home's waterfront setting. Set along Palmetto Bluff's inland rivers, the property brings a full lineup of entertainment outdoors, featuring a pool, kitchen, fireplace, bar and abundant seating. For founding principal and lead architect William Court, the challenge was finding a place for everything without taking away from the scenery.

"All of that stuff has to sort of commingle together, but not feel like it's in the way of the views," he says. "The connectivity becomes really important, but so does maintaining those views and the natural light within the spaces."

The homeowners also requested a small turf field to share the sport with their young children. "He sort of envisioned teaching the kids soccer as they grow up," Court says.

Altogether, the backyard is a retreat of its own, bringing rest, recreation and gathering together against a serene Lowcountry backdrop. *LL*



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A SEAT BY THE SEA
Floor-to-ceiling windows turn the Atlantic into living artwork, while plush seating and a soothing palette of warm neutrals create an inviting place to gather, unwind and savor the ever-changing coastal views.



CONNECTED COMFORT
A full bath tucked just off the lounge lets guests rinse away sand, change after a swim or freshen up before dinner without trekking through the rest of the house, a practical luxury for beach living.

ROOM OF THE MONTH



Lounge around

Sweeping ocean views and resort-worthy amenities make this Sea Pines gathering space the ultimate escape

STORY BY ALEA WILKINS
PHOTOS BY SILVER CUP MEDIA

Around here, paradise looks like a sun-soaked beach chair, a gentle breeze and a cold drink in hand. The lounge of this ***BESTNEST by Beverly Serral*** vacation rental brings that feeling home. Overlooking Sea Pines' South Beach, the space pairs resort-worthy amenities with stunning ocean views, creating a retreat designed for the good life in the Lowcountry.

For happy hour at any hour, the lounge features a wine fridge, bottle storage and a wet bar, complete with an ice maker for deliciously chilled cocktails even on the warmest days. Guests can enjoy their favorite drinks and bites (hello, microwave oven) from the sectional sofa or take the party to the pool deck just beyond the sliding glass doors. A smart TV sets the stage for lively game days and cozy movie nights, while a gas fireplace and a full bath add comfort and convenience.

The lounge's design amplifies its serenity, drawing on a palette of warm neutrals that evokes coastal calm. A cowhide-print armchair and a tiled backsplash add visual interest, but the beach-front backdrop is the true scene stealer. Whether hosting an epic family reunion or enjoying a quiet getaway for two, paradise is always close at hand.

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Practice makes perfect

AFTER YEARS OF HELPING OTHERS CREATE DREAM KITCHENS, ONE LOCAL EXPERT FINALLY CRAFTED THE COOKING SPACE SHE'D ALWAYS ENVISIONED

STORY BY ALEA WILKINS + PHOTOGRAPHY BY RYAN STRAUSS

At any given moment, Brantley King is most likely in the kitchen. As the owner of ***Billy Wood Appliance***, she spends her days assessing cooking spaces and familiarizing herself with top-of-the-line equipment to help others build the culinary havens of their dreams. In the evenings she brings that passion home. "I live in my kitchen. I love it," she says.

When she moved into her Sea Pines residence in October 2025, the outdated interior called for a renovation. In three months the formerly dim, underutilized galley transformed into an elegant, efficient workspace. Guided by her love of cooking and design, King had a clear vision for the project.

"I love where I work, so I wanted to love where I live," she says. "Designing kitchens is a passion of mine, so, of course I wanted to personalize my home kitchen as well."

With upgraded cooking spaces, improved lighting and a show-stopping range hood, the finished result exemplifies her expertise and passion in every corner.







Hostess with the mostest

To King, the kitchen doubles as a hub for both cooking and entertaining. She frequently hosts dinner parties and holiday gatherings, and the kitchen in her home wasn't going to accommodate the crowds. Despite the floor plan's limitations, she wanted to elevate the room as much as possible. "I felt like it could be better utilized for our lifestyle," she says.

As a solution, King opted for cabinetry that reaches the ceiling, giving the impression of a taller, grander room. She swapped the old appliances for a high-tech, dual-fuel Wolf range, a wall oven and a convection microwave oven. Although the room wasn't physically expanded, these changes made the most of every square inch. Now, King has options. "If I'm just cooking dinner, I'll use the wall oven with its fast preheat, but if I'm entertaining and I need multiple dishes going in at different times, it's really helpful to have that extra cooking space available," she says. Overall, the redesigned kitchen improved function and flexibility for the at-home chef.



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Lightbulb moment

While working on the cabinets, King had another idea: reroute the electrical work. Before, a set of recessed ceiling lights cast the room in a hazy glow, a look that, while cozy, wasn't ideal for cooking. To brighten the space, King added LED lighting above and below the cabinets, illuminating her workspace with a clear view. A glamorous chandelier joined the overhead fixtures, and all the lighting was upgraded with adjustable settings.

"It creates a different ambiance," King says. "If we're having a romantic dinner at the bistro table, I'll dim the lights, but if I'm cooking, then I keep it pretty bright."

For extra convenience King also installed additional electrical outlets and USB ports. Tucked beneath the cabinets, they keep the kitchen looking tidy while providing a place to plug in everything from espresso machines to phones running low on battery. Combined, these upgrades help the kitchen work smarter, not harder.









Above and beyond

Beyond performance, the perfect kitchen should also wow with its beauty. For King that meant installing a custom Vent-A-Hood. Its stainless steel finish gleams above the stove, catching the light and reflecting it across its grand, sculptural surface.

"It's a big focal point for the kitchen," she says, noting that its looks are matched by its performance. "This one in particular has a high CFM rating, so it really takes care of any sort of smoke or smell."



Bringing it home

At the intersection of cooking and design, this renovation allowed King to put her skills to the test. The project also reminded her why she loves what she does.

"I fell into this great business that's a little bit of everything I love," she says.

While she enjoys helping others achieve their dream kitchens, having one of her own is the icing on the cake. Her work follows her home, and she wouldn't have it any other way.

"It makes me happy to come home and walk right into the kitchen." LL



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Rest beautifully

Thoughtful design can transform an ordinary bedroom into a peaceful retreat

Perfect symmetry gives this bedroom its unmistakable sense of calm. Designed by The Bramble Company and shared by interior and commercial designer Pam Brester of ***Coastal Home****, the space demonstrates how thoughtful repetition, natural textures and a restrained palette can turn a large room into a peaceful retreat. Expansive steel-framed windows blur the boundary between indoors and out, making the surrounding landscape an essential part of the design. Creamy neutrals, warm walnut, leafy greens, black accents and touches of brass repeat throughout the room, while layers of wood, upholstery, crystal and textiles add richness without sacrificing serenity. Many of these furnishings can be seen at Coastal Home's showroom near the bridge to Hilton Head Island, where shoppers can also explore customizable finishes and fabrics to create a similar look at home.*



©THE BRAMBLE COMPANY (VIA COASTAL HOME)

1. VERDANT VIEWS

Three framed botanical panels replace traditional artwork, creating a lush backdrop behind the bed. Their oversized palm fronds echo the landscape beyond the windows, strengthening the connection to nature while introducing calming shades of green. Neutral draperies and a chunky loop-pile rug add texture and complete the room's layered design, softening the space while enhancing its inviting warmth and sophisticated feel.

2. FRAME OF MIND

Bramble's Vivienne Upholstered King Bed anchors the room with solid hardwood construction, a rich walnut finish and a tailored upholstered headboard. The coordinating Vivienne arched mirror and seven-drawer dresser extend the collection's refined styling while adding generous storage and completing the room's tailored look.

3. CROWN JEWEL

Every restful bedroom benefits from one dramatic statement, and here it's the cascading crystal chandelier. Its shimmering tiers draw the eye upward, emphasizing the room's generous ceiling height while adding a touch of glamour. Although it's the room's most eye-catching feature, the chandelier also complements the brass hardware found throughout the space, allowing it to feel connected rather than overpowering.

4. CRAFTED COMFORT

Rather than matching bedside tables, the designer pairs Vivienne two- and three-drawer bedside tables for a look that's coordinated without feeling too formal. Shared bead molding, tapered legs and brass hardware reinforce the room's symmetry. Nearby, a woven Nantucket swivel chair and Milano round side table create a cozy reading nook for morning coffee, an afternoon read or an evening nightcap.

5. SOFT LANDING

Matching the rest of the room, Bramble's Vivienne Medium Bench extends the warm walnut finish to the foot of the bed while introducing another layer of soft upholstery. It offers a convenient place to sit while dressing, set out tomorrow's clothes or display a favorite throw, showing that beautiful furniture can be as practical as it is stylish.

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Collected with care

HOW TO CHOOSE ARTWORK THAT REFLECTS YOUR PERSONALITY, COMPLEMENTS YOUR HOME AND STANDS THE TEST OF TIME

STORY BY ALEA WILKINS

In the home, furniture has purpose, but art has soul. From a painting displayed above the mantel to a sculpture commanding the backyard, every work represents a fragment of the owner's personality. For homeowners with a blank space waiting to be filled, ***Camellia Art*** *owner and president, Adrienne Lively, shares how to select pieces that will bring a home to life.*



Let art lead the way

As a first step, Lively says the best source of inspiration is art itself. "An entire room can be inspired by a single piece of art," she says. Pay attention to the color palette, texture or material of an artwork, and let that guide the interior design.

Try mixing media



Art appears in many forms, and according to Lively, there's enough room for them all. "Photography, oil painting, sculpture – they can coexist in the same space beautifully," she says. Don't be afraid to let different media mingle. The most creative designs are often the most unexpected.

Size matters

When arranging artwork, Lively notes that it's important to consider a piece's size in relation to the available space. For expansive hallways or bare walls, she suggests grouping smaller pieces into a miniature gallery or letting a standalone work steal the show. "A bold piece of art that has breathing space can be very impactful," she says.



Frame with intention

Selecting a frame is like trying on a shade of lipstick. The right one will enhance an artwork's natural beauty; the wrong one will distract from it. "Whether you are framing a canvas or a keepsake, the framing should be an extension of the artwork," Lively says. When styling a beloved piece of art, test frames in different weights, materials and finishes to determine what looks best.



Listen to your heart

Above all, Lively says her most important piece of advice is her simplest: Buy what moves you. "The artwork you have in your home should resonate with you," she says. "It should make you happy, bring you a sense of calm or intrigue you every time you look at it." *LL*

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Is your furniture working for you?

HOW THOUGHTFUL DESIGN HELPS YOUR BRAIN, BODY AND HOME

Dr. Debi Lynes *is the founder of Freudian Slipcovers on Hilton Head Island, where she combines her expertise as a licensed therapist and interior designer to create homes that support both emotional well-being and everyday living.*

It's 2:17 a.m. You're thirsty after a late-night snack, so you quietly slip out of bed. Without turning on a light, you weave past the coffee table, brush your fingertips across the back of a familiar chair and round the corner to the refrigerator. You never stop to think about where you're going. Your body already knows. How? Because your brain has already rehearsed that journey hundreds, perhaps thousands, of times.

Our brains are constantly building mental maps of the places we know best. Every hallway, chair and doorway becomes part of an internal navigation system. When furniture stays where we expect it and pathways remain open, we move almost automatically. But when obstacles appear, our brains have to work harder to process every step. Good design isn't just about how a room looks. It's about how effortlessly it supports the way we live.

Homes rarely become difficult to navigate overnight. Instead, they change one small decision at a time. A new accent chair narrows a favorite shortcut. A rug develops a curled corner. An oversized ottoman becomes something everyone walks around. A once-comfortable sofa loses its support until standing up feels like more work than it should.

As both an interior designer and licensed therapist (which explains the name Freudian Slipcovers) I've learned that the best rooms do far more than look beautiful. They quietly shape how we move, rest, gather and connect. The most successful homes aren't necessarily the most expensive. They're the ones designed with intention. One of my favorite reminders is this: Your home shouldn't require an instruction manual every time you walk through it. The best rooms don't ask you to think harder. They make everyday life easier.



See your home with fresh eyes

Take five minutes this week to walk through your home as if you've never seen it before.

Clear the path. *Leave 30 to 36 inches between major furniture pieces so people can move comfortably. If a piece creates a bottleneck, consider moving it.*
Light the way. *Install motion-activated LED night lights in hallways, bathrooms and the kitchen. They provide just enough light to guide you without disturbing your sleep.*
Check your favorite seat. *Chairs and sofas with firm cushions and seat heights around 18 to 20 inches make sitting down and standing up noticeably easier.*
Secure your rugs. *Use non-slip rug pads, flatten curled edges, and remove small throw rugs from busy walkways.*
Encourage conversation. *Angle seating toward one another instead of pointing every chair at the television. Even a small change can make a room feel more welcoming.*

Sometimes the most meaningful makeover doesn't involve buying a single new piece of furniture. It simply means arranging what you already own with greater intention. When your furniture works with your brain instead of against it, your home becomes easier to navigate, more comfortable to enjoy and more welcoming to family and friends. That's the true power of intentional design. It isn't just about creating a beautiful home. It's about creating one that supports your safety, independence and the way you want to live every day. *LL*

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Harbor at home

A PALETTE INSPIRED BY SALTWATER AND WEATHERED DOCKS

STORY BY LANCE HANLIN

September marks the beginning of peak white shrimp season in the Lowcountry, when working waterfronts come alive before sunrise and the marsh settles into the softer colors of early fall. Shrimp boats glide through misty creeks as muted blues, creamy whites and sun-warmed wood define the landscape. This kitchen brings that coastal palette indoors. Muted blue cabinetry reflects the tidal creeks, while creamy whites soften the palette, and white oak flooring adds natural warmth. A generous island, brushed brass accents and tailored millwork create a kitchen that feels collected rather than decorated. Like the best Lowcountry homes, it's refined enough for entertaining, yet comfortable enough for everyday living.



Get the look

Borrow these ideas to bring the same relaxed coastal style into your own home.

Commit to one signature color. *A standout cabinet color creates far more impact than layering several competing shades throughout the room.*

Make the island the centerpiece. *A generously sized island becomes more than a prep space; it naturally draws people together for morning coffee, homework, happy-hour and family meals.*

Use symmetry to create balance. *Matching pendants, balanced cabinetry and centered seating bring a sense of order that makes even large kitchens feel calm and intentional.*

Warm cool tones with wood. *White oak flooring and wood accents soften blue cabinetry and add the warmth every coastal palette needs.*

Let countertops breathe. *Expanses of bright white quartz reflect light and allow the cabinetry to remain the focal point.*

Break up tall cabinetry. *Open shelving introduces breathing room while providing space for everyday dishes, cookbooks and a few well-chosen accessories.*

Keep the backsplash understated. *A subtle tile adds texture and interest without competing with the cabinetry.*

Repeat natural textures. *White oak, woven accents, greenery and wood accessories create continuity that makes the space feel layered instead of staged.*

Add warmth with brass. *Brushed brass hardware and lighting enrich the palette while complementing the room's understated coastal character.*

ISLAND & BLUE CABINETRY

Sherwin-Williams Stardew (SW 9138)

Stardew is the color that gives this kitchen its character. Inspired by tidal creeks and hazy marsh horizons, this muted blue grounds the room without overpowering it. As daylight changes, the color reveals new depth while pairing beautifully with brushed brass hardware, bright white quartz and white oak flooring. A satin finish enhances the cabinetry's richness.

WHITE CABINETRY

Behr Blank Canvas (DC-003)

Blank Canvas keeps the kitchen bright and refined without feeling stark. Its creamy undertones soften the transition between the cabinetry, walls and trim, creating a seamless, custom-built appearance. A satin finish highlights the craftsmanship while standing up beautifully to daily use.

WALLS

Benjamin Moore Steam (AF-15)

Steam proves that the best wall colors are often the ones you barely notice. Slightly warmer than a true white, it softly reflects natural light while allowing the cabinetry and architectural details to remain the focus. An eggshell finish delivers a clean, understated look that's both elegant and practical.



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What makes it special

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GRAY MALIN





12 WOODBINE PLACE







A Fresh Take on Sea Pines

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Home features

- Bright, one-level living with serene pool and golf-course views
- Four bedrooms and five baths, thoughtfully arranged for comfortable stays
- Private, heatable pool with outdoor dining, gas grill, and full pool bath
- Beautifully outfitted kitchen with a built-in bar nook and dining for ten
- Ping Pong and a Peloton bike offer unique at-home entertainment

What makes it special

Reimagined from top to bottom, 12 Woodbine Place pairs crisp, contemporary interiors with the relaxed ease of Sea Pines. Expansive windows and an open floor plan connect the home to a private pool and peaceful views of Atlantic Dunes Golf Course. Generous gathering spaces, beautifully considered details, and elevated BESTNEST Luxe amenities make it equally inviting for families, couples, and multigenerational stays.

Take a closer look...

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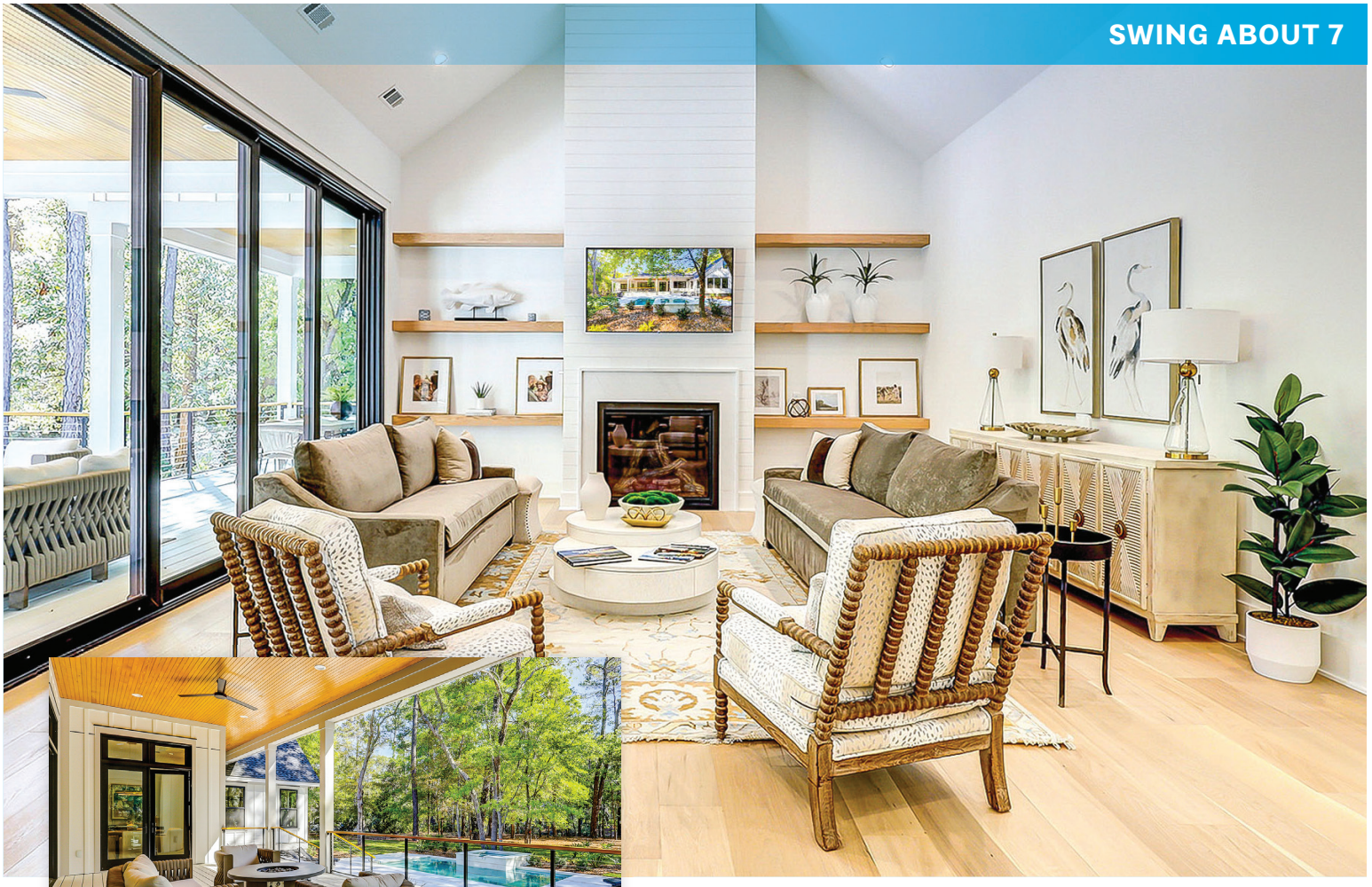

Lagoon-Side Luxury

Pool days, lagoon views and plenty of room to gather set the tone for laid-back Hilton Head luxury.

Home features

- 6 bedrooms and 6.5 baths | Sleeps 12
- Private pool and spa with waterfall feature
- Expansive deck with outdoor dining and lounge seating
- Gourmet kitchen with gas range, custom cabinetry and generous gathering space
- Cathedral ceilings and European white oak flooring
- Multiple living areas, plus a dedicated office
- Spacious private yard overlooking the 11 Mile Lagoon
- Dog-friendly accommodations available

What makes it special

The backyard is the heart of Swing About 7. Spend the morning biking beneath the palms, the afternoon by the pool and the evening gathered on the deck overlooking the lagoon. Inside, bright open spaces, beautiful finishes and multiple places to gather give everyone room to be together without ever feeling crowded. It is relaxed Hilton Head living with a distinctly elevated feel.

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What makes it special

Some vacation homes are beautiful; others become part of the family story. At 11 East Wind, oceanfront mornings, afternoons by the pool, and evenings gathered around the fire pit create the perfect setting for making memories that last long after the bags are unpacked. Whether it's a cherished annual getaway, a milestone celebration, or the beginning of a new family tradition, this is a place you'll look forward to returning to year after year.



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DECK THE HALLS Thoughtful holiday lighting follows the home's architecture and landscape, creating a cohesive display rather than competing with the features that make the property distinctive.

HUMBUG HOLIDAY LIGHTING PRESENTS

A Designer's Guide to Holiday Lighting for Lowcountry Homes

FROM GLISTENING SPANISH MOSS TO WELCOMING FRONT PORCHES, GREAT HOLIDAY LIGHTING ISN'T ABOUT ADDING MORE DECORATIONS. IT'S ABOUT REVEALING THE BEAUTY THAT'S ALREADY THERE.

STORY BY TARA JONES

On a December evening in the Lowcountry, Christmas often begins long before anyone reaches the front door.

Warm white lights glimmer through the branches of a sprawling live oak, catching strands of Spanish moss as they sway in the breeze. A welcoming wreath hangs beneath a deep front porch, while garland frames the entryway.

Nearby, tasteful lighting accents palmetto trees, camellias and thoughtfully designed gardens, extending the landscape into the evening while preserving the beauty that defines so many Lowcountry homes.

The display isn't competing with the home. It's celebrating it.

That's the philosophy behind Humbug Holiday Lighting. Rather than treating holiday decorating as simply outlining rooflines or covering every tree with lights, owner Tino Villani approaches each project as a design exercise, looking first at what makes a property unique and building a holiday display around those existing features.

Start With What Makes the Property Beautiful

Every home has a focal point. For some Lowcountry homes, that can include expansive front porches, dramatic rooflines, waterfront views or carefully planned landscaping that already shines after dark.

"What we specialize in is taking that existing look and transforming it into a warm, mostly traditional home for the holidays. We incorporate a great deal of landscape lighting as well to bring that whimsical light element through the property," he said. "We like to limit house decorations to the traditional holiday colors and elements to highlight the structure of the home itself in a classy, sophisticated way."





HO HO HOME Traditional wreaths, garland and warm white lights give these Lowcountry homes a classic Christmas look while allowing its architecture to remain the centerpiece.

On one property, that might mean wrapping the trunks and lower limbs of live oaks with thousands of warm white mini lights while allowing the Spanish moss to catch the glow naturally. On another, it could be outlining architectural details with subtle roofline lighting while letting existing landscape lighting continue to do much of the work.

The lesson? Every home doesn't need more lights. It needs the right lights in the right places.

Choose Warmth Over Brightness

One of the easiest ways to create a timeless holiday display is by keeping the lighting consistent.

Villani favors warm white lighting because it complements the natural materials found throughout many Lowcountry homes, from painted wood and brick to stucco and tabby-inspired finishes. It also blends seamlessly with the warm tones already found in most permanent landscape lighting systems.

Mixing warm and cool white bulbs or introducing multiple lighting colors can make even an elegant home feel visually busy.

Instead, Humbug often pairs warm white lighting with classic holiday accents such as wreaths, garland and red bows, allowing the home's architecture and landscaping to remain the stars of the display.

Don't Forget How It Looks During the Day

Holiday lighting should look just as intentional at noon as it does after sunset. That's why details most people never notice become important during the design process.

Wiring is carefully matched to its surroundings, with green wire disappearing into hedges, brown blending into tree trunks and white virtually disappearing against columns and trim. Specialized clips are selected for each surface so decorations remain secure without damaging stucco, metal roofs or other architectural finishes common on custom homes.

When daylight returns, the hardware nearly disappears. When evening arrives, only the light remains.

Layer the Landscape

One of the most common decorating mistakes, Villani said, is focusing exclusively on the house, when the landscape plays an equally important role.

Rather than outlining every roofline and calling the project complete, layering lighting throughout trees, shrubs and garden beds creates depth that draws the eye across the property.



DO YOU SEE WHAT I SEE Sometimes the most timeless holiday look is also the simplest. Warm white lights, wreaths and garland create a welcoming display rooted in Christmas tradition.

