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Aug 2025

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# the team

*What is your favorite sailing memory?*

*"Taking sailing lessons with my sister and dad in the early '70s when South Beach was not developed."* - LORI



*"Sailing my Snark around Lake Wappapello back in the '90s."* - LANCE



*"Sailing lessons on our honeymoon in St. Lucia. Nothing like learning how to sail during a pop-up storm."* - JEREMY



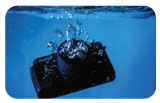
*"Sailing a small Sunfish with a friend after my summer shift as a dock attendant on Lake Keowee."* - CHARLES



*"Does parasailing count? My younger self was very brave."* - ASHLAN



*"When I slipped off a sailboat with my brand-new digital camera and cell phone in my pocket. Womp womp."* - BAILEY



*"Island hopping the British Virgin Islands on our bare-boat charter. An unforgettable adventure!"* - REBECCA



*"I haven't sailed yet, but I imagine it will be the joy of learning something new."* - KRISTIN



*"The Schooner Welcome 20 years ago with our family on our first trip to the island. We were sold!"* - LISA



*"Watching the Blue Angels airshow from a sailboat in Pensacola, Florida."* - LEAH



*"Snorkeling during a catamaran sailing trip from St. Thomas to St. John in the Virgin Islands."* - BRUCE



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**VOL. 9, NO. 8**

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# Aug features

## The Sailing Issue

*In this issue we chart a course through the sailing culture of the Lowcountry, from scenic routes and stylish gear to time-honored knots and seaworthy fashion. You'll meet local legends and rising stars, explore tours that let you sail without experience and discover why even retired sails have stories to tell. Whether you're navigating island channels, learning to cook the catch of the day or figuring out how to keep your dog safe on deck, this issue is full of inspiration, insight and fresh air. So grab your windbreaker, tie a bowline, and let's set sail.*



© LILY WHITENER

**TRADITION IN MOTION** A Sea Island One-Design sailing skiff cuts across the Beaufort River near the McTeer Bridge during the 2025 Lowcountry Regatta, held June 28-29 by the Beaufort Yacht and Sailing Club. The skiff belongs to Grayson Carter, who owns three of the nine remaining SIOD boats still sailing today. Learn more about Carter and his rare skiffs on **page 72**.


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*Inspired by Nature Captured on Film*





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**Cue the comfort**
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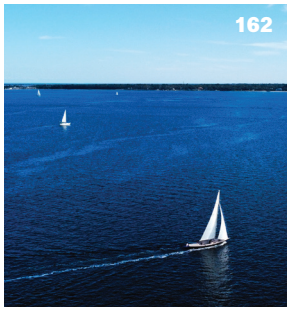












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# JOSEPH LORUSSO



Joseph Lorusso *Circles & Stripes* 26" x 24" Oil

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# Wind in your hair, salt in the air

## *Meet the sailors, stops and salty details that make sailing a way of life in the Lowcountry*

*"Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor."*

**- MARK TWAIN**



©TAYLOR MICHAEL

**TIDE & TRADITION** Publisher Lori Goodridge-Cribb stands outside the South Carolina Yacht Club, a cornerstone of Hilton Head's sailing community since 1989. The club remains a welcoming harbor for members from across the island, the country and around the world.

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Don't miss an issue of LOCAL Life. **Scan this QR code** to subscribe to the upscale lifestyle magazine of Hilton Head Island, Bluffton, Beaufort and beyond.

Life on the water is more than a pastime here in the Lowcountry. It is how we connect. Even if you do not own a boat, you probably know someone who does. And chances are, you have already floated the idea of tagging along.

Whether you are watching the sun rise over Broad Creek or catching a breeze across Calibogue Sound, being on a boat plugs you into the rhythm of this place. We have a motorboat and take it out every chance we get. The views alone make it worth it. One evening that stands out was a quiet sail with a group of girlfriends aboard the Pau Hana. I was so used to the hum of our engine that the silence caught me off guard. It was peaceful, still and unexpectedly moving. The wind, the water, the soft colors of sunset and the laughter drifting across the deck made it one of those moments that stays with you.

That feeling of calm, freedom and connection is what this Sailing Issue is all about. Inside, you will meet longtime locals who have spent decades at sea and new sailors who are just starting to find their sea legs. We charted five sailing routes around Hilton Head Island that offer beautiful ways to explore, with no sailing experience needed.

You will also find smart, practical tips such as how to avoid seasickness, how to tie essential knots and how to keep your dog happy on deck.

We spotlight companies giving retired sails a second life as stylish gear, feature a cottage full of clever nautical details and explore the superstitions that still matter to seasoned sailors. There is dockside fashion, snacks that can handle the heat and ways to cook fresh fish without making your kitchen smell like the marina.

Whether you sail every weekend or just wave from the shore, this issue is filled with ways to bring you closer to the water. You do not need to know port from starboard. All you need is a love for the sea and maybe a friend with a boat. Here is to steady breezes, strong knots and a cooler that never runs dry.

LORI GOODRIDGE-CRIBB
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## *CONCOURS LIKE A LOCAL*

*LOCAL LIFE PARTNERS WITH THE HILTON HEAD ISLAND MOTORING FESTIVAL TO GIVE BEAUFORT COUNTY RESIDENTS THE ULTIMATE HOMETOWN EXPERIENCE*

*Each fall the **Hilton Head Island Concours d'Elegance & Motoring Festival** draws collectors and car lovers from across the country; but this year it's all about you. For the first time, local residents can enjoy the festival like true insiders with the LOCAL Life Access Pass, presented by LOCAL Life magazine.*

*Available exclusively to Beaufort County residents, this pass comes packed with perks, including a VIP lanyard, $20 off VIP parking, a 10 percent discount on official festival merchandise and a locals-only vote in the "Life on the Water" boat competition. Kids and students under 18 get in free, making it an easy way to share the excitement with the whole family.*

*But the pass is more than just convenience; it's a celebration of community. The Concours may be world-class, but it's powered by the passion and hospitality of the Lowcountry. This experience is a thank-you to the people who make it all possible. 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.*

*Eligible zip codes include: 29901, 29902, 29903, 29904, 29905, 29906, 29907, 29909, 29910, 29914, 29915, 29920, 29925, 29926, 29928, 29931, 29935, 29938, 29940, 29941 and 29945.*

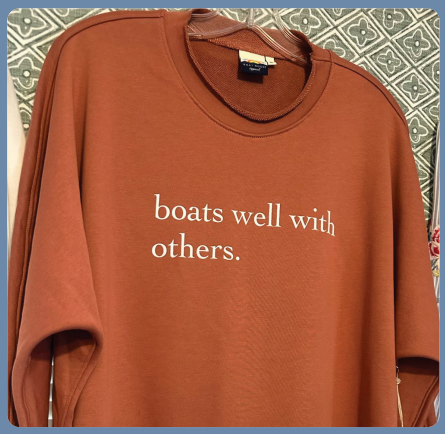



**THAI AND MIGHTY** Spotted the LOCAL Life Jeep lately? This month we pulled up alongside ***Sawat Unkaew and Kanlaya Ouychaisawad***, the friendly faces behind Thai Smile Cuisine, and their son, right in front of their flavor-packed restaurant at 11 Palmetto Bay Road. If you haven't tried their pad Thai yet, you're missing out.


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*MEET LOCAL CREATIVES BEHIND THE SCENES*



## Galen Warden *Poet*

**FOR THIS ISSUE:** Local poem, "At the Mid-Tide" **HOMETOWN:** Montclair, New Jersey **CURRENT HOME:** Beaufort **LOCAL SINCE:** I moved to Beaufort in 2016. However, I'm a fourth-generation Beaufortonian. **HOBBIES:** In addition to poetry and art, I also knit, crochet and sew. **WHAT ARE YOU WATCHING?** I am an aspiring screenwriter, so I watch a lot of movies. I've recently watched *The Dark Tower* and *Renfield*. **WHAT ARE YOU LISTENING TO?** I am obsessed with an Australian 12-year-old, Sunni Holden, who plays a handpan. **WHAT ARE YOU READING?** *Energy Rising, The Neuroscience of Leading with Emotional Power* by Julia DiGangi **FAVORITE POEM:** *Ode to Things* by Pablo Neruda **ADVICE FOR ASPIRING POETS:** Play with words, work hard on them, identify clichés and throwaway phrases, and eliminate them; they're toxic to your poems. **FAVORITE SAILING MEMORY:** We had a 57-foot antique William Hand yacht when I was young. When I was in high school, I took a month off to join my father and stepmother in the Bahamas. We sailed around abandoned islands and ate what we caught. On a very calm day we could drop the sails and just hang out in the ocean.




## Chelsea Quinn
*Multimedia contributor*

**OTHER CREDS:** I am a graphic communications major at Clemson University. **FOR THIS ISSUE:** Hot tech, Galley gourmet, Seasickness **HOMETOWN:** Elon, North Carolina **CURRENT HOME:** Hilton Head Island (for the summer) **HOBBIES:** Thrifting, New York Times games and finding the best food spots. **WHAT ARE YOU WATCHING?** *Love Island USA* **WHAT ARE YOU LISTENING TO?** Bruno Mars and '80s throwbacks **WHAT ARE YOU READING?** The menus of my favorite island restaurants **WHAT ARE YOU DRINKING?** A crisp Coke with lots of ice **WHAT DO YOU LOVE MOST ABOUT THE LOWCOUNTRY?** Being so close to the beach. **FAVORITE SAILING MEMORY:** Interviewing Capt. Rick for my article — he shared great stories and gave some insight about life on the water **WHAT DO YOU LOVE MOST ABOUT AUGUST?** It's the last full month of summer, so I'm soaking up every last beach day and boat ride. **SOMETHING ABOUT YOU MOST PEOPLE DON'T KNOW:** I'm an animal science minor, and I spend a lot of my free time working on a dairy goat farm back at school.




## Curt Jennings *Photographer*

**FOR THIS ISSUE:** Parting Shot **HOMETOWN:** Columbus, Ohio **CURRENT HOME:** Hilton Head Plantation **LOCAL SINCE:** 2018 **HOBBIES:** Photography, travel, attending aviation shows and administering the Facebook group *359th Fighter Group, 1943-45*, which is the fighter group that my father flew with. **WHAT ARE YOU LISTENING TO?** My flash drive with music from the '80s and '90s. **WHAT ARE YOU READING?** *The Last Lion*, a biography of Winston Churchill **WHAT ARE YOU DRINKING?** Hilton Head Brewing Company's 278 Pilsner **FAVORITE PHOTOGRAPHY LOCATIONS:** Besides the Lowcountry, historic landscapes such as Normandy, the Rhine or the English countryside. **ADVICE FOR ASPIRING PHOTOGRAPHERS:** Always be ready to capture a scene, it could change in just a moment. Also, keep trying new genres and settings. **FAVORITE SAILING MEMORY:** On a Caribbean vacation we took a snorkeling trip. At one stop I went swimming with sharks. My wife stayed on the boat. I waited until someone else was in the water before I jumped in. **SOMETHING ABOUT YOU MOST PEOPLE DON'T KNOW:** I flew in a P-51 Mustang (WWII Fighter) for one hour. When the canopy closed, I remember thinking "OK, this is really happening. Remember to breathe..." It was an amazing experience.

## *Others who helped rig the sails for this issue ...*

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# Experience Matters

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## In case you missed it ...

### Gone sharkin'
**Chasing fins with Chip Michalove**



**Instagram exclusive:** A morning on the water with Chip Michalove reveals the thrill, science and soul of shark fishing in the Lowcountry. **@locallifesc**



**On the web:** Articles our readers are loving at ***LocalLifeSC.com***.

1. Scenic summer road trips to the Blue Ridge Mountains



2. The Russo family's famous deviled blue crab-stuffed flounder



3. Berenger in Beaufort: The Hollywood star's life in the Lowcountry



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***The Dish*** *Best local bites for the weekend*
***The Buzz*** *LOCAL Life's latest must-reads*
***The Nest*** *Home trends and tips*

## About the cover

*A high-performance monohull slices through the water under a full spinnaker in this striking cover image by photographer **Giuseppe Peppe**. The boat is part of a one-design class, where every sailboat is built to the same precise specifications. That means it's not about who has the fastest boat, but who sails it best. You can catch this kind of action most Wednesday afternoons while crossing the bridge onto Hilton Head Island near the South Carolina Yacht Club. For a hands-free way to enjoy local sailing, turn to page 22. Whether you're at the helm or just along for the ride, there's nothing quite like harnessing the wind. And here in the Lowcountry it's always in good supply.*



# YOUR SPECIALTY **LENDING TEAM**



Seated front row: Brian Neumann NMLS# 174105, David Crowell NMLS# 12620, Aaron Benton NMLS# 1717095, and Jason Goldstein NMLS# 2180858.
Standing back row: Tricia Lowman NMLS# 2440257, Sara Marx, Libby Knapp, Alan Perry NMLS# 866734, Kim Capin NMLS# 158295, Adam Crowell NMLS# 165047, Clara Good NMLS# 2169516, Tanner Ware NMLS# 278238, and Gina Cavano NMLS# 1182146. Not pictured: Susan Smith NMLS# 278903

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# local blend

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## History at full sail

***STARS & STRIPES*** This one's a legend. The Stars & Stripes is an America's Cup 12-meter racing yacht once helmed by Dennis Conner (aka Mr. America's Cup). It now cruises the waters of Calibogue Sound, offering guests a chance to sail aboard a piece of sailing history. Operated by Vagabond Cruise out of Harbour Town, the 65-foot yacht features original racing winches and grinders and a towering mast that still turns heads. You can grab a line and help raise the sails or just relax as the crew handles the hard work. Public sails are $50 per person for daytime and $70 at sunset. Private charters are available for up to 28 guests at $1,400.

# Catch the wind

## *Five ways to sail Hilton Head without lifting a finger, unless you want to*

STORY BY LANCE HANLIN

Hilton Head Island may be known for its beaches, golf courses and bike trails, but it's also the perfect place to catch the wind and set sail. With winding creeks, wide open sounds and easy access to the Atlantic, there's plenty of space to tack, jibe or drop anchor and take it all in. Booking a sailing tour is the simplest way to enjoy the thrill of local sailing without needing to tie a knot, trim a sail or understand wind direction. Whether you're chasing a sunset, spotting dolphins off the bow or leaning into the satisfying tilt of a proper heel, these five local boats offer some of the best sailing experiences around.




©H2O SPORTS

## Speed meets serenity

***SUMO*** If speed is your thing, this is your boat. SUMO is a 38-foot trimaran operated by H2O Sports and known as the fastest sailboat on the island. With three hulls and wide trampoline decks for lounging, it's built for both thrills and comfort. Inside there's a full cabin with seating, a kitchen area and a bathroom. You can stretch out and soak up the sun or keep an eye out for dolphins, sea turtles or even the occasional manatee. SUMO sails out of Harbour Town Yacht Basin and accommodates up to six passengers. A private day sail (1.5 hours) runs $325. A sunset cruise (2 hours) is $425. Drinks and snacks are welcome, and the views are always on the house.



©SALT MARSH SAILING

## *Lowcountry at water level*

***SPARTINA*** For a quieter, closer-to-nature experience, Spartina is a perfect pick. This 27-foot Stiletto catamaran, run by Salt Marsh Sailing, is wide, stable and built for comfort with roomy bench cushions and bean-bag chairs. The shallow draft means you're sailing just a few feet above the water, which makes dolphin sightings feel extra personal. Trips are private for up to six guests and offer a peaceful cruise through the creeks and marshes of Broad Creek, with plenty of wildlife and local insights from your captain. Departing from Shelter Cove Harbour & Marina, the two-hour dolphin day sail is $359, the sunset version is $399 and the Tuesday night sunset fireworks sail runs $479.

## *Toast the coast*

***ROSÉ*** Island Head Sailing's newest addition is a 36-foot sailing catamaran named Rosé, and it's all about good vibes and great views. With a spacious deck and soft seating, this boat is built for social cruising. Think sunset sails with appetizers, morning mimosas on the water or just a laid-back sail with a drink in hand. It holds up to 24 passengers and departs from Broad Creek Marina. Choose from several signature options: Brunch under sail ($89), day sail ($69), golden-hour sail with appetizers and rosé ($99) or the Tuesday night fireworks sail ($89).




©ISLAND HEAD SAILING



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## *Feel the heel*

***KNOT THE OFFICE*** If you're looking for the feel of classic sailing with just your group, this Catalina monohull might be your best bet. Knot the Office is a private sailing charter out of Skull Creek Marina, operated by Anchors Away Sailing Charters. The boat was recently upgraded with plush cushions and new flooring, making it extra comfortable. It holds up to six people and offers a true sailing experience: engine off, sails up and a steady heel of around 30 degrees as you cruise through Port Royal Sound. Trips are completely private, and you can help sail or sit back and enjoy the ride. Dolphins, seabirds and the occasional stingray or manatee might show up along the way. Morning trips are $375, afternoon charters are $395, and sunset sails cost $445.




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# hot tech

**Smart gear for life beyond the dock**

SELECTIONS BY CHELSEA QUINN




## *Tiny but mighty*

**Scrubba Wash Mini**

No laundromat? No problem. The Scrubba Mini is the smallest portable washing machine out there, made for quick cleanups on the go. Just add a little water, give it a scrub using the built-in grip surface and you're good to go. It packs down small, works great on boats and cuts back on water use. Perfect for salty socks, sweaty shirts and life off the grid.

***thescrubba.com. $42***



## *Breeze, please*

**TORRAS Coolify Cyber Neck Fan**

Stay cool without lifting a finger. This high-tech neck fan uses cooling plates and dual fans to lower your body temperature fast: no wind or setup needed. It's built for the heat, with multiple settings and a battery that keeps going all day. Comfortable, hands-free, and made for long days in the sun, it's like bringing your own breeze wherever you go.

***coolify.torraslife.com. $279***




## *Text from the tide*

**Garmin InReach Mini 2**

Stay connected, even when you're way off the map. This pocket-sized satellite communicator lets you send texts, share your location and trigger SOS alerts when needed. It pairs with your phone, works almost anywhere, and runs up to 14 days on a single charge. Whether you're sailing solo or exploring remote waters, it's backup you can count on. ***garmin.com. $400***



## *Don't blink*

**Sea.ai Offshore One**

Think of it as a digital lookout that never gets tired. Using AI and infrared cameras, this system spots and identifies objects on the water, whether it's a paddleboard or a freighter, day or night. It's a major boost for safety, especially during overnight trips or foggy mornings when visibility is low and attention matters most. ***sea.ai. $9,990***

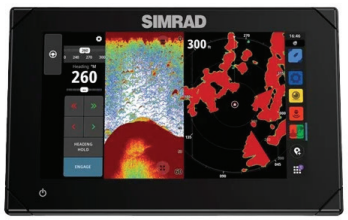



## *Bright idea*

**SeaVolt LED Floating Spotlight**

Bright, tough, and it floats. This waterproof LED spotlight lights up dark docks, anchor checks and night runs with serious power. It's lightweight, easy to grip and built to handle a tumble into the water without sinking. A smart addition to any boat, especially if you're out after sunset.

***westmarine.com. $33***




## *Chart it out*

**Simrad NSX 3007, No Transducer**

Serious tools for serious sailors. This 7-inch touchscreen chartplotter brings together maps, sonar, radar and engine data in one sharp, easy-to-use display. The interface is clean and customizable, so you see only what you need. With built-in Wi-Fi, it stays current with software and map updates.

***simrad.com. $1,049***




## *Power to spare*

**Anker 537 Power Bank (PowerCore 24K)**

Stay charged from dock to destination. This high-capacity power bank has two USB-C ports and fast charging for phones, tablets, GPS units and more. It's compact enough to stash in a dry bag and features a smart display so you always know how much power you've got left. A solid pick for staying connected off the grid. ***anker.com. $147***




## *Sailing Sidekick*

**Garmin Quatix 7 Smartwatch**

Built for life on the water, this smartwatch goes way beyond step counts. The Quatix 7 offers GPS, tide charts, autopilot control and boat-to-watch sync, all from your wrist. It's great for offshore races, sunset cruises and everything in between. You'll also get health tracking and smart alerts to keep you in the loop on and off the boat. ***garmin.com. $600***



## *Splash-ready sound*

**Speaqua Barnacle X Speaker**

Mount it, float it, take it anywhere. This waterproof Bluetooth speaker is made for boat days, with 12+ hours of playtime and a rugged design that handles drops, sand and splashes. It even stores music onboard, so you don't need your phone to keep the party going. Suction mounts and a clip keep it secure, no matter how choppy things get.

***speaqua.com. $150***

Tanner Sutphin *(Real Estate Advisor)*
and Chip Michalove,
The Great White Shark Whisperer
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*No sharks were harmed in this real estate transaction.*

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**WHAT'S BITING**
*Black Drum*



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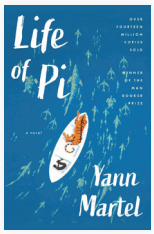
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# Set sail with these summer reads

## *Explore gripping tales of courage, love and survival on the high seas*

***Denise Friday**, a school social worker at Hilton Head Island Elementary and mother of twins, finds both escape and inspiration between the pages of a great book. This month, she shares a few titles perfect for anyone drawn to stories of the sea, survival and second chances.*

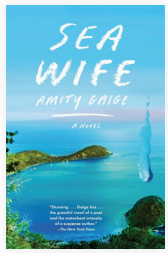


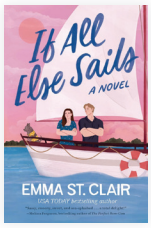

### ***LIFE OF PI*** *BY YANN MARTEL*

Piscine Patel is a teenager traveling with his family aboard a freighter across the Pacific, carrying their precious zoo animals to America for relocation from India. When a storm causes the ship to sink, Pi ends up in a lifeboat with several animals, including a Bengal tiger. This is the tale of his extraordinary survival for months, stranded in the middle of the sea with little or no resources and one of the deadliest predators in the world.

### ***SEA WIFE*** *BY AMITY GAIGE*

When Michael quits his job and buys a sailboat for his family to live on for a year, his wife, Juliet, is shocked. He wants to sail around the world with a 7- and 2-year-old? Yet they leave their home in Connecticut and head to Panama to start their adventure. The trip reveals deep truths about themselves, their marriage and the greater world around them. The writing is so powerful, you will feel you are along for the ride on this remarkable sailing journey.



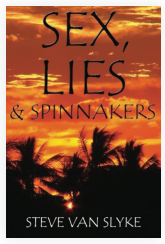




### ***IF ALL ELSE SAILS*** *BY EMMA ST. CLAIR*

Josie, a school nurse, is tricked by her brother into spending the summer with his best friend, Wyatt, a hockey player recovering from an injury. When he's not being grumpy, Wyatt shows a softer side, and the two set sail for Savannah to scatter the ashes of Wyatt's uncle. The close quarters of the boat will either spark a full-out feud or a love affair. A cute summer read from bow to stern.

### ***SEX, LIES & SPINNAKERS*** *BY STEVE VAN SLYKE*

Vivian and Mitch Sanford, along with Jill and Henry Fullerton, set off in their two sailboats on a voyage from the East Coast to French Polynesia. When Jill and Henry are murdered in Puerto Vallarta, Mexico, it appears two fishermen are being framed while the real killer sails away. Can these inexperienced sailors forge ahead to find justice for their friends?







### ***ADRIFT: SEVENTY-SIX DAYS LOST AT SEA*** *BY STEVEN CALLAHAN*

Sailor Steven Callahan had a dream of crossing the Atlantic solo. After building a 21-foot sailing cruiser, Napoleon Solo, he set off on a series of adventures that led him to the Canary Islands. From there he headed to the Caribbean on what should have been a month-long sail. Five days into the trip, a vicious storm sank his boat, leaving him adrift in a rubber life raft. For 76 days, including his 30th birthday, he survived. This is his incredible true story.




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# Stream the sails

## *FROM SEASONED SKIPPERS TO LANDLOCKED DREAMERS, THESE NAUTICAL FLICKS DELIVER THE SEA BREEZE*

STORY BY LANCE HANLIN




©IMDB.COM

Some of us dream of crossing oceans. Others just want a quiet cove and a cold drink. But whatever your style, there's a movie that brings the spirit of sailing straight to your screen. From high-stakes races to slow-drifting soul-searches, these six films capture the pull of the water and the personalities drawn to it.

**BACK TO THE FAR SIDE** *Master and Commander: The Far Side of the World* draws its plot and characters from three of Patrick O'Brian's acclaimed Aubrey-Maturin novels. The full series includes 20 books that follow the adventurous and often chaotic naval career of Captain Jack Aubrey. Good news for fans still craving cannon fire and cello duets: 20th Century Studios is developing a prequel based on the first book.

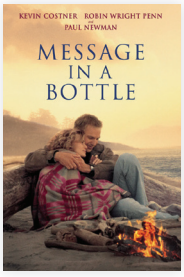
### *For the adventure seeker*




***Master and Commander: The Far Side of the World (2003)***
**Personality:** You think GPS is cheating. You respect knots. You've said the phrase "reef the sails" unironically.
**Why you'll love it:** Russell Crowe plays a British Navy captain chasing a French ship around South America. Big ocean. Bigger egos. Real wind-in-the-hair energy.

***SAIL SCALE***
***Salt spray:*** *Constant*
***Tension:*** *High*
***Feel-good vibes:*** *Earned through hardship*
***Stream it:*** *Amazon Video*

### *For the hopeless romantic*




***Message in a Bottle (1999)***
**Personality:** You still write real letters. You believe in fate. You cry at commercials with lighthouses.
**Why you'll love it:** A woman finds a love letter in a bottle and tracks down the man who wrote it. It's sappy, yes. But sometimes you need a tearjerker by the water.

***SAIL SCALE***
***Salt spray:*** *Gentle breeze*
***Tension:*** *Low*
***Feel-good vibes:*** *Bittersweet*
***Stream it:*** *Amazon Video*

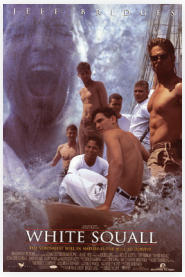
### *For the dreamer who drifts*




***All Is Lost (2013)***
**Personality:** You prefer silence over small talk. You fix things yourself. You keep your cool, even when sinking.
**Why you'll love it:** Robert Redford is the only person on screen, battling the ocean after his sailboat gets wrecked. There's barely any dialogue. It doesn't need it.

***SAIL SCALE***
***Salt spray:*** *Constant*
***Tension:*** *Tight as a halyard*
***Feel-good vibes:*** *Stoic and strong*
***Stream it:*** *Tubi, Pluto TV*

### *For the thrill seeker*




***White Squall (1996)***
**Personality:** You love a challenge, respect a good pep talk and still remember all of your high school coaches.
**Why you'll love it:** A true-ish story about a school-at-sea program that hits rough waters, literally. Young sailors, tough lessons and a Jeff Bridges speech or two.

***SAIL SCALE***
***Salt spray:*** *Soaked*
***Tension:*** *High seas*
***Feel-good vibes:*** *Coming-of-age with a lifejacket*
***Stream it:*** *YouTube*

### *For the chill cruiser*




***Captain Ron (1992)***
**Personality:** You go with the flow. You don't mind a little chaos. You've probably owned Croakies.
**Why you'll love it:** A family inherits a sailboat and hires a sketchy captain (Kurt Russell with an eyepatch) to help them sail it. Things get weird. It's a cult favorite for a reason.

***SAIL SCALE***
***Salt spray:*** *Sticky but sunny*
***Tension:*** *Low tide*
***Feel-good vibes:*** *Offbeat and easy*
***Stream it:*** *YouTube TV*

### *For the true romantic*




***The African Queen (1951)***
**Personality:** You love old movies, strong coffee and slow-burn romance.
**Why you'll love it:** Humphrey Bogart and Katharine Hepburn steer a creaky boat through wartime Africa. It's part love story, part survival and full of charm.

***SAIL SCALE***
***Salt spray:*** *Swampy*
***Tension:*** *Slow-building*
***Feel-good vibes:*** *Classic and satisfying*
***Stream it:*** *MGM+*




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# Local IQ

*August crossword challenge for locals.*

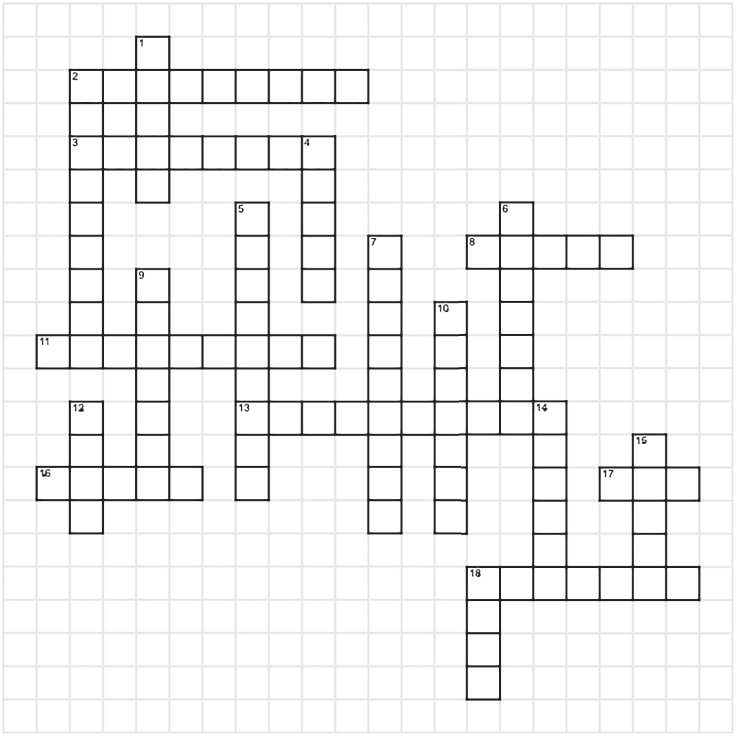
**ACROSS**

**2.** Sail shaped like a balloon used for downwind sailing
**3.** Roman emperor that August is named after
**8.** Clown who entertains children at HarbourFest
**11.** Common beach hazard more prevalent in August
**13.** Instrument that measures wind speed on a sailboat
**16.** Clydesdale who lives at Lawton Stables
**17.** Triangular sail in front of the mast
**18.** Birthstone for August, created from molten lava



**DOWN**

**1.** Lowest part of a boat's hull, where water might collect
**2.** Most common shark caught in local waters
**4.** Rear or aft-most part of the boat's hull
**5.** Season that runs June 1 to November 30
**6.** Beloved sea creature also known as a sea cow
**7.** Right side of a boat when facing forward
**9.** Rope used to raise and lower sails or flags on a boat
**10.** Oak tree that Gregg Russell sings under
**12.** Pole that extends from the mast and supports the bottom of a sail
**14.** Device used to steer a sailboat
**15.** Zodiac sign for dates between August 23 and September 22
**18.** Left side of a boat when facing forward



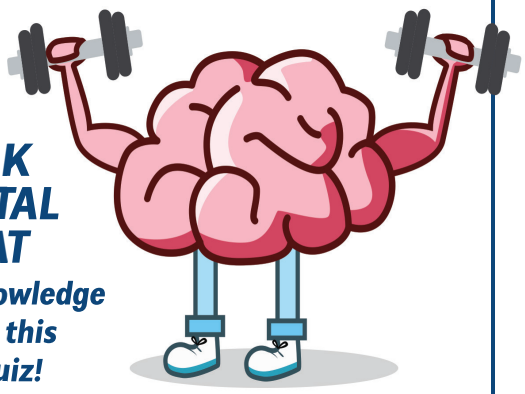
ANSWER KEY

**ACROSS** 2. SPINNAKER 3. AUGUSTUS 8. CAPPY 11. JELLYFISH 13. ANEMOMETER 16. WOODY 17. JIB 18. PERIDOT

**DOWN** 1. BILGE 2. SHARPNOSE 4. STERN 5. HURRICANE 6. MANATEE 7. STARBOARD 9. HALYARD 10. LIBERTY 12. BOOM 14. RUDDER 15. VIRGO 18. PORT

# Official Mensa® Challenge

*Answers are available on LocalLifeSC.com/Mensa*



## BREAK A MENTAL SWEAT

***Flex some knowledge and crush this Mensa quiz!***

**1.** Make your way from FAIL to RISE in only four steps, changing one letter at a time to make a common English word at each step.

FALL → _ _ _ _ → _ _ _ _ → _ _ _ _ → RISE

**2.** The 16 letters below can be anagrammed into a six-word phrase means "when all is said and done." What is the phrase?

A A D D E E E F H H N O T T T Y

**3.** In a local grocery, the owner set his prices according to a certain system. A cabbage is 19¢, a beat is 12¢, a peach is 13¢ and a banana is 18¢. Under the same system, how much will an apple cost?