Three Design Secrets for a Timeless Holiday Display

Start with what makes your home unique.

Before hanging a single strand of lights, identify the architectural details or landscape features that already draw your eye, whether it's a welcoming front porch, mature live oaks or a beautiful entryway. Let those elements become the focal points of your display.

Choose one warm color temperature.

A consistent warm white glow creates a classic, cohesive look and blends naturally with existing landscape lighting. Mixing cool white bulbs or multiple colors can make even an elegant home feel visually cluttered.

Leave room for the eye to rest.

You don't have to light every roofline, tree or shrub. Intentionally leaving some areas dark creates contrast, draws attention to your focal points and often results in a more sophisticated holiday display.

Leaving darker spaces between illuminated areas also prevents the display from feeling overcrowded while giving each feature room to stand on its own.

The result feels less like a collection of decorations and more like a thoughtfully composed outdoor room.

Planning Creates Better Design

Creating a custom holiday display takes more than a single afternoon with a ladder.

Every Humbug project begins with a conversation, followed by a visit to photograph the property and develop digital design concepts that homeowners can review before installation begins. Those designs can evolve over time, and many homeowners choose to build on previous displays by adding new architectural features or landscape elements each season.

Because every display is customized and professionally installed within a relatively short seasonal window, beginning the design process early allows more flexibility for scheduling and product selection before the holiday rush begins.

As another holiday season settles across the Lowcountry, warm white lights will once again dance through moss-covered oaks, frame welcoming front porches and cast a gentle glow across gardens and walkways.

The decorations don't compete with the landscape or architecture.

Instead, they become part of it, casting a warm glow beneath moss-draped live oaks and across welcoming front porches. It's the kind of home that makes neighbors slow their evening stroll, pause for a moment and quietly admire the view before continuing on their way.

Learn more about Humbug Holiday Lighting or request a quote online at humbugholidaylighting.com.

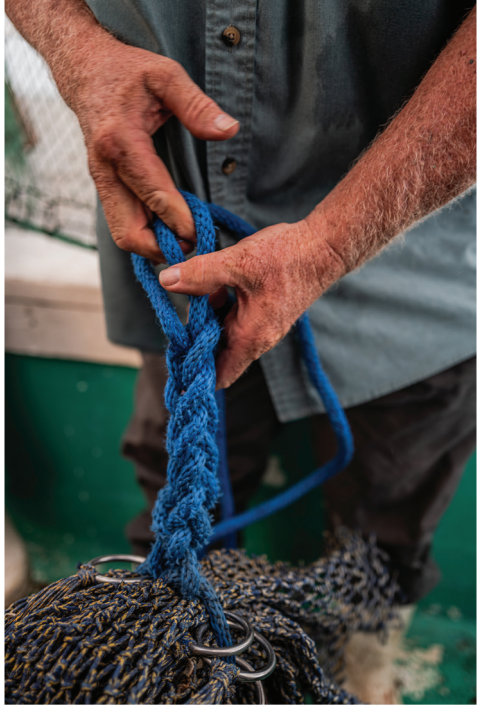
The shrimp run

PHOTOGRAPHY BY MICHAEL HRIZUK



A day aboard the Gracie Belle reveals the rhythm of local shrimping

Every fall, South Carolina shrimp boats head into Atlantic waters in pursuit of one of the Lowcountry's most treasured harvests. Photographer Michael Hrizuk joined Capt. Craig Reaves and his crew aboard the 80-foot Gracie Belle, an impressive vessel equipped with twin 68-foot nets, to document a day on the water. From setting the trawl before sunrise to unloading baskets of fresh shrimp back at the dock, these photographs capture the skill, grit and tradition behind every wild-caught shrimp. It's a way of life that has shaped the coast for generations and continues today.





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SETTING THE TRAWL Working from the stern, Capt. Craig Reaves and his crew guide the rigging into position before sending the nets overboard. After one final inspection of the lines, floats and gear, the Gracie Belle begins another six-hour day chasing wild shrimp across the Atlantic floor.







BRINGING IT ABOARD Each haul follows a familiar rhythm. The trawl is brought alongside, the heavy doors and rigging are secured, and the tail bags — where the shrimp collect — is lifted above the deck. It's a sequence refined through years of experience on Lowcountry waters.





SORTING THE CATCH When the tail bags are opened, shrimp spill across the deck, or in this case, across the culling box alongside fish, rays and other marine life known as bycatch. Working quickly by hand, the crew separates the shrimp while returning as much of the bycatch as possible to the water before the next tow.


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A FULL HAUL Basket after basket of fresh shrimp come aboard as seabirds circle overhead, hoping for an easy meal. The scene repeats throughout the day, each successful haul bringing another reward for the crew's patience, timing and hard work.







BACK ON SHORE After hours on the water, the Gracie Belle returns to the Sea Eagle Market docks on St. Helena Island. Here the day's catch is unloaded, washed and packed on ice, preserving the freshness that makes South Carolina wild-caught shrimp so prized.



READY FOR MARKET Every basket is weighed, rinsed and carefully packed with ice before heading to market. It's a simple but essential process that ensures the shrimp remain clean, cold and ready for local kitchens, seafood markets and dinner tables throughout the Lowcountry.





FROM BOAT TO TABLE Shrimp caught aboard the Gracie Belle are available fresh at Sea Eagle Market in Beaufort. The market also supplies many of the Lowcountry's top restaurants with shrimp and other wild-caught seafood.



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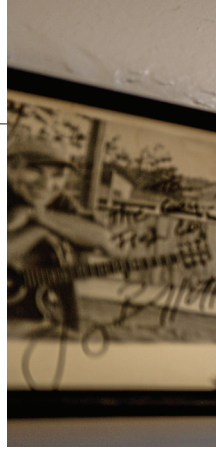

Still hauling in history

FOR MORE THAN 75 YEARS, GAY FISH COMPANY HAS KEPT A LOWCOUNTRY SHRIMPING TRADITION ALIVE

PHOTOGRAPHY BY MICHAEL HRIZUK



WORKING WATERFRONT Surrounded by St. Helena Island marshes, Gay Fish Company has served local shrimpers since 1948. A must-stop for shrimp lovers traveling to Hunting Island or Fripp Island, the historic market offers a true taste of the Lowcountry, fresh from the dock.

Some places don't simply sell local seafood. They are part of its story. Since 1948, Gay Fish Company has been one of them. Founded on St. Helena Island by World War II veteran John H. "Buster" Gay and his wife, Hilda, the family-owned business grew from a working shrimp dock into a Lowcountry institution, with generations of the Gay family hauling, heading and selling the local catch. Its story reaches far beyond the dock. The family helped give Frogmore Stew its name and supplied 6,125 pounds of shrimp for the famous shrimping scenes in Forrest Gump. Today the business remains in the family, carrying on a tradition rooted in fresh seafood, hard work and the waters surrounding St. Helena Island.



HEAD OF THE LINE Fresh local shrimp are headed by hand, a generations-old tradition. The day's catch is washed, headed and sold fresh and preservative-free.



FAMILY TIES A photograph of generations of the Gay family celebrates the people behind the St. Helena Island institution. Nearby, a personalized note and photo from Jimmy Buffett add to the market's colorful history.



HOLLYWOOD HAUL Gay Fish Company played an important role in Forrest Gump, supplying Paramount Pictures with 6,125 pounds of shrimp for the film's famous shrimping scenes. The original 1993 receipts and this photograph of Tom Hanks and Gary Sinise hang proudly inside the market.



CERTIFIED LOCAL A Certified South Carolina sign hangs in the window, reflecting a commitment that has defined the business since 1948: supporting local shrimpers and keeping fresh, wild-caught seafood close to home.

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ABOARD THE TAMMY JANE, AN INTERNSHIP PROGRAM FUELS THE NEXT GENERATION OF SCIENTIFIC EXPLORATION

STORY BY BARRY KAUFMAN + PHOTOGRAPHY BY MICHAEL HRIZUK



The Tammy Jane is no ordinary charter boat.

Far more than a standard dolphin-watching or eco-tour experience, it's an opportunity for scientific exploration. A functioning shrimp trawler, it gives visitors a taste of what it's like to comb the depths for one of the Lowcountry's tastiest catches. But more than that, it serves as a floating classroom, because the Tammy Jane's crew is no ordinary crew. Hand-picked from USCB and colleges around the country, its members represent the next generation of scientific research into our fascinating ecosystem.

"I went out and contacted Dr. Stephen Borgianini and Dr. Eric Montie at USCB after we got this boat because it just seemed like the perfect marine science lab," said Keith Walston of Vagabond Cruise. "We wanted to create a partnership where we could provide a really good educational and interpretive experience and have students on board who are qualified to go through the catch and add to that experience."





AT THE HELM
Hilton Head Island native Ian Deery turned a Vagabond Cruise internship into a career on the water. After earning his biology degree from USCB and gaining experience as a mate, Deery earned his U.S. Coast Guard master captain's license. Aboard the Tammy Jane, his favorite vessel to operate, he shares his knowledge of shrimping, Lowcountry waters and local wildlife with guests.



A classroom on the water

The day LOCAL Life traveled on the Tammy Jane, she was crewed entirely by students who had gone through the internship program and were continuing to advance their research. Serving as first mate was biology major Ian Deery, whose academic pursuits have already led him to earn a U.S. Coast Guard captain's license, with the ultimate goal of working on research vessels.

"I initially researched crabs, trying to look at their reproduction. We didn't end up catching enough to get a big enough sample size to do much with the data, unfortunately, but it was still a fun project," he said. More importantly, his time as an intern gave him sea hours toward earning his license. "It was a great opportunity for me as a gateway to working on boats and getting experience working on the water. The internship as a whole was rewarding in that you get to make memories and educate people on this boat, specifically about wildlife in the area where I grew up."





That educational aspect was key to drawing Ella Ridgeway to the Tammy Jane. A marine biology student at USCB who will soon move on to a master's program in Clearwater, Florida, she hopes to study shark biology. She first interned a year ago, counting sharks that came in with the rest of the bycatch, and hopes to build on that work.

"One of my professors is studying the bacteria on sharks' skin that helps them heal. They can handle getting hit by boats or being attacked by much bigger sharks, and you'll see these massive wounds on sharks that have healed up. And this bacteria could potentially be used for human medication, so that's what my professor is working on, and it's always good to get more samples," she said.

Once she gets her certification to swab sharks for that bacteria, she hopes to expand the research beyond the great whites currently being studied to include some of the other species found in the Lowcountry.

"The internship really gave me an opportunity to educate people about what I love and what I love to do, and it was a good segue to working on boats. Before this, I had no experience in boating whatsoever, and obviously working on boats is part of being a marine biologist," she said.





HOOKED ON SCIENCE
USCB marine biology student Ella Ridgeway brings her passion for marine life aboard the Tammy Jane as a first mate with Vagabond Cruise. Her experience includes water-quality monitoring in Port Royal Sound and shark and ray field research in the Gulf of Mexico, work that is helping prepare her for a future studying the creatures that inhabit our coastal waters.



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A NET GAIN
USCB marine biology student Jude Roman turns each trawl aboard the Tammy Jane into an opportunity for discovery. As a first mate with Vagabond Cruise, Roman helps lead educational ecotours while collecting cannonball and sea wasp jellyfish for research into their seasonal patterns and genetic diversity in Calibogue Sound.

Research in real time

While the Tammy Jane might simply look like a shrimp boat, it's the wealth of data the nets pull up alongside the shrimp that fuels the crew's academic curiosity. On the day we went out, the bycatch included a host of jellyfish, much to the delight of crew member Jude Roman. He aspires to become a professor, but the smile on his face as he separated and counted jellyfish made it clear where his passions lie.

"After we're done, I'm going to bag them up and take them to the lab to dissect them and do DNA extraction. The goal of the project is to find out when these jellyfish are blooming, what water quality and weather parameters are causing them to bloom, and how interrelated they are," he said. "I really like the intersection between education and research that we do on this boat. I like being able to not only collect samples and real-time data but also to educate people about the beautiful environment we live in."

Two catches, one purpose

Each trip the Tammy Jane takes yields two catches. The shrimp give visitors a greater appreciation for what it takes to fuel a vital Lowcountry industry. But everything else, in the capable hands of the crew, is creating new possibilities and expanding our understanding of the marine ecosystem all around us. *LL*

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Can the shrimping industry be saved?

MOUNTING PRESSURES FROM ALL SIDES HAVE PUT THE SQUEEZE ON A LOWCOUNTRY TRADITION. BUT WHAT CAN BE DONE?

STORY BY BARRY KAUFMAN + PHOTOGRAPHY BY MICHAEL HRIZUK



Among all of the Lowcountry's iconography, few images are as romantic, as timeless or as filled with a sense of place as a shrimp boat on the horizon. Its soaring outriggers silhouetted against the rising sun, a cloud of seagulls already swirling in search of unguarded bycatch, it was a familiar sight long before resort developers and condo kings came to town.

Fewer boats, bigger problems

These days, however, spotting one of these boats has become more and more of a rarity. Data from the South Carolina Department of Natural Resources puts this scarcity in stark relief, showing that a fleet that once numbered roughly 1,100 state-licensed shrimp trawlers had shrunk to just 360 last year. And those are just the ones the state can count.

"They think that we might actually have just 120 that are actively trawling," said Keith Walston, owner of Vagabond Cruise.

Walston isn't just a casual observer of the industry's decline. Having leased the Benny Hudson railway on the north end of Hilton Head Island, he worked alongside some of the people who had been titans of the industry's heyday.

"I got to understand the shrimping industry by working with Gene Orage. He'd haul the Vagabond for me on that railway, and we'd just talk about the ups and downs of the industry," he said. "The more I learned about the industry, the more I've become passionate about it."

That passion turned into an investigation, with Walston putting together the pieces of the puzzle to figure out exactly how an industry that accounted for more than $23 million in value at one point in 1989 has withered to nearly a third of that.



A TRADITION WORTH FIGHTING FOR
Keith Walston, owner of Vagabond Cruise, has watched the Lowcountry shrimping industry navigate rising costs, foreign competition, disappearing dock space and a shrinking fleet. His hope for its future lies in positioning wild-caught local shrimp as the premium product it is, and telling the stories of the boats and families behind the catch.



It's a difficult question because there isn't one clear factor.

There are the financial pressures, of course. Diesel fuel prices have soared, with some docks now asking $6.20 a gallon. Tradition once dictated that a third of the value harvested would go to the crew, but that amount no longer provides a living wage. The biggest financial pressure, however, comes from imported shrimp that have flooded the market.

"If you see the videos that come out of Thailand, where they're raising these shrimp, they're raising them in headwater lagoons, filled with excrement and meal that's laced with antibiotics and all sorts of growth hormones," said Walston. "I mean, it's really horrible."

Cyndy Carr, the latest generation of the Gay family to run Gay Fish Company on St. Helena Island, also sees consumers' willingness to buy markedly cheaper imported shrimp as a major problem for the industry. The SHRIMP Act, introduced by Rep. Nancy Mace, was a good start, she said, but only the beginning.

"They did a pretty good job bringing attention to everything, but I don't know that it's going to make restaurants buy local more," she said. "Time will tell, but no market correction is immediate."

The cost of staying afloat

But pressure from foreign shrimp is just one of the challenges contributing to the industry's decline. Walston also points to an insurance industry that has all but abandoned shrimpers.

"Insurance companies have gotten very picky about boats that they will insure. Most of them now require a marine survey, and marine surveyors ... because we're so litigious now, have gotten very, very careful about what they recommend

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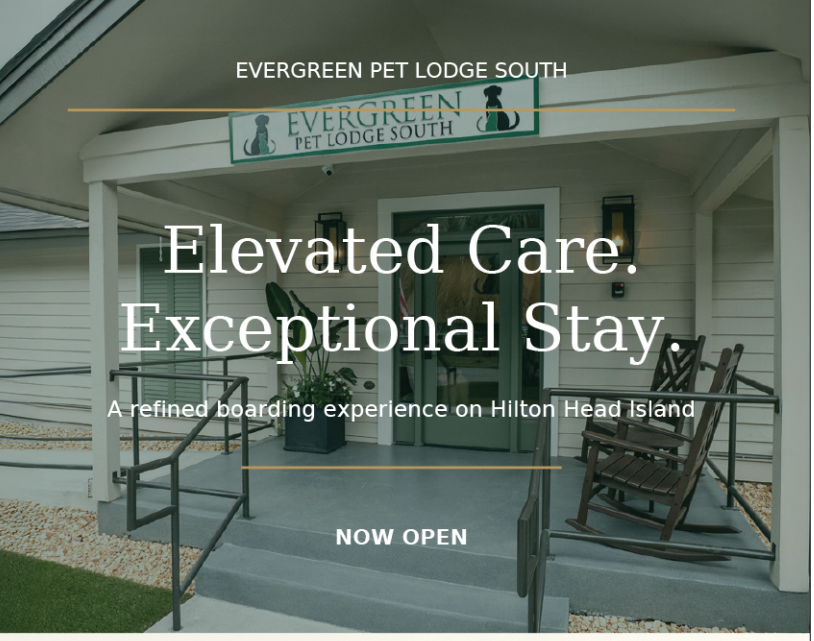

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CARRYING ON THE CATCH Cyndy Carr holds a photograph of her grandfather, legendary Lowcountry shrimper John H. "Buster" Gay, who founded Gay Fish Company with his wife, Hilda, on St. Helena Island in 1948. Today Carr represents the third generation of the Gay family, helping carry on the business, and a shrimping tradition that has endured for more than 75 years.

for insurance," he said. "If you can't get insurance, you can't get bank financing. That's caused bigger problems for new people coming into the industry. A lot of the boats out already are old and paid for."

The result is an industry feeling financial pressure from all angles. Its catch is worth less, thanks to a market flooded by foreign competition, and margins have become razor-thin as labor, fuel and insurance costs have all spiked. On a broader level, the place shrimpers call home no longer offers the ample harbor access it once did.

"In the last 10 or 15 years, all these docks that these guys used to run from, that land is being sold to build condominiums and Safe Harbor marinas that don't want shrimp boats," said Walston. "So the places where these guys can run from are getting fewer and fewer as the development pressure grows."

Even dedicated spots like the docks at Gay Fish Company face challenges staying afloat.

"We were literally falling in the water a few years ago, and we got a $500,000 grant from the Department of Agriculture to rebuild our dockage," said Carr. "Then in turn, the building suffered from the construction of the dock, because we've been in the plant since '48. So that has kind of led to (more construction costs). So that onion is peeling back slowly and slowly."

Selling the story

So what can be done? According to Walston, shrimpers need to embrace the premium product they offer.

"I look at the salmon industry as an example of what the solution to this looks like. The advent of farm-raised salmon almost killed the wild-caught, traditional salmon fishery," he said. "So these fisheries began to work together to market wild-caught salmon as a premium product. And that, I think, is how the shrimp industry survives — create a provenance around wild-caught local shrimp. Tell the story behind each of these boats and these families."

It's a story worth telling, and one that could help save an entire industry if told right. LL



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Shrimp Tales

Beverly Bowers Jennings' photo history celebrates the people, places and boats that shaped the Southeast's commercial shrimping heritage

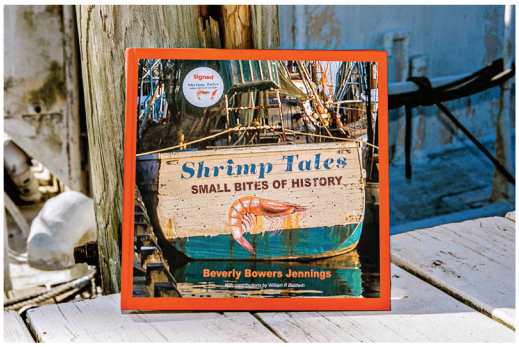
For generations, commercial shrimping has shaped the culture, economy and identity of the South Carolina and Georgia coast. But while the boats and docks remain familiar landmarks, many of the people and stories that built the industry have never been fully documented. In *Shrimp Tales: Small Bites of History,* Beaufort historian ***Beverly Bowers Jennings*** changes that. Drawing on years of research and interviews with nearly 100 shrimpers, the 320-page book uses more than 800 photographs, maps and historical documents to tell the story of the people, places and boats that shaped the commercial shrimping industry from Florida to South Carolina. More than a photo history, it is a tribute to a hardworking community whose legacy continues to shape the Lowcountry today. Proceeds from every book sold benefit the South Carolina Seafood Alliance, helping preserve the industry's past and its future.



©LISA STAFF

The storyteller

Author Beverly Bowers Jennings spent years interviewing shrimpers, collecting photographs and uncovering stories that might otherwise have been lost to time. Sitting beside the boats that inspired her work, she reflects the passion and dedication behind a book created to preserve one of the Lowcountry's most important traditions.



©LISA STAFF

A treasure trove of shrimping history

With more than 800 photographs, maps and historical images spread across 320 pages, *Shrimp Tales: Small Bites of History* is one of the most comprehensive visual histories ever published about the commercial shrimping industry of the Southeast. The book is available at retailers throughout the Lowcountry and online at ShrimpTales.org.



©SCOTT MACDONALD

Built by hand

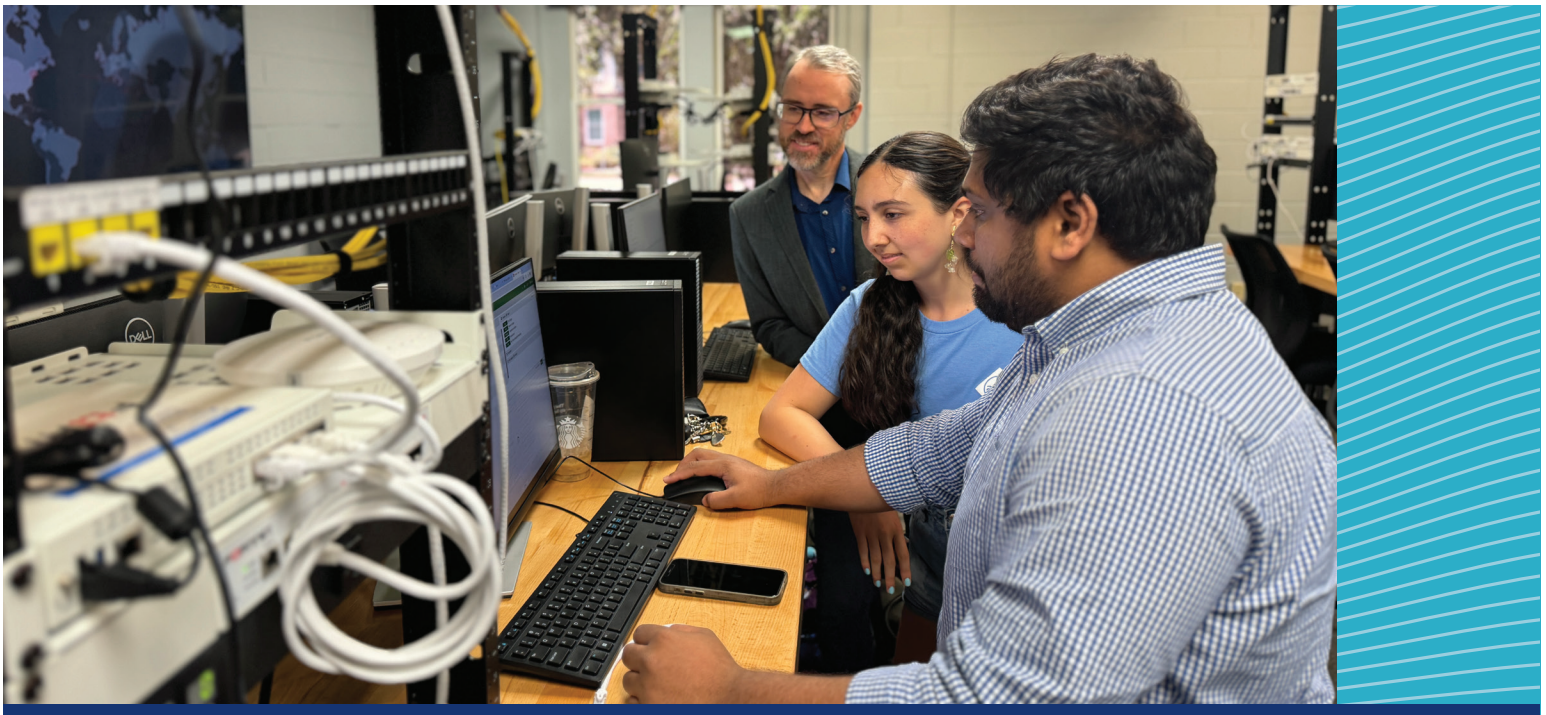
Scott and Mike MacDonald spent roughly 5,000 hours building the Celtic Pride behind their Buckingham Landing home. Completed in 1986, the 43-foot vessel was believed to be the first shrimp boat built on Hilton Head Island in two decades — and possibly the last — showcasing the brothers' skills as both shrimpers and craftsmen.



©BEVERLY JENNINGS

Crafting the perfect net

Scott Lettich of Beaufort Marine Supply stitches together a shrimp trawl by hand, combining sections of specialized netting into a finished trawl that may stretch up to 75 feet. Modern shrimp nets are engineered to improve catches while incorporating devices that safely allow sea turtles to escape.