**4.** Find the word that fits the definitions below when it's 1) a whole word and 2) divided by two separate words.

1) Whole word: a fresh embodiment
2) Two words: a. a brake b. a flower

**5.** Fill in the blanks to complete word below.

E _ H _ _ I _ I _ _ I _ T

***ANSWER KEY***

***1.*** *FALL, FILL, RILL, RILE, RISE (There may be other ways)*
***2.*** *AT THE END OF THE DAY* ***3.*** *13¢ (1¢ per consonant and 5¢ per vowel)*
***4.*** *1) reincarnation 2) a. rein b. carnation* ***5.*** *EXHIBITIONIST*

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# The hot list

***What to watch, read and listen to in August***

SELECTIONS BY DAISY DOW

## STREAMING










APPLE TV+ ***Chief of War*** *(drama)*
Humans have inhabited the Hawaiian Islands for nearly 1,000 years. Today many think of Hawaii as the 50th U.S. state or a tropical getaway, but the islands hold a complex history rarely portrayed in mainstream media. Chief of War follows Ka'iana (Jason Momoa), a fierce 18th-century warrior navigating the power struggles among rival Hawaiian kingdoms. Tensions mount as the threat of colonization looms.
**Release date: Aug. 1**

PRIME VIDEO ***Butterfly*** *(thriller)*
David Jung (Daniel Dae Kim) is a retired U.S. intelligence operative living in South Korea. His peaceful life unravels when Caddis agent Rebecca (Reina Hardesty) is sent to kill him. His past catches up with him, turning former tactics into current threats.
**Release date: Aug. 13**

NETFLIX ***My Oxford Year*** *(comedy series)*
American student Anna De La Vega (Sofia Carson) has always dreamed of studying abroad. She lands at Oxford, fully immersed in English literature—and in her charming tutor, Jamie (Corey Mylchreest).
**Release date: Aug. 1**

ABC, ESPN ***Aflac Kickoff Game***
*(college football)* Held at Atlanta's Mercedes-Benz Stadium, the Aflac Kickoff Game features top-tier ACC and SEC teams in a season-opening doubleheader. This year Tennessee plays Syracuse at noon on Saturday, Aug. 30 (ABC), followed by Virginia Tech vs. South Carolina at 3 p.m. on Sunday, Aug. 31 (ESPN). It's the first time the event includes a Sunday match-up.
**Kickoff: Aug. 30-31**

## MOVIE THEATERS







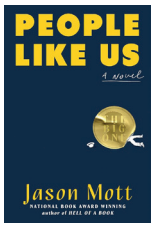


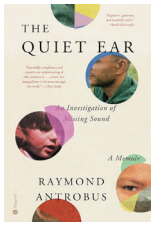

***Americana*** *(thriller)*
A rare Native American artifact hits the black market, sparking chaos in a small South Dakota town. A waitress (Sydney Sweeney) and a military veteran (Paul Walter Hauser) find themselves in unexpected competition with a ruthless antiques dealer (Simon Rex) and the leader of an Indigenous group (Zahn McClarnon).
**Release date: Aug. 15**

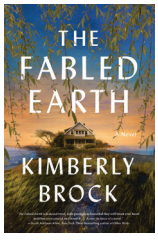
***The Roses*** *(drama)*
Everyone envies the Roses' relationship — until Theo's (Benedict Cumberbatch) career implodes. As he struggles to rebuild, the cracks in his marriage to Ivy (Olivia Colman) widen. Even therapy can't fix everything when the life you imagined falls apart.
**Release date: Aug. 29**

***Freakier Friday*** *(comedy)*
Twenty-two years after their first body swap, Tess (Jamie Lee Curtis) and her daughter Anna (Lindsay Lohan) are back — and so is the chaos. Now a mother and soon-to-be stepmother, Anna faces another strange twist of fate when familiar magic returns.
**Release date: Aug. 8**

## BOOKS & NOVELS



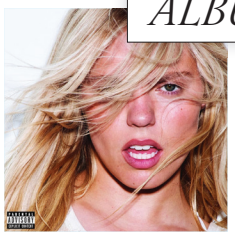




***People Like Us***
*By Jason Mott (fiction)*
When a planned memoir turned into a story about two strangers, National Book Award winner Jason Mott ran with it. In People Like Us, two Black writers connect on the road — one promoting a book, the other wrestling with how to address gun violence in a school community.
**Release date: Aug. 5**

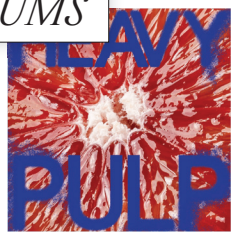
***The Quiet Ear***
*By Raymond Antrobus (nonfiction)*
Raymond Antrobus lost his hearing at age 6, but his story is anything but silent. In this deeply personal work, he reflects on life as a deaf student, his sensory world and what it means to experience sound differently.
**Release date: Aug. 19**

***The Fabled Earth***
*By Kimberly Brock (IAocal)*
A mysterious night in 1932 on Georgia's Cumberland Island changed everything. Decades later, a haunting double exposure in a photograph resurfaces, stirring up questions about what really happened — and who's been keeping secrets.
**Release date: Out now**

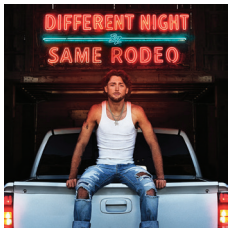
## ALBUMS



***Bite Me***
*By Reneé Rapp (pop)*
***Release date: Aug. 1***




***Heavy Pulp***
*By The Technicolors (indie)*
***Release date: Aug. 29***




***Different Night Same Rodeo***
*By Bailey Zimmerman (country)*
***Release date: Aug. 8***




***Old Love***
*By Zach Stevens Band (local)*
*Catch him live at the Sandbar and The Dunes House throughout the month.*

## PODCASTS




***Everything '80s***
*Subject: History*




***Fashion Neurosis***
*Subject: Beauty*




***Maintenance Phase***
*Subject: Health & fitness*




***Conspiracy Theories***
*Subject: True crime*

## TRAVEL



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***Louisville, Kentucky***
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*Unsung heroes*

# Lessons in harmony

## *From the classroom to the stage, Beth Green is helping others find their voice*

***The Lowcountry thrives, thanks to countless volunteers whose efforts often go unnoticed.*** *These unsung heroes are the driving force behind local nonprofits, making a difference in the lives of many. Each month we'll feature one of these inspiring individuals to highlight their contributions and raise awareness for the organizations they support. Know someone deserving of recognition? Email* ***info@wearelocallife.com,*** *and help us honor the heroes among us.*

STORY BY SHEILA PAZ



**DO, RE, ME** Beth Green, known as The Music Lady, lights up every classroom with her joyful spirit and musical talent. Whether she is playing piano or singing a silly song, she makes learning fun.



**BUBBLE-LICIOUS** Beth knows that music education is about more than notes and rhythm. Sometimes, it is about letting kids explore through bubbles, ribbons, tambourines or whatever sparks their imagination.

***Beth Green*** didn't just find her voice, she found her purpose. It started years ago when she was a camp counselor surrounded by kids, music and the kind of energy that makes you feel like anything is possible. She knew then that music wasn't just something she enjoyed; it was something she was meant to share.

Like many who end up in the Lowcountry, Beth moved to Hilton Head Island in 2005 for the sunshine and a fresh start. Originally from Massachusetts, she wanted to be closer to her parents, who were planning to spend part of the year here. She brought with her a master's in education with a focus on teaching through the arts but had no local connections. So she did what any fearless, creative person might do. She left voicemails. Dozens of them. She called schools and asked if they needed someone who could teach music, drama and add a little sparkle.

They did.

Over the past two decades, Beth has become known around town as "The Music Lady." She has taught music, drama, Spanish, sign language and public speaking at Hilton Head Christian Academy and is now shaping young minds at The Island Academy of Hilton Head. She also spent years as director of education at Main Street Theater, now called Main Stage Community Theatre, helping students come alive on stage. Her talents stretch across voice, piano, ukulele, guitar and recorder, though voice remains her specialty. She gives private lessons in both voice and piano, always with a smile and an open heart.

Beth sees her path as one guided by faith. Each opportunity feels like a gift, and she has passed that gift on in countless ways. One of the most meaningful has been through her work with the Children's Relief Fund. For nearly 20 years, she has helped children with special needs at The Children's Center, using her musical skills to connect, comfort and teach. Thanks to a grant from the Children's Relief Fund, she has been able to offer what many would call music therapy. Though she is not a licensed therapist, what she brings to the children is something just as valuable.

### *The Children's Center: Supporting local families since 1967*

Founded in 1967, The Children's Center provides affordable, high-quality childcare for local families. The nonprofit serves children from birth to age 5 in a nurturing, enriching environment that supports physical, emotional, cognitive and creative development. Open Monday-Friday from 6:30 a.m. to 6 p.m., the center provides breakfast, lunch and dinner each day.

THE CHILDREN'S CENTER

### *How you can help*

From volunteering in classrooms to lending a hand at events, there are many ways to get involved. The Children's Center welcomes both one-time helpers and regular volunteers. Visit ***TheChildrensCenterSC.org,*** or email info@thechildrenscentersc.org to learn more.



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# What makes them local



**WINDS OF HONOR**
A seasoned competitor on the global sailing stage, Nielsen was honored as U.S. Sailing's Sailor of the Week in 2009, recognizing his achievements both on and off the water.

**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*

## Racing the wind

*Olympic sailor Ned Nielsen brings global grit and local heart to the Lowcountry sailing scene*

STORY BY BECCA EDWARDS



**MASTER OF THE WIND**
Veteran racer Ned Nielsen has traded trophies for teaching, sharing his passion and skill to shape the Lowcountry's next generation of sailors.

***Ned Nielsen*** has been vibing with jibing, as well as tacking and just about every other sailboat maneuver you can think of, since learning to sail at Camp Sea Gull at age 12.

"I have always liked the freedom and adventure of sailing," said Nielsen. "Plus, sailing is a sport you can do when you are young or old."

Nielsen has been sharing his love of sailing with Hilton Head Island since moving here 26 years ago (because he always wanted to live by the water and sail year-round) and shares how you, too, can breeze into loving this lifelong sport.

**Q: Why do you enjoy sharing the sport of sailing?** **A:** This sport has been good to me, so I feel like I need to give back and get other people involved, either in powerboating or sailing. I've helped promote sailing through the South Carolina Yacht Club and helped build the Harbour 20 fleet on Hilton Head for Wednesday night racing. I'm a sponsor of the 50th anniversary of the Hilton Head Island Multihull Regatta this October. I've also supported local junior sailors competing in international events and helped sponsor Charlotte Rose at the last Olympic trials.

**Q: What advice would you give to someone thinking about taking up sailing?** **A:** Simple. Take some lessons and understand what makes a sailboat sail.

**Q: How would you give a crash course on sailboat racing?** **A:** Port is the left side of the boat. Starboard is the right side. Keep the nose of the boat pointed toward the mark you're aiming for; the down sail should be away from the mark. If the wind shifts to the left, tack to the right. If the wind shifts to the right, tack to the left. Easy.

**Q: What do you like to race and why?** **A:** I mostly like to race one-design sailboats. I was on the U.S. Olympic team in 1979 and went to the Pan Am Games. I was a member of the 1980 team, but President Carter canceled the games that year. I've raced big boats and little boats all over the world, including the Newport to Bermuda Race and Annapolis to Newport. The most exciting race I've done was the Monhegan Island Race in Maine, when I got washed overboard at night, but I was attached to a safety line and winched back aboard. You have to respect Mother Nature.

**Q: What are your thoughts on the sailing opportunities here in Hilton Head?** **A:** Mark Newman from SCYC is running a first-class sailing program. If someone joins SCYC, they can use the club's sailboats and take lessons. SCYC also has a high-performance racing program coached by Sweta Sherbegar, a 49er Olympic sailor. Olympic hopefuls from around the country are coming here to be coached by her and Mark's team. For 10 years Mark has run some of the best junior regattas, with top yacht clubs from across the U.S. sending their junior sailors to Hilton Head Island. Bob Adams from Zim Sailing in Newport, Rhode Island, has supplied brand-new boats for these regattas so that every sailor competes in a quality vessel.

**Q: What is your family motto in life?** **A:** Be nice to everyone. Manners cost nothing. *LL*




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# Where the wind once blew

## *RETIRED SAILS FIND NEW PURPOSE ON LAND, STITCHED INTO GEAR THAT CARRIES STORIES FROM THE SEA.*

STORY BY SHEILA PAZ + PHOTOS COURTESY OF SEA BAGS



**SECOND WIND** An anchor is stitched onto a piece of recycled sailcloth, soon to become a water-resistant carryall that's just right for the boat or the beach.




**THREADED IN HISTORY** Each bag is one of a kind, marked by original stitching, sail insignias, rust stains and stories only the sea could write.

What happens to a sail after its time on the water is done? If it's lucky, it gets a second life, this time slung over someone's shoulder.

That's the idea behind Sea Bags, a company that's been transforming retired sails into durable, good-looking gear since 1999. Now with a location on Hilton Head Island, the brand brings its coastal craftsmanship to the Lowcountry.

These aren't just nautical-themed accessories. Each one has spent time on the water. That rust mark? Probably from a salty spray or a rough docking. The zigzag stitching? That was holding a sail together during a storm.



**CAPTAIN OF SUSTAINABILITY** Since joining Sea Bags in 2006, Beth Greenlaw has helped steer the company to more than 40 stores and kept over a million pounds of sailcloth out of landfills.

### *Where it started*

The story begins on the docks of Portland, Maine, where founder Hannah Kubiak started making tote bags from sailboat sails. She was working out of a spot on Custom House Wharf, surrounded by boats and salty air. In 2006 Beth Greenlaw stopped in. The two joined forces, and Sea Bags started picking up steam.

Today it's a full crew. With over 50 shops in coastal towns across the country, the brand has gone from a wharf-side experiment to a coastal style trend.

### *Made from stories*

No two bags are the same; that's part of the charm. Each one is cut from a different piece of sailcloth, which means it comes with its own wear marks, stitching, insignias and quirks. Some show their age more than others, but that's the point. These bags have been places.

Back in Maine, sails are collected, cleaned, cut and stitched by hand. Most of the materials come from local sources, except for some parts like zippers and metal hardware.


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## A cleaner course

There's also a bigger mission behind the work. Sea Bags has kept more than a million pounds of sailcloth out of landfills so far. That effort earned it a GreenCircle certification, which means it's been independently verified for using 100 percent recycled sail material in their bags. That's a rare thing in the world of fashion and manufacturing.

It's not just about recycling, either. Each Sea Bags store gets involved in its own community. Whether it's supporting sustainable lobster fishing in Maine or partnering with a local nonprofit near Charleston, the company regularly designs limited-edition bags tied to regional causes and donates 20 percent of those sales to the groups involved.

## Lowcountry landing

If you want to check them out in person, there's now a Sea Bags store in Coligny Plaza on Hilton Head Island. It's a natural fit. With sails and sand just steps away, it's the perfect location to find gear made from wind and water. Whether you're packing for a sunset cruise, a day on the beach or just a grocery run, these bags are more than just good-looking. They've already been on one journey, and they're ready for the next.

**CERTIFIED GREEN**
Sea Bags was the first U.S. manufacturer and retailer to earn GreenCircle certification for recycled content. The designation confirms that every bag is made from 100 percent reclaimed sailcloth and meets strict environmental and transparency standards.



### *MADE FOR THE ELEMENTS*

*Sailcloth isn't just rugged, it's battle tested. Originally made to endure wind, salt, sun and storms, these woven fabrics are designed to last. That same durability makes them perfect for bags and accessories that need to hold up over time.*










# *Beyond the bag*

## *OTHER COMPANIES GIVING OLD SAILING GEAR A SECOND LIFE*

Sea Bags isn't the only crew turning weatherworn sails into something stylish and useful. Here are a few other brands charting a sustainable course with repurposed sailing gear:

**1. Second Wind Sails (Gloucester, Mass.)**
Creates custom shower curtains, pillows, bags and other accessories from retired sails mostly from Massachusetts sailors.

**2. ReSails (Newport, Rhode Island)**
Transforms high-performance racing sails into fashion-forward jackets, duffels, bags and accessories.

**3. Sealand Gear (Cape Town, South Africa)**
Repurposes yacht sails, canvas and kite surf material into rugged, outdoor-ready bags and accessories.



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# Don't let the waves win

## WHY SEASICKNESS HAPPENS, HOW TO AVOID IT, AND WHAT TO DO WHEN THE WATER THROWS YOU A CURVEBALL

STORY BY CHELSEA QUINN



**FEEDING THE FISH** Even seasoned boaters can end up leaning over the rails when seasickness hits. Look to the horizon, get fresh air and breathe slowly; you'll feel steady again in no time.



### QUICK RELIEF CHEAT SHEET

*Fast fixes for seasickness:*

- *Get fresh air*
- *Focus on the horizon*
- *Sit in the middle of the boat*
- *Sip cold water*
- *Eat a plain cracker*
- *Avoid strong smells*
- *Stay calm and breathe slowly*

**TAKE THE WHEEL**

If the captain allows, taking the wheel can make a surprising difference. Being even partly in control of the boat's movement helps your brain and body sync up and recover from seasickness faster.

Have you ever been out on the water and suddenly felt a little off? Maybe your stomach turned, your head got foggy, or you just needed to sit down and stare at the horizon. Welcome to seasickness, a rite of passage for some and a complete mystery to others. Seasickness is one of the most common (and least talked about) parts of boating.

Whether it's your first time on a boat or your 50th, sometimes your body just doesn't cooperate. But before you swear off sailing forever, just know that with a little preparation and the right mindset, seasickness doesn't have to take over your trip. You can still enjoy the view, the breeze and the adventure without the queasiness.

### What's really going on here

So what exactly is causing this dizzy sensation when aboard a boat? "It's all an issue with balance and your equilibrium being thrown off," explained pharmacist Will Douglass of Burke's Main Street Pharmacy. "Your eyes and your inner ear are sending mixed signals, and your brain doesn't like that."

While your body is feeling movement, your eyes might be fixed on something that appears stationary, like a table, your phone or a cabin wall. The result is a confusing mix of signals that your brain interprets as danger. It may cause nausea, dizziness and the sudden urge to lie flat and regret not being more prepared.

While there's no one-size-fits-all profile of who gets seasick, Douglass says it's often more about how you're feeling that day and how well you've prepared. "If you're congested, dehydrated or already feeling off, you're more likely to experience it," he said. "It's less about the person and more about the state you're in at the time."

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> —Michelle Howard, 57



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## How to outsmart the ocean

Now that you know it's not personal, here's the good news: seasickness is totally preventable. And you don't need a prescription to earn your sea legs, just a little planning.

Douglass, who helps a lot of worried first-timers, says the earlier you prep, the better. "Take something the night before and then again a few hours before the trip," he recommends. Dramamine is the classic go-to, and while the drowsy kind is stronger, the non-drowsy version won't knock you out mid-dolphin tour.

There's a solution for everyone, whether you prefer meds or even the natural route. For longer trips, a prescription patch called Transderm Scop goes behind your ear and lasts for days — perfect for cruise-goers or anyone going out into the high seas. Not into pharmaceuticals? Ginger chews are a popular natural option ("We sell a lot of those," Douglass said), and the Sea-Bands, which are pressure-point wristbands, have a loyal fan base too. "People swear by them — and hey, if it works, it works," said Douglass.

## What to do when it hits

Even with all the prep in the world, sometimes the ocean still wins a round. If you start to feel that familiar wave of queasiness mid-sail, don't panic, just follow a few simple steps.

"First thing: get to fresh air and find the horizon," said Capt. Rick Hubbard, a longtime local sailor with decades of experience on the water. "Your brain needs to sync what your body feels with what your eyes see. The horizon helps it all make sense again."

Capt. Rick's advice also includes stepping away from the cabin, getting outside and facing forward. Sitting down, breathing slowly and staying cool can all help take the edge off. He even says that if you're able to take the wheel (with permission from the captain), it can help you feel better. Being in control of the motion, even a little bit, helps your brain and body align and gets your sea legs back under you faster.

## SEASICK SURVIVAL KIT

*Pack a few essentials in your bag so you're ready to tackle rough seas or unexpected motion.*

- *Motion-sickness medication (Dramamine, Bonine)*
- *Prescription patch, if needed*
- *Ginger candies*
- *Sea-Bands*
- *Crackers*
- *Reusable water bottle*
- *Plastic bags (just in case)*

## Keep calm and cruise on

Seasickness doesn't care how experienced you are or how many times you've been on a boat. It can sneak up on anyone, even seasoned sailors. Just ask Capt. Rick.

After decades of leading dolphin tours and sailing trips around Hilton Head with zero queasiness, he once boarded a cruise ship for a getaway and promptly had to lie down the moment they hit open water. "I wasn't even out of the harbor before it hit me," he admitted. "I had to drag myself up to the front of the ship, stare at the horizon and get my sea legs like everybody else."

The point? Seasickness is more common than most people admit, but it's also manageable. It doesn't have to derail your adventure. With a little planning, some smart mid-sail strategies and maybe a few ginger chews in your pocket, you'll be ready to enjoy the ride and laugh about it later. Take a deep breath, pack your Sea-Bands, and keep your eyes on the horizon. LL



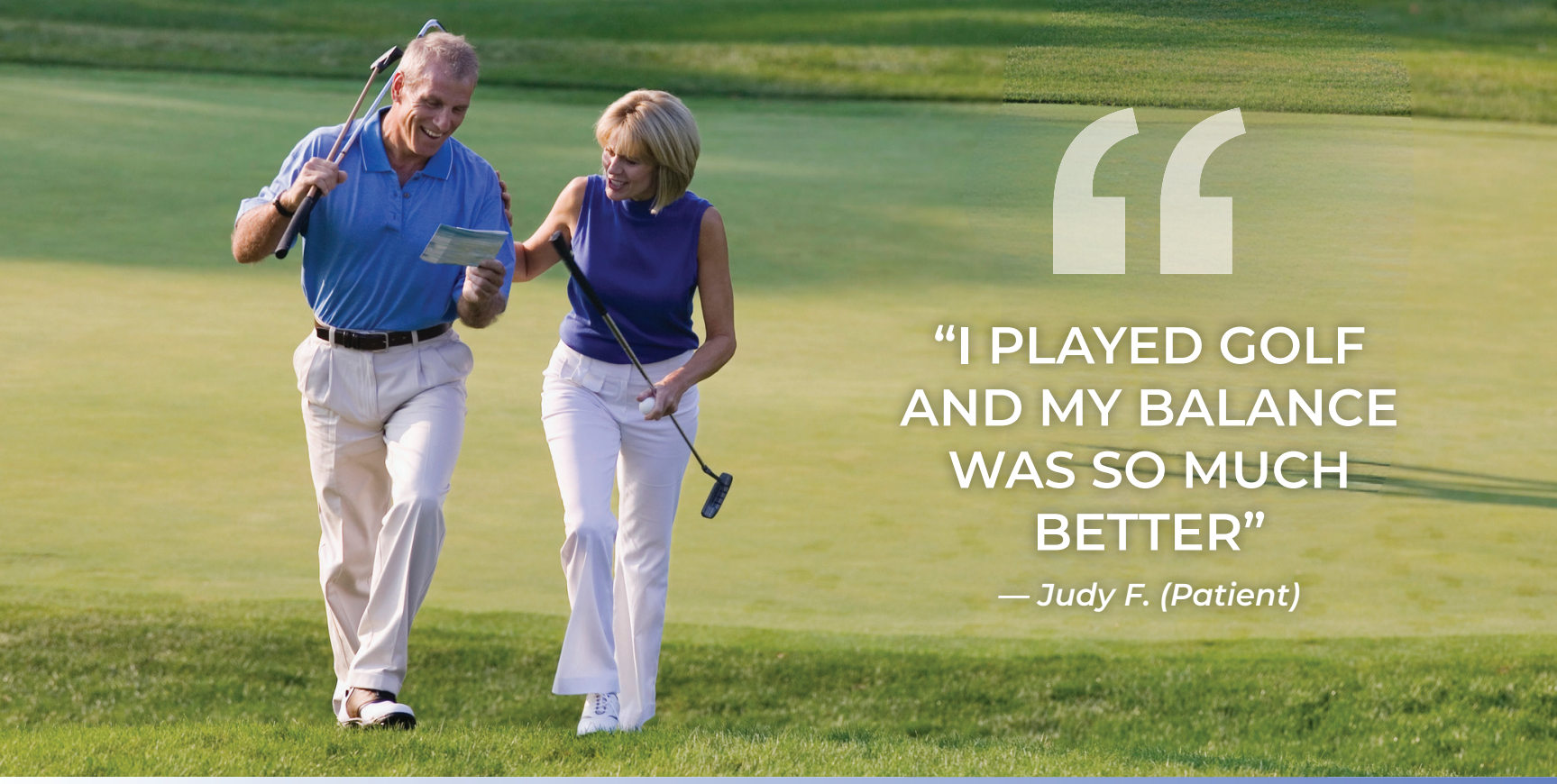

**SET IT AND FORGET IT** Transderm Scop, a prescription patch, goes behind your ear and steadily releases medication to help prevent nausea and vomiting from motion sickness. It can last up to three days, making it a great choice for cruises or multi-day trips.




**A SWEET SOLUTION AT SEA** Ginger chews offer a natural way to ease nausea without drowsiness. They help calm the stomach and settle queasiness with a mild, spicy kick that many people find soothing.




**A SQUEEZE OF RELIEF** Sea-Bands use gentle pressure on a specific wrist acupressure point to help reduce nausea and motion sickness, all without medication or side effects. They're reusable, drug-free and easy to slip on before or during your trip.



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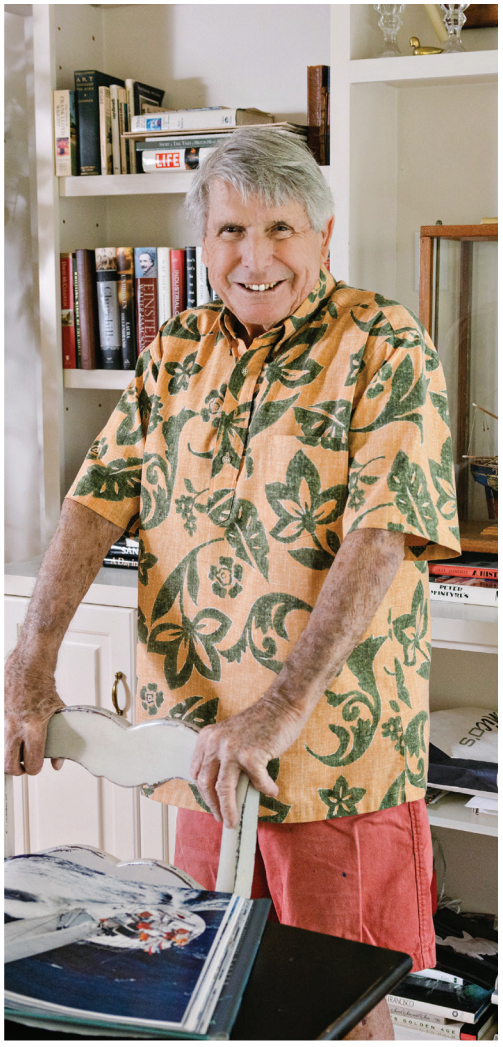
*— Cal B. (Patient)*

"I DON'T EVEN THINK ABOUT MY FEET ANYMORE. I JUST ENJOY LIFE."

*— Jim C. (Patient)*










MACARI VINEYARDS
2



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

# *All hands on deck*

*From seasoned captains to rising stars, these locals are steering the Lowcountry's sailing legacy into the future*

STORY BY BARRY KAUFMAN
PHOTOGRAPHY BY LISA STAFF

Few things get into your blood like the sea. Those with a passion for cars or planes are simply gearheads or flyboys. But for those who call themselves sailors, it's beyond a passion. It's a rush of salt water through the veins, a calling with every wave that crests over the horizon. It's an undeniable pull that drives them far from shore.

In the Lowcountry old salts are everywhere. With so much of our home surrounded by water, it's only natural that sailors would gather here. People come to retire and spend their days sailing, or they come to work the water, seeking a catch or a tourist in need of a charter.

But for a select few, sailing is more than just something they do. It's who they are. The locals profiled here fit that bill perfectly.


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# Mark Newman

## AT THE HELM OF HILTON HEAD'S SAILING SCENE

It's a summer day, and even while answering interview questions, South Carolina Yacht Club Sports Center Director Mark Newman keeps one eye on a pair of high school seniors trying to load 420s onto a trailer.

"They've never put boats on a trailer, and it's making me nervous," he says, before shouting, "You have to rotate that hook!" to one of the teens.

Those two — who, it should be noted, did successfully load the boats — are among countless young locals who have sailed under Newman's guidance. But few realize that if there had been more options for young kids in the Finger Lakes region of New York, their captain may never have found his calling.

"For me, it started out as daycare for my mother," he said of his introduction to sailing. He first learned during day camp, then found his passion racing on the lakes near home. "I wanted to go to college and sail at the university level, but for an upstate farm boy, going to schools with sailing teams was expensive."

Determined to become a captain, he ultimately joined the Christopher Newport University sailing team in Newport News, Virginia. "Mom said to find a school that cost the same as an in-state one," he recalled. There he studied under Inter-Collegiate Sailing Association Hall of Famer Dan Winters. "I learned everything in the world from him."

After earning a master's degree from Old Dominion, Newman began his career as a high school sailing coach and Director of Sailing at Virginia's Hampton Yacht Club. Just as he was starting to burn out on teaching, fate stepped in with a phone call from SCYC's Lee Lucier.

How did Lucier hear about a coach two states away? "That's the mystery of the day," Newman laughed. "But when I got the call, I drove down that Labor Day. It was the hottest day on record — I almost died during the interview."



He survived, got the job and drove back through the night to start that October 7. From the beginning he proved to be the right hire.

"There were only about eight boats when I started," he said. "I don't think they knew what they were looking for. But they brought the right people on board at the right time, and it just expanded."

One major turning point was the introduction of high school sailing programs, which gave local teens a way to compete and connect. Newman also helped launch scholarship initiatives like the Bob Pancoast Sailing Scholarship Fund and the Paul Miller Fund, ensuring kids of all backgrounds could get involved. The SCYC trophy case now holds three world championships and multiple regional titles — not to mention a growing sailing community.

"None of this would have been possible without the vision of JR and Leslie Richardson, owners of the South Carolina Yacht Club," Newman said. "They built the foundation. I just helped bring the sailing side of that vision to life. The membership has really grown into more of a family-friendly group. You're seeing a lot more younger kids out there."



**STEERING THE NEXT GENERATION** Mark Newman, Sports Center Director at the South Carolina Yacht Club, has turned the club's junior sailing program into a nationally recognized powerhouse. Since 2014 the U.S. Sailing Level III-certified coach has expanded youth participation, launched major regattas and introduced scholarships to make sailing more accessible. Under his leadership, SCYC teams now regularly compete at top national and international events.


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"Dr. Joe Tobin is hosting that," said South Carolina Yacht Club Sports Center Director Mark Newman. "We're up to 38 boats registered. It's going to be a sight to see. Last year we had 25 — we're hoping for 50 or more."

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# *Colton Ford and Lachlan Duer*

## *A HEALTHY RIVALRY TURNED TWO LOCAL TEENS INTO WORLD-CLASS SAILORS*

There's something to be said for a good old-fashioned rivalry. Whether it's LeBron James and Steph Curry, Roger Federer and Rafael Nadal or Larry Bird and Magic Johnson, something special happens when two top competitors push each other to the limit.

Ask Mark Newman, and he'll tell you few embody that spirit better than 14-year-olds Lachlan Duer and Colton Ford.

"It's the most competitive love-hate relationship you could ever imagine. They're like the Mets and the Yankees," he said. "They're not going to pull a punch to let the other one win. They're always trying to beat each other."

To Newman, it's steel sharpening steel. To Duer and Ford, it's simply two kids sharing a deep love for sailing.

"When I first came here, I think we were at the same level. He was a little better than me," said Ford. "We've both gotten so much better since we started sailing together. Neither of us likes losing, so we just push each other."

"We've done a lot of events where we were neck and neck," added Duer. "But the goal is always to be ahead of him."

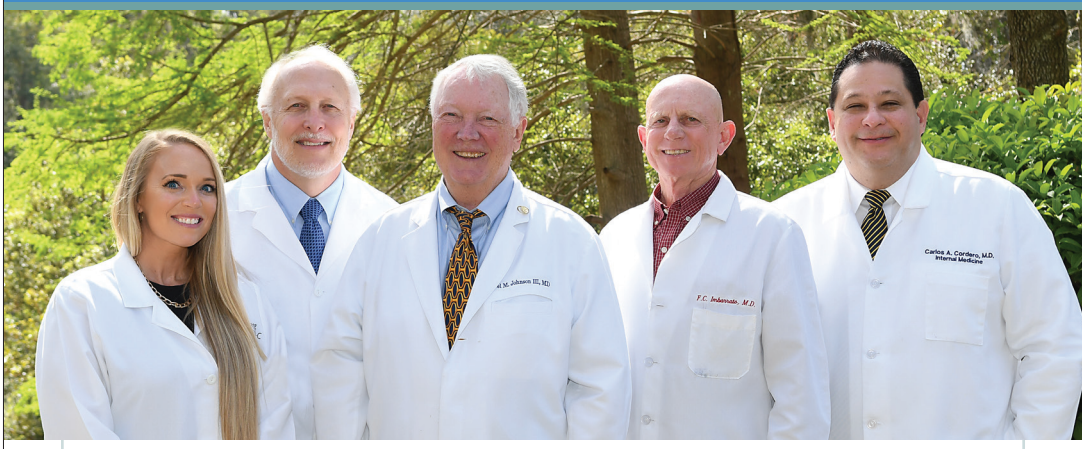
Duer, who comes from a strong family sailing tradition, began at age seven alongside his sister Arabella, who also sails competitively. He's already racked up an impressive list of wins, including multiple Open Skiff North American "Un-Regatta" titles, first place in the 2025 BYSC Spring Series (ILCA 6 class), and several podium finishes in national ILCA 4 events already this year.