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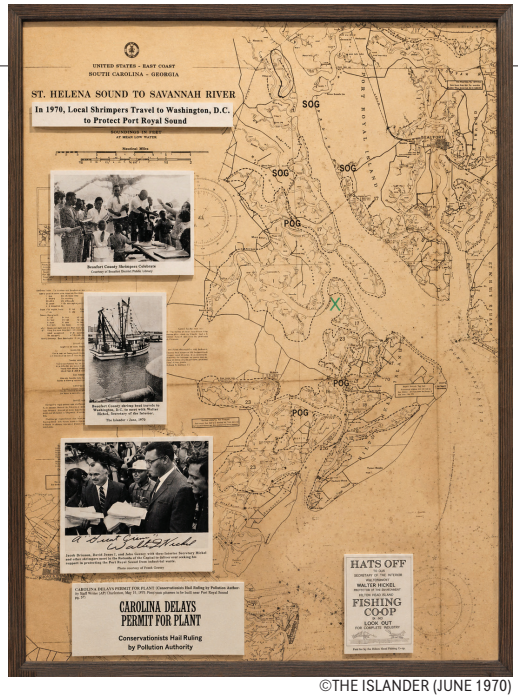
Let's Go

The shrimp boat Let's Go, owned by Capt. Barrett Thomas Boulware (1956–2018), rests against a fiery Beaufort sunset. With its wheelhouse positioned near the stern, the vessel reflects one of the many designs found among working shrimp boats, each customized to the captain's preferences and fishing style. As the old saying goes, "Red skies at night, fishermen's delight."



©THE ISLANDER (JUNE 1970)

Shrimpers who changed history

In 1970 members of the Hilton Head Fishing Cooperative sailed a 43-foot shrimp boat from Port Royal to Washington, D.C., carrying 25 pounds of shrimp and a petition signed by 45,000 opponents of a proposed BASF petrochemical plant. Their eight-day journey helped rally national support to stop the proposed BASF plant, preserving Port Royal Sound and protecting the clean waters that remain vital to both the seafood industry and the Lowcountry's tourism economy.



©BEVERLY JENNINGS

The Toomer legacy

The Reilly Morgan, owned by Jeff Toomer, represents one of the Lowcountry's most successful shrimping families. Jeff and Skip Toomer continue a family shrimping tradition established by their father, Frank, operating some of South Carolina's most productive shrimp boats. Their distinctive blue vessels remain a familiar sight behind Hudson's Seafood House on the Docks.



©BEVERLY JENNINGS

Keeping the fleet afloat

For decades Melvin Murray operated the railway at Benny Hudson Seafood, lifting shrimp boats from the water so they could be cleaned, repaired and painted. Growing up just a few hundred yards away, he spent a lifetime helping keep Hilton Head's commercial shrimp fleet in working order.



©BEVERLY JENNINGS

A lifetime on the water

Arthur "Red" Stewart witnessed dramatic changes on Hilton Head Island over the course of his life. A longtime shrimper and captain of the Sea Ranger, Stewart recalled an era when neighbors knew one another, hard work defined daily life, and generations of Hilton Head families built their lives on the surrounding waters.



©BEVERLY JENNINGS

A working waterfront

Sea Eagle Market on St. Helena Island remains one of the Lowcountry's true working waterfronts, where commercial shrimping, oyster harvesting and fresh local seafood all come together. Operated by the Reaves family since 1980, Sea Eagle Market has become one of the Lowcountry's premier sources for fresh local seafood while remaining deeply connected to the commercial shrimping industry.

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The local catch

THIRD-GENERATION FISHMONGER CHARLES RUSSO III SHARES WHAT EVERY SHRIMP LOVER SHOULD KNOW

STORY BY BAILEY GILLIAM + PHOTOGRAPHY BY LISA STAFF

Charles Russo III has been around seafood long enough that what requires an explanation for most people is simply second nature to him. He grew up tagging along with his grandfather to fish houses and shrimp docks, meeting captains and watching seafood move from the water into the hands of people who knew exactly what to do with it. Today many of those relationships are part of the foundation of his own business, Russo's Fresh Seafood in Bluffton.

"I'm a third-generation fishmonger," Russo said. "The ocean runs through my veins."

The Russo family's seafood story began in 1946, when Charles and Antoinette Russo established Russo's Seafood in Savannah. Nearly 80 years later, Charles's father still operates Charles J. Russo Seafood in Savannah, while Charles carries the family name and his grandfather's old-school principles into his separate Bluffton operation, which he opened in 2018 after spending years in the family business. Freshness, cleanliness and quality remain paramount, as do the relationships behind the seafood.

When Charles opened his own company, he set out to reconnect with captains, boat owners and fish houses he remembered visiting with his grandfather. When it comes to shrimp, those relationships stay close to home. Most of Russo's shrimp comes from Georgia and South Carolina waters, with much of it sourced through Sapelo Shrimp Company in Townsend, Georgia.

Here, the third-generation fishmonger breaks down what makes local shrimp special, how it gets from the boat to Bluffton and what you should know before bringing home a few pounds of your own.

[LOCAL Life] What happens between a shrimp boat coming in and those shrimp appearing in your case? [Charles Russo III] I have my main guys that I use, and I'll call and say, "Hey, I need 3,000, 4,000 or 5,000 pounds," whatever it may be. They take them off the boat and put them on my truck. There's no freight truck involved. They come into my facility, and we peel our own shrimp in-house. Everything else we block freeze. Nobody else ever touches it, and there are never any chemicals put on it. From the dock I normally use, it takes about two hours to get to my shop.

[LL] Where does most of your shrimp come from? [CR3] I'd say the majority comes out of Townsend, Georgia, and I have a cousin who owns docks over in Savannah. When we say local, we're literally talking about 30 miles. I don't want people to think that because we're in South Carolina, it has to be caught in South Carolina to be local. Most of the time, we're shrimping in Georgia and South Carolina waters.



THE FAMILY BUSINESS Fishmonger Charles Russo III grew up alongside his grandfather, visiting fish houses, shrimp docks and the captains who supplied the family business. Today he carries those old-school lessons forward at Russo's Fresh Seafood in Bluffton.



FRESH BY THE POUND At Russo's Fresh Seafood, "local" extends beyond state lines. Much of the shrimp in the case comes straight from nearby docks along the Georgia coast.

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[LL] What makes Georgia and South Carolina shrimp different from shrimp from other areas? [CR3] Georgia white shrimp are a very sweet product. They're succulent and juicy. South Carolina and Georgia white shrimp are very similar. When you get into some other shrimp, in my opinion, they can have a little more of an iodine taste. Of all the shrimp I've tasted in my lifetime, they're way beyond the others. That's why you hear people talk about Georgia sweet shrimp or South Carolina sweet shrimp. It's just a really good taste.

[LL] What kinds of shrimp are we primarily catching here?

[CR3] We really concentrate on white shrimp. There are brown shrimp too, and they're actually sweeter and a wonderful product, but we primarily focus on white shrimp. Pink shrimp are more associated with Florida and deeper waters. Georgia and South Carolina are really our areas.

[LL] What does the local shrimp season look like?
[CR3] The season changes as different shrimp move through our waters and grow. We start with roe shrimp season in May or June, when you'll see larger female white shrimp carrying orange-colored roe. Those are mature females carrying eggs. Later in the year we start seeing another strong part of the white shrimp season. October, November and December are big months, and in a really good year the season can carry into January or February. Natural resource officials monitor shrimp populations and determine when certain areas open and close for harvesting.

[LL] Shrimp are sold by numbers like 21/25 or 26/30. What does that mean? [CR3] They count shrimp by how many there are in a pound and give you a range. A 16/20 is a very big shrimp. We catch a lot of 21/25s and 26/30s. If you have 21/25 shrimp, that means there are between 21 and 25 shrimp in each pound. It helps you gauge how much you need when you're feeding people.

SWEET REWARD
Sweet, succulent and unmistakably coastal, wild-caught white shrimp from Georgia and South Carolina are Russo's specialty. Careful handling from the moment they leave the water helps preserve the flavor and quality that set the local catch apart.





©SAPELO SHRIMP CO.

DOCK CONNECTION Captain Bill Harris, owner of Sapelo Shrimp Co., which operates in Darien and Townsend, Georgia, is one of the trusted suppliers behind the seafood case at Russo's Fresh Seafood in Bluffton.

[LL] If shrimp are seasonal, how do you keep local shrimp available beyond the season? **[CR3]** We buy enough shrimp during each season to last us the whole year. Say we need 6,000 or 8,000 pounds for our own needs. We might buy 15,000 so we have it when they run out. We block freeze them, basically encasing the shrimp in water. That lets us use those same local shrimp throughout the downtime.

[LL] So frozen doesn't necessarily mean someone is getting an inferior shrimp? **[CR3]** No. It's about how you handle it. If we don't have sales for shrimp within about eight to 10 hours of them being in my facility, they get frozen in water. It's just like freezing something in an ice cube. The shrimp is encased in clean water, and it can last for months that way.

[LL] What is the best way to keep freshly caught shrimp fresh? **[CR3]** Ice, right off the bat. You want to take the heads off and ice them down. Some people put them in a saltwater brine with ice. An ice-and-water slush is about as good as you can get. As soon as they come out of the water, you want to get them cold and keep them cold.

[LL] When your livelihood depends on local waters, how important is protecting them? **[CR3]** It's hugely important. I'm a huge advocate for clean waters. This industry depends on healthy waterways and healthy populations of seafood, so we have to be conscious of what we're putting into those waters, especially plastics. Microplastics are a real concern for the seafood industry. We're seeing them in fish in our rivers, and once plastic gets into the water and begins breaking down, it doesn't just disappear. Clean water and healthy fisheries allow us to keep doing this. Protecting them helps make sure the seafood we've enjoyed here for generations is still here for generations to come. *LL*

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FREQUENT FLYER

Teacher, teacher, teacher!

Why the ovenbird is one of the Lowcountry's loudest and most fascinating forest visitors

STORY BY BAILEY GILLIAM



LISTEN UP
Scan this QR code to hear the ovenbird's unmistakable song.

©MARY ALICE TARTLER

SEASONAL SIGHTINGS Ovenbirds pass through the Lowcountry twice each year, arriving during spring migration in April and May and again during fall migration in September and October. Most remain only a few weeks before continuing their journey, but some spend the winter in our coastal woodlands.

Some bird names make perfect sense. The blue grosbeak is blue and has a hefty beak. The red-headed woodpecker has a red head and pecks at wood. Then there's the ovenbird, whose name seems to have nothing to do with the bird itself.

Built like an oven

The name comes from its remarkable nest. Built by the female, the domed nest is woven from grasses, leaves and twigs, with a small side entrance that resembles an old-fashioned Dutch oven. She constructs the entire nest from the inside out before scattering dead leaves across the roof to camouflage it among the leaf litter. Ovenbirds are chunky by warbler standards, with olive-brown backs, heavily spotted white underparts, pink legs and a bold white eye-ring that gives them a permanently surprised expression. Their deliberate walk through the leaf litter has earned comparisons to tiny chickens. Between the oven-inspired name and the chicken-like walk, it's hard not to smile at the comparison.

The loudest voice in the woods

Despite their modest appearance, ovenbirds are among the boldest voices in the forest. Their unmistakable "teacher, teacher, teacher" song echoes through the trees with remarkable volume, often long before anyone spots the singer. First-time birders frequently expect a bird the size of a crow, only to discover a five-inch warbler marching through leaves. Unlike most songbirds, ovenbirds don't hop from branch to branch. They stride across the ground with a determined little walk, stopping every few steps to flip leaves in search of insects, spiders and other tiny prey. Males sing throughout the day, even during the hottest afternoons when many woodland birds have fallen silent. Even more remarkable, neighboring males often avoid singing over one another. Instead, they seem to take turns, creating the impression of a polite conversation rather than a shouting match.

A family affair

For all that confidence, ovenbirds rarely settle disputes with violence. Most territorial disagreements end with louder songs, dramatic chases and exaggerated displays rather than physical fights. Family life is equally impressive. The female incubates the eggs while both parents gather insects for their growing chicks. When the chicks finally leave the nest, the parents divide the workload in an extraordinary way. The male escorts half the brood while the female leads the other half to separate parts of the forest, where each parent finishes raising their respective youngsters. Before long, the fledglings are darting through the leaf litter in pursuit of insects, building strength for their first migration south. Loud, quirky and wonderfully theatrical, the ovenbird proves that standing out doesn't require brilliant colors or flashy feathers. Sometimes all it takes is an unforgettable song, a clever disguise and the confidence to let the whole forest know you're there. LL

Where to find them

"The ovenbird is a fascinating visitor that brightens the Lowcountry during our bustling fall migration. It is quickly identified by its bold white eye-ring, heavily streaked olive-and-white breast and striking golden-orange crown stripe bordered by black. Its name comes from its unique ground nest, which encloses the eggs like an old-fashioned Dutch oven. While they won't visit traditional bird feeders, you can encourage them by preserving mature woodland habitat with thick layers of undisturbed oak and pine leaf litter beneath shrubs and trees. These shaded spaces are ideal because ovenbirds spend their lives walking — not hopping — across the forest floor, flipping leaves to uncover beetles, ants and spiders. Watching this miniature, thrush-like warbler methodically patrol the shadows of your garden is one of the most rewarding birding experiences."

– Mary Alice Tartler, Audubon master birder



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From sea to creek

THE SURPRISING LIFE CYCLE OF LOWCOUNTRY SHRIMP



©MICHAEL HRIZUK

For an animal we most often encounter boiled, fried or resting on a bed of grits, the shrimp leads a surprisingly adventurous life.

The wild-caught shrimp prized across the Lowcountry don't simply hatch in a creek and grow until they're large enough to catch. Their lives span two very different worlds: the open Atlantic and the protected estuaries along the coast. Along the way, they repeatedly molt, change shape, switch diets and travel remarkable distances before returning to deeper water as adults.

Joe Staton, professor of biology and marine science at the University of South Carolina Beaufort, describes the process as a "complex ballet of biochemistry, development and behavior."

The Southern Atlantic Bight, which stretches from southern North Carolina to northern Florida, is home to three primary commercial shrimp species: white, brown and pink. Their timing and habits differ, but their basic life cycles share many similarities. White shrimp, one of the Lowcountry's most familiar catches, offer a particularly fascinating example.

Life begins offshore

The journey starts in coastal ocean waters, outside the estuaries where young shrimp will later grow. Adult white shrimp mate and spawn there, with females releasing enormous numbers of tiny eggs directly into the water. Those eggs hatch into microscopic larvae called nauplii.

At this point they look almost nothing like the shrimp we recognize. Floating among plankton near the ocean's surface, the larvae feed on microscopic plankton and repeatedly shed their exoskeletons as they grow.

"All arthropods must molt to grow, and shrimp are no exception," Staton explains.

Before ever reaching a Lowcountry estuary, a white shrimp passes through five naupliar stages, three protozoea stages and three mysis stages, repeatedly molting and changing its appearance and anatomy along the way. The transformations are so dramatic that early marine biologists sometimes mistook different larval stages for entirely separate species.



ANTENNAE ADVANTAGE White shrimp are distinguished by exceptionally long antennae that can stretch two to three times the length of their bodies. These sensitive appendages help shrimp gather information about their surroundings and locate food. In South Carolina waters white shrimp average 4 to 6 inches long, though exceptionally large individuals can approach 10 inches.



BORN TO DRIFT After developing in coastal ocean waters, post-larval shrimp ride currents and incoming tides into estuaries where protected waters provide a nursery habitat as the shrimp grow into juveniles.

The great migration

Eventually the developing shrimp undergoes another dramatic transformation. After spending its earliest stages near the surface feeding on plankton, it becomes post larval and begins to resemble a miniature adult. Its behavior changes too, preparing it for the journey into coastal estuaries.

Then comes the journey that makes Lowcountry estuaries essential to its survival.

Post-larval shrimp use currents and incoming tides to move from coastal ocean waters into sounds, tidal creeks and salt marshes. These nutrient-rich estuaries serve as nurseries, offering abundant food and shallow habitat where young shrimp can grow.

Here they develop into juveniles and begin to resemble the shrimp that eventually appear in cast nets, seafood markets and restaurant kitchens.

Growing up in the marsh

Through the warmer months juvenile shrimp feed and grow rapidly, shedding their exoskeletons again and again to make room for larger bodies. But the estuary isn't simply a nursery. Shrimp also become an important part of its food web, providing meals for fish, birds and countless other predators.

Those that survive eventually reverse the journey. As they mature, shrimp leave the creeks and sounds and migrate toward deeper ocean waters, where commercial shrimp boats pursue them with trawl nets. Survivors eventually reproduce offshore, beginning the cycle again.

That connection between ocean and estuary is why healthy coastal habitat matters far beyond the marsh grass.

Staton recalls a once-familiar Lowcountry bumper sticker that summed up the relationship in four words: "No estuaries, no seafood."

For shrimp, that's more than a catchy slogan. Their journey from microscopic offshore larvae to one of the Lowcountry's most treasured catches depends on healthy oceans, estuaries and the waterways connecting them. *LL*



BEFORE THE SHELL Seen under a microscope, shrimp larvae bear little resemblance to the adults they will eventually become. As they grow, they repeatedly molt and change form through a series of distinct developmental stages.



A name that will last forever

A newly discovered deep-sea coral now bears the name of a USCB marine biologist

STORY + PHOTOGRAPHY BY CAROL WEIR



HOLDING HISTORY USCB marine biology professor Dr. Mercer Brugler holds a massive stony coral on the university's Beaufort campus. Stony corals are the primary reef builders of tropical oceans, creating the limestone structures that support some of Earth's most diverse marine ecosystems.

For most scientists, having a species named in their honor represents the pinnacle of a career — and usually it occurs after they're gone.

"Mostly, this happens when you're dead," Dr. Mercer R. Brugler said with a laugh. "When I got the news, I had to check to make sure I was still here."

Fortunately for Brugler, chair of the University of South Carolina Beaufort's Department of Natural Sciences and professor of marine biology, he is very much alive to celebrate the distinction.

Recognizing Brugler's pioneering contributions to the study of black coral genetics and evolution, scientists recently named a new species after him. A team from the Smithsonian National Museum of Natural History and international collaborators published their discovery of the deep-sea black coral *Leiopathes brugleri* on June 15, 2026, in the peer-reviewed journal, *Coral Reefs*.

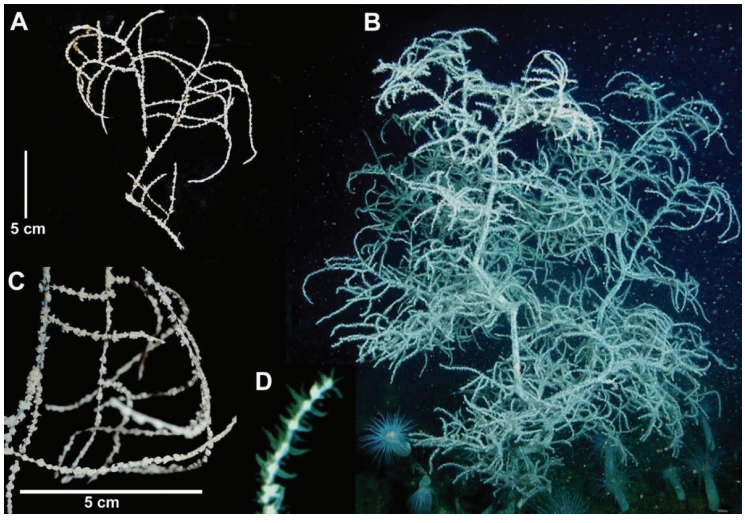
The honor caps more than two decades of research devoted to understanding some of the ocean's oldest and least understood animals.

"When they called me to tell me, I felt flabbergasted, stunned and thrilled," Brugler said.

The newly described species was discovered on continental slope habitats between Texas and Florida and in the waters surrounding the Azores at depths of 244 to 488 meters.

The coral forms large, bushy colonies exceeding 2 meters in height and width, providing habitat for thousands of marine species. Scientists have documented that these slow-growing corals can live for more than 4,265 years, making them among the oldest living animals on Earth and important indicators of long-term ocean health.

"Black corals act as a hotel in the deep sea," Brugler said. "I think that's phenomenal — especially a 4,000-year-old hotel."



A NEW DISCOVERY This figure from the scientific description of *Leiopathes brugleri* shows the newly identified deep-sea black coral at multiple scales, including an entire colony (B), preserved branches (A and C) and a close-up of an individual polyp (D). Named in honor of USCB marine biologist Dr. Mercer Brugler, the species was formally named in 2026 for his pioneering contributions to black coral genetics and evolution.



A CLOSER LOOK Brugler examines a soft coral specimen in his laboratory at the University of South Carolina Beaufort. His research uses genetics to better understand the evolution, diversity and relationships of corals and other marine invertebrates.

Despite their name, black corals are rarely black on the outside. The living tissue of *Leiopathes brugleri* is primarily white, with some colonies displaying shades of red and orange. Their name comes from a dark, flexible, protein-based skeleton. Historically prized for jewelry and once believed to have medicinal properties, black coral remains threatened by the jewelry trade despite international protections under the Convention on International Trade in Endangered Species (CITES).

Brugler's namesake coral is one of 12 recognized species in the genus Leiopathes. In the paper, lead author Dr. Jeremy Horowitz and co-author Dr. Dennis Opresko wrote that the species honors Brugler as "a pioneer in black coral genetics." They also noted, with humor, that like the coral's long branches, Brugler "is notable for his tall stature."

Standing 6-foot-4, Brugler appreciated the comparison.

"It's my favorite genus, and it's a fairly large coral, so I like that," he said.

Black corals can be found as deep as 8,900 meters below the ocean's surface, where perpetual darkness, crushing pressure and near-freezing temperatures create conditions unlike anywhere else on the planet. Scientists are still trying to understand how they survive in one of Earth's most extreme environments.

"We have absolutely no idea," Brugler said.

Exploring that environment remains a challenge. Most specimens are collected using remotely operated vehicles, human-occupied submersibles or deep-sea trawling expeditions. Advances in DNA sequencing are also transforming scientists' ability to identify new species.





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DEEP-SEA SURVIVOR Dr. Mercer Brugler displays a preserved specimen of black coral from the deep-sea genus *Leiopathes*. Despite their name, black corals are typically white, red or orange on the outside. Their name comes from the dark, flexible, protein-based skeleton hidden beneath the living tissue.

"We've only mapped about 25% of the deep ocean," Brugler said. "DNA is allowing us to find new species."

That sense of discovery is something he shares with his students at USCB.

"The way I draw students into the lab is I tell them, 'I've got all these clippings of deep-sea corals in my office that we haven't analyzed. Many may be new to science,'" Brugler said. "'If you find one that's new to science, you get to help name it.'"

Originally from Texas, Brugler discovered his passion for marine biology while scuba diving in the Florida Keys as an undergraduate at the University of Miami. He later earned a master's degree from the College of Charleston and a doctorate from the University of Louisiana at Lafayette. He completed postdoctoral research at the American Museum of Natural History and taught at New York City College of Technology before joining USCB.

"I knew I wanted to get back to the Lowcountry," he said. "I saw that USCB was starting a new undergraduate marine biology program, and that's what I've always wanted to do."

Today, Brugler and his wife, Nicole, are raising 9-year-old twins, Ava and Jax, and 5-year-old Chloe in Beaufort, where family trips to the beach often become impromptu marine biology lessons.

"They're little marine biologists," he said. "They pick up everything."

Brugler believes that for the scientists of the future, the greatest discoveries are still waiting in the unexplored depths of the ocean.

"There are many more species out there that we haven't discovered yet," he said. *LL*

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"Sanders MacDonald did a great job finding exactly what we wanted in our price range. He was knowledgeable, patient, and available when we needed him. Sanders clearly understands the market and changing dynamics of the South Carolina lowcountry. He is a true local, born and raised. He sees things an average realtor might not. The buying process was very smooth and we couldn't be happier!" – Buyer, Bluffton, SC



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CHARTERONE REALTY

LOWCOUNTRY ALMANAC

September

BY BAILEY GILLIAM



WILD-CAUGHT Photographer Ben McMurtray captured this striking moment as a great egret plucks a shrimp from the surf at Folly Field Beach on Hilton Head Island. It's a reminder that fresh, wild-caught shrimp aren't just a favorite on local menus; they're an essential part of the Lowcountry's coastal food chain.

Night & day

You'll notice the season change most in the evenings. By month's end the sun sets nearly 40 minutes earlier than it does at the beginning of September, creating cooler nights that are perfect for porch dinners, beach walks and stargazing.

Sunrise: From 6:58 a.m. to 7:16 a.m. (later each day)
Sunset: From 7:47 p.m. to 7:09 p.m. (earlier each day)

A month of softer light, shifting tides and the first welcome hints of fall

September brings a subtle transition to the Lowcountry. Summer's heat begins to ease, cooler mornings arrive, and gardens shift into a second growing season. Shrimp boats head out before dawn during one of the year's busiest harvests, while migratory birds return to the coast. Drawing from the *2026 Old Farmer's Almanac* and *Grow Great Vegetables South Carolina*, this guide highlights the seasonal rhythms that make September a special time in the Lowcountry.

Weather predictions

Don't pack away the shorts just yet. September still delivers plenty of warm afternoons, but cooler mornings, lower humidity and refreshing coastal breezes make it one of the most comfortable months to be outside.