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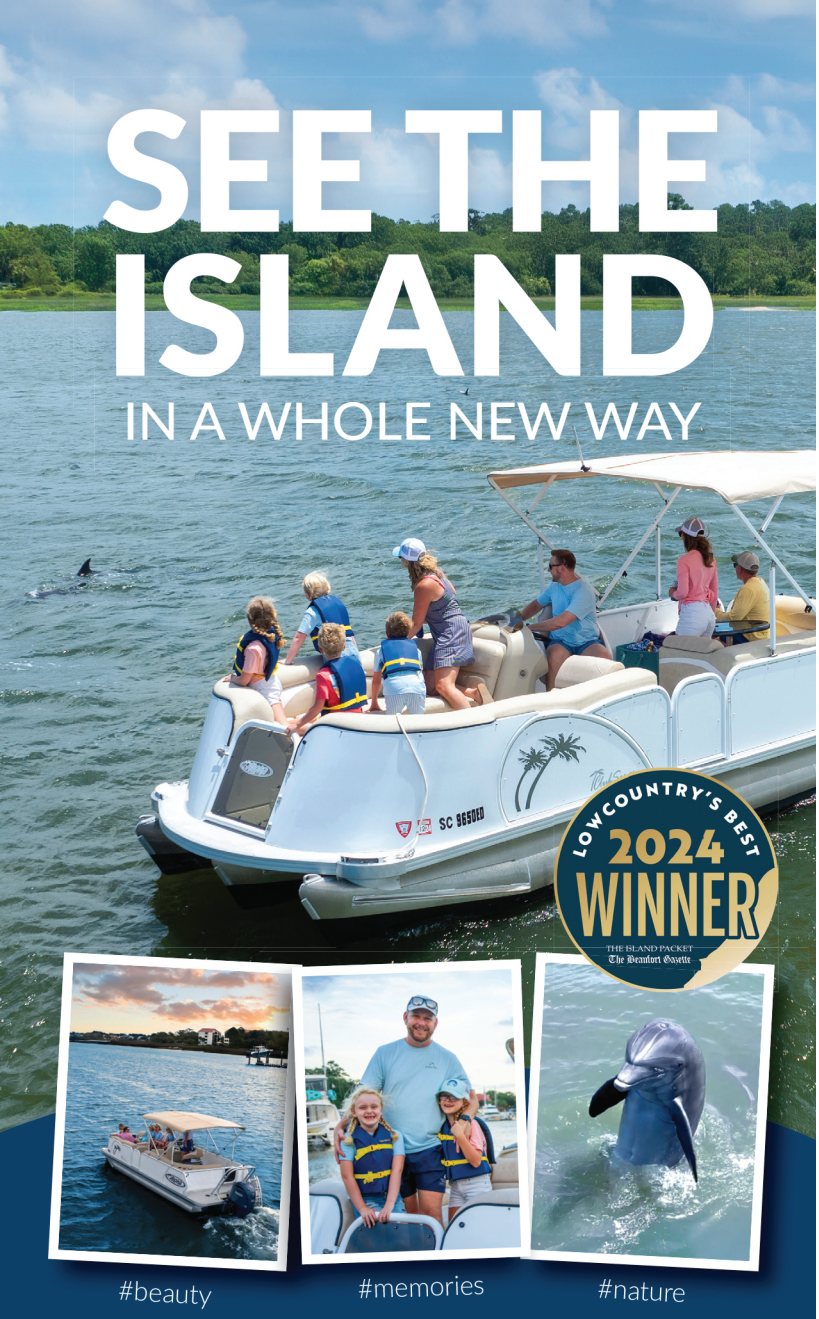
*(from left) Nicole Clegg, MSN, APRN, FNP-C, Van Gauby, MD, Joel Johnson III, MD, Franics Imbarrato, MD, Carlos Cordero, MD*

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His journey has taken him around the globe, including to the 2023 O'pen Skiff World Championship in Italy, where he trained with America's Cup champion and Olympic gold medalist Russell Coutts.

"It's really cool to travel, meet people from other countries, and train with people from all over the world," said Duer.

Ford took a different path. His parents enrolled him in a summer sailing camp just to see if he'd like it. The week after it ended, he asked to go back — for the entire summer.

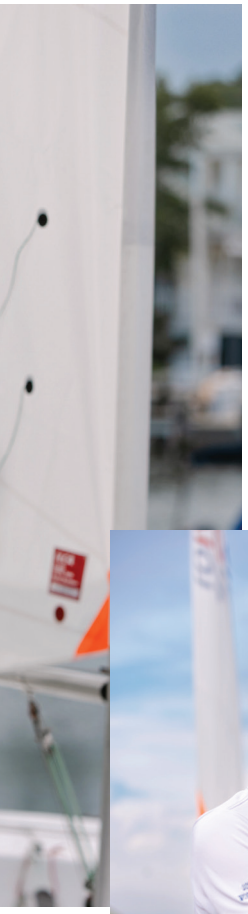
"After a year or two, I started putting all my time into it," he said. "It's just so much fun being out there with your friends. I don't know how to describe it."

He's got the accolades to back it up: 2023 Optimist Junior Sailor of the Year, a national championship in team racing and a second-place finish in the ILCA 4 class at the 2025 ILCA U.S. Championships — the highest finish for an American.

He's traveled far for his sport too.

"Monaco was so cool. The yacht club is super exclusive, and the city is great," he said. "It kind of reminded me of Hilton Head though. You could walk the whole city in two and a half hours."

Each pushes the other, and each roots for the other. As far as rivalries go, this might be the healthiest one on the water.







**RISING STARS**
Colton Ford (left) and Lachlan Duer are two of the Lowcountry's brightest young sailors. At just 14, they've already competed at national and international levels, pushing each other through a spirited rivalry that has brought out the best in both. Colton has earned titles like Optimist Junior Sailor of the Year and represented Team USA abroad. Lachlan recently won the 2025 North American "Un-Regatta" and has competed at world championships in Italy.


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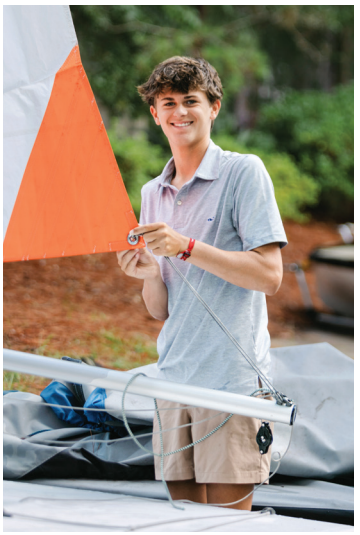
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# Where sailors get their start

Colton Ford and Lachlan Duer are friendly rivals who, at just 14 years old, are already making their mark in the world of sailing. Competing at national and international levels, each keeps the other sharp, pushing one another toward greatness.

One thing they share: both discovered sailing at a young age, and their passion for the sport took hold almost immediately. For parents hoping to launch their child on a similar course, the South Carolina Yacht Club offers a Junior Sailing Summer Program that's perfect for first-time sailors.

From Guppies to Optis to 420s, the club offers a range of age-appropriate programs designed to inspire confidence and skills on the water. Learn more at scyachtclub.com.

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# John Rumsey

## A LIFE UNDER SAIL

John Rumsey has lived exactly the kind of adventurous life a sailor dreams of. He's steered ships through deadly storms, soared through the air on the mast, dined with kings and business titans and anchored in nearly every port a man could want to see.

Now 89, he docks at TidePointe on Hilton Head Island. It's about as far as you can get from the San Francisco Bay where he grew up. He learned to sail in an El Toro dinghy his mother had won in a raffle and embraced the sea early on as a junior member of the San Francisco Yacht Club. By age 12 he was already navigating the bay.

"As kids we sailed small class boats like they do here, but there was no organized junior sailing or anything like that," he said. "The adults had had 25- to 40-foot boats they would race, and they always needed crews So we'd go out, race and learn to sail with the currents. Once you've mastered the currents, you really do well."

His success as a crew member landed him on the famous boat Ticonderoga (aka Big Ti), where he took part in his second of his 15 trips in the Transpacific Yacht Race, a 2,300-mile journey from Los Angeles to Hawaii.

In the 1965 outing, Big Ti sailed through 50-knot winds and Tropical Storm Beatrice to a win, setting a new course record. When the ship's owner, Oregon lumberman Bob Johnson, decided to build a new vessel, he asked Rumsey to captain it.

That second ship, Windward Passage, was a leap forward. One of the fastest boats in the world at the time, it set another Transpac record in 1971 and gave Rumsey the chance to do a little showboating. During the St. Francis Yacht Club's Big Boat Regatta in San Francisco, he became tangled in the mizzen spinnaker's lines and briefly went airborne, essentially water skiing in his shoes.

"The next day we brought some water-skiing equipment. We got fairly far ahead of the other boat, The Blackfin, and one of the crew set me down in the water, and I started water skiing," he said. "They were a mile behind us, and here I am, water skiing behind the boat. That was adding a little insult to injury."






**WINDS OF MEMORY** John Rumsey is pictured at his TidePointe home with *Windward Passage: A Maxi Yacht in Her Sixth Decade*, a 2023 book that features Rumsey and other members of the legendary yacht's crew. In addition to his time aboard Windward Passage, Rumsey also had a memorable stint sailing The H.M.S. Bounty for Ted Turner. He is the author of *Sailing Savannah 1996*, a guide to the Olympic sailing events held in Savannah during the 1996 Atlanta Games.

After his time on Windward Passage, Rumsey settled on Hilton Head to buy and revitalize Palmetto Bay Marina. But one of his old sailing buddies called with a once-in-a-lifetime offer.

"We all sailed with Ted Turner and were TBS stockholders. We were at the opening of the Atlanta Braves' 1986 season, and Ted told me, 'Guess what? We got the 'Bounty,'" Rumsey recalled. "He asked me and my friend Bunky Helfrich (who was Turner's boyhood friend and aide) if we'd go down and see what we could do with it. It was in pretty rough shape."

Featured in the 1962 version of Mutiny on the Bounty, the ship had become a tourist attraction in St. Petersburg, Florida. Ted wanted Rumsey and Helfrich to get it ready to sail into New York Harbor for the country's upcoming 1976 Bicentennial Tall Ships Parade.

"That's when I found out that in the TV business, you don't even ask about money," said Rumsey. "You just do it."

His journeys on The Bounty would take him all over, from the set of Treasure Island with Charlton Heston to the Goodwill Games in 1990 in Seattle. His time at the mast was filled with incredible adventures, and, ultimately, that's all any sailor wants.


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# *From logging dock to landmark*

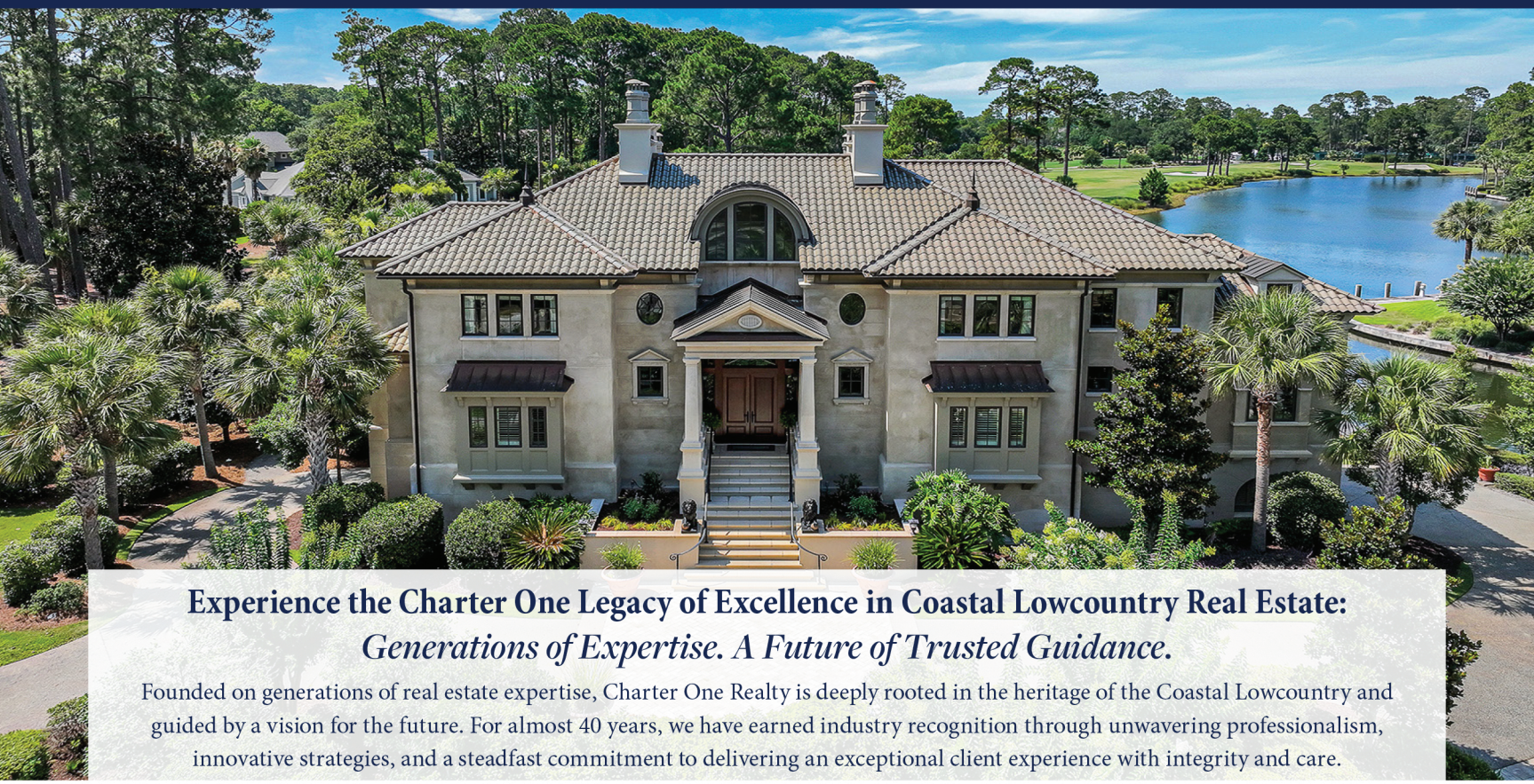
The Palmetto Bay Marina we know today is one of the island's most beloved corners. Between the shops, restaurants and slips, it's a hive of activity. But it wasn't always like that, especially when John Rumsey purchased it in 1977.

"The marina was a mess because Sea Pines had basically used it to ship the logs they cut down in Sea Pines and Hilton Head Plantation to the paper mills in Savannah," he said. "There was a mountain of wood chips. Since all our friends had larger yachts, we got a large travel lift. The property had a couple of apartments, the docks and a shed for working on boats. We cleaned it all up, started a yacht club and put in a restaurant. That was the Chart House."

Adding the restaurant and yacht club essentially transformed Palmetto Bay Marina from a vestige of Sea Pines' timber days into the bustling harbor it is today. And while John Rumsey's legend is forever tied to his sailing triumphs, a small part of his story helped shape modern-day Hilton Head Island. *LL*

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# A sailor for life

## HOW A GEORGIA LAKE LAUNCHED NOAH KIPAR ON A LIFELONG MISSION TO TEACH SAILING

STORY BY SHEILA PAZ + PHOTOGRAPHY BY LILY WHITENER




**SAIL AWAY** Beaufort's Noah Kipar is shown aboard a Sunfish, the same kind of sailboat on which he first learned the ropes before turning sailing into a full-time career.

Sailing might not be for everyone, but when you start at 10 and stick with it for nearly 30 years, it feels as natural as breathing. For Noah Kipar it's more than a pastime, it's his identity. Originally from Augusta, Georgia, and now living in Beaufort, Noah proudly calls himself "a sailor for life." Today he serves as sailing director for Beaufort Community Sailing & Boating and owns Beaufort Boat Charters.

### *Setting sail*

What began as a father-son activity with his stepfather turned into a lifelong love for Noah. Learning the basics on Clarks Hill Lake near Augusta, he became a waterman early. By age 13 he was racing a Sunfish, a simple, joyful single-handed sailboat. That first regatta showed him just how much there was to learn. Sailboat racing sharpened his focus and taught him strategy and resilience.

"One thing I love about sailing is there's always something to learn," Noah said.

Even though he did not race single-handed very often as a kid, he jumped at the challenge and soaked up every lesson from more experienced sailors. "Because I was a lightweight junior sailor who didn't affect the overall weight of the boat too much, I was lucky enough to be invited to sail as crew with some really great sailors," he says.

### *Sailing into deeper waters*

During college summers Noah found what he calls his young adult dream job with Sail Caribbean, a live-aboard sailing school for teens and college students that combines sailing, scuba diving, island exploration and leadership training. As both captain and program director, he worked with larger keel boats and discovered he loved teaching just as much as sailing.

"We had sailors from all over the world come and learn to sail. We taught the students marine navigation, seamanship skills and how to travel longer distances by water safely. Sail Caribbean isn't just a live-aboard sailing school; we empower the students through sailing and exploration while helping them learn life skills like working as a team, cooking their own meals and keeping everything on board ship-shape," says Noah.

It is an experience he recommends to any young person curious about adventure and growth. You never know what the water might teach you.

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## *Memories on the water*



**KNOTS OF SKILL** Learning to tie knots is a rite of passage for any young sailor. Knots keep the sails secure, the lines neat and even help during repairs.

Sailing around the Virgin Islands and the Leeward Islands in his early 20s left Noah with memories that still feel fresh.

"There was a new moon, and the stars were so bright," he said. "It was so dark that the horizon just vanished, and the stars reflected off the water, giving the feeling as if we were sailing through space. It's a memory I'll cherish forever."

Then there was a moment that brought him face-to-face with one of nature's giants.

"A co-worker and I were bringing up a boat from Antigua to the British Virgin Islands," Noah said. "I was on the helm while my mate got some sleep; the sun had just come up, and all of a sudden a pilot whale surfaced about 10 feet away from our boat. It was really cool because he looked me right in the eyes for about 10 seconds and then went back under. I never saw the whale again, but I'll definitely never forget that 10 seconds of eye contact we shared."

## *The captain becomes the coach*

In 2019 Noah charted a new course to Beaufort, later taking on the role of sailing director for Beaufort Community Sailing & Boating in 2021. The nonprofit teaches seamanship skills and brings sailing opportunities to the local community. Under Noah's leadership the youth program has grown from five competitive junior sailors to 25, with some going on to become instructors themselves.

"I will always be a sailor, but what is cool is that I am now a teacher getting to share my love for sailing and boating," Noah said. "It's really rewarding getting to give back and share my excitement for sailing with the young people in our community."

## *Words to navigate by*

"If sailing has been a dream of yours, give it a shot, and stick with it," Noah said. "Learn to accept and be open to the challenges. It is not something that anyone can pick up overnight. It takes practice, perseverance and respect for the things that are happening around you. There will be days when you have great experiences and others when the wind dies on you or you get hit by a squall."

Noah believes sailing is not just about harnessing the wind but about the journey itself — and how far it can take you, both physically and personally.



**LAND LESSONS FIRST** Before launching onto the water, junior sailors practice on land to build skills and confidence in a safe setting.



"It will teach you so many everlasting lessons and hopefully instill a great respect for nature and all it has to offer," he says.

Whether you are chasing wind for the first time or guiding the next generation, Noah's story shows that a lifelong love for sailing can start with just one push from shore. *LL*

## *THINKING ABOUT SAILING? HERE'S HOW TO GET STARTED*

*You don't need to own a fancy boat or grow up on the water to start sailing. Here's how to take the first tack.*

### TAKE A CLASS

If you want to learn the ropes, look for community sailing programs, yacht clubs or local sailing schools that offer beginner lessons on safe, stable boats with experienced instructors. Around Hilton Head you can try Island Recreation's Rowing & Sailing Center, the junior sailing programs at the South Carolina Yacht Club or the Coastal Carolina Sailing School. North of the Broad, Beaufort Community Sailing & Boating runs private and group lessons for kids and adults out of the Beaufort Yacht & Sailing Club.

### CREW FOR SOMEONE

A great way to gain experience is to crew for another sailor. Check in with local yacht clubs like the Yacht Club of Hilton Head, Harbour Town Yacht Club, the South Carolina Yacht Club or the Beaufort Yacht & Sailing Club to see if anyone needs an extra set of hands, or keep an eye on bulletin boards and social media for crew calls. Many skippers welcome enthusiastic beginners who can help with basic tasks. It's a fun way to learn the ropes, build skills and connect with the local sailing community.

### LEARN THE LINGO

Sailing has its own language, but don't let that intimidate you. Grab a book, or watch videos to get familiar. Here are a few basics.

***Port:*** *The left side of the boat when you're facing forward*
***Starboard:*** *The right side of the boat when you're facing forward*
***Bow:*** *The front of the boat*
***Stern:*** *The back of the boat*
***Sheets:*** *The ropes that control the sails*
***Halyards:*** *The ropes that raise or lower the sails*
***Tack:*** *Turning the front of the boat through the wind*
***Jibe:*** *Turning the back of the boat through the wind*

### PRACTICE, PRACTICE, PRACTICE

Like Noah says, sailing is something you build over time. The more you're on the water, the more confident you'll feel. With so many calm creeks, rivers and open sounds around the Lowcountry, there's no shortage of places to practice your skills and enjoy the journey. A great place to start is the protected waters of Skull Creek or Broad Creek on Hilton Head, or in the Port Royal Sound where you'll find steady breezes and plenty of room to maneuver without heavy boat traffic.

### RESPECT THE ELEMENTS

Weather, tides and wind are all part of the adventure. Around the Lowcountry, conditions can change quickly with pop-up storms or shifting breezes, and our large tidal swings (sometimes up to eight feet) can create strong currents that surprise even experienced boaters. Stay aware, check the forecast, and be ready to adjust your plans.






# Tied to tradition

## A SAILOR'S GUIDE TO 13 ESSENTIAL KNOTS AND HOW TO USE THEM ON BOARD

STORY BY BROOKS GOLBA

In the age of GPS and self-tailing winches, knowing your knots might seem like an old-school skill. But when you're out on the water, whether docking, anchoring, reefing a sail or just stowing gear, nothing beats a solid knot tied right. ***Here are 13 foundational knots every sailor should know. Learn them, trust them, and keep your lines tangle-free.***



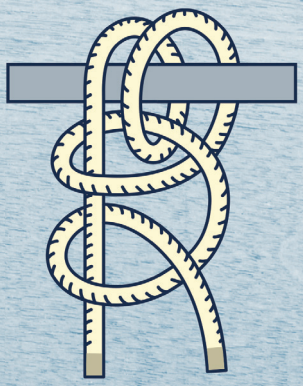
### *1. Bowline*

**How to tie it:** Make a small loop ("the rabbit hole"), pass the working end ("the rabbit") up through the loop, around the standing part ("the tree"), and back down the hole.
**Use it for:** Creating a fixed loop at the end of a line. It's strong, won't slip and unties easily, even after being under load. Use it for securing halyards or tying to a mooring post.



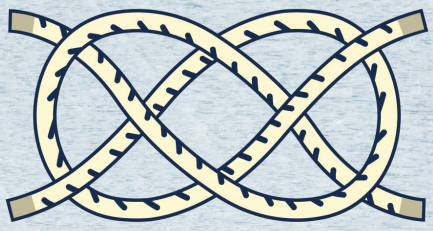
### *2. Fisherman's Knot*

**How to tie it:** Tie an overhand knot around one rope with the other, then repeat in reverse. Pull both lines to snug the knots together.
**Use it for:** Joining two ropes of similar diameter. Often used with fishing lines but handy for tying light lines or lashings aboard.



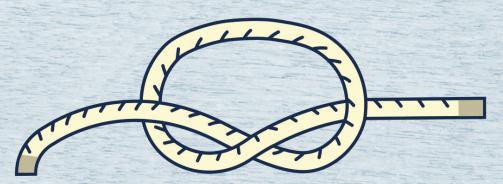
### *3. Fisherman's Bend*

**How to tie it:** Pass the line twice around a post or ring, then finish with a half hitch over the standing part, and tuck it under itself.
**Use it for:** Securing a rope to a ring, eye or anchor. It holds firm under strain and is reliable for anchoring or attaching to fixed points.



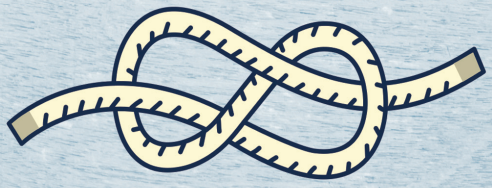
### *4. Double Carrick Bend*

**How to tie it:** Interlace two rope ends in a basketweave pattern, loop under and over each other in a mirrored fashion, then tighten evenly.
**Use it for:** Joining two heavy ropes, especially when the connection needs to be secure but still easy to untie. Ideal for mooring lines or towing.



### *5. Overhand Knot*

**How to tie it:** Simply pass the working end over and under the standing part to form a loop, then pull it through.
**Use it for:** Creating a simple stopper knot to prevent a line from slipping through a block or fairlead. Also used as the first step in more complex knots.



### *6. Figure Eight Knot*

**How to tie it:** Form a loop, wrap the working end behind the standing part, then tuck it through the loop.
**Use it for:** Preventing lines from slipping out of cleats or blocks. It's the preferred stopper knot in sailing; easy to tie and untie, even after a load.










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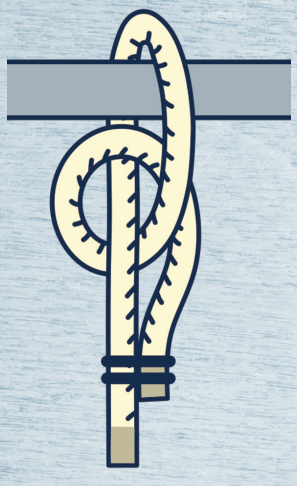
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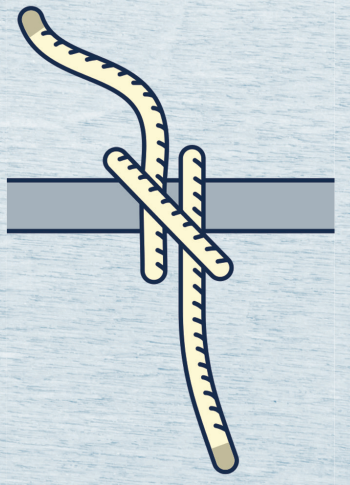



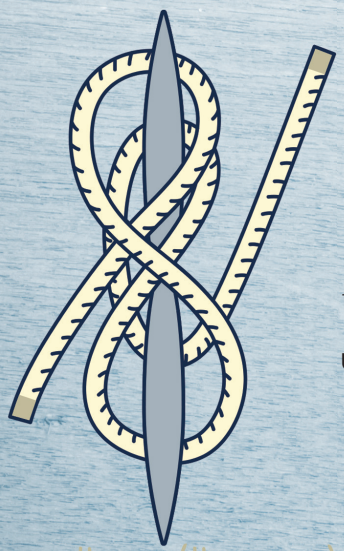
## *7. Half Hitch*

**How to tie it:** Wrap the working end over and under the standing part or around an object.
**Use it for:** Securing items temporarily or as the foundation for more complex knots. It's weak alone but versatile in combination.

## *8. Clove Hitch*

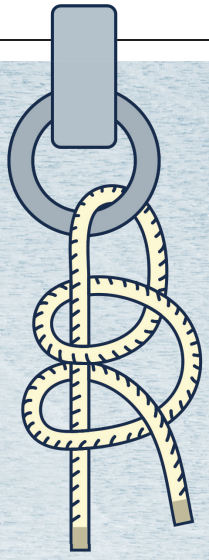
**How to tie it:** Wrap the rope around a post, cross over, and wrap again above the first wrap. Tuck the end under the second turn.
**Use it for:** Quickly tying to posts, rails or spars. It holds under light strain and is easy to adjust, perfect for fenders or temporary ties.





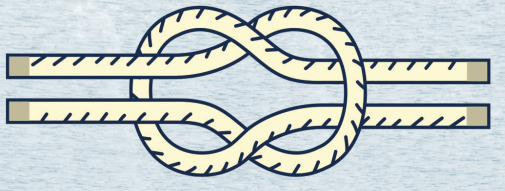
## *9. Cleat Hitch (Halyard)*

**How to tie it:** Loop the line around the base of the cleat, cross over in a figure-eight motion, and finish with an inverted loop under the final turn.
**Use it for:** Securing lines to a cleat, especially halyards and dock lines. Fast, clean and effective; every sailor's bread and butter.



### *10. Two Half Hitches*

**How to tie it:** Make a half hitch around a post, then add another behind it.
**Use it for:** Securing a rope to a post, ring, or eyelet. It's more secure than a single half hitch and still easy to untie. Ideal for dock lines and lashings.



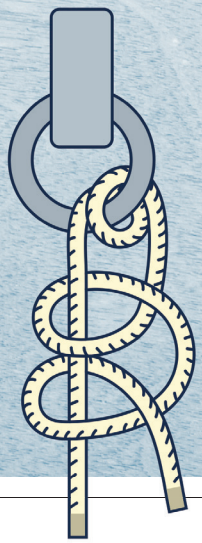
### *11. Square Knot (Reef Knot)*

**How to tie it:** Pass the right end over and under the left, then repeat with the left over the right.
**Use it for:** Tying two ends of the same rope together, especially for reefing sails or bundling lines. Not suitable for high strain.

### *12. Double Overhand Knot*

**How to tie it:** Form an overhand knot, but wrap the working end around the standing part twice before tucking it through.
**Use it for:** Creating a bulkier stopper knot or securing the end of a line. Harder to untie than the regular overhand.





### *13. Round Turn and Two Half Hitches*

**How to tie it:** Wrap the line twice around a post or ring, then add two half hitches.
**Use it for:** Mooring or tying a line to a post when extra security is needed. The round turn absorbs strain; the hitches lock it down.




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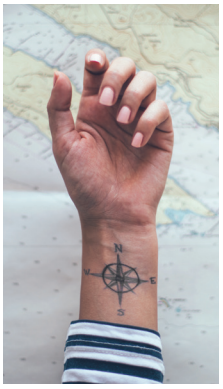
# Superstitions of the sea

## WHY SAILORS TRUST IN RITUALS, LUCK AND LORE TO NAVIGATE THE UNPREDICTABLE OCEAN

STORY BY LILY WHITENER







**OCEANS OF BELIEF** From boat christening to ancient tattoos, sailors have long leaned on superstition to steady their course through unpredictable waters. These age-old rituals may not calm the sea, but they offer peace of mind when logic runs out.

Unpredictable waves, daunting winds and a mysterious abyss below. The ocean can be unforgiving to those who venture out on it. For sailors these menacing characteristics are everyday challenges. From not leaving port on Fridays to avoiding whistling, sailors of all types have amassed a lifetime of superstitions that justify the way they voyage. When working in an ever-changing environment like the open sea, there are patterns and behaviors that bring sailors peace of mind.

### Tales as old as time

Given that modern civilization was shaped by advancements and discoveries in sailing, some superstitions predate many contemporary nations. Rooted in classical mythology, these beliefs stem from the long, uncertain journeys of sailors on the vast unknown of the oceans. As the Age of Exploration gained momentum in the 17th century, it became customary for sailors in Great Britain to christen their vessels by breaking a bottle of wine on the ship's bow before departure. This gesture mirrors that of the ancient Greeks, who would make blood sacrifices to the gods of the sea. The ritual was thought to ensure smooth sailing and good luck for those on board. The idea of luck led some crews to unusual behavior, with some throwing items deemed "unlucky" overboard to protect the ship.

In the 18th century the discovery of Polynesian body art led many sailors to get tattoos, believing them to be good-luck charms. These inky marks served multiple purposes: they represented a sailor's accomplishments at sea and were believed to offer protection from evil spirits. Common sailor tattoos included pigs, roosters and the nautical star. Pigs and roosters were frequently aboard ships as a versatile source of survival. They were used as food for the crew, and in the dire event of a shipwreck, sailors could float on the crates that held these animals. Having these creatures tattooed on the tops of sailors' feet was thought to prevent drowning.

From departure rituals to adorning specific symbols, sailors have adopted behaviors to gain a sense of comfort and control amid the unpredictability of the sea. Between the sky, the winds and the atmosphere, sailors had to adapt to all types of weather during journeys across the seven seas. Weather lore has a stronghold in the sailing community and can be seen in long-standing proverbs such as "Red sky at

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night, sailor's delight. Red sky in morning, sailors take warning." Despite being dismissed by some as an old wives' tale, the saying has scientific validity. A red sky at night means high air pressure is present and stable weather is moving in from the west. A red sky in the morning indicates that a low-pressure system is approaching, bringing rain and changing weather.



©LILY WHITENER

## *Locals know it best*

Local sailors here in the Lowcountry know a thing or two about the savageness of fluctuating weather. ***Grayson Carter***, owner of three of the nine remaining Sea Island One-Design sailing skiffs and who has sailing experience dating to the 1970s, remains cautious of the elements. Unpleasant weather can have adverse effects on sailors, crew members and the boat itself. Carter recalls a scary encounter with severe weather during the 2025 James Island Regatta. "We were dealing with one of the Sea Islands that turned over," he said. The raging storm capsized one of Carter's boats, the Grey Ghost, resulting in minor bumps and bruises for the skipper and his crew.

Superstitions don't always revolve around the weather. When asked about his own beliefs, Clay Mobley, a crew member of the Grey Ghost, cites an old wives' tale. He refuses to bring bananas




©LILY WHITENER

**WARDING OFF THE WAVES** Adam Young and Clay Mobley stand beside the Grey Ghost, a Sea Island One-Design skiff believed to carry both heritage and a few lucky charms.



©LILY WHITENER

**ONE SPIT, ONE SAIL** Adam Young competes in the 2025 Lowcountry Regatta aboard his Sunfish. Before every race, he spits off the side of the boat for good luck, a quirky ritual he swears by.

aboard, believing them to bring bad luck. Beyond bananas, Mobley and the rest of the crew take it a step further: all members wear matching black Chuck Taylor All-Star High-Tops and matching gray shirts when racing. Matching outfits and accessories among crew members are commonly believed to bring good luck to teams in sports like sailing.

Superstitions also arise with pre-departure rituals. Adam Young, an avid Sunfish sailor at the Beaufort Sailing and Yacht Club, spits off the side of the boat before leaving the dock. He laughs as he explains how his pre-race ritual has only intensified over his 14-year sailing career. Young equates his spitting habit to the success of his race. When the race results are less than hoped for, Young wonders whether he forgot to spit. *LL*

# *Good luck, bad luck*

## *A SUPERSTITIOUS SAILOR'S SURVIVAL GUIDE*

*From sacred animals to sketchy snacks, these age-old beliefs still drift through today's seafaring circles.*

### GOOD LUCK ABOARD

**Pig and rooster tattoos:** These barnyard floaters were believed to keep sailors from drowning during shipwrecks.
**Black cats on deck:** Unlike their land-based reputation, black cats were considered lucky charms at sea.
**Dolphin sightings:** Considered a sign of protection and smooth sailing ahead.
**Matching crew outfits:** Said to strengthen unity and attract good fortune.
**Throwing coins overboard:** A coin tossed to the sea god was believed to ensure a safe return.
**Horseshoes on board:** Hung with ends pointing up, they were thought to collect luck and ward off bad spirits.
**Bottle-breaking christenings:** A modern echo of ancient offerings to sea gods, a shattered wine or champagne bottle means a blessed voyage.

### BAD LUCK ON THE WATER

**Bananas on board:** Blamed for everything from spoiled cargo to attracting venomous stowaways.
**Whistling on deck:** Said to summon storms and test Poseidon's patience.
**Red sky in the morning:** A warning of rough weather ahead ("sailor's warning.")
**Renaming a boat:** Risky business unless you hold a proper renaming ceremony to appease the sea gods.
**Fresh flowers on board:** Associated with funerals; not the vibe you want at sea.
**Killing seabirds:** A serious taboo believed to bring misfortune.