Average temperature: 74 degrees (1 degree below average)
Precipitation: 2 inches (3 inches below average)

FORECAST BY WEEK
Sept. 1-7: Sunny and mild
Sept. 8-18: Thunderstorms, then sunny and cooler
Sept. 19-24: Sunny and mild
Sept. 25-30: Sunny and cool before warming again

Astronomical events

As daylight fades earlier each evening, September offers some of the year's best opportunities to enjoy the night sky.

Sept. 11: New Moon. The moon begins a new lunar cycle, creating darker skies that are ideal for spotting stars, planets and even the Milky Way.
Sept. 23: Autumn Equinox. The sun crosses the celestial equator, bringing nearly equal hours of daylight and darkness and marking the official start of fall in the Northern Hemisphere.
Sept. 26: Harvest Moon. September's full moon rises shortly after sunset for several evenings in a row, providing extra natural light that once helped farmers harvest crops after dark.

In the garden

Ask any seasoned Lowcountry gardener, and they'll tell you September marks the beginning of a second growing season. Warm soil encourages quick germination, while cooler air helps leafy greens and root vegetables thrive.

PREP Prepare beds for garlic, shallots and onions, review next season's garden plan, lightly harvest healthy rhubarb, inspect row covers, and organize gardening supplies before cooler weather arrives.

PLANT
Indoors: *Harvest, cure and store winter squash and pumpkins.*
Outdoors: *Sow kale, collards, spinach, turnips, radishes, daikon, kohlrabi, Asian greens and scallions. Plant quick-maturing peas, fava beans and bush beans. Transplant fast-growing cucumbers and summer squash. In late September sow winter greens and salad mixes. Make a final sowing of spinach and kale for an early spring harvest.*

HARVEST
Vegetables: *Beans, beets, broccoli, cabbage, carrots, cauliflower, celeriac, celery, chard, corn, cowpeas, cucumbers, eggplant, leeks, lima beans, okra, peppers, radishes, scallions, squash, tomatoes, turnips and zucchini.*
Fruit: *Cantaloupes, figs, raspberries and watermelons.*
Herbs & specialty crops: *Fresh herbs, asparagus beans, edamame, horseradish and rhubarb.*



Tides & currents

Life in the Lowcountry is shaped by the tides. ***Scan this QR code*** *for the latest tide and current predictions from NOAA.*



Best days

According to the moon's phases, these are September's best days for:

Going fishing: Sept. 10-26
Starting your fall garden: Sept. 10-18
Fall cleaning: Sept. 25-27
Baking the season's first pie: Sept. 5-6

2026

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TROWEL TALK

Dig in

TAKE ADVANTAGE OF SEPTEMBER'S SWEET SPOT WITH EXPERT TIPS FOR HEALTHIER PLANTS, HAPPIER GARDENS AND LONGER-LASTING HERBS

STORY BY ALEA WILKINS AND SUZANNE BARTON



DON'T LET IT FOOL YOU Chamberbitter may look delicate, but this common Lowcountry weed can quickly spread if left to mature. Pull it by the roots before it drops its tiny seeds, and you'll save yourself a lot more weeding in the spring.



September is go time in the garden. As cooler days and more frequent showers arrive in the Lowcountry, now is the perfect time to get outside, soak up the sunshine and prepare for a beautiful fall. With weeding reminders, maintenance tips and a creative hack to store summer herbs, certified professional horticulturalist ***Suzanne Barton*** shares how to make the most of September's sweet spot.

[LOCAL Life] Now that it's cooler, I'm ready to get back out in the garden. What's the first thing I should do?
[Suzanne Barton] Weed, weed, weed! If the heat has kept you from managing all of those pesky things in your garden, it's super important to get rid of them before they release their seeds. If you don't, come spring, they'll be all over your yard. Use tools or your hands (my preferred method — it's almost cathartic) to dig them up at the root.

[LL] Do I need to do anything to my perennials?
[SB] Yes, now is the perfect time to divide your perennials. Novice gardeners often get confused by this, but it's not something to be scared of. Dig them up, divide them into smaller clumps, and replant them at their original level in the soil. This last step is especially important. Replant them too deep, and the roots will suffocate or rot. Too shallow, and the roots won't get the moisture and nutrients they need. Generally, you can tell where the plant naturally sits in the soil, and being off by half an inch won't make a big difference. Do this every three to five years, and your perennials will stay happy and healthy.



A FRESH START Many perennials and ornamental grasses benefit from being divided every three to five years. Replant each section at its original soil level to help establish strong roots and healthy new growth.



FREEZE THE FLAVOR
Don't let fresh herbs go to waste. Chop them finely, coat them in olive oil, and freeze the mixture in ice cube trays. When you're ready to cook, simply drop cubes into sauces, stir fries or skillet dishes for an instant burst of fresh garden flavor.

[LL] What can I do with my excess herbs from the summer?
[SB] One of my favorite ways to preserve leftover herbs is to freeze them in olive oil. Wash them thoroughly, then use a salad spinner or clean towels to remove any excess moisture. Chop the herbs finely, and stir them into a bowl of olive oil, making sure they're completely coated. Pour the mixture into an ice cube tray, and once the cubes are firm, transfer them to a plastic freezer bag. That way, any time you want to add freshness to sauces, stir-fries or skillet dishes, you can toss in a couple of cubes for an extra burst of flavor.



SEPTEMBER BIRTH FLOWER

Aster

Named after the Greek word for "star," aster dazzles in the backyard with delicate blooms that, upon closer inspection, burst into a firework of slender, pointed petals. As a late-season bloomer, these perennials provide a much-needed snack for nectarivores, attracting hummingbirds and butterflies to your fall garden. The blue wood variety performs especially well in our area, and as a symbol of faith and wisdom, it's a popular gift for 20th anniversaries.

WHAT'S IN BLOOM THIS MONTH?



With its cotton candy-like strands, the native pink muhly grass leads September's lineup of blooms. Its airy pink plumes bring a soft wash of color to landscapes as summer gives way to fall.



Annuals: *Celosia, vinca*
Perennials: *Echinacea, gaillardia, pink muhly grass, rudbeckia*

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More than meets the mutt

Dog DNA tests do more than identify breeds: They can uncover health risks, explain behaviors and help shape better care for your canine companion

STORY BY BAILEY GILLIAM

For years dog DNA tests have been marketed as a fun way to answer the age-old question, "What exactly is my rescue?" A simple cheek swab can reveal whether your adopted pup is really part Labrador, German shepherd or something far more surprising, like a chihuahua-pit bull mix with a dozen other breeds thrown in. But today's DNA tests do much more than satisfy curiosity. They can identify inherited health risks, uncover medication sensitivities, estimate adult size, explain certain behavioral tendencies and even connect your dog with long-lost relatives. Whether you're raising a rambunctious puppy or caring for a beloved senior, a little genetic detective work can provide valuable insights that help you make better decisions throughout your dog's life.



TESTING THE WATERS Dog DNA tests range from basic breed-identification kits to comprehensive genetic panels. Depending on the test, owners may receive reports on physical traits, genetic diversity, family connections and dozens of inherited markers.

What's in your dog's DNA?

Every dog carries a unique genetic blueprint inside nearly every cell of its body. This blueprint, called DNA, contains thousands of genes that influence everything from coat color and body size to inherited health conditions and certain behavioral tendencies. Dogs have roughly 20,000 genes arranged across 78 chromosomes, each carrying instructions that make your pet one of a kind. When a DNA test analyzes your dog's genetic material, it compares those genes to extensive databases of breeds and known genetic markers. The result is a snapshot of your dog's ancestry, inherited traits and potential health risks.



EVERY DOG HAS A STORY This chihuahua-pit bull mix is living proof that appearances can be deceiving. DNA testing can uncover the blend of breeds behind a mixed-breed dog, replacing guesswork with a clearer picture of its ancestry.

How it works

Most DNA tests require nothing more than a quick cheek swab. Rub a sterile swab along the inside of your dog's mouth for about 15 seconds, mail it to a laboratory and wait a few weeks for the results. If your dog objects to the process, your veterinarian can often collect the sample during a routine visit. Basic breed-identification kits generally cost between $35 and $80, while more comprehensive health panels typically range from $100 to $175 or more. Several companies now offer testing options that range from simple breed identification to extensive health screening, trait analysis and relative matching.



A WORLD OF ANSWERS IN ONE SWAB Collecting a DNA sample is quick, painless and noninvasive. A simple cheek swab provides the genetic material laboratories use to analyze a dog's DNA, with results typically arriving within a few weeks.

Breed breakdown

One of the biggest draws of DNA testing is discovering exactly what breeds make up your dog. While mixed-breed dogs often leave owners guessing, a DNA test can estimate the percentage of each breed in your pet's genetic makeup. You may learn your "Lab mix" is actually part border collie, Australian cattle dog and boxer, or discover a surprising breed hidden several generations back. Knowing your dog's breed composition goes well beyond curiosity. It offers clues about expected adult size, lifespan, exercise needs and common behavioral tendencies. Herding breeds, for example, often have stronger instincts to chase or nip, while sporting breeds typically require more physical activity and mental stimulation. Understanding those tendencies can help owners tailor training and daily routines to better fit their dog's natural instincts. Some tests also estimate genetic diversity and provide a look at your dog's ancestral family tree, helping owners better understand what to expect as puppies mature.

Health screening

Perhaps the greatest benefit of DNA testing is its ability to identify inherited health risks before symptoms appear. Comprehensive tests can screen for hundreds of genetic conditions and identify mutations linked to inherited disorders. One of the best-known examples is the MDR1 gene mutation, which can make certain dogs dangerously sensitive to common medications. Knowing about this mutation ahead of time allows veterinarians to choose safer treatments and recommend additional screenings when appropriate. A positive result does not guarantee your dog will develop a disease. Instead, it highlights conditions your veterinarian may want to monitor more closely as part of your dog's long-term care.





Hidden traits

DNA can reveal much more than what's visible on the outside. Many tests identify genes associated with coat color, coat type and other physical characteristics that may not be obvious but could be passed to future generations. Some advanced tests also screen for inherited behavioral tendencies. While genetics don't determine personality, they can suggest a greater likelihood of traits such as trainability, sociability or separation anxiety. Combined with your dog's experiences and environment, these insights can help explain certain behaviors and guide training.



GENES ON DISPLAY A dog's genes influence countless visible characteristics, from eye color and coat pattern to body shape and ear position. Even closely related mixed-breed dogs can inherit dramatically different combinations of traits.

Nutrition and weight

Some DNA tests also provide clues about nutrition and weight management. Based on genetic markers, they may estimate expected adult size, identify genes associated with obesity or metabolism and offer recommendations that support healthy joints, digestion, skin and coat condition. While these reports shouldn't replace guidance from your veterinarian, they can provide a useful starting point for building a personalized wellness plan.

Finding family

Many DNA testing services can connect your dog with genetic relatives. As more dogs are added to a company's database, owners may discover siblings, parents, offspring or distant cousins. Some have even reunited littermates adopted by different families years earlier. Although it's largely a fun feature, it also offers useful clues about your dog's background and inherited traits.



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It's all about perspective

Dog DNA tests can provide fascinating insights, but they aren't crystal balls. They cannot predict with certainty whether your dog will develop a particular disease, nor should they replace regular veterinary care. Genetics are only one part of the equation. Diet, exercise, environment and preventive medicine all play major roles in your pet's long-term health. It's also worth remembering that consumer pet DNA tests are not regulated in the same way as human genetic tests, so results can vary between companies. Once you receive your dog's report, review it with your veterinarian to determine whether any additional screenings, lifestyle adjustments or preventive care are appropriate.

Helping future dogs

Beyond helping individual pets, many DNA testing companies — with an owner's permission — contribute anonymous genetic data to canine health research. Scientists use this growing database to study inherited diseases, cancer, aging and other conditions, leading to better diagnostics, treatments and breeding practices Because dogs naturally develop many of the same diseases as humans, these discoveries can even benefit human medicine. A simple cheek swab may answer a few questions about your own dog today while helping improve the health of countless dogs tomorrow. *LL*



CSI: CANINE

Think DNA testing is only for discovering your dog's family tree? It's also helping solve one of the least glamorous neighborhood mysteries: who didn't pick up after their pet? Some apartment communities, condominiums and homeowners associations use a service called PooPrints, which creates a DNA profile for every registered dog. If abandoned waste is found on the property, technicians extract cells from the sample and compare the DNA with the database to identify the responsible pup — and, ultimately, its owner.





SEPT Style



Between seasons

LIGHTWEIGHT LAYERS FOR WARM DAYS AND COOL EVENINGS

PHOTOS BY MICHAEL HRIZUK
STYLED BY BAILEY GILLIAM

As summer begins to fade, September calls for a wardrobe that's as versatile as the season itself. Whether you're strolling through Old Town Bluffton, enjoying an outdoor concert, browsing the farmers market or heading to dinner on the waterfront, lightweight layers, richer colors and classic pieces from local boutiques make it easy to look polished from day to night.

Hilton Head Island's Christina Mulshenock wearing ***Maggie & Me***

Fall, gently

A new season doesn't require a brand-new wardrobe. Sometimes all it takes is a standout accessory, a refined layer or a fresh pop of color. These local boutique finds offer an easy way to welcome the season — one stylish piece at a time.



Coastal layers

A flowing floral dress proves that blooms belong in every season. ***Spartina 449*** pairs this dusty blue midi with a textured cream jacket trimmed in a cozy shearling collar, while a Bordeaux croc Victoria leather crossbody and layered gold jewelry add rich autumn accents. It's an elegant look for September weekends, from the shrimp festival to waterfront dinners and gallery strolls along Church Street.



Autumn outlook

A bold accessory is one of the easiest ways to refresh your wardrobe for fall. These oversized Robert Marc sunglasses from ***Eyeland Optique*** feature translucent bordeaux frames and a sculptural silhouette that add a bold pop of color to any outfit. They're equally at home on a dolphin-watching cruise, walking the beach or catching the sunset from a public dock.



Modern gentleman

Soft neutrals and performance fabrics strike the perfect balance between comfort and refinement in this look from ***John Bayley Clothier***. A blush quarter-zip layered beneath a lightweight taupe vest pairs with tailored light-gray trousers and coordinating slip-on sneakers, creating a refined ensemble that's equally at home on the golf course, aboard a sunset cruise or over cocktails overlooking the marina.



Puppy love

Playful meets classic in this blue puppy button-front dress from ***Island Child***. The whimsical puppy print, ivory ric-rac trim and crisp 100% cotton fabric create a look that's as comfortable as it is charming. It's just right for mornings at the Coastal Discovery Museum, afternoons exploring Sea Pines Forest Preserve or a family picnic at Oyster Factory Park.



Wearable art

Why settle for an ordinary sun hat? This hand-painted straw design from ***Brims on the Bluff*** features a graceful shorebird and a natural beaded band, transforming a practical accessory into a tribute to Lowcountry wildlife. Wear it while birdwatching at Pinckney Island, searching for shells at Fish Haul Beach or exploring a fall art festival.

GET THE LOOK

Mix & match

The best fall wardrobes aren't built on having more clothes. They're built on having smarter ones. By choosing versatile staples that layer beautifully and mix effortlessly, you can create completely different outfits without starting from scratch. This collection proves that a handful of thoughtfully chosen pieces can carry you through changing temperatures, busy schedules and a variety of occasions with ease.



Hilton Head Island's Laura Shofroth wearing ***Palmettoes*** *(sweater),* ***Outside Hilton Head*** *(dress) and* ***The Back Door*** *(bag).*

One dress. Three personalities

A great wardrobe starts with pieces that earn their place in your closet. This flowing linen dress proves that a single foundation piece can take on an entirely new personality with the addition of a scarf, a lightweight layer or a cozy sweater. From warm September afternoons to crisp autumn evenings, these three looks show how thoughtful styling can carry one favorite dress through the changing season.



Barely there

Worn on its own, this flowing linen dress from ***Outside Hilton Head*** feels light and airy. A colorful head scarf from ***Gifted*** adds a playful pattern, while leather sandals from ***Outside Hilton Head*** keep the look relaxed.



Autumn accents

A rich caramel blouse from ***Evelyn & Arthur*** layered over the dress creates the illusion of a flowing skirt. A bold geometric scarf, coordinating jewelry and leather sandals introduce warm seasonal color.



Sweater weather

When September evenings turn cooler, a cropped knit sweater from ***Palmettoes*** adds warmth while highlighting the dress's graceful silhouette. A roomy suede tote from ***The Back Door*** completes the layered look.



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Designed for everyday use, these tumbler glasses are perfect for a seaside dinner. They are decorated with a fish pattern and trimmed with gold luster.

Available at Forsythe Jewelers



LET'S WING IT

Showcasing an elegant heron design, this Mahjong mat and tile set is perfect for a quiet and calm game night.

Available at Marsh on the May

SEAS THE DAY

Celebrate the Lowcountry with this collection of coastal-inspired decor.



BLOWN AWAY

These vessels are handcrafted by artisan glassblowers. While the glass is at the molten stage, they place it on the driftwood, allowing it to be shaped to the wood's natural contours.

Available at Pyramids

PEARL-FECT

Get ready for game night with this oyster mat that pairs perfectly with Oh My Mahjong Lola tiles. Both feature colorful coastal colors, making them the perfect addition to any seaside home.

Available at Gifted





SHIP SHAPE

Row, row your boat down a river of romaine when you serve salad in Vagabond House's unique Rowboat Salad Serving Set. The set includes a pair of matching salad servers imagined as the oars for the rowboat, with pewter handles and fittings.

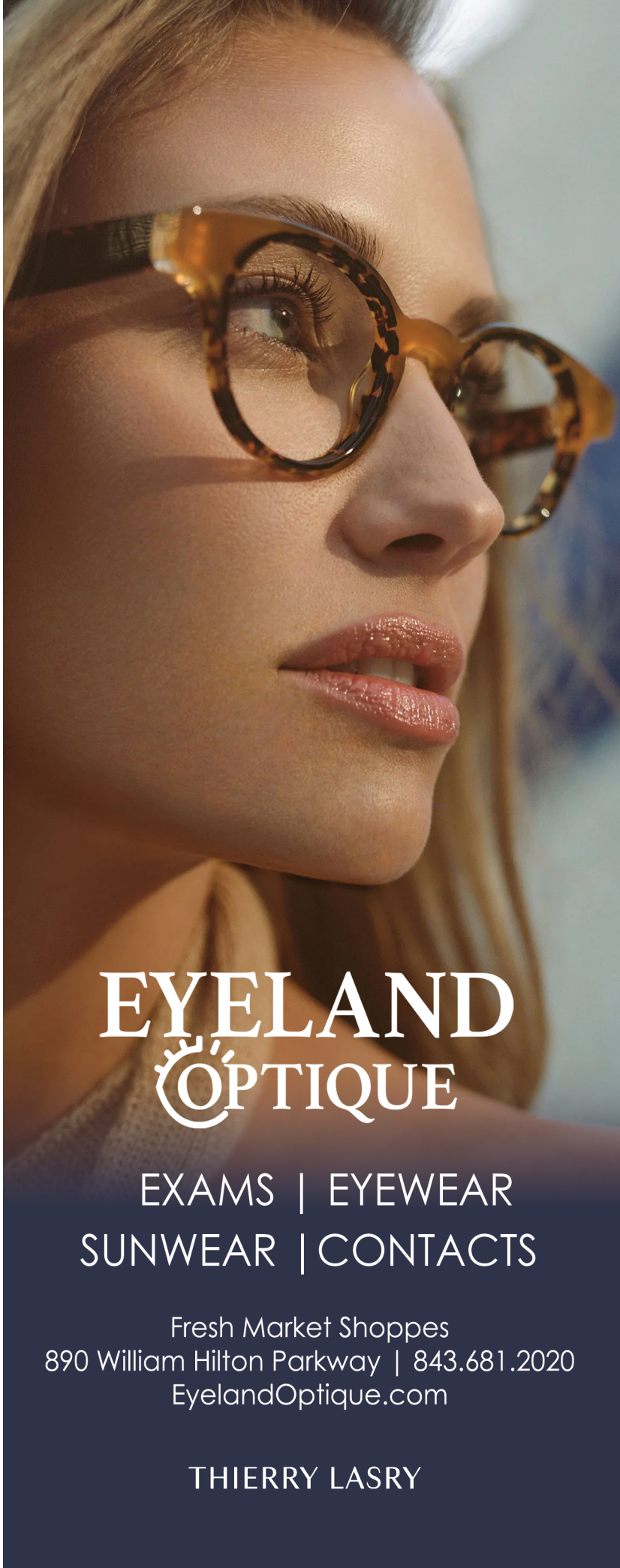
Available at Le Cookery

SERVE IT WITH A SMILE

This Amalfi Cucina bowl is crafted out of mango wood and displays a Mediterranean-inspired pattern, creating the perfect serveware for any meal.

Available at Hilton Head Oils and Balsamics





5-MINUTE HISTORY

Sustained by the sea

HOW LOWCOUNTRY SHRIMP HELPED FEED A REGION AT WAR

STORY BY RICHARD THOMAS

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

Beneath the dramatic events of the American Revolution in the Lowcountry was another story — one of survival. Along the coast of South Carolina, particularly in Beaufort District, the marshes, tidal creeks and estuaries provided food that sustained local communities throughout the war. Among these abundant maritime resources was shrimp.



THE MARSH PROVIDES
As war disrupted farms, trade and food supplies during the American Revolution, the Lowcountry's tidal creeks and estuaries became an essential source of nourishment. This illustration depicts 18th-century coastal harvesters gathering shrimp from the marshes that helped sustain communities through one of the region's most difficult chapters.

The Lowcountry's natural pantry

By the eve of the Revolution, South Carolina's Lowcountry possessed a well-established fishing economy. In 1770 the S.C. General Assembly created a separate fish market in Charleston to regulate the sale of seafood. The legislation noted that "the business of fishing is principally carried on by Negroes, Mulattoes, and Mestizos," an important acknowledgment that much of the colony's seafood industry depended upon the labor and expertise of enslaved and free people of African descent. Although surviving records rarely mention prawns or shrimp specifically by name, there is little doubt that shrimp were among the many species harvested from South Carolina's estuaries. Long before Europeans arrived, Native American communities harvested fin fish and shellfish. They used basket traps, woven nets, tidal weirs and some were hand gathered.

When war reached the coast

The years of the Revolution transformed nearly every aspect of life along South Carolina's coast. Crops were destroyed, plantations abandoned, trade disrupted, livestock confiscated, and both armies relied upon local resources to supplement their food supply. Military records commonly listed beef, pork, flour, rice, peas and rum as official rations, but they seldom recorded foods gathered locally. Seafood came directly from nearby waters and was consumed without ever appearing in quartermaster accounts.

For the people living around Port Royal Sound, shrimp represented something more profound than a simple meal. Tidal marshes offered a dependable source of nourishment when imported supplies became scarce and agricultural production was interrupted by war. Families and troops who could gather seafood from nearby creeks possessed an important advantage during periods of uncertainty and

deprivation, making civilian and military life along South Carolina's coast possible even in the midst of devastating conflict.

Charleston's growing hunger

By the summer of 1782, the war had effectively been decided after Yorktown. Charleston remained in British hands, and Gen. Alexander Leslie faced an increasingly desperate problem. He commanded roughly 8,000 to 9,000 soldiers, along with thousands of Loyalist civilians, refugees, enslaved laborers and camp followers. In total, Leslie was responsible for feeding approximately 15,000 people inside Charleston.

Following Yorktown, British authority outside Charleston essentially collapsed, and the Patriot army occupied most of inland South Carolina. Provincial and local militia controlled nearly every road, and farmers refused to sell provisions to the British. Greene intentionally sought to starve Charleston into evacuation. Because the countryside surrounding Charleston was firmly under Patriot control, Leslie resorted to aggressive foraging expeditions into the South Carolina Lowcountry.

The bounty of the sea

In August 1782 Leslie dispatched two waterborne expeditionary forces into Beaufort District's St. Helena Parish under the protection of two warships. One sailed up the Combahee River and, the other, to St. Helena Island in search of provisions for the throngs sequestered in the city. While Leslie's armed foraging expeditions concentrated on gathering livestock, grain, rice and plantation provisions, the British garrison in Charleston received fresh seafood informally through fishermen and harbor boats, most often from enslaved or free Black watermen who sympathized with the British. British officers serving in Charleston would have recognized shrimp as a desirable food, as contemporary British cookbooks and 18th-century recipes demonstrate that shrimp were familiar throughout the Atlantic world.

Given the scarcity of food supplies within the Charleston garrison, the expeditionary troops were forced to forage for their own food while operating in the Lowcountry. Both the detachment on the Combahee River and the one on St. Helena Island were repelled by forces under Gen. Gist and forced to withdraw without the staple provisions they had come to obtain. Yet while the foragers returned empty-handed, the people in Charleston and the troops in the rivers and marshes of Beaufort District — both marauding British and defending Patriots — were sustained by the bounty of the sea, particularly Lowcountry shrimp. *LL*

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Gallery row

BY CAROLYN MALES

BLUFFTON'S THRIVING ARTS SCENE HAS FOUND A NEW HOME ON CHURCH STREET, BUT CREATIVE DISCOVERIES AWAIT THROUGHOUT OLD TOWN

Something has shifted in Old Town Bluffton. And maybe it was inevitable, as property values and real estate prices have risen over the past few years. Back in the 1970s and '80s, when the area was a sleepy village, artists eyed older, sometimes vacant buildings as affordable places to create and sell their work. An old filling station on Calhoun Street was transformed into a gallery, its yard becoming an alfresco showroom for metal sculptures. A potter turned a former church into a studio. The town began celebrating its laid-back eccentricity — "A Bluffton State of Mind" — with public art, festivals and other events. With more galleries came more foot traffic, followed by new businesses and restaurants. Then, in 2016, Bluffton earned a Cultural District designation from the South Carolina Arts Commission.