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**LAID-BACK POLISH** This living room sets the tone the second you walk in. The vertical shiplap pulls your eye up to the white oak beams, while a pair of antique chests from Savannah keeps it from feeling too perfect. It's casual, thoughtful and easy to be in, which is exactly what the homeowner wanted.



HOME SHOWCASE

# *Embrace the change*

*This Palmetto Bluff home beautifully illustrates the transitional future of Lowcountry tradition*

STORY BY BARRY KAUFMAN
PHOTOS BY KELLI BOYD PHOTOGRAPHY

From the outside this home carries all the traditional trappings of Palmetto Bluff's singular aesthetic charm: a winding gravel driveway snaking between manicured lawns and beds bursting with native plants; high-pitched metal rooflines cascading down toward shed dormers above a wide front porch; a separate two-car garage with a golf cart port and a FROG (finished room over garage) perched on top; and a welcoming touch of Savannah brick guiding you up tabby stairs.

But step inside, and you'll find that this home's embrace of Lowcountry tradition is tinged with transitional elements that create something uniquely new.

"The owner fell in love with Palmetto Bluff and wanted to keep those traditional elements of Lowcountry design, like the shiplap walls and the stained beams, but the aesthetic definitely leans to more transitional," said Adrienne Warner with ***Court Atkins Group***. "She loves the white oak and wanted the color palette to play off the outdoors and the beauty of Palmetto Bluff."

An interior designer by trade, Warner entered the project from an unexpected direction after assembling a "look book" for H2 Builders that features selected finishes. The palette of textures and materials resonated with the owner, prompting her to bring Warner on board to help with the design. What resulted was a thoughtful blend of updated finishes and modern-leaning artwork, curated alongside antique pieces to push the Lowcountry look in a fresh direction.


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## Center of calm

Sitting at the heart of the home and greeting visitors as they enter, the living room sets the tone for this updated aesthetic. Vertical shiplap surrounding the fireplace draws the eye upward to exposed beams, all in white oak—a material that unifies many parts of the house, from the kitchen cabinetry to the stair treads. Its light, neutral tone is classically Lowcountry, offering a respectful nod to tradition.

"We wanted this room to have clean lines and comfortable upholstery because we didn't want it to feel too slick. We wanted it to feel more approachable," Warner said. "Mixing in some of the older pieces, like the pair of antique chests we found in Savannah, helped give it a little more personality."

## The art of contrast

While the living room offers a comfortable remix of white oak and shiplap with antiques, the kitchen introduces bold hard surfaces that immediately capture the eye.

"That marble backsplash and the shelf just below the plaster range hood and the sconces—that was a really interesting detail," Warner said. "This was the owner's second home, so there wasn't much need for upper cabinets or a lot of built-ins."

Perhaps the most striking surface is found above the bar: an accent wall covered in handcrafted Moroccan Zellige tiles. "They're handmade, and a lot of clients shy away from them because they can look imperfect," Warner explained. But here their rough-hewn luster adds the perfect layer of texture and artistry.



© LOWCOUNTRY TIDE PHOTOGRAPHY

**JUST ENOUGH DRAMA**
The dining room doesn't try too hard. With clean lines, soft textures and a parabolic table that hints at mid-century style, it brings personality without pulling focus. The chandelier matches the kitchen sconces, the shiplap keeps it grounded, and the views do the rest.

## Understated statement

Adjacent to the kitchen and great room, the dining room was designed to make a statement without overshadowing the home's natural beauty.

"We wanted to make a statement without getting in the way," Warner said.

In a home where the owner prefers casual living over formal entertaining, the dining room focuses on connection. With Palmetto Bluff scenery visible through views of the outdoor living space, the room maintains a quieter aesthetic, continuing the use of shiplap and white oak. At its center a parabolic-shaped table and chairs introduce an almost mid-century modern European influence, topped by a chandelier that echoes the kitchen sconces.



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## *Weekend ready*

The upstairs guest room was designed for visiting friends and family, providing a warm, inviting space for a long weekend.

It leans into the comfort and hospitality the Lowcountry is known for, framing elevated lake views with shiplap walls and white oak flooring.

"We wanted the overall look to be comforting, so we mixed in soothing artwork and rich textures, like the benches at the end of the beds," Warner said.









**OLD MEETS BOLD** Wrapped in handmade Zellige tile and grounded by a vintage rug, the en suite bath balances bold design with organic softness. A white oak vanity and frosted glass chandelier complete the look, elevated yet effortlessly relaxed.

## *Soaked in style*

The primary suite's en suite bath illustrates Warner's vision perfectly: a thoughtful balance of old and new, traditional and daring.

Between the white oak vanity and a more contemporary side vanity, a vintage rug pulls together the bathroom's vibrant color palette. But the star of the show is the bathing alcove, wrapped on three sides in Zellige tile.

"We were originally not going to tile that alcove, but after seeing how well it worked in the kitchen, we thought this was a perfect way to give the bathroom something special," Warner said. "It's very updated. Between that and the frosted glass on the chandelier, everything feels very organic. Everything feels soft and natural." *LL*

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GET THE LOOK

# Entry with intention

*THIS TRANSITIONAL FOYER IN PALMETTO BLUFF PROVES THAT THE BEST FIRST IMPRESSIONS START WITH A STRONG SENSE OF PLACE.*

STORY BY BARRY KAUFMAN + PHOTO BY KELLI BOYD PHOTOGRAPHY

In a home that adds a subtly transitional spin to classic Lowcountry elements, this foyer in Palmetto Bluff serves as a beautiful introduction to the design aesthetic that lies beyond.

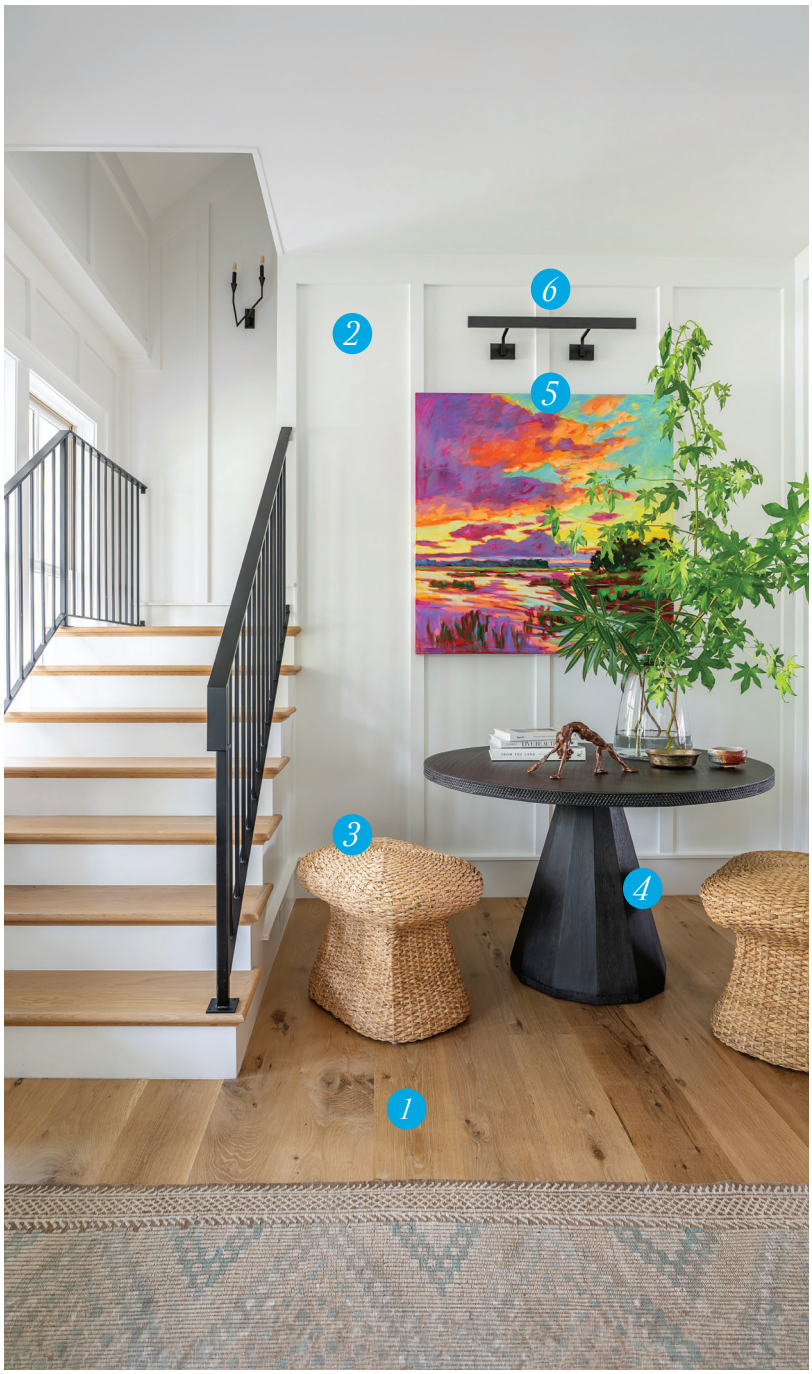
"This is the owner's Lowcountry home, so she wanted that kind of coastal vibe without it feeling overdone," said Adrienne Warner with ***Court Atkins Group***, who aided in the home's design.

To that end, they started with elements that define the Lowcountry. Running across the floor and up the stair treads, white oak lends a touch of organic texture and light color. Soaring board-and-batten walls in crisp white reflect the Lowcountry desire to create spaces that don't compete with the natural beauty outside each window. Rattan seating further reinforces the aesthetic, evoking the rough texture of a shrimp boat's bowline and the woven intricacy of a seagrass basket.

Carrying a color palette inspired by the antique rug, but with the saturation turned up to ten, the eye-catching artwork stands in vibrant contrast to the otherwise restrained tones of the foyer. And that's very much by design.

"She wanted to bring in a little stronger color, so that piece in the entry turned out perfectly," said Warner. "That's a Betty Anglin Smith piece we purchased at Red Piano Gallery in Bluffton. She's an artist from Charleston, and she's amazing."

The color-drenched artwork, framed by the traditional colors and textures of the Lowcountry, creates a welcoming atmosphere in the foyer and serves as a gorgeous nod to the palette of a Palmetto Bluff sunrise. The result is a space that refines the classic Lowcountry aesthetic, bridging old and new for a stunning first impression. LL




**SET THE TONE** This Palmetto Bluff foyer doesn't shout for attention, it earns it. Clean lines, warm wood and natural textures keep things grounded, while bold local art adds just the right jolt of color.

## *Style study*

Recreate this Palmetto Bluff entryway by blending organic textures, architectural detail and a bold stroke of color:

**1. Ground the space with natural wood:** Wide-plank white oak flooring adds warmth and flow. Extend it to stair treads for a custom, seamless look.

**2. Let the walls do the talking:** Opt for crisp white board-and-batten paneling to give height and character without stealing attention from outdoor views or bold artwork.

**3. Choose sculptural seating:** Woven rattan stools offer texture and form. Look for curved silhouettes that nod to coastal life without going full beach house.

**4. Add a table with presence:** A pedestal table in a deep tone anchors the space and provides a place to display fresh greenery or a seasonal vignette.

**5. Make your art the showstopper:** Balance a quiet backdrop with one vibrant, saturated piece. Go local if you can. Look for regional artists whose work reflects your surroundings.

**6. Let light lead the way:** A streamlined architectural sconce adds warmth and focus, drawing attention to the artwork and surrounding details without competing with them.





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# Room to breathe

*WITH A FIREPLACE, GRILLING STATION AND WATERFRONT VIEWS, THIS OUTDOOR SPACE IN PALMETTO BLUFF IS MADE FOR LIVING WELL.*

STORY BY BARRY KAUFMAN + PHOTOS BY KELLI BOYD PHOTOGRAPHY



Set along a stretch of Palmetto Bluff's majestic inland waterway, this home's outdoor spaces take full advantage of the scenery with year-round living that spans the rear of the house. The multi-faceted design incorporates outdoor dining, flanked by a grilling station, and a living area with a fireplace, an ideal setup for entertaining, relaxing or simply soaking in the view.

"The grilling station, being right off the dining room and kitchen, gave us the opportunity to create a small conversation area right there," said Adrienne Warner with ***Court Atkins Group***. Screened for year-round comfort, each space offers its own spin on Lowcountry luxury.

At one end a fireplace made of Savannah brick complements classic Lowcountry elements like tabby flooring, lap siding and pine ceilings. In between, a marble-topped dining table adds a touch of contemporary flair, accentuated by modern wingback chairs.

This same motif, modern furnishings softening and updating classic elements, is beautifully illustrated in the conversation area. Low-profile club chairs with clean lines surround an organic, sculptural coffee table, combining wood and soft textures for an effortlessly elegant look. The surrounding Savannah brick, tabby, pine and oversized electric lanterns further root the design in the Lowcountry tradition.

At the center of it all, an eye-catching tile pattern behind the grill pairs with dark cabinetry to create a refined, modern focal point.

"The backsplash of the grilling station was another area where the owner wanted to introduce something fun," said Warner.



**BUILT FOR THE BREEZE**
This outdoor space gets everything right: grill, fireplace, waterfront view and just enough shade. Modern lines meet Lowcountry materials, with Savannah brick, tabby and pine pulling it all together.

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COLORS OF THE MONTH

# Smooth sailing

## *USE SOFT COLORS AND NAUTICAL DETAILS TO BRING THE FEEL OF OPEN WATER AND FRESH AIR TO A SUNLIT CORNER.*

STORY BY LANCE HANLIN

Some colors carry the feeling of a breeze off the water: light, quiet and easy. Ocean Air by ***Benjamin Moore*** captures that mood with ease. This soft, salt-kissed blue brings to mind early mornings on the dock, when the water is still and the day moves at a slower pace. Paired with Cloud White on the trim and doors, the combination feels fresh, relaxed and quietly coastal. Natural light fills the space, but it is the small, thoughtful details that give it soul. A striped rug hints at nautical tradition, the octopus pillow adds a playful touch, and the tree stump side tables bring in a bit of the outdoors. The setup is simple, but nothing feels accidental. It all speaks to life by the water: unhurried, sunlit and made for slowing down.



©BENJAMIN MOORE

*WALLS*

***OCEAN AIR (2123-50)***

This pale, breathable blue evokes open skies and quiet bays. In an Aura Interior Paint Eggshell finish, it feels soft and light while still offering full color and durability. Ideal for bright rooms or anywhere you want a relaxed, coastal backdrop.

*TRIM & DOOR*

***CLOUD WHITE (OC-130)***

A warm, balanced white that pairs beautifully with sea-inspired hues. Here it's used in an Advance Interior Paint Satin finish on the trim and doors to keep the palette clean and consistent.

## *Get the look*

To bring this look home, start with Ocean Air on the walls and Cloud White for trim and doors. Together, they echo the look of sun-washed cottages and classic sailboats. Wide-oak floors, weathered wood side tables and a striped rug in navy and cream bring a nautical rhythm to the space without going overboard.

Add in a few relaxed details like a well-worn armchair, a brass-accented reading lamp and a throw pillow with a coastal motif. Slip off your deck shoes and settle in. Whether you spent the morning under sail or simply watching boats drift by, this soft color combination creates a space that's made for coastal living at its easiest.




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INSIDE THE DREAM

# Cue the comfort

*Deep greens, natural light and Southern stripes turn the 2025 HGTV Dream Home's media room into a cozy retreat for movie nights and lazy afternoons.*

STORY BY LANCE HANLIN + PHOTOGRAPHY PROVIDED BY HGTV



Each month we're stepping inside a different room of the 2025 HGTV Dream Home in Berkeley Hall. Designed by Court Atkins Group, built by Shoreline Construction and styled by HGTV's Brian Patrick Flynn, this Lowcountry retreat is all about relaxed, everyday living with a little something extra. This time, we're heading into the media room, where bold color, natural light and smart design come together to create the ultimate spot for movie marathons, slow mornings and mid-afternoon naps.

## Cornered comfort

Wrapped in Sherwin-Williams Rocky River, the media room strikes a perfect balance between bold color and calming comfort. The deep green walls feel rich, not heavy, thanks to floor-to-ceiling windows that let the Lowcountry sunlight spill in. Layered with inviting pillows that make it easy to settle in, a striped cotton ticking sectional adds a classic Southern touch. At the center, a round mango wood coffee table blends beauty with practicality. Behind it, a thoughtfully arranged gallery wall featuring mixed-media art and carved panels brings texture, interest and a sense of personality to the space.

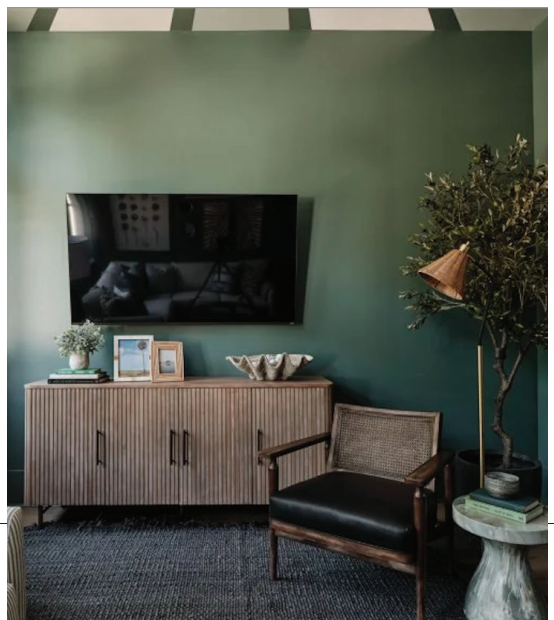


## Big top energy

The ceiling steals the spotlight with a painted design inspired by a circus tent. Stripes of Sherwin-Williams Rocky River, Quietude and Snowbound fan out from a central point, drawing the eye upward and adding a sense of height and movement. Flynn topped it off with a mid-century modern chandelier: sleek, sculptural and just a little unexpected. It's a playful contrast to the room's traditional touches and keeps the space feeling fresh and current.

## Get the look

*Solid Wood Round Coffee Table ($999)*
*Twilight Metal Table Lamp ($660)*
*Adona 71" Media Console ($1,899)*
*Wall paint: Sherwin-Williams Rocky River*
*Ceiling paint: Sherwin-Williams Rocky River, Quietude and Snowbound*



## Now showing

Opposite the gallery wall, the space shifts into viewing mode. A clean, art-free wall keeps attention on the TV, while the dark wall color enhances the cinematic feel. The fluted birch media console beneath blends beauty and function, hiding away remotes, wires and video game gear. Tucked into the corner, a cane-back chair with a leather seat, a gold floor lamp and a faux olive tree create a quiet nook for reading or scrolling. The marble-look concrete side table adds a sculptural note, and the dark woven rug brings everything together, softening sound and grounding the layout. LL




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**Material:** White Haze Quartzite
**Builder:** Randy Jeffcoat




**SAILOR'S SANCTUARY** Nautical details and rich textures give this Palmetto Bluff cottage warmth and character. Built-ins display model boats, while navy walls and wood beams create a cozy, boathouse-inspired retreat.



# Anchored in charm

## *THIS PALMETTO BLUFF COTTAGE TURNS A LOVE OF SAILBOATS INTO A COZY, COASTAL ESCAPE*

STORY BY SHEILA PAZ
PHOTOS BY ELLIS CREEK PHOTOGRAPHY

With a clear vision in mind, a couple in Palmetto Bluff set out to create something special: a guest cottage that felt like a New England-style boathouse. They wanted it to be warm, full of character and deeply personal. To bring that idea to life, they called on ***Pearce Scott Architects***, a firm they'd already worked with on two nearby homes, including a barn-style retreat inspired by the husband's childhood in Wales.

This new cottage, known simply as The Boathouse, was meant to feel just as thoughtful. The design takes its cues from traditional boathouses, with clean lines, wide openings and a layout that's compact but efficient. It's filled with small, smart details that nod to life on the water, from nautical finishes to the clever use of space.

Upstairs, custom bunks in the "berth" give guests a cozy place to land. A separate game room adds a fun, laid-back spot for entertaining. And although it's just under 1,000 square feet, the space feels open and relaxed, thanks to smart planning and a clear sense of purpose.

We caught up with Evan Goodwin, the lead architect on the project, to find out how this cottage became a light-filled coastal retreat, anchored by the homeowners' collection of model ships, and how every inch was designed with both beauty and function in mind.

"The main idea behind this house was to look back at an old, almost warehouse-style architecture, a masonry brick building with parapet roofs that would have housed a large boat. Something simple in design style but also elevated with different details," says Evan.


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## *Built for boats, made for living*

Designing a cozy gathering space in a small cottage means every element has to pull its weight In this case, every ship needed a place to dock. For these homeowners the goal was to spotlight their impressive collection of model boats while capturing the look and feel of a classic boathouse. So the design team gave the vessels the wall space they deserved, measuring each one to ensure a proper fit. All but one made the final cut.

"When the owners told me they had collected model boats, I asked them to take stock of all the types and dimensions. Providing me with the exact sizes, we were able to see how to fit each one within the shelving units we designed. That was a fun part of the project," says Evan.



**SMALL SPACE, LASTING IMPACT** Every square foot of this Palmetto Bluff cottage was designed to do more: store more, host more, say more. From the oversized boathouse doors to the layered nautical touches inside, nothing was left to chance. With the guidance of Pearce Scott Architects, the homeowners turned a compact footprint into a space that's both personal and practical.

The nautical theme extends across the living room, where deep navy walls and white buttboard paneling echo the crisp lines of old ship hulls. Built-in shelving and rich wood cabinetry provide space for books, lanterns and maritime keepsakes. Overhead, rough-hewn ceiling beams bring warmth and a sense of age. The overall palette of navy, white, natural wood and woven textures feels grounded and relaxed. With layered textiles, soft curves and well-loved pieces throughout, the room balances character with comfort.



## *A working galley*

Open to the living room, this kitchen keeps things bright and breezy while packing in plenty of function. With space at a premium, an open layout and smart design choices help it feel roomy and relaxed.

The cabinetry, painted in a rich maritime blue, anchors the space and plays off the deep wall color in the adjoining room. A single wood shelf stretches the length of the back wall, suspended from thick ropes for a nautical touch. It lines up neatly with the three windows, offering a clever storage solution that adds personality without overwhelming the space.

Above the island glass-and-brass pendant lights nod to classic ship lanterns. Look closely at the cabinet hardware, and you'll spot brass latch pulls, a subtle throwback to vintage boat fittings. White quartz countertops and a soft brick-style backsplash keep the overall look clean and fresh. It's a compact kitchen that works hard with every detail, earning its keep.



## *A hidden surprise*

While the rest of the cottage features crisp buttboard paneling, the powder room takes a different turn. Here a moody, watercolor-style wallpaper evokes the ocean at dusk, washing the walls in soft blues, purples and sandy tones. A vintage-inspired sink with brass fixtures and a sculptural mirror gives the space a layered, collected feel, while nautical artwork quietly ties it back to the home's theme.

But the real surprise is hidden in plain sight. Tucked behind a seamless door, camouflaged by the wallpaper, is a fully functional laundry nook, complete with a stacked washer and dryer and clever shelving above. It's a smart use of space in a small footprint and a perfect example of form meeting function without sacrificing style.






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## Tucked-in tranquility

Like the rest of the cottage, the primary bedroom had to make the most of a small footprint. The solution was to tuck the bed into a niche beneath the pitched roof, creating a cozy sleeping area with just enough headroom. It gives the space a sense of purpose, carving out a private spot to unwind without taking up the whole room.

To add function without clutter, the custom bed frame includes built-in storage drawers below, eliminating the need for a bulky dresser and keeping the layout feeling clean and intentional.





"There is this clever trick, where people will put a bed on a platform so you have more storage underneath. You eliminate the need for a dresser, and it feels more intentional than setting a bed in the middle of the room," says Evan.

The showstopper is the mural behind the bed, an 18th-century naval scene that anchors the space and gives it personality. Hanging sconces, a rope-accented mirror that nods to a ship's life saver and layers of rich blue in the pillows and curtains pull the nautical theme through without overdoing it. It's compact, calm and well considered.

## Room for kids, guests and a little imagination

Fun and functionality come together in the second bedroom, where built-in bunks make the most of the vertical space. By extending into the roof line, the design team carved out a tucked-in sleeping zone perfect for kids, guests or anyone who loves a cozy space.

Rope details at each end double as decorative anchors, while a matching rope ladder adds a bit of adventure; easy to climb but full of character. The crisp white walls and paneling keep things light, while navy accents bring in a nautical feel.

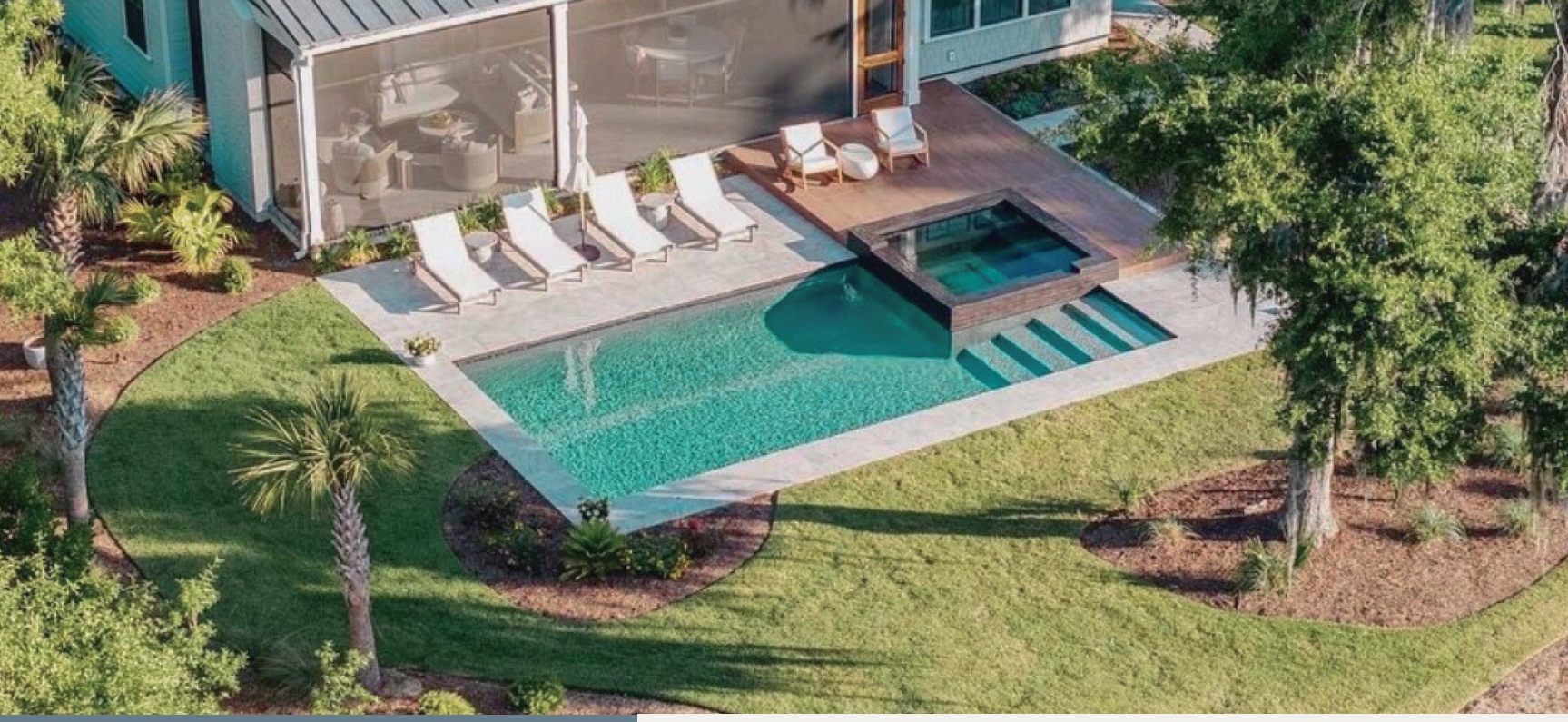
Above, a ceiling fixture styled like a sunburst compass adds a playful glow. Below, a bright blue rug woven with reef knot patterns ties the whole room together, literally. Every choice nods to life at sea, right down to the warm wood floors that feel just like the deck of a well-loved boat.

## From boathouse to bonus room

What was originally planned as boat storage found new life as a playful, multifunctional hangout. Instead of filling it with kayaks and life vests, the homeowners turned this space into a bonus room where guests can relax, play and unwind.

Oversized swing-out carriage doors keep the look true to classic boathouse design, while inside, bold artwork, cozy seating and a foosball table set the tone for fun. Painted planks and exposed beams echo the nautical vibe seen throughout the cottage, but with a livelier twist. It's a space that doesn't take itself too seriously, and that's exactly the point. *LL*







*Palmetto Bluff – Bluffton*



*Sea Pines – Hilton Head*



*Distant Island – Beaufort*

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# All paws on deck

## SIMPLE WAYS TO HELP YOUR PUP ENJOY SMOOTH SAILING ALL SUMMER LONG

STORY BY BAILEY GILLIAM

Sailing through the calm waters of the Lowcountry is a joy in itself, but toss a wagging tail into the mix, and the adventure gets a whole lot better. With peaceful inlets, wide marshes and a famously dog-loving community, this place was practically built for canine captains. From Calibogue Sound to the Beaufort River and beyond, you and your salty sidekick can sail safely if you take a little time to plan ahead.





**FUR, FUN AND FAIR WINDS** Capt. Scout reporting for duty! This four-legged skipper is ready to chart a course through the Lowcountry, proving that with the right planning, even the cutest crew can enjoy smooth sailing.

### *Building your dog's sea legs*

Dogs are natural explorers, but that does not mean they are born ready to sail. Give them time to build their sea legs, one paw at a time. Practice commands on dry land. Once they can master "stay" and "leave it" without trying to chase a seagull, you are ready to move on. Let your pup sniff around the boat while it is still tied up, and watch them get used to the wobbly floor. They might look confused at first, but it beats fishing them out of the water later.



## *Gear up for safety*

Your dog might think it can swim like a champion, but even the best dog paddler needs a life jacket. Measure carefully so it is snug but comfy, and double-check that the top handle can lift your pup if it goes overboard. Bonus points if the life jacket has neck floats which keep your pup's adorable head above water and save you from a soggy dog rescue mission. Let your pup try it on ahead of time and take a practice swim. Nobody wants a fashion meltdown the moment you cast off.



## *Best routes for pups*

The Lowcountry has routes that are gentle enough for first-time sea dogs. Broad Creek and Skull Creek are about as chill as it gets. St. Helena Sound is another good pick, with sandbars and wildlife to keep your dog's nose busy. The water around Pine Island is perfect for a shallow splash session, though you will want to check the tides and keep an eye out for hidden oyster beds; nobody wants a paw cut from a sneaky shell. If your dog needs a potty break, Mitchelville Beach is pet friendly, which makes it a doggy paradise. No beach in sight? Train your pup to use an on-board potty area with fake grass or pee pads.










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## *Keeping paws cool and protected*

Summer means sunshine but also scorching hot boat decks. If it is too hot for your bare feet, it is too hot for your pup's paws. Lay down towels or foam mats so they can lounge in comfort like the furry royalty they are. Cooling bandanas can keep them from overheating, and paw balm helps protect from heat and salt. Dog booties are also a smart move if your beach of choice is sprinkled with sharp shells. Give your dog's paws a quick rinse after each shore visit to keep them from itching or having your dog lick off the salt. A spray bottle of fresh water does the trick.




## *Hydration and sun care*

Nobody wants a sunburned dog. Pack plenty of fresh water, find shady spots whenever you can, and use dog-safe sunscreen on pups with thin coats or light coloring. A dog-focused first-aid kit is a good idea, complete with tick prevention, seasickness meds and anything else your pup needs to stay shipshape. And keep the number of a local vet handy; better safe than sorry when you are out on the waves.



## *No boat? No problem*

Not ready to buy a boat just yet? Plenty of local charters and ferries welcome dogs with open arms and a pat on the head. On Hilton Head, Anchors Away Sailing Charters, Dolphin Discoveries, Over Yonder Charters and Captain Buddy's are all dog-friendly. In Beaufort, River Excursions and Otter Sailing Adventures love four-legged passengers. It is a great way to test if your pup is truly a sea dog or more of a couch captain.

## *Enjoy the ride*

Sailing with your dog is a memory in the making. Stick to short, calm trips at first, keep comfort and safety top of mind, and always pay attention to your dog's limits. The easy tides and quiet marshes of the Lowcountry make a perfect playground for you and your first mate. And when you see that wet nose, wagging tail and a happy shake spraying salty water in every direction, you will know you made the right choice bringing them along. *LL*

## *EMERGENCY KIT FOR SALTY DOGS*

A dog emergency kit might sound silly until you need it. Store it in a waterproof box or dry bag, check it now and then, and be sure everyone knows where it is.

**BASIC SUPPLIES**
- Gauze pads and rolls
- Adhesive medical tape
- VetWrap bandage
- Antiseptic wipes or solution
- Hydrogen peroxide (3 percent)
- Tweezers
- Blunt-tip scissors
- Digital thermometer (a dog's normal temperature is about 101 to 102.5)
- Latex or nitrile gloves

**MEDICATIONS**
- Seasickness medicine (vet-approved dose)
- Benadryl (check with your vet)
- Dog-safe antibiotic ointment
- Pain reliever from your vet
- Flea and tick preventative
- Eye wash
- Dog-safe sunscreen

**SPECIAL BOATING ITEMS**
- Cooling towel
- Tick removal tool
- Booties or paw balm
- Pet-safe peroxide cleaner
- Emergency contact list for vets and animal hospitals

**DOCUMENTATION**
- Vaccination records
- Microchip number
- Photo of your dog




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# *Adopt this Pet: Wiggles*

## *SHE'S GOT THE NAME, THE MOVES AND THE HEART TO MATCH*

STORY BY SASSA ENSCOE



Wiggles lives up to her name in every way. At just 6 months old, this tan and white terrier mix has already perfected the art of full-body joy. From the moment she spots a friend, the tail goes into overdrive, and the whole back half of her joins the party. Found as a stray, Wiggles hasn't let her rough start slow her down. She's sweet, silly and endlessly optimistic; the kind of pup who greets every day like it's the best one yet.

Whether she's playing in the yard, learning new tricks or flopping over for belly rubs