But recently, as so often happens with gentrification, came displacement. Today many of the pioneering art galleries that once lined Calhoun Street, the town's main thoroughfare, have moved around the corner to Church Street, creating a new "Gallery Row." Happily, three galleries remain on Calhoun, just a short walk away, while others are only a few minutes' drive.

Let's take a gallery tour and, along the way, peek into a few unexpected places to find original art. LL

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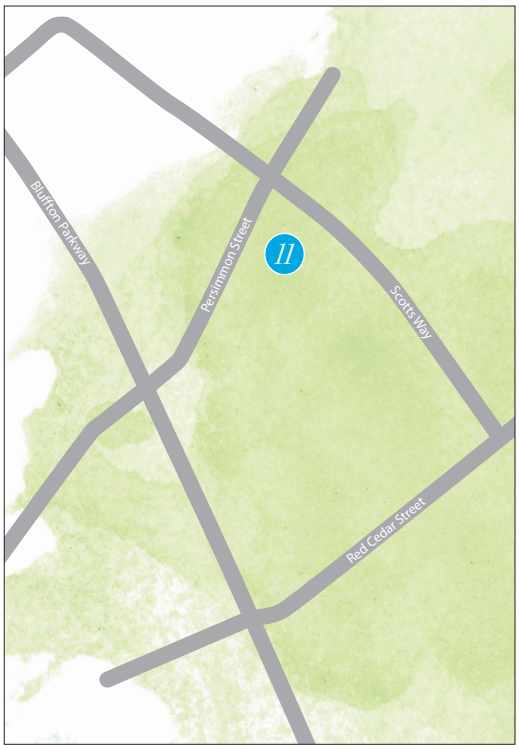
Society of Bluffton Artists (SOBA)

6 CHURCH ST.

Society is the key word for this 32-year-old nonprofit arts organization. It embodies the spirit and camaraderie shared by the more than 100 member artists who display their work, teach or take classes and gather to celebrate one another's successes. Since its founding in 1994, SOBA has stayed true to the vision of the seven local artists who first imagined creating a place for artists of all levels, from novices to skilled hobbyists to professionals. For many the gallery has become a launching pad for fine-arts careers. In keeping with its mission, SOBA also offers workshops and drop-in events for all ages, along with classes and summer camps for children. Explore its five gallery rooms, where you'll find diverse and affordable original paintings, photography and handcrafted three-dimensional works, spanning ceramics, sculpture, jewelry, glass, wood, resin and more. Why buy mass-produced art from a big-box store when you can take home an original?

ART-I-FACT: Look for the sleeping May River Mermaid cradling a coral-red octopus while "floating" on a giant oyster shell in SOBA's front yard. (Presumably, she's an artist too, judging by the palette of colorful abstract octopuses beside her.) Beneath the shell, a plaque reads: "Oysters have been eaten by humans since prehistoric times and cultivated at least since the time of the Roman Empire." Painted by Dennis Lake, this larger-than-life sculpture is part of Bluffton's Shell Art Trail, a collection of 21 oyster-shell installations embellished by local artists and paired with fascinating oyster facts throughout Old Town. sobagallery.com.

ART: *Shrimp Boats & Cotton Clouds* by Frank Gorman





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SOBA
THE SOCIETY OF BLUFFTON ARTISTS

The Annual Judged Show produces truly exceptional artwork in our community and is one of the biggest fundraising events for our non-profit art organization.

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CHURCH STREET

Jacob Preston Pottery

10 CHURCH ST.



Jacob Preston, aka "Bluffton's Tallest Potter," opened this studio on Church Street in 1983. Although Preston is now retired, the tradition of fine handcrafted functional stoneware continues through Bevan Brynne Bowler, who uses his glaze recipes to create elegant, hand-built blue plates, jars, vases, tiles and other pieces. Also displayed in this artfully arranged space are distinctive works by Cate Taylor, Annabelle Johnson and Jackie Respass. While you're there, peek into the studio at the back of the gallery, where you'll find worktables, slab rollers and the tools of the trade.

ART-I-FACT: This small structure once served as the tabernacle for a Baptist church and school in the 1930s. It was moved to this location in 1939. jacobprestonpottery.com

ART: Plate by Bevan Brynne Bowler



Robert Rommel Gallery of Nature

14 CHURCH ST.

Over the past two years, the question has been, "Where in the world is Robert?" Patagonia? Fiji? Sri Lanka? More recently, you'd have had to look in Namibia and Botswana. But come September, he'll be back in the Lowcountry photographing local flora and fauna. Walking through this gallery of stunning, large-format photographs of wildlife — creatures of the sky, land and sea — as well as breathtaking landscapes from the Lowcountry and beyond is like stepping into the pages of National Geographic. Don't miss the slideshow just inside the door, where a rolling digital display showcases his latest images.

ART-I-FACT: Rommel travels solo, armed with cameras and lenses to capture experiences the average person is unlikely to see on a safari, scuba dive or guided tour. Learn more about his photographic adventures, and view a slideshow of his latest work during Rommel's gallery talk on Oct. 8. robertrommel.com

ART: *White Rhinoceros* by Robert Rommel



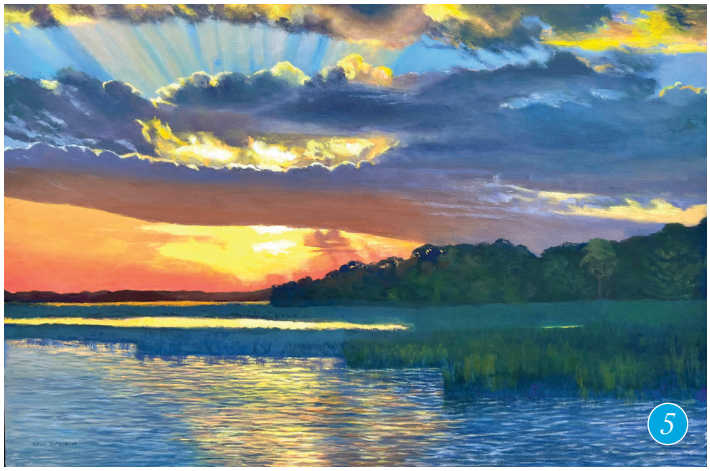
Pluff Mudd Art

16 CHURCH ST., SUITE 101

For 24 years, Pluff Mudd has entranced visitors and locals alike with its eclectic mix of fine art. Step inside, and one of the 14 resident artists will be there to answer questions and assist you. Elegant landscapes share the walls with dreamlike "portraits" of nature, whimsical surrealist canvases, nature photography and intriguing mixed-media pieces. Metalwork includes Calderesque mobiles, handcrafted metal figures that seem to dance out of their frames, and gold and silver jewelry embellished with stones and beads. Clay and wood creations range from raku vessels to embellished dishware, patterned charcuterie boards and wall clocks carved with coastal motifs.

ART-I-FACT: Visitors are often tempted to "tickle the ivories" of the iconic blue piano, painted by abstract artist Vicki Jourdan, which sits on the gallery's front porch. Beethoven's "Für Elise" has long been the favorite. But then someone comes along and bangs out "Great Balls of Fire," or a child runs her fingers across the keys. pluffmuddart.com

ART: *Early Signs of Spring* by John Crum



Maye River Gallery

16 CHURCH ST., SUITE 100

Back in 2007 the group of local women artists who opened Maye River Gallery staffed the gallery themselves, giving visitors the opportunity to view works in progress and talk with the artists. Today the gallery's 15 resident artists continue that tradition in a newer, more sophisticated space. Wall art ranges from traditional Lowcountry scenes and abstracts to mixed-media works, photography and painterly quilted pieces. Wearable art includes fine jewelry, hand-painted silk scarves and woven shawls. Fine-art home accessories include exquisite ceramics and fused glass, functional cutting boards, as well as mirrors and tables accented with embedded shells.

ART-I-FACT: Look out front for the hot-pink bicycle with a spray of flowers in its basket. This signature two-wheeler, donated by jeweler Susan Knight, is a carryover from the gallery's earlier location one street over, where it echoed the warm hue of that building's pillars, giving the gallery a funky, fun feel. mayerivergallery.com

ART: *Broad Creek Sunset* by Kathy Tortorella



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CALHOUN STREET



The Red Piano Art Gallery

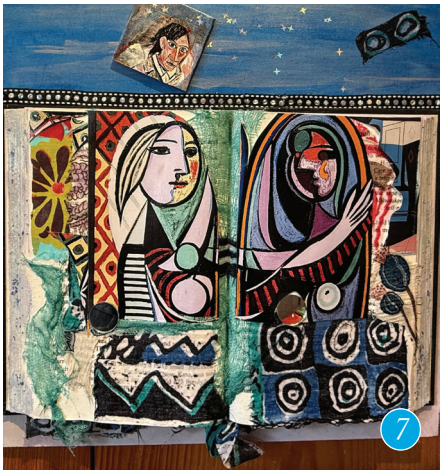
40 CALHOUN ST., SUITE 201

One could conjure up stories about the eight-foot-tall bronze sculpture of a woman leaning into the wind, by renowned sculptor Jane DeDecker outside the gallery's entrance. It's a clue to the fine art you'll discover inside, where a carefully curated selection of paintings and sculptures by some of the region's and nation's finest artists draws you in with a story. You can almost hear the creaking of the masts as a trawler sits ready for the day's catch. You step into the vibrant pinks, yellows, purples and blues of a marsh sunset. You smile as a group of hounds looks into your eyes in anticipation of what — a hunt? A romp? Dinner?

ART-I-FACT: The gallery got its name from the red grand piano its first owners, Alan and Mary Palmer, installed in 1969 at the original gallery location on Hilton Head Island. Alan, an illustrator with a passion for jazz who played the saxophone, hosted jam sessions with guest musicians, and the gallery soon became a gathering place for artists and other creatives. Today another vintage red piano provides background music during receptions. redpianoartgallery.com

ART: *At the Break of Dawn* by Mark Boedges





Calhoun Street Gallery

44 CALHOUN ST.

This small cottage is chock-full of antiques, collectibles, gift items and home accessories. But if you poke around, you'll also find paintings, mixed-media pieces, handmade carvings, leatherwork and jewelry by local artists. Recently, in a delightful convergence of color and whimsy, altered books featuring Frida Kahlo, Pablo Picasso and René Magritte shared a wall with portraits of John Lennon and Billy Joel.

ART-I-FACT: Fair-trade items, such as colorful elephant grass baskets, are made by African women's cooperatives, with proceeds supporting girls' education, orphanages and other humanitarian causes. Facebook/CalhounStreetGallery

ART: *Picasso's Mirror* by Fran Bisi

La Petite Gallerie

56 CALHOUN ST.

La Petite Gallerie may be small, but the work of its seven local artists celebrates the Lowcountry in a big way through imaginative mixed-media pieces, pen-and-ink drawings, bold abstracts, landscapes and portrayals of everyday moments and experiences. A menagerie — a bronze pelican, a horse fashioned from bicycle parts, metal fish and other critters — can often be found hanging out in the garden. On Friday afternoons sculptor Wally Palmer may even join them, picking bluegrass tunes on his guitar.

ART-I-FACT: Look up. In random spots, corks — a legacy of the gallery's earlier life as a wine store — jut from the ceiling, now serving as quirky but practical covers for protruding screws. lapetitegallerie.com

ART: *Egrets* by Wally Palmer

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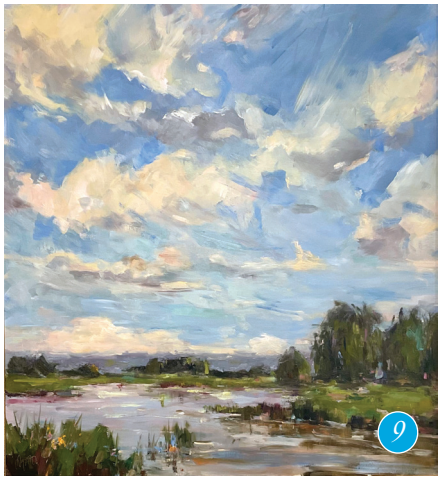
MAY RIVER ROAD

Four Corners Gallery

1263-B MAY RIVER ROAD



This is a gallery where you can look, linger and even kick back on a sofa to savor what you've seen — a diverse collection of fine artwork with a Lowcountry perspective. A colorful rural Gullah family scene created with woodburning and paint might share wall space with a black-and-white photograph of oystermen and an oil painting of a St. Helena beach. A blue glass fish on a windowsill might sit beside an intriguing, large-hipped clay woman with her arms akimbo. Since 1998 the gallery has also offered expert framing services, with a wide selection of frame styles to choose from.

ART-I-FACT: Four Corners occasionally offers one-day workshops in water media and clay in the main gallery room. Along with instruction from working artists, you'll find inspiration in the art that surrounds you. fourcornersgalleryblufftton.com

ART: *Drifting Clouds Over the Marsh* by Stephanie Amato

Bluffton Gullah Cultural Heritage Center

1255 MAY RIVER ROAD



Two huge metal bottle trees by ironsmith Julian Williams stand outside this museum and cultural center. Symbolic of the Gullah Geechee tradition of protecting against evil spirits by trapping them in blue bottles, they provide an introduction to the center's historical timelines, photographs, documents, quilts and artwork. A small collection of Gullah paintings and wood carvings featuring Adinkra symbols is also available for purchase. On some afternoons you may even find working artists painting on the center's wooden porch. There is an admission fee to tour the museum.

ART-I-FACT: Preservationists guided the reconstruction of this historic building, once a 1940s warehouse and processing plant for deertongue, an aromatic plant used to flavor tobacco. The building, which had been moved several times, later became Pepper's Porch restaurant and is now part of the Ma Daisy's Porch complex, which also includes a restaurant, bakery and marketplace. blufftongullah.org

ART: *Gratitude* by Patricia Sabreee

"Today, many of the pioneering art galleries that once lined Calhoun Street, the town's main thoroughfare, have moved just around the corner."

PERSIMMON STREET



Camellia Art

53 PERSIMMON ST.

Formerly located in Old Town Bluffton, Camellia Art has moved just a short drive away, and what a difference those two miles have made. In this spacious new gallery, art lovers have room to step back and take in each large canvas by its outstanding roster of regional and national artists. The collection, spanning a variety of styles and contemporary perspectives, ranges from abstract and impressionist to representational. What's more, the three-dimensional pieces — fused glass, ceramics, bronze sculptures and woodwork — are displayed, much as museum curators do, in conversation with the wall art, reflecting the gallery's fine art design services.

ART-I-FACT: Camellia Art began in Hilton Head in 1985 as a neighborhood framing shop that also sold art supplies and local folk art before transforming into a fine art gallery in 2009. Today, along with its showcase of contemporary art, the gallery offers an even larger selection of frames as well as design consultations. camelliaart.com

ART: *Evening Lantern* by Dottie Leatherwood







Three Shrimp Boats on The Horizon

Moon.	White.	Seagulls.
Kites.	Cirrus.	Horizon.
Air.	Water.	Wishes.
Turn.	Wait.	Listen.
Shades.	Mirrors.	Distance.
Depth.	Tones.	Whisper.
Prussian.	Blues.	Strings.
Cries.	Lost.	Crystal.
Rock.	Paper.	Scissors.

— Miho Kinnas

"Three Shrimp Boats on the Horizon" is less a traditional poem than an invitation to observe. Miho Kinnas arranges single words into a grid, allowing readers to move across the page the way their eyes wander across water, sky and distant shrimp boats. Each word becomes both image and emotion, building a sense of place without explaining it. Lorelei Rowinski's accompanying painting, "rock paper scissors," echoes that openness through layered bands of color and texture that suggest sea, sky, light and memory, rather than a literal landscape.

Together the poem and painting encourage viewers to slow down, make their own connections and discover meaning in the spaces between words, colors and the Lowcountry horizon. Kinnas' poem was selected for The Best American Poetry 2023, where guest editor Elaine Equi praised its playful, interactive structure and the way readers help construct its meaning.

LOCAL ART & POETRY



rock paper scissors
by **Lorelei Rowinski**

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Featured Artist: Berta Solana

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WHAT'S FRESH IN SEPTEMBER?

Bringing the heat

THE FIERY INGREDIENT THAT GIVES COCKTAIL SAUCE, BLOODY MARYS AND LOWCOUNTRY SEAFOOD ITS UNMISTAKABLE KICK

STORY BY BAILEY GILLIAM



Horseradish isn't shy. One whiff of a freshly grated root is enough to clear your sinuses, water your eyes and wake up your taste buds. Best known for adding bite to shrimp cocktail, prime rib and bloody marys, this fiery plant has been prized as both a medicine and a seasoning for more than 3,000 years. Although it prefers cooler climates, horseradish can be grown in the Lowcountry with a little extra care. Whether stirred into cocktail sauce, folded into mashed potatoes or spread on a roast beef sandwich, it proves that some of the boldest flavors come from underground.

BOLD BY NATURE
Horseradish may look humble, but beneath its rough exterior lies one of the boldest ingredients in the kitchen. Freshly grated, it adds a sharp, peppery kick to seafood, roast beef, sauces and countless Lowcountry favorites.

Ancient roots

Native to Central and Eastern Europe, horseradish was valued by the ancient Egyptians, used medicinally by the Greeks and remains one of the traditional bitter herbs served during Passover. During the Renaissance its popularity spread across Europe before settlers introduced it to North America, where immigrants established commercial farms throughout the Midwest. Even its name has evolved over time, from the German meerrettich ("sea radish") to the English "horseradish."



PRIME PAIRING
Creamy horseradish sauce is the perfect match for prime rib, balancing the beef's richness with a sharp, peppery bite. Mix 1/2 cup prepared horseradish, 1 cup sour cream, 2 tablespoons mayonnaise, 1 teaspoon Dijon mustard, 1 teaspoon lemon juice, 1 tablespoon chopped chives, and salt and pepper to taste. Refrigerate for 30 minutes before serving.



CHEF FRANK'S BISTRO

Horseradish whipped potatoes

Chef Frank A. Chiasera of Chef Frank's Bistro in Port Royal proves horseradish isn't just for sauces and sandwiches. Folded into creamy whipped potatoes with butter, cream and a touch of nutmeg, freshly grated horseradish adds just enough warmth to brighten every bite without overpowering this comforting classic.

INGREDIENTS

3 pounds russet potatoes, peeled and cut into medium cubes
1/2 cup heavy cream
8 ounces unsalted butter
2 horseradish roots, grated and drained
1 teaspoon nutmeg
Salt and pepper to taste

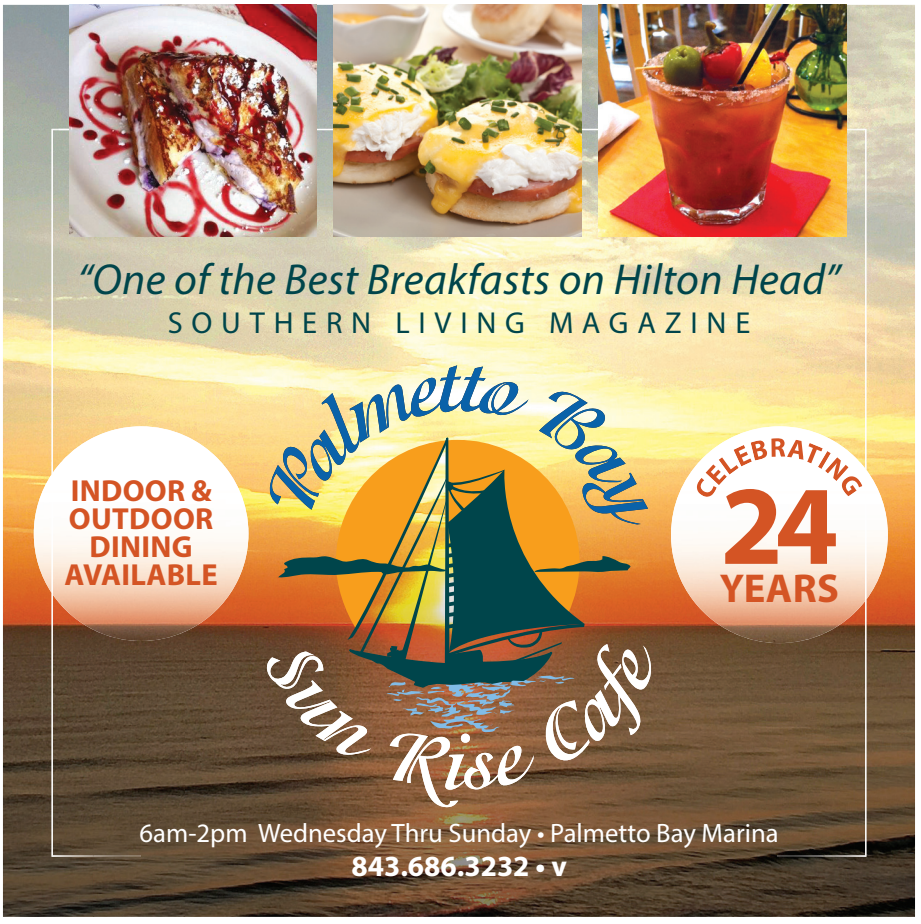
DIRECTIONS [1] Heat the cream and butter together in a saucepan until the butter melts. **[2]** Cover the potatoes with water and boil until fork tender. Drain well and return them to the warm pot. **[3]** Add the butter mixture, grated horseradish, nutmeg, salt and pepper. Whip until smooth and creamy.

Pro tip: *Whip only until smooth. Overmixing can make mashed potatoes gluey.*



Small root, big benefits

Horseradish may be best known for clearing your sinuses, but its benefits extend beyond its fiery kick. Like other members of the mustard family, it's rich in vitamin C, antioxidants and plant compounds that help protect cells from damage and may reduce inflammation. It also provides calcium, potassium, magnesium and small amounts of fiber. Researchers continue to study horseradish compounds for their antibacterial and anti-inflammatory properties, though more research is needed to confirm many of their potential health benefits. Fresh horseradish is naturally low in calories, but prepared sauces can be high in sodium, so a little goes a long way.







Who should skip it?

Because of its intense compounds, horseradish isn't recommended for young children and may not be appropriate for people who are pregnant or breastfeeding or those with certain digestive disorders, thyroid conditions or stomach ulcers. If you have a medical condition, ask your health-care provider before adding large amounts to your diet. And while your dog may beg for a bite, keep horseradish away from pets.



Growing the good stuff

Horseradish prefers cooler climates, but Lowcountry gardeners can grow it successfully. Plant 3- to 5-inch root cuttings between January and March in loose, well-drained soil enriched with compost. Containers or raised beds work especially well because they keep the vigorous roots contained and allow better drainage. Give plants morning sun, afternoon shade during the hottest months and consistent moisture. Harvest in late fall or early winter after the foliage dies back, when the roots develop their signature fiery flavor.

Keep it fresh

Store whole, unwashed roots in a perforated plastic bag in the refrigerator for up to two months. Once cut or grated, use within a few days, or preserve in vinegar to maintain its signature bite. Prepared horseradish keeps refrigerated for up to three months, though its flavor is strongest during the first month. Freshly grated horseradish also can be frozen for several months, although it will lose some of its heat.



Buying tips

Choose roots that feel firm, heavy and smooth, without mold, soft spots or green patches. Avoid roots that are shriveled or sprouting. Prepared horseradish is sold in the refrigerated condiment section, while dried horseradish powder can be reconstituted with water when needed.

Feed it shrimp

Don't toss those shrimp shells. Composted shells or shrimp meal enrich the soil with nitrogen, calcium and chitin. Chitin encourages beneficial microbes and may help suppress root-damaging nematodes, making shrimp shells a surprisingly effective natural soil amendment for horseradish and many other garden crops.

CARRIE HIRSCH

Classic shrimp cocktail

Before cocktail sauce came in a bottle, horseradish was already giving shrimp its signature zing. Carrie Hirsch of the Technical College of the Lowcountry keeps this classic appetizer simple with tender chilled shrimp and a homemade cocktail sauce that balances tangy ketchup, bright lemon and plenty of horseradish for just the right amount of kick.

INGREDIENTS

2 pounds raw peeled or unpeeled shrimp
1 cup ketchup
1/3 cup prepared horseradish
2 tablespoons freshly squeezed lemon juice
1 teaspoon garlic powder
1/2 teaspoon black pepper

DIRECTIONS [1] Bring water to a gentle simmer in a medium pot. Add the shrimp and cook just until pink and opaque, about 2 to 3 minutes depending on size. Drain, cool and refrigerate for at least 2 hours. **[2]** Combine the ketchup, horseradish, lemon juice, garlic powder and black pepper. Cover and refrigerate. **[3]** Serve the chilled shrimp with the cocktail sauce.

Pro tip: *If serving shrimp with the shells on, provide a small bowl for discarded shells.*

Beyond cocktail sauce

Horseradish delivers a sharp, peppery heat that's more likely to clear your sinuses than burn your tongue. While it's best known as the key ingredient in cocktail sauce, it also livens up roast beef, mashed potatoes, deviled eggs, vinaigrettes and creamy dips. Fresh horseradish is most flavorful when peeled and grated just before serving, and it also can be roasted, sautéed or folded into hot dishes alongside potatoes, beets, broccoli and Brussels sprouts.

TRY IT:

- *Stir into mashed potatoes or mac and cheese.*
- *Fold into **deviled eggs** or creamy dips.*
- *Spread on roast beef sandwiches and burgers.*
- *Serve alongside steak, shrimp or oysters.*
- *Blend into homemade cocktail sauce or bloody marys.* LL



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Local flavor: Shrimp edition

CHEF-INSPIRED RECIPES AND TECHNIQUES ANYONE CAN MASTER

STORY BY BAILEY GILLIAM + PHOTO BY MICHAEL HRIZUK

In the Lowcountry, shrimp aren't just dinner. They're woven into family recipes, dockside traditions, holiday gatherings and some of the region's most iconic restaurants. Considered among the finest on the East Coast, our wild-caught shrimp are a local treasure and one of the best reasons to support local seafood markets, shrimpers and restaurants who bring the day's catch to our tables. This month's Local Flavor celebrates the star of our coastal kitchen with chef-inspired recipes, cooking secrets and simple techniques to help you enjoy our famous crustaceans at their very best.



QUARTERDECK

Local Charcoal-Roasted Shrimp

Few dishes have become as synonymous with the Quarterdeck as its local charcoal-roasted shrimp. Cooked over blazing-hot charcoal and finished with fragrant herbs, barbecue seasoning and rich garlic butter, it's one of the restaurant's most popular menu items. Its reputation even reached a national audience in 2022, when the *Today* show invited Ben Harris, director of culinary at The Sea Pines Resort, to prepare the dish live in the New York City studio. To showcase the best of the Lowcountry, the shrimp were sourced from Craig Reeves of Sea Eagle Market in Beaufort, whose locally caught seafood supplies many of the region's top restaurants, then shipped to New York for the broadcast. The fresh herbs came from Heritage Farm in Sea Pines, making the televised demonstration a true celebration of Lowcountry ingredients. Here's how to recreate this iconic local dish at home.

INGREDIENTS

2 pounds local shrimp (16-20 per pound), peeled but with tails still on
1/2 cup chopped fine herbs (equal parts tarragon, Italian parsley & chives)
1 teaspoon kosher salt
1 lemon, cut in half
1/4 cup barbecue seasoning
3/4 cup garlic butter, melted
Challah bread, cut into planks

DIRECTIONS [1] Light a Big Green Egg or charcoal grill, and heat to 600 degrees. **[2]** While the grill is heating, peel the shrimp, but leave the tails on. Season the shrimp with kosher salt, half of the seasoning, half of the fine herbs and 1/4 cup of the melted garlic butter, and toss thoroughly. **[3]** Heat a cast iron pan on the charcoal grill. Once the temperature is achieved, toss the shrimp in the pan. Stir every minute or so to ensure cooking evenly. **[4]** While the shrimp is cooking, take the planks of challah bread, and toss in 1/4 cup of the garlic butter. Season lightly with salt. Toast on all sides. **[5]** Once the shrimp are cooked, return to a stainless-steel bowl and season with the remaining garlic butter, barbecue seasoning and fine herbs. Toss onto a plate with the toasted bread, and use that bread to sop up any extra shrimpy garlic butter.

Cook's tip: *A well-seasoned cast-iron skillet shouldn't require additional oil because the shrimp are already coated in garlic butter.*



MAKE IT YOUR OWN

The original recipe calls for the Quarterdeck's signature house-made barbecue seasoning and garlic butter, two ingredients that help give the dish its unmistakable flavor. While those proprietary recipes aren't available to the public, home cooks can achieve a delicious result by substituting their favorite barbecue seasoning blend and homemade garlic butter, or by following these simple recipes. Combined with fresh local shrimp and the intense heat of a charcoal grill, you'll capture the spirit of one of the Lowcountry's most celebrated seafood dishes.

Barbecue seasoning



INGREDIENTS

2 tablespoons smoked paprika
2 tablespoons sweet paprika
2 tablespoons kosher salt
2 tablespoons light brown sugar
1 tablespoon granulated garlic
1 tablespoon onion powder
2 teaspoons freshly ground black pepper
*2 teaspoons dried **thyme***
1 teaspoon dry mustard
1 teaspoon celery salt
1 teaspoon cayenne pepper

DIRECTIONS [1] Whisk all ingredients together until evenly combined. **[2]** Store in an airtight container for up to six months. Use about 1/4 cup for the shrimp recipe, reserving half for seasoning before cooking and half for finishing. Makes about 1 cup.



Garlic butter



INGREDIENTS

1 cup (2 sticks) unsalted butter
6 cloves garlic, finely minced
*1 tablespoon chopped fresh **parsley***
1 teaspoon chopped fresh chives
1 teaspoon fresh lemon juice
1/2 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper
Pinch of crushed red pepper flakes

DIRECTIONS [1] Melt the butter in a small saucepan over low heat. **[2]** Add the garlic, and cook gently for 1 to 2 minutes, just until fragrant; do not let it brown. **[3]** Remove from the heat and stir in the parsley, chives, lemon juice, salt, pepper and red pepper flakes. Let stand for 5 minutes to allow the flavors to meld. Use immediately, or refrigerate for up to one week. Reheat gently before serving. Makes about 1 cup.





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WHAT THE PROS LOVE

We asked local chefs and restaurateurs to share their favorite way to enjoy local shrimp.



RUSSO'S FRESH SEAFOOD
"When shrimp are fresh enough to be eaten alive, I recommend trying them that way to experience their naturally sweet, briny flavor. Otherwise, lightly boil them in seasoned water, and serve with Russo's Homemade Family Recipe Cocktail Sauce."
— Charles Russo



HUDSON'S SEAFOOD HOUSE ON THE DOCKS
"Clarence Mack, who has worked at Hudson's since I was little, makes the best shrimp and brown gravy. When he makes it for me, I make biscuits from scratch and smother them with the shrimp gravy. We have it every Christmas morning."
— Andrew Carmines



HAMPTON HALL CLUB
"I like to marinate shrimp in garlic oil, lime juice, lime zest, a pinch of chili powder and a little cayenne pepper, then grill them. The char from the grill, combined with the bright citrus and spices, is amazing, especially when they're served on skewers for camping or tailgating. Pair them with a Corona!"
— Chef John Huffenberger



TRUFFLES
"Peeled and deveined shrimp tossed with olive oil, lemon juice, salt and pepper, then broiled on a sheet pan for 2 to 3 minutes."
— Price Beall



PALMETTO BAY SUNRISE CAFE
"Stew makes cajun baked shrimp, and they're delicious."
— Leslie Stewart

SIGNATURE DISH

A taste that travels

Geist Ussery's crowd-pleasing shrimp salad



Every cook has that one recipe: the dish everyone requests, the one that disappears first at potlucks or the meal they've made so many times, they no longer need to glance at the recipe. Signature Dish celebrates those unforgettable favorites by featuring one standout recipe from a member of the Lowcountry community each month. After sharing the recipe and the story behind it, that cook nominates someone else to keep the tradition going. This month's featured recipe comes from ***Geist Ussery***, a longtime Lowcountry chef, private caterer and event planner who was nominated by Ansley Manuel.



GEIST USSERY

Lowcountry Shrimp Salad with Remoulade & Capers

For Geist Ussery, this shrimp salad is the recipe that never fails to impress. It's fresh, bright and packed with bold Lowcountry flavor, making it equally at home at a backyard lunch, bridal shower or cocktail party. With more than 25 years of experience as a chef and event planner, Ussery has prepared countless memorable meals, but this crowd-pleasing favorite is the one guests request again and again.

INGREDIENTS (Serves 4-6)



1 1/2 pounds cooked shrimp, peeled, deveined and roughly chopped
1/2 cup mayonnaise
2 tablespoons Creole or Dijon mustard
1 tablespoon fresh lemon juice
1 teaspoon Worcestershire sauce
1 teaspoon prepared horseradish
1 teaspoon hot sauce (such as Crystal or Tabasco)
*2 tablespoons finely chopped **capers***
2 tablespoons finely diced celery
2 tablespoons finely diced red onion or shallot
1 tablespoon chopped fresh parsley
1 teaspoon Old Bay seasoning
1/2 teaspoon paprika
Freshly ground black pepper, to taste
Salt, if needed

DIRECTIONS [1] In a large bowl, whisk together the mayonnaise, mustard, lemon juice, Worcestershire sauce, horseradish, hot sauce, Old Bay seasoning and paprika until smooth. **[2]** Stir in the celery, onion, parsley and capers. **[3]** Gently fold in the chopped shrimp until evenly coated. **[4]** Cover and refrigerate for at least 30 minutes so the flavors can meld. **[5]** Taste and adjust with salt, pepper or another squeeze of fresh lemon juice, if desired.

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SECRET INGREDIENT

HIDDEN FLAVOR Don't let all that flavor go to waste. Shrimp shells are loaded with natural sweetness and umami, making them the perfect foundation for homemade stock, shrimp oil and other kitchen staples.

Don't toss the shells

THE PART MOST COOKS THROW AWAY IS PACKED WITH FLAVOR

Most people peel shrimp, toss the shells in the trash and never think twice about them. But those shells are one of the most flavorful ingredients in your kitchen. Rich in natural sweetness, briny seafood flavor and umami, they can add remarkable depth to soups, sauces, rice dishes and even homemade seasonings. Instead of treating them as scraps, think of them as the start of your next recipe.

Three ways to use shrimp shells

The next time you're peeling shrimp, don't think of the shells as waste. They're a secret ingredient hiding in plain sight.

1. Make shrimp oil: Simmer the shells gently in vegetable or olive oil with garlic, shallots or ginger until the oil turns a deep orange. Strain and drizzle it over seafood, grilled vegetables, rice, noodles or roasted potatoes.

2. Create shrimp powder: Bake the shells until completely dry, then grind them into a fine powder. Stir it into soups, spice blends, sauces or marinades for an instant boost of savory seafood flavor.

3. Feed your garden: After they've given up their flavor, shrimp shells can still be composted. Rich in calcium and nitrogen, they break down over time and help enrich garden soil.

Make a better stock

The easiest way to use shrimp shells is homemade stock. Unlike beef or chicken stock, which can simmer for hours, shrimp stock comes together in about 30 minutes and delivers an intensely rich seafood flavor. Keep a freezer bag on hand, and add shells each time you cook shrimp. Once you've collected enough, sauté them with onion, celery and carrot until fragrant, then add water and simmer. Strain the liquid, and you'll have a versatile stock that's perfect for shrimp and grits, chowders, gumbo, bisques, risotto, paella and seafood pasta sauces. Want even more flavor? Add garlic, fresh herbs, citrus peel, peppercorns or a splash of white wine while the stock simmers. Refrigerate for up to four days, or freeze for several months.







Quick shrimp stock

Don't throw away those shrimp shells. In less than 30 minutes, they can be transformed into a rich homemade stock that adds incredible depth to soups, sauces, shrimp and grits, risotto and more.

INGREDIENTS

1 tablespoon canola or vegetable oil
Shells from 1 pound shrimp
1 small onion, roughly chopped
2 cups water
Pinch of kosher salt

DIRECTIONS [1] Heat the oil in a saucepan over medium heat. Add the shrimp shells and onion, and cook, stirring frequently, until the shells turn bright pink and become fragrant, about 3 to 5 minutes. **[2]** Add the water and bring to a gentle simmer. Reduce the heat and cook for 20 to 25 minutes, pressing the shells occasionally to release their flavor. **[3]** Strain through a fine-mesh sieve, pressing firmly on the shells to extract as much liquid as possible. Discard the shells. **[4]** Taste and season lightly with salt, if needed. Use immediately, refrigerate for up to four days, or freeze for up to four months.

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Cook shrimp like a pro

Shrimp cook in minutes, which means even a little extra time can turn them from plump and tender to dry and rubbery. The best indicator isn't the clock, it's the shrimp themselves. They're done when they turn opaque and curl into a loose "C." If they tighten into an "O," they've likely overcooked. Whenever possible, remove shrimp from the heat just before they're fully done. Residual heat will finish the job as they rest. For grilling, boiling and other high-heat methods, shell-on shrimp are especially forgiving because the shells help protect the meat while locking in moisture and flavor.



ROAST

Best for: Sweet, caramelized shrimp for pasta, grain bowls and sheet-pan meals.

How to: Toss peeled shrimp with olive oil, garlic and seasonings, then roast at 450 degrees for 7 to 9 minutes, just until opaque. The high heat concentrates the shrimp's natural sweetness while lightly browning the garlic.



SEAR

Best for: Quick skillet dinners, tacos and shrimp over rice.

How to: Heat a skillet until very hot, then add butter or oil. Cook the shrimp for 1 to 2 minutes per side, turning only once for the best browning. Shell-on shrimp stay especially juicy over high heat.

SIMMER

Best for: Shrimp scampi and buttery pasta dishes.

How to: Gently poach the shrimp in a barely simmering mixture of butter, olive oil, garlic and white wine. The gentle heat keeps them tender while allowing them to absorb the sauce.





STEAM

Best for: Shrimp cocktail and chilled salads.

How to: Arrange shrimp in a steamer basket over simmering water flavored with lemon, herbs or vinegar. Steam for 3 to 5 minutes, until pink and opaque.



BOIL
Best for: Lowcountry boils and feeding a crowd.
How to: Bring generously seasoned water to a boil, add the shrimp, then immediately remove the pot from the heat, and cover. Let the residual heat gently finish cooking them, preventing tough, rubbery shrimp.



GRILL
Best for: Smoky summer flavor.
How to: Brush shell-on shrimp with oil and seasonings, then grill over medium-high heat for 2 to 3 minutes per side. The shells protect the meat while adding a subtle smoky flavor.



FRY
Best for: Crispy shrimp baskets and po'boys.
How to: Coat shrimp in seasoned flour or cornmeal, and fry at 350-375 degrees for 2 to 3 minutes, just until golden brown and crisp.



BRAISE
Best for: Creole, tomato and curry dishes.
How to: Quickly sear the shrimp first, then finish them in a gently simmering sauce for the final minute or two so they absorb flavor without overcooking.



BROIL
Best for: The fastest indoor cooking method.
How to: Arrange seasoned shrimp in a single layer 4 to 6 inches below the broiler, and cook for 2 to 3 minutes per side, watching closely. Under the broiler, shrimp can go from perfectly cooked to overdone in less than a minute.



AIR FRY
Best for: Crispy shrimp with less oil.
How to: Lightly coat the shrimp with oil and seasoning, then air fry at 400 degrees for 6 to 8 minutes, shaking the basket halfway through.



CEVICHE
Best for: Bright summer appetizers.
How to: Briefly blanch the shrimp, chill them, then marinate in fresh citrus juice with tomatoes, onions, peppers and herbs. Serve well chilled with tortilla chips or crisp tostadas. *LL*



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Taste the winners

CHAMPIONSHIP RECIPES FROM THE PAST TWO HILTON HEAD ISLAND SHRIMP FESTIVALS

STORY BY B.C. RAUSCH



Before the ***Hilton Head Island Shrimp Festival*** returns to Harbour Town on Sept. 19, bring a taste of the competition to your own kitchen. Each year the festival celebrates South Carolina's wild-caught shrimp with creative dishes from some of the Lowcountry's top chefs, all competing for the coveted Judge's Choice award. These past festival winners showcase the creativity of the Lowcountry's chefs and the unique flavor of local shrimp. The festival also supports a worthy cause, with proceeds benefiting the Boys & Girls Club of Hilton Head Island.



BEER PAIRING

Crisp Mexican lager

Light-bodied and refreshing with subtle malt flavor and low bitterness, a Mexican lager complements the citrus, herbs and gentle heat of the aguachile without overpowering the shrimp.

2025 JUDGE'S CHOICE WINNER

LINKS, AN AMERICAN GRILL

Shrimp Aguachile

Chef Dustin Nitschke of Links, an American Grill, captured the 2025 Judge's Choice award with this colorful shrimp aguachile. Local shrimp are gently poached before marinating in a bright blend of lime, lemon, cucumber, fresh herbs and jalapeño, creating a refreshing dish bursting with citrus and herbaceous flavor. Serve with crisp tortilla chips and an ice-cold Mexican lager for a fresh and creative take on one of the Lowcountry's favorite ingredients.

INGREDIENTS

2 pounds U-8/12 shrimp, peeled and deveined
5 ounces celery
5 ounces yellow onion
1 1/2 ounces garlic
8 1/2 ounces peeled cucumber
2 tablespoons kosher salt
4 1/2 ounces lemon juice
4 1/2 ounces lime juice
2 bunches parsley
*2 bunches **cilantro***
2 jalapeños, seeded
1 ounce fresh ginger



DIRECTIONS [1] Combine all ingredients, except the shrimp, in a blender. Blend until completely smooth. Transfer the sauce to a glass or plastic container and refrigerate until ready to use. **[2]** Bring a large pot of water to a boil, and season with 5 tablespoons kosher salt. Prepare an ice bath using approximately 70% ice and 30% water. Turn off the heat once the water reaches a boil. **[3]** Add the shrimp and stir occasionally for about 6 minutes, or until just cooked through. Transfer immediately to the ice bath for 2 minutes. **[4]** Drain the shrimp and combine with the aguachile sauce. Refrigerate for at least 6 hours before serving. Serve with tortilla chips and an ice-cold cerveza.



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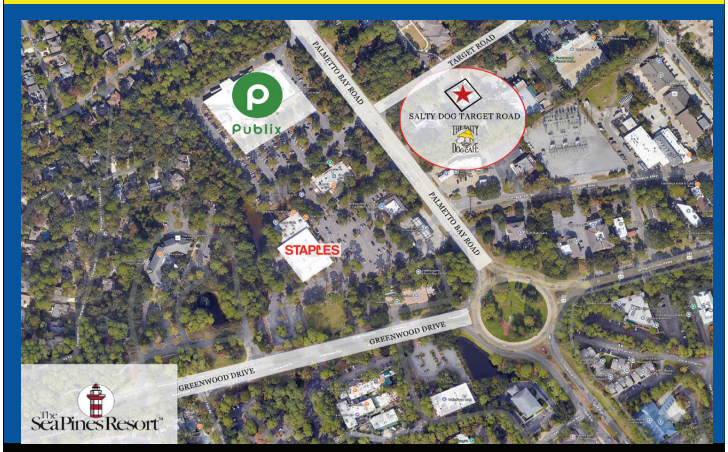

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2024 JUDGE'S CHOICE WINNER

FRASER'S TAVERN

Shrimp Lumpia

Golden and perfectly crisp on the outside, tender and flavorful on the inside, this shrimp lumpia earned Daniel Mears of Fraser's Tavern the 2024 Judge's Choice title at the Hilton Head Island Shrimp Festival. Tender East Coast shrimp are paired with garlic, ginger and bright citrus before being wrapped and fried until crisp, then finished with a drizzle of creamy spicy mayo, sweet-savory unagi sauce, toasted sesame seeds and fresh cilantro. It's an appetizer that's equally at home at a backyard gathering or a special occasion. Makes 12-15 lumpia.



INGREDIENTS (lumpia)

1 pound raw shrimp, peeled, deveined and finely chopped
2 tablespoons cornstarch
1 1/4 teaspoons rice wine vinegar
*2 teaspoons **soy sauce***
1/2 teaspoon fish sauce
1 teaspoon fresh lime juice
2 teaspoons fresh orange juice
2 1/2 teaspoons garlic, minced (about 2-3 cloves)
2 1/2 teaspoons ginger puree
2 tablespoons scallions, finely chopped
12-15 spring roll wrappers
1 liter vegetable oil, for frying

DIRECTIONS [1] In a small bowl, whisk together the rice wine vinegar, soy sauce, fish sauce, lime juice, orange juice, garlic, ginger puree and scallions. Place the chopped shrimp in a separate bowl, and toss with the cornstarch until evenly coated. Add the liquid mixture, and stir until a sticky filling forms. Transfer the filling to a piping bag or a resealable plastic bag with one corner snipped. **[2]** Lay a spring roll wrapper on a clean surface in a diamond shape. Pipe or spoon about 1 1/2 to 2 tablespoons of filling across the lower third of the wrapper. Fold the bottom corner over the filling, tuck tightly, fold in both sides and continue rolling. Seal the edge with a slurry made from equal parts cornstarch and water. **[3]** Heat 2 to 3 inches of the vegetable oil to 350°F. Fry the lumpia in small batches for 4 to 5 minutes, turning occasionally, until crisp and deep golden brown. Transfer to a wire rack and let drain.

BEER PAIRING ***Belgian witbier***

A Belgian-style wheat beer offers bright citrus aromas, subtle spice and refreshing carbonation that cut through the richness of the fried lumpia while complementing the ginger, garlic and citrus notes in the filling.





SPICY MAYO

INGREDIENTS

1/2 cup Japanese mayonnaise
2 tablespoons Sriracha
1 teaspoon fresh lime juice
1/4 teaspoon toasted sesame oil

DIRECTIONS Whisk together the mayonnaise, Sriracha, lime juice and sesame oil until smooth.



GARNISHES & PLATING

INGREDIENTS

Toasted sesame seeds
Micro cilantro or cilantro leaves
Sliced avocado

DIRECTIONS Arrange the warm lumpia on a serving platter. Drizzle with spicy mayo and unagi sauce, then garnish with toasted sesame seeds and micro cilantro or cilantro leaves. Serve with sliced fresh avocado.



UNAGI SAUCE

INGREDIENTS

1/4 cup soy sauce
1/4 cup mirin
1/4 cup sugar

DIRECTIONS Combine the soy sauce, mirin and sugar in a small saucepan. Simmer over medium-low heat for 8 to 10 minutes, or until the sauce thickens enough to coat the back of a spoon. Let cool slightly.



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HILTON HEAD ISLAND SHRIMP FESTIVAL

When: 1-4 p.m., Saturday, Sept. 19
Where: Liberty Oak in Harbour Town, The Sea Pines Resort
Details: Enjoy unlimited shrimp dishes prepared by some of the Lowcountry's top chefs, beer tastings from more than a dozen craft breweries, live music, specialty vendors, family-friendly activities and the Judge's Choice chef competition. Admission is $79 for guests 21 and older, including craft beer tastings, and $59 for guests under 21 or those who choose not to drink. Children 8 and younger are admitted free. Complimentary parking is available in Lot 1, with shuttle service beginning at 12:30 p.m. and continuing for one hour after the festival ends. Guests should print or display their ticket confirmation for complimentary gate access into Sea Pines. For tickets and additional information, visit ***seapines.com***.



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FROM SCRATCH

A Lowcountry classic

Creamy grits, local shrimp and a spicy sauce deliver comfort in every bite

STORY + PHOTOGRAPHY BY ALEA WILKINS



Cooking great grits is easier than you might think. If they seem thin and runny, simply give them more time on the stove. If they get too thick, stir in a little water until they reach the consistency you like. For a dish as regionally beloved as shrimp and grits, LOCAL Life publisher ***Lori Goodridge-Cribb*** keeps things equally simple, relying on good ingredients, attentive stirring and a little bit of love. Cooked low and slow, the creamy grits create a rich, savory base for Old Bay-seasoned shrimp, sausage and peppers. A drizzle of hot pepper cream sauce, made with Lori's favorite Tabasco green sauce, rounds out the dish with a welcome kick.



Shrimp & grits

INGREDIENTS (grits)

1 cup stone-ground white grits
4 cups water
Salt, to taste

DIRECTIONS [1] In a medium saucepan, bring the water to a gentle simmer. Gradually whisk in the grits, stirring frequently to prevent lumps. Cook according to the package directions, stirring often, until the grits are smooth and creamy. If they become too thick, gradually whisk in more water until they reach your preferred consistency. If they're too thin, continue cooking until they thicken. Season with salt to taste.

INGREDIENTS (shrimp)

2 tablespoons olive oil
8 ounces smoked sausage, sliced
1 pound large local shrimp, peeled and deveined
1 red bell pepper, chopped
1 yellow bell pepper, chopped
2 Roma tomatoes, chopped
1 cup minced onion
2 teaspoons chopped garlic
1 teaspoon Cajun seasoning
*1 teaspoon **Old Bay seasoning***
Salt and black pepper, to taste



DIRECTIONS In a frying pan, heat the oil over medium heat. Add the sausage, peppers, onion and garlic. Once the vegetables are tender, add the tomatoes, shrimp, Cajun seasoning and Old Bay seasoning. Cook until the shrimp turn pink, about 3 minutes. Season with salt and black pepper to taste.

INGREDIENTS (hot pepper cream sauce)

1/3 cup Tabasco green sauce
1/4 cup dry white wine
1 shallot, chopped
1 tablespoon lemon juice
1 tablespoon rice wine vinegar
3/4 cup heavy cream

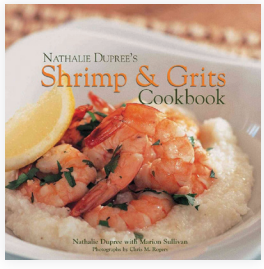
DIRECTIONS Add the Tabasco, wine, shallot, lemon juice and rice wine vinegar to a medium saucepan. Bring to a boil, then simmer until the liquid is reduced by 1/2 to 3/4 of a cup, about 15 minutes. Stir in the cream and simmer until ready to serve.

TO SERVE Top the grits with the shrimp mixture and a drizzle of hot pepper cream sauce. Garnish with parsley, if desired.



Watch & learn

*Watch Lori prepare this shrimp and grits recipe on From Scratch, LOCAL Life's cooking series on YouTube **@LocalLifeSC**.*



RELATED READING

Lori's shrimp and grits recipe was inspired by ***Nathalie Dupree's Shrimp & Grits Cookbook***. She met Dupree at a 2008 networking event and has treasured her signed copy ever since. Still available online for about $25, the cookbook is filled with colorful recipes, practical cooking tips and expert advice on preparing everything from creamy grits to fresh shrimp.



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PRESENTS

From Scratch

an online video cooking series featuring publisher Lori Goodridge-Cribb

COMPANY'S COMING. The table needs setting. The oven is warming up. And LOCAL Life publisher Lori Goodridge-Cribb is right there with you. Each month on From Scratch, Lori invites readers into her kitchen to share a seasonal recipe made for gathering. She believes the best memories happen around the table, and she is happy to show you exactly how she brings it all together. For September, she is preparing her own special , but equally simple, Shrimp and Grits.

To see Lori in action and watch every episode of "From Scratch," scan the QR code or visit LOCAL Life's YouTube channel at @LocalLifeSC.

Follow the recipe on the left, then head to LOCAL Life's YouTube channel at @LocalLifeSC to watch the full episode. You will pick up smart kitchen shortcuts, simple hosting ideas and a few well-earned stories from Lori's years of cooking for family, friends and anyone lucky enough to pull up a chair.

RESTAURANT news & notes

FRESH FOOD + NOW OPEN + HOT PRODUCTS

What's cooking

The Lowcountry food scene is serving up plenty of fresh developments this month, from new bakeries and neighborhood favorites to big expansions and ambitious new concepts. Add national recognition for a local distillery and a few familiar names making moves, and there's plenty to catch up on. Here's what's new, what's next and what's making news across the region.

BY BAILEY GILLIAM

NOW OPEN



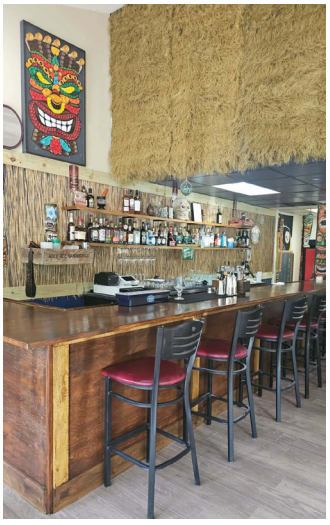


Sweetgrass Baking Co.

MERCHANTS LANE, BEAUFORT

Beaufort has a new spot for fresh bread and pastries. *Sweetgrass Baking Co. opened Aug. 4 in Merchants Lane, offering small-batch breads, pastries and sandwiches with an emphasis on quality ingredients. The bakery uses premium King Arthur flours and offers preservative-free breads, along with freshly baked favorites such as French baguettes, sourdough and ciabatta. Now in its soft-opening phase, Sweetgrass is refining its menu and operations ahead of a grand opening in the coming weeks.*





Philly's Café & Deli

FOUNTAIN CENTER, HILTON HEAD

A longtime Hilton Head sandwich favorite is back — with something new behind the bar. *Philly's Café & Deli has reopened at its New Orleans Road location in Fountain Center, bringing back the hearty sandwiches, fresh bread and quality ingredients that built its loyal following. The refreshed restaurant also features a new full-service bar. Currently in its soft-opening phase, Philly's plans to roll out extended hours and its complete food and bar menus in the coming weeks.*

COMING SOON



The Press Room

10 BUCK ISLAND ROAD, BLUFFTON

The presses may have stopped, but the former Island Packet building is preparing for a new chapter. *Moon King Entertainment Group plans to transform the Buck Island Road building into The Press Room, a multi-phase dining and entertainment destination that pays tribute to the property's newspaper past. Construction is expected to begin in September, with the first phase targeted for summer 2027. Plans include an expanded Side Hustle Brewing Co. taproom and restaurant, a game room, a 15,000-square-foot beer garden with a jumbo outdoor screen, a coffee shop, an ice cream parlor and private event space. Later phases call for indoor black-light miniature golf and a speakeasy tucked into the building's rare Lowcountry basement.*





Firemost Pizza

1 COOPER RIVER LANDING ROAD, DAUFUSKIE ISLAND

Thin crust is coming to Daufuskie. *Founded by two Hilton Head locals, Firemost Pizza is preparing to open at Freeport this fall with tavern-style pizzas known for their crisp crusts and creative toppings. The menu will mix familiar favorites with inventive combinations made from fresh ingredients, along with hearty sandwiches such as Italian beef. Firemost plans to operate seasonally Wednesday through Sunday from 3 to 8 p.m.*



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COMING SOON



Beaufort Baking Company

211 SCOTT ST., BEAUFORT

Something sweet is taking shape in downtown Beaufort. *Restaurateur Jake Higgins, whose local businesses include Blackstone's Café, plans to open Beaufort Baking Company on Scott Street, offering fresh breads, pastries, muffins, pies and cakes. Higgins envisions an approachable neighborhood bakery where locals can stop in regularly rather than saving a visit for a special occasion. An open-concept design will give customers a view of the bakers at work, while custom cakes will be available for weddings, birthdays and other celebrations. If renovations remain on schedule, the bakery is expected to open in September.*

The Kitchen

BEAUFORT STATION, BEAUFORT

The Kitchen is cooking up a second Beaufort location. *Expected to open at Beaufort Station late this year or early next, the new outpost will begin with a grab-and-go format inspired by the business's original concept. The first phase will focus on convenient prepared foods with plans to expand the location into a larger dining destination featuring more of The Kitchen's chef-driven fare.*



Quick Bites

Santa Fe Cafe *at Moss Creek has closed. Its Hilton Head location remains open.*

Scratch Italian Kitchen *in Beaufort has closed.*

Pitt Flavas BBQ *is back on the road in Beaufort after completing major repairs to its smoker.*

NEWS & NOTES



Hilton Head Distillery wins six national awards

Hilton Head Distillery has added six medals to its shelf following the 2026 Bartender Spirits Awards, a national competition judged by bartenders and beverage professionals. *The island distillery earned a Gold Medal for its E.S.D. Extra Special Dark Rum, along with four Silver Medals and one Bronze Medal across its lineup of handcrafted spirits. The honors arrive just in time for another milestone: Hilton Head Distillery celebrates its 10th anniversary in September.*

Son-Rise Farm earns organic certification

Son-Rise Farm of Walterboro has earned USDA Certified Organic status, making the longtime Farmers Market of Bluffton vendor the market's only certified organic produce grower. *The designation requires adherence to strict USDA standards, including restrictions on synthetic pesticides and fertilizers and the use of genetically modified organisms. For Son-Rise Farm, the certification marks a major milestone in its commitment to sustainable farming and locally grown produce.*





Piace Pizza makes its move

Piace Pizza has traded Lady's Island for a new home in the Shell Point area. *The family-owned pizzeria closed its longtime Lady's Island location in late July and reopened in early August at 831 Parris Island Gateway. The larger space gives Piace more room to serve customers and sets the stage for future additions to its menu.*

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TRY THESE

Local shrimp dishes worth ordering right now

Shrimp takes many forms on Lowcountry menus. It's fried, blackened, chilled, curried, tucked into sandwiches and over grits. From dockside classics to globally inspired dishes, these local favorites show just how versatile the region's signature catch can be.



LOWCOUNTRY COMFORT

The Salty Dog gives red beans and rice a coastal upgrade with Sea Island red peas, andouille sausage, peppers and onions simmered with Cajun spices and spooned over Carolina Gold rice. Jake Shake-seasoned local shrimp crown the bowl, adding a taste of the coast to this hearty Southern favorite.



SWEET HEAT

Crispy fried shrimp meet their match at ***ELA's On the Water***, where a honey-lime sriracha aioli brings sweetness, tang and a gentle kick of heat. Add views of Broad Creek, and this shareable starter is an easy way to begin a waterfront meal.



DOCK-TO-TABLE

At ***Skull Creek Dockside***, local peel-and-eat shrimp keep things refreshingly simple. Served by the bucket against a backdrop of sweeping waterfront views, this Lowcountry staple proves fresh shrimp don't need much dressing up.



TIMELESS STARTER

Alfred's Restaurant keeps a classic exactly that with its jumbo shrimp cocktail. Plump chilled shrimp arrive with zesty cocktail sauce, fresh lemon and horseradish — a cool, refreshing starter that puts the seafood front and center.

BOLD AND BUTTERY

Hudson's Seafood House on the Docks goes all in on flavor with its Reel Deal shrimp. Local shell-on shrimp are braised in beer and swimming in a buttery New Orleans-style barbecue broth loaded with garlic, peppers and onions. A crusty French baguette stands ready to soak up every last drop.





SOUTHWEST KICK

Cactus Street Cantina packs plenty of personality into its blackened shrimp taco. Spiced shrimp are layered with crisp cilantro slaw, fresh mango salsa and smoky chipotle aioli for a combination of heat, sweetness, crunch and freshness in every bite.

CURRIED CLASSIC

Charlie's L'Etoile Verte puts its signature spin on shrimp salad with hand-peeled local shrimp, creamy curry dressing, avocado and a touch of mango chutney. Order it chilled over greens or tucked into a potato roll with fries for two very different takes on a longtime favorite.





ITALIAN ELEGANCE

At ***Nunzio Restaurant + Bar***, scampi con cannellini pairs delicate shrimp with tender cannellini beans in a light Italian preparation. Simple ingredients and fresh flavors allow the shrimp to take center stage.

LOWCOUNTRY ICON

Poseidon goes big with one of the South's most recognizable pairings. Its shrimp and grits combines local shrimp, creamy Congaree Mill grits, smoky andouille sausage and house-made tomato-bacon gravy for a hearty take on the Lowcountry classic.





CREAMY COMFORT

Skillets Cafe and Grill leans into old-school indulgence with its seafood Newburg. Shrimp, scallops and flaky fish are tossed with pasta in a rich lobster cream sauce, creating a warm and satisfying plate for serious seafood cravings.

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WWMD

What would Margaret drink?

Margaret Pearman, *a certified sommelier with the Court of Master Sommeliers, curates the acclaimed wine program at Charlie's L'Etoile Verte. This month, she pairs three very different shrimp dishes with wines worthy of the occasion.*

Perfect pours

THREE WINES THAT BRING OUT THE BEST IN SHRIMP

Shrimp may be the Lowcountry's favorite culinary canvas: sweet, quick-cooking and endlessly adaptable. But when it comes to choosing a wine, what surrounds the shrimp matters just as much as the shrimp itself. From the sweet heat of pad thai to buttery scampi and the bold seasoning of a Southern shrimp boil, here are three bottles that rise to the occasion.

Shrimp pad Thai + Alsatian Gewürztraminer



Pad Thai's tamarind tang, fish-sauce savoriness, crushed peanuts and gentle chile heat call for a wine with perfume and poise. Gewürztraminer from Alsace brings notes of lychee, rose petal and ginger-like spice with enough richness to complement the noodles and enough fruit to soften the heat. Serve it well chilled to keep those expressive aromatics bright and lifted. ***Best bet:*** *Dopff & Irion Gewürztraminer, Alsace. Retails for around $15-$20.*

Shrimp scampi + white Burgundy



Garlic, butter, lemon and parsley call for Chardonnay, but not just any Chardonnay. White Burgundy shows the grape's elegant side, offering citrus, orchard fruit, minerality and a creamy texture that mirrors the sauce without weighing it down. Bright acidity keeps every buttery bite lively, especially when there's crusty bread nearby to soak up the sauce. ***Best bet:*** *Jean-Marc Brocard Petit Chablis. Retails for around $25-$30.*

Southern shrimp boil + Muscadet



A classic shrimp boil brings shrimp, corn, potatoes and sausage together in one generously seasoned feast. Muscadet, from France's Loire Valley, is lean, saline and brisk, making it a natural partner for shellfish. Its lemony snap cuts through the spice and richness of the sausage while echoing the briny sweetness of the shrimp. Pour it cold, spread out the newspaper, and let the peeling begin. A warm, damp towel wouldn't hurt either. ***Best bet:*** *Domaine Fief aux Dames Muscadet. Retails for around $17-$20.*

BUTTER MEETS BURGUNDY
Shrimp scampi's rich butter and garlic find their match in white Burgundy. The wine's creamy texture complements the sauce, while bright acidity and notes of citrus and orchard fruit cut through the richness and echo the dish's squeeze of lemon.



A bloody good lineup

ONE ICONIC BRUNCH COCKTAIL AND THE SPIRITED RELATIVES WORTH TRYING

STORY BY BAILEY GILLIAM

Few cocktails invite creativity like the Bloody Mary. Since its debut nearly a century ago, the savory mix of tomato juice, vodka and bold seasonings has become a brunch classic. In the Lowcountry it's sometimes finished with a perfectly cooked local shrimp perched on the rim, a garnish that celebrates one of our favorite coastal ingredients.

Bloody Mary

The original remains the gold standard. Rich tomato juice, vodka, citrus and savory seasonings create a cocktail that's equal parts refreshing and satisfying.



INGREDIENTS

Coarse kosher salt for rim
1 lemon wedge
Ice
4 ounces tomato juice
2 ounces vodka
2 teaspoons fresh lemon juice
2 teaspoons prepared horseradish
1 teaspoon Worcestershire sauce
1/4 teaspoon celery salt
1/4 teaspoon ground black pepper
1/4 teaspoon hot sauce
1/4 teaspoon kosher salt
1 celery stalk, for garnish
1 cocktail pick threaded with 1 gherkin, 2 green olives and 1 cherry tomato
1 seasoned cooked cocktail shrimp (dusted with Old Bay or ground black pepper)

DIRECTIONS [1] Pour Bloody Mary salt onto a shallow plate. Rub the rim of a rocks glass with the lemon wedge, then dip it into the salt to coat. Fill the glass with fresh ice. **[2]** Fill a cocktail shaker with ice. Add the tomato juice, vodka, lemon juice, horseradish, Worcestershire sauce, celery salt, black pepper, hot sauce and kosher salt. Shake vigorously until well chilled, about 20 seconds. **[3]** Pour into the prepared glass. Garnish with the celery stalk, the cocktail pick holding the gherkin, olives and cherry tomato and the seasoned cocktail shrimp hooked over the rim of the glass.

BLOODY FAVORITES

Bloody Maria: *Tequila replaces vodka for an earthy, slightly smoky flavor. Often finished with a Tajín-rimmed glass and a lime wedge.*

Red Snapper: *Gin brings bright botanical notes that complement the savory base. Many cocktail historians believe this was the original Bloody Mary.*

Bloody Caesar: *Canada's signature cocktail swaps tomato juice for Clamato, adding a subtle briny flavor that pairs especially well with shrimp, oysters and pickled green beans.*

Bloody Bull: *Beef consommé joins tomato juice for a richer, heartier cocktail that's often seasoned with extra black pepper and Worcestershire.*

Michelada: *A crisp Mexican lager replaces spirits, while lime juice, hot sauce and Worcestershire create a refreshing, spicy beer cocktail served in a salt- or Tajín-rimmed glass.*



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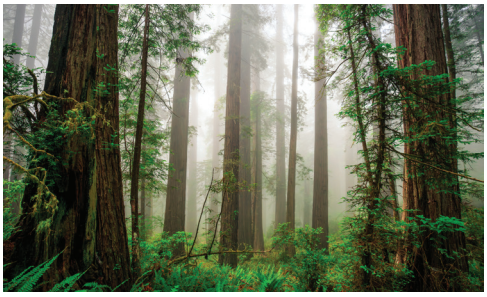
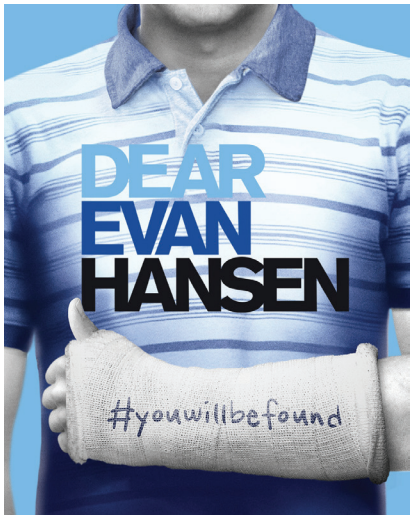
SEPTEMBER happenings

Arts & Culture



Into the Woods

When: Times vary, Sept. 26-27 & Oct. 2-4
Where: USCB Center for the Arts
Details: Journey into Stephen Sondheim's enchanting musical, where familiar fairy-tale characters cross paths in a clever story about wishes, choices and what happens after happily ever after. ***uscbcenterforthearts.com***

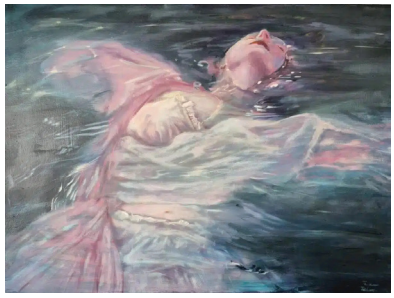


Dear Evan Hansen

When: Times vary, Sept. 23-Oct. 25
Where: Arts Center of Coastal Carolina
Details: Winner of six Tony Awards, this powerful contemporary musical follows a lonely teenager whose search for belonging sets off a chain of events that changes his life and the lives of those around him. ***artshhi.com***

OTHER ARTS & CULTURE EVENTS

Now-Oct. 2:
Featured Artist: Denise Liotta DeMarzo at Art League of Hilton Head Gallery
Now-Oct. 23:
All Creatures Great and Small at Sea Pines Community Center
Now-Oct. 31:
Lisa Tupper at Beaufort Art Association Gallery
Now-Nov. 1: *A Better Life for Their Children photo exhibit at Coastal Discovery Museum*
Sept. 11-27:
Doubt: A Parable at Coligny Theatre
Sept. 26:
Island School Council for the Arts' Spotlight! Talent Night at Main Street Theatre



32nd Annual Judged Show

When: Times vary, Sept. 1-Oct. 4
Where: SOBA Gallery
Details: See original works by Lowcountry artists across a variety of mediums during the Society of Bluffton Artists' 32nd Annual Judged Show. ***sobagallery.com***



Savannah Sipping Society

When: Times vary, Sept. 4-13
Where: May River Theatre
Details: Settle in for plenty of laughs as May River Theatre presents this Southern comedy about four women who find friendship, fresh starts and unexpected joy over happy hour. ***mayrivertheatre.com***



September Artist in Residence

When: Times vary, Sept. 9-12
Where: FLOW Gallery + Workshop
Details: Meet Palmetto Bluff Artist in Residence Annie Moran. See her work, and tap into your own creativity during a hands-on workshop. ***palmettobluff.com***

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John Morris Russell, Music Director



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Tickets for the 2026–2027 Orchestra Series are on sale now.
Visit **hhso.org** or **call (843) 842-2055** to learn more.

Charity & Community



Labor Day Weekend HarbourFest finale

When: Times vary, Sept. 5-6
Where: Shelter Cove Harbour & Marina
Details: Send summer off in style with spinning hats, carnival games, face painting, live music and more during the Labor Day Weekend finale of HarbourFest. ***sheltercovehiltonhead.com***

Yappy Hour

When: 4-6 p.m., Sept. 23
Where: Nectar Farm Kitchen Old Town Bluffton
Details: Sip, socialize and support Hilton Head Humane during this giveback night featuring adoptable dogs and plenty of tail-wagging fun. ***hhhumane.org***



Lights OUT Lager Beer Festival

When: 2-6 p.m., Sept. 12 **Where:** The Bank
Details: Raise a glass to sea turtle conservation with Sea Turtle Patrol HHI during a beer festival celebrating the official release of Lights OUT Lager at The Bank Beer Garden. ***seaturtlepatrolhhi.org***

OTHER CHARITY & COMMUNITY EVENTS

Sept. 12: *Renegade Paws Rescue Adoption Event at Petco*
Sept. 12: *Roots & Rivers Festival at Bluffton Oyster Factory Park*
Sept. 16: *The Spirit We Move With at First Presbyterian Church*
Sept. 26: *BlufftemberFest Sunset Party at Bluffton Oyster Factory Park*
Sept. 26: *Taste of the World Festival at Live Oaks Park in Port Royal*
Sept. 29: *Annual Spaghetti Dinner at The Children's Center*

Food & Drink



Hilton Head Olive Oils & Balsamics events

Sharpen your kitchen skills with hands-on events, covering everything from homemade salad dressings to creative ways to use olive oils and balsamics. ***hiltonheadoils.com***

UPCOMING EVENTS
Salad Dressing 101: *2-3 p.m., Thursdays*
Appy Hour: Farmstand Friday: *2-3 p.m., Fridays*

Bezel: The New Generation of Cakebread Cellars

When: 4 p.m., Sept. 23
Where:
Nunzio Restaurant + Bar
Details: Discover Bezel, the next generation of wines from Cakebread Cellars, during a tasting paired with bites from Chef Nunzio. ***nunziohhi.com***



Maison Louis Jadot Wine Dinner

When: 6-9 p.m., Sept. 17
Where: Alexander's Restaurant & Wine Bar
Details: Experience the wines of Maison Louis Jadot during an evening of French pours, thoughtfully paired cuisine and lively conversation. ***alexandersrestaurant.com***

Sip & Learn: Italian Wines 101

When: 6 p.m., Sept. 16
Where: Nectar Farm Kitchen Old Town Bluffton
Details: Sip your way through Italy with a guided tasting featuring five chef-crafted courses paired with distinctive Italian wines. ***nectarfarmkitchen.com***



Culinary events at The Sea Pines Resort

Eat, drink, and discover something new with wine dinners, tap takeovers and other culinary events across The Sea Pines Resort. ***seapines.com/events***

UPCOMING EVENTS
Iron Chef Cook-Off with Master Sommelier Larry O'Brien: *6:30 p.m., Sept. 11, Harbour Town Clubhouse*
Tap Takeover: *5-8 p.m., Sept. 15, Fraser's Tavern*
Hilton Head Island Shrimp Festival: *1-4 p.m., Sept. 19, Harbour Town*
Heaven Hill Distillery Dinner: *6 p.m., Sept. 25, Sea Pines Beach Club*
Pint Night: *5-9 p.m., Thursdays, Fraser's Tavern*
Lobster Bake: *11:30 a.m.-4 p.m., Sundays, Harbourside*

OTHER FOOD & DRINK EVENTS

Sept. 11: *2026 Taste of Bluffton Food Truck Edition at New Riverside Barn Park*
Sept. 12: *Appetizers & Game Day Classics Cooking Class at TCL Culinary Institute of the South*
Sept. 13: *Barre to the Bar at Shellring Ale Works*
Sept. 17: *The Art of Tiki Cocktail Class at Hilton Head Distillery*
Sept. 17: *Cigar Night at Shellring Ale Works*
Sept. 19: *Oktoberfest Party at Lot 9 Brewing Co.*
Sept. 23: *Wines of the World at Roller's Wine & Spirits*
Sept. 24: *Jammin' at The Shed at Windhorse Gallery & Marketplace*
Sept. 28: *Sip and Paint: Paint Your Pet at Burnt Church Distillery*





WEEKLY FOOD EVENTS

Tuesdays: *Battles & Bread at Wine Time Bluffton*
Tuesdays: *Tasty Tuesdays at Roller's Wine & Spirits*
Wednesdays: *Pasta Night at Wine Time Bluffton*
Wednesdays: *Wine Tasting at Wine Time Washington Square*
Wednesdays & Thursdays: *Outside Hilton Head Happy Hour Cruises at Shelter Cove Harbour & Marina*
Thursdays: *Thirsty Thursdays at Roller's Wine & Spirits*
Thursdays: *Jazz on the Patio at Okan*
Thursdays: *Featured Wine Tasting at Wine Time Bluffton*
Fridays: *Friday Uncorked at Windhorse Gallery & Marketplace*
Sundays: *Mimosas & Melodies at Windhorse Gallery & Marketplace*



FOLLOW THE OYSTER TO

THE 22ND ANNUAL HISTORIC BLUFFTON ARTS & SEAFOOD FESTIVAL

OCTOBER 9-18, 2026

Celebrate 22 years of tradition with plenty of activities showcasing locally harvested seafood and Lowcountry cuisine while highlighting the rich history and culture of the area. The celebration culminates with a juried fine art show and street fest on October 17th and 18th.

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blufftonartsandseafoodfestival.org

Bluffton Oyster Co. Family Seafood House
May River Excursions
Sparklight
Savannah Hilton Head International
Bumble Bee Blinds
Bluffton Rotary Club
Seaglass Windowscapes
Howell Chase
Aesthetica
R.S. Andrews

MAY RIVER THEATRE
UPCOMING EVENTS
Savannah SIPPING SOCIETY
JONES HOPE WOOTEN
SEPTEMBER 4 -13
MEL BROOKS' YOUNG FRANKENSTEIN
WEST END VERSION
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Lectures & Classes



Restorative Medicine Seminar

When: Noon-1 p.m., Tuesdays **Where:** Fraum Center for Restorative Health **Details:** Learn about the latest approaches to restorative medicine and options for managing chronic pain during this free educational seminar, which includes a complimentary lunch. ***fraum.com***

SOBA art classes

Pick up a brush, and build your creative skills with hands-on art classes at SOBA Gallery. For a complete list, visit ***sobagallery.com***.



UPCOMING CLASSES
Fall in Love with Oils:
9:30 a.m.-noon, Sept. 10, 17 & 24



Port Royal Sound Foundation events

Learn something new about the natural and cultural wonders of the Lowcountry with hands-on programs at the Maritime Center. ***portroyalsoundfoundation.org***

UPCOMING EVENTS
Indigo Dye Workshop: *10:30 a.m. & 1:30 p.m., Sept. 5*
Nature Hike: Binoculars 101: *10:30 a.m., Sept. 12*
Reptile Meet and Greet: *10:30 a.m. & 1:30 p.m., Sept. 19*

OTHER LECTURES & CLASSES

LIBRARIES FOR KIDS INTERNATIONAL EVENTS:
Sept. 21: *Author Series: Millie West*
HILTON HEAD AUDUBON EVENTS:
Sept. 15: *Season Kickoff! Coffee and Birding at Jarvis Creek Park*
Sept. 19: *Wildlife Photography Class at Coastal Discovery Museum*
BEAUFORT COUNTY LIBRARY EVENTS:
Sept. 9: *Hurricane Safety, Bluffton Branch*
Sept. 18: *Community Financial Foundations, Beaufort Branch*
Sept. 30: *Medicare 101, Hilton Head Branch*
PAT CONROY LITERARY CENTER EVENTS:
Sept. 5: *Author Event: Dana Ridenour Book Launch*
Sept. 10: *Author Event: An Evening with Susan Beckham Zurenda*
Sept. 26: *10th Annual Lowcountry Book Club Convention*
ART LEAGUE OF HILTON HEAD EVENTS:
Sept. 17: *Lunch & Learn: The Modern Masters' Journey*
Sept. 23: *Introduction to Drawing*
WORLD AFFAIRS COUNCIL HILTON HEAD EVENTS:
Sept. 24: *Fall Forum: Russia's War on Ukraine: The Turning Tide*
Oct. 2: *Linda Thomas-Greenfield: Lessons in International Leadership*
HISTORIC PORT ROYAL FOUNDATION EVENTS:
Sept. 17: *Third Thursday at Live Oaks Park*

Hilton Head island jam songwriter festival

SEPTEMBER 17TH - 20TH 2026

HILTON HEAD ISLAND, SC

Free Community Concerts at Lowcountry Celebration Park
Sept 18th and Sept 19th.



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OFFICE OF CULTURAL AFFAIRS
Hilton Head Island

Music & Entertainment



Music & Taste on the Harbour

When: 6-9 p.m., select Thursdays
Where: Shelter Cove Community Park
Details: Soak up live music by the water while enjoying specially priced bites and drinks from Shelter Cove Harbour restaurants during this free fall concert series. ***sheltercovehiltonhead.com***

UPCOMING LINEUP
Sept. 10: *Deas Guyz*
Sept. 17 & 24: *Target the Band featuring Headliner Horns*
Oct. 1: *The Nice Guys*

Choral Society's Questions & Answers

When: 7 p.m., Sept. 25 **Where:** First Presbyterian Church
Details: Kick off the Hilton Head Choral Society's 51st season with popular songs that pose some of life's biggest questions and search for answers through music.
hiltonheadchoralsociety.org



Hilton Head Island Jam Songwriter Festival

When: Times vary, Sept. 17-20
Where: Locations across Hilton Head Island
Details: Hear the stories behind some of country and pop music's biggest hits as more than 30 songwriters, including Jeffrey Steele, Jesse Rice, LOCASH, Love and Theft and Angie Aparo, take over stages across Hilton Head Island. The free four-day festival pairs intimate performances with two big nights at Lowcountry Celebration Park (Sept. 18-19), featuring live music, food and a dazzling laser light show. ***hiltonheadislandjam.com***

OTHER MUSIC & ENTERTAINMENT EVENTS

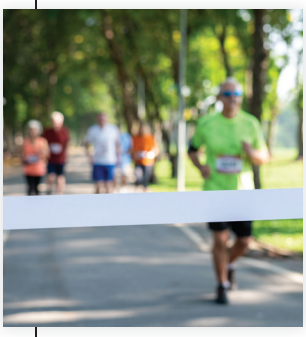
Sept. 5: *Reggae Pon De River Music Festival at Bluffton Oyster Factory Park*
Sept. 5 & 19: *Street Music on Paris Avenue in Port Royal*
Sept. 11-12: *Fuel and Fire Festival at Fuel and Fire Port Royal Cigar Bar*
Sept. 19: *Dance Moves and Beyond Showcase at Hilton Head Ballroom Dance Studio*
Sept. 26: *Spotlight! Talent Night at Main Street Theatre*

Sports & Outdoors

Sea Pines adventures

Get outside and experience Sea Pines with beach cleanups, full-moon outings, tennis and fall fun throughout September. ***seapines.com***

UPCOMING EVENTS
Beach Sweep: *2 p.m., Sept. 18, Sea Pines Beach Club*
Night at the Preserve: Full Moon Wagon Ride: *7:30-8:30 p.m., Sept. 23, Heritage Farm*
Full Moon Shore Explore: *7:30-8:30 p.m., Sept. 24, Sea Pines Beach Club*
Stan Smith Super Series: *All day, Sept. 25-27, Sea Pines Racquet Club*
Harbour Town Fall Fest: *11 a.m.-6 p.m., Sept. 27, Harbour Town*



September races

Lace up for a good cause with races and fun runs taking place across the Lowcountry this month.

UPCOMING RACES
Hilton Head End of Summer 5K: *9 a.m., Sept. 5, Coligny Beach*
9/11 25th Anniversary Memorial 5K Run/Walk: *9 a.m., Sept. 12, Bluffton Township Fire District Station 30 – Old Town*
Port Royal Mile: *6 p.m., Sept. 12, Town Hall in Port Royal*
DJ's Day of Giving Back 5.5K: *2 p.m., Sept. 19, Eagles Field in Bluffton*
Move Your Mind 5K: *9 a.m., Sept. 19, Tiki Hut*
Race4Love 2026: *8 a.m., Sept. 26, Cat Island*

Lowcountry PaddleFest

When: Times vary, Sept. 11-13
Where: Rowing and Sailing Center
Details: Make a splash during a weekend of sprint, distance and beach races for paddleboarders, surfski paddlers and outrigger canoe racers, all benefiting The Outside Foundation. ***outsidefoundation.org***





Inshore Slam Fishing Tournament

When: Sept. 25-Oct. 4
Where: Port Royal Sound Foundation
Details: Cast a line during this 10-day catch-photo-record tournament for a chance to win more than $10,000 in cash and prizes while supporting conservation of the Port Royal Sound watershed.
portroyalsoundfoundation.org

OTHER SPORTS & OUTDOORS EVENTS

Sept. 10: *First Annual NAMI Lowcountry Classic Golf Tournament at Sea Pines Country Club*
Sept. 12: *2026 Lowcountry Regional at Fripp Island Golf & Beach Resort*
Sept. 12: *Recovery Is Worth the Walk: 11 a.m., Burton Wells Park*
Sept. 14: *6th Annual Swing for the Future Golf Tournament at Long Cove Club*
Sept. 14: *Dream Chasers Annual Sickle Cell Awareness Walk at Live Oak Park*
Sept. 14-18: *Armed Forces Golf Championship at The Legends at Parris Island Golf Course*
Sept. 15: *2026 Par Fore Kids at Palmetto Bluff*
Sept. 17: *LOCASH Golf Bash at The Sea Pines Resort*
Sept. 19: *American Legion Post 205 Stephen J. Robillard 20th Annual Charity Golf Tournament at the Golf Club at Hilton Head Lakes*
Sept. 19: *5th Annual Stingray Scramble at Ocean Creek Golf Course on Fripp Island*
Sept. 19: *Walk for Water at Live Oaks Park*
Sept. 24: *The Big Dill Pickleball Charity Fundraiser at Dill Dinkers Hilton Head*
Sept. 25: *Beer Mile at Lowcountry Celebration Park*
Sept. 25-27: *2026 High School Girls Invitational and Mentoring Weekend at Moss Creek*

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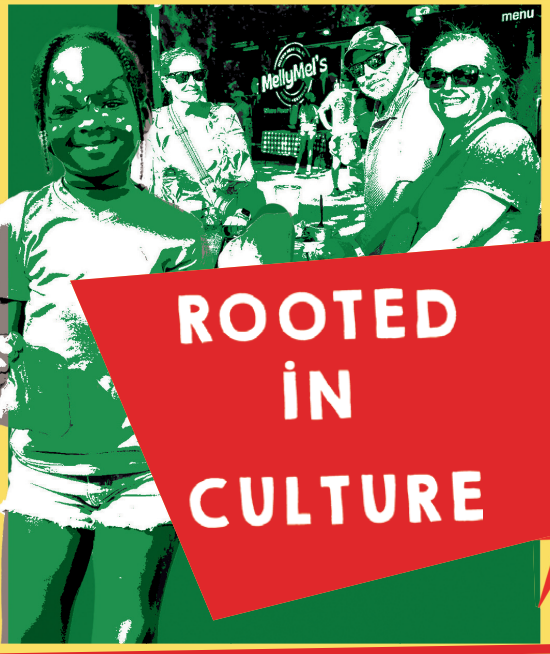
SEPTEMBER 12

ROOTS & RIVERS FESTIVAL 2026

BLACQUITY





ROOTED IN CULTURE

FLOWING WITH COMMUNITY

2-8PM
SATURDAY
SEPTEMBER 12TH

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Music By:
Stee & The Ear Candy Band

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Kids and students under 18 get in free, making it an easy way to share the excitement with the whole family.

To join, visit **hhiconcours.com/locals**, confirm your Beaufort County zip code and register online. Then pick up your lanyard at the show entrance, and get ready to see your hometown event in a whole new light.

hhiconcours.com/locals

Sports & Outdoors



Carolina Dreamers Car Show

When: 10 a.m.-2 p.m., Sept. 6
Where: Lowcountry Celebration Park
Details: Cruise over to this beachside car show featuring classic rides, live music, food trucks, raffles, a silent auction and awards, all benefiting local charities.
carolinadreamers.info



Palmetto Bluff Conservancy events

Connect with the natural and cultural history of Palmetto Bluff through educational talks, guided outings and other Conservancy programs. Visit ***palmettobluff.com/conservation*** for a complete list of events.

UPCOMING EVENTS

Brown Bag Lunch: Moreland Plantation & the Heyward House Connection:
noon-1 p.m., Sept. 16

Brown Bag Lunch: Snakes of South Carolina:
noon-1 p.m., Sept. 23

PBC Birding: Headwaters Nature Trail:
9-11 a.m., Sept. 25

Markets & Shopping



MARKETS, MAKERS & MORE

Shop local, meet area makers, and fill your basket with fresh finds at these recurring markets and shopping events across the Lowcountry and Savannah:

Bluffton Farmers Market:
10 a.m.-2 p.m., Thursdays, 68 Boundary St.

Farmers Market at Coastal Discovery Museum:
9 a.m.-1 p.m., Tuesdays, Coastal Discovery Museum

Port Royal Farmers Market:
9 a.m.-noon, Saturdays, Naval Heritage Park

Forsyth Farmers' Market: *9 a.m.-1 p.m., Saturdays, Savannah*

Beaufort First Friday:
5-8 p.m., first Friday of each month, downtown Beaufort

Hilton Head Community Market: *9:30 a.m.-12:30 p.m., Saturdays, Shelter Cove Community Park*

Habersham Farmers Market:
4-7 p.m., Fridays, Habersham Marketplace in Beaufort

Farmers & Fishermen Sunset Market at Savannah Harbour:
4:30-8:30 p.m., first, third & fifth Saturdays, Hutchinson Island

Side Hustle Brewing Co. Farmers Market: *1-5 p.m., third Sunday of each month, Side Hustle Brewing Co.*

Second Saturday Shop & Stroll: *10 a.m.-2 p.m., second Saturday of each month, The Shops of Paris Avenue*

First Thursday Artisan Alley: *4-7 p.m., first Thursday of each month, Shops at Sea Pines Center*

Renovation Celebration for Maggie & Me



When: 2 p.m., Sept. 16
Where: Maggie & Me
Details: See what's new at Maggie & Me during a celebration unveiling the Old Town Bluffton boutique's freshly renovated space.
blufftonchamberofcommerce.org


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SATURDAY, NOV. 7, 2026 | HILTON HEAD ISLAND

The 5th Annual Dinner for the Heroes commemorates the 25th Anniversary of 9/11 by honoring the courage, sacrifice, and service of our Post-9/11 veterans.



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SAVANNAH EVENTS

Make the short trip to Savannah for live music, comedy, culture and a few unexpected experiences this September.

Sept. 5: *Dog Yoga Class to Benefit One Love Animal Rescue at Forsyth Park*
Sept. 18-20: *Savannah Jazz Festival*
Sept. 19: *The Planets at Lucas Theatre for the Arts*
Sept. 19: *Gary Owen at Johnny Mercer Theatre*
Sept. 26-27: ***Leanne Morgan*** *at Johnny Mercer Theatre*
Sept. 27: *An Afternoon with Comic Artist Richard J. King at Ships of the Sea Maritime Museum*

Concours like a local with the Locals Lane pass

When: Oct. 31-Nov. 1 **Where:** Port Royal Golf Club, Hilton Head Island **Details:** Beaufort County residents can experience the Hilton Head Island Concours d'Elegance & Motoring Festival like a VIP with the new Locals Lane Access Pass, presented by LOCAL Life. Register for exclusive perks, including a VIP lanyard, $20 off VIP parking, 10% off official merchandise and locals-only voting for the first Fan Favorite Boat Award in "Life on the Water." Kids and students under 18 get in free. Available to residents of eligible Beaufort County ZIP codes. ***hhiconcours.com/locals***



Sparkle Hour by Kessler Fine Jewelry

When: 5-7 p.m., Thursdays **Where:** Kessler Fine Jewelry **Details:** Add a little sparkle to your Thursday with handcrafted cocktails, light bites and a chance to browse Kessler's fine jewelry collection. ***plantriverside.com***

SAVE THE DATE

October is filling up fast. Mark your calendar for these upcoming Lowcountry events.

Oct. 2: *Bluffton Music Series: Federol at New Riverside Barn Park*
Oct. 2-3: *Beaufort Shrimp Festival at Henry C. Chambers Waterfront Park*
Oct. 3: *Walk for Water at Bluffton United Methodist Church*
Oct. 3: *Lowcountry Legal Volunteers' Lowcountry Boil at Shellring Ale Works*
Oct. 3: *Hounds on the Harbour with Hilton Head Humane at Harbour Town*
Oct. 3: *8th Annual Putt for a Purpose at Pirate's Island Adventure Golf*
Oct. 3: *Fish and Grits Music Festival 2026 at Lowcountry Celebration Park*
Oct. 3: *Oktoberfest Cooking Class at TCL Culinary Institute of the South*
Oct. 3: *Rhythm & Brews Festival at Shelter Cove Community Park*
Oct. 5: *Vitamin String Quartet at the Arts Center of Coastal Carolina*

TO SHOWCASE AN EVENT

You may be able to post your event for free in our Happenings section. Head to ***locallifesc.com***, click "Contact Us," and include a title, date, time, location, description, a link to the webpage and photos if possible.





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PROFESSIONAL THEATER IN THE HEART OF HILTON HEAD

"A BREATHTAKING KNOCKOUT OF A MUSICAL"
THE NEW YORK TIMES



SEPTEMBER 23 – OCTOBER 25

VSQ
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OCT 5 | 2 SHOWS!

The romance of *Bridgerton*, the genius of Taylor Swift, and the cinematic magic of Danny Elfman—plus much more—brilliantly reimagined for strings. **Book your tickets today!**

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2026
2027
THEATER SERIES

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SEP 23 – OCT 25
2026

Annie
DEC 2 – JAN 3
2026-27

Good Night, OSCAR
FEB 3 – FEB 21
2027

CRAZY for YOU
APR 28 – MAY 30
2027

Jimmy Buffett's Escape to Margaritaville
JUN 23 – AUG 8
2027

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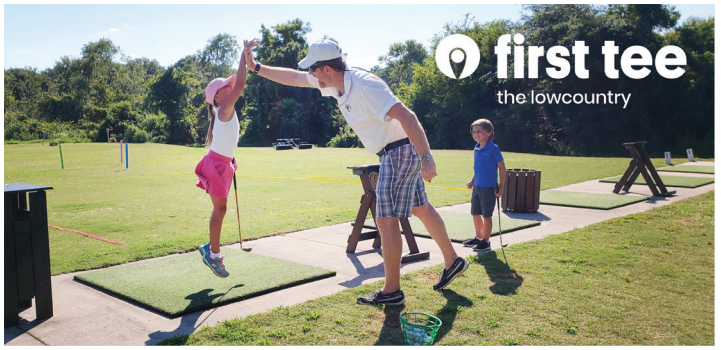
THE SHOPS AT SEA PINES CENTER Discover one of Hilton Head's most charming collections of boutiques, galleries and dining. Shopping meets community with signature happenings like the Farmers & Makers Market and First Thursday Artisan Alley, bringing the entire center to life. Stroll, browse, and experience a true Lowcountry gathering place. **LOCAL Life Insider Tip:** Time your visit with the Farmers & Makers Market or Artisan Alley for the full experience.

71 Lighthouse Road, Hilton Head Island • 843.363.5699 • theshopsatseapinescenter.com



START BEACHING StartBeaching® rents premium electric beach wagons delivered to your beach access, hotel or private residence and picks it up when you're done. Each Beachie includes chairs, shade and a cooler, with optional add-ons like ice and beach toys - everything you need for a relaxed beach day. **LOCAL Life Insider Tip:** Daily and weekly specials are available. Check online for many beach-day items.

Hilton Head Island & Bluffton • 854.683.1111 • StartBeaching.com



FIRST TEE — THE LOWCOUNTRY Experience golf on the Island with the only par-3 course — perfect for instruction, children and senior play. Driving range and putting green are open to everyone. $10 donation for adults, $5 donation for kids — all you can play. **LOCAL Life insider tip:** You don't need to bring clubs — the pros at First Tee will loan you a set at no charge.

151 Gumtree Road, Hilton Head Island • firstteelowcountry.org/about/facility

Whether you're a foodie looking to explore new culinary delights or a family seeking fun and engaging activities, these carefully curated selections of restaurants and activities have something for everyone.



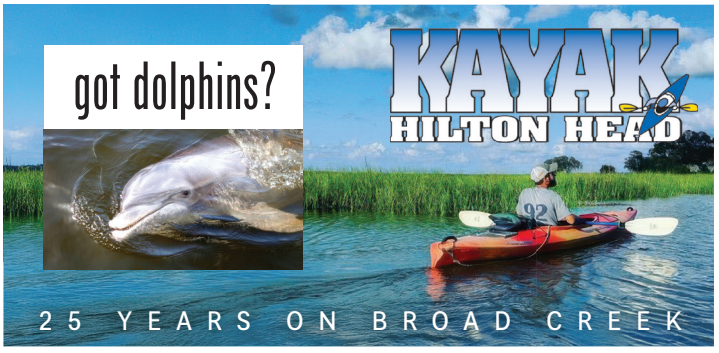
FUN ON HHI The only website you need during your vacation. Used by visitors and locals. Exciting things to see and do; places to eat and shop; and rental options like bikes, beach equipment, golf carts and Moke. Also a great resource to plan your next trip to HHI. **LOCAL Life Insider Tip:** Download the Fun On HHI app for curated discounts and offers not available on the website, sent directly to you. Plus an interactive bike map.

59B New Orleans Road, Hilton Head Island · 833.386.6644 · FunOnHHI.com



THE HILTON HEAD SYMPHONY ORCHESTRA brings world-class music to the Lowcountry, blending timeless artistry with a vibrant, contemporary spirit. From soaring symphonic works to intimate chamber performances, the HHSO engages both longtime patrons and new audiences, creating unforgettable musical experiences. **LOCAL Life Insider Tip:** Enjoy a pre- or post-concert meal at one of the nearby waterfront restaurants.

7 Lagoon Road, Suite 100, Hilton Head Island · 843.842.2055 · HHSO.org



KAYAK HILTON HEAD Whether experienced or a first-time family group, going on a dolphin kayak tour will likely be a highlight of your vacation. Many dolphins are known by name. Founded in 2001, Kayak Hilton Head's knowledgeable and experienced guides have been showing guests a great time on the waters of Hilton Head for 25 years. **LOCAL Life Insider Tip:** The early morning tours are our favorite! Reservations recommended.

18 Simmons Road, Hilton Head Island · 843.684.1910 · kayakhiltonhead.com

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Tradewinds Trinkets & Treasures • Treasure Island

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Frosty's Ice Cream • Hilton Head Social Bakery • San Miguel's
Top Dawg Tavern & Pizzeria • Scott's Fish Market
LIVE ENTERTAINMENT AT PARTICIPATING RESTAURANTS

SERVICES
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Salon Shelter Cove • Memory Lane Portraits • Luxury Nails

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Sept. 17: Target ft. Headliner Horns
Sept. 24: Target ft. Headliner Horns
Oct. 1: The Nice Guys
Oct. 8: Deas Guyz
Oct. 15: Deas Guyz

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Last light, long legacy



Calibogue Sound, Hilton Head Island

As the sun slips behind Daufuskie Island, a shrimp trawler crosses Calibogue Sound, trailed by a swirling cloud of seabirds eager for the day's final catch. Photographer Scott Magnuson captured the moment from an evening cruise returning to Harbour Town, proving that the most memorable photographs are often the ones you never expect. It's a fitting farewell for our Shrimp Issue. Here in the Lowcountry, shrimp is more than a meal. It's a way of life, woven into our waters, our culture and our tables. And thanks to the hardworking men and women who harvest these waters, we continue to enjoy some of the finest wild-caught shrimp anywhere.

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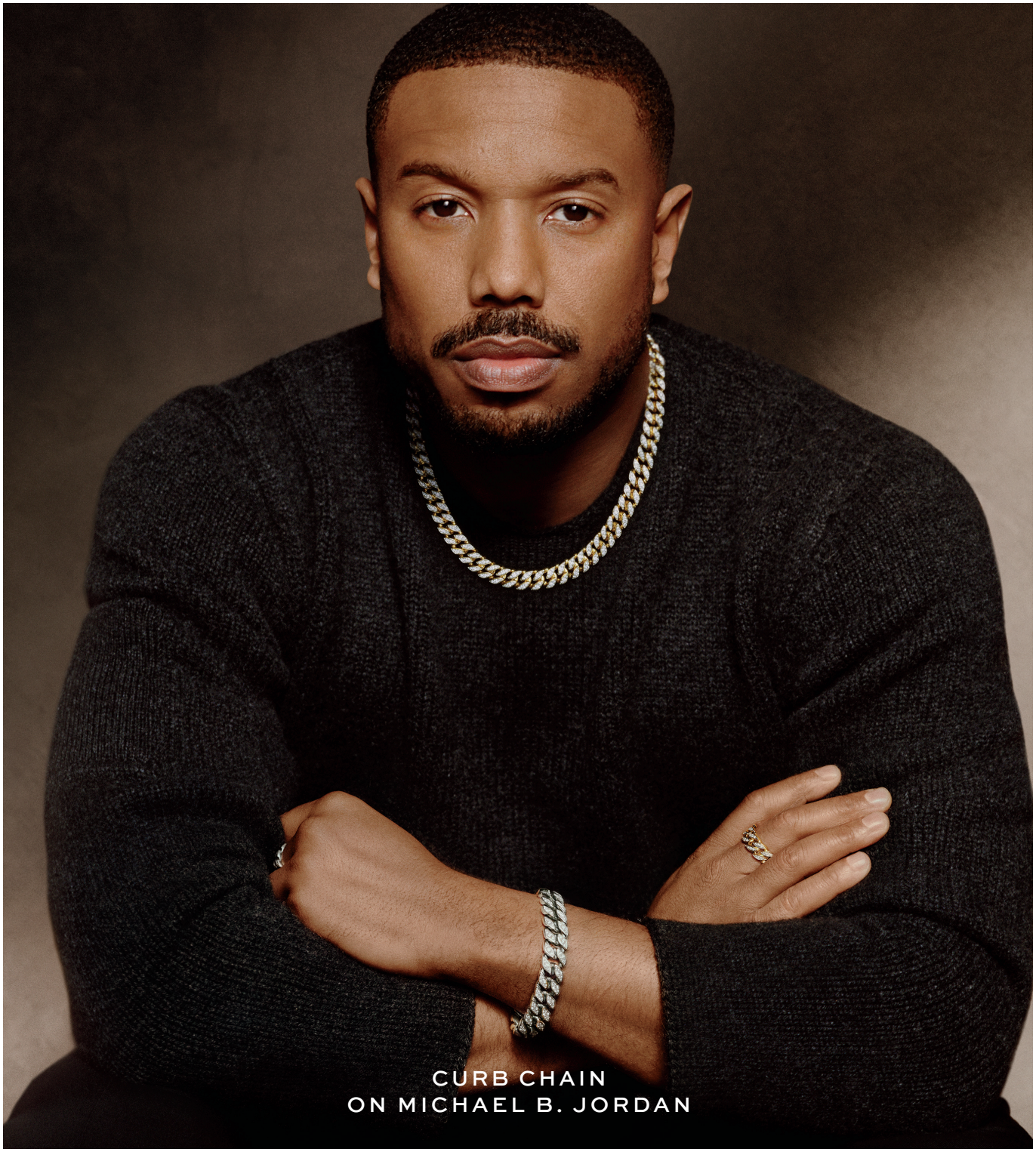

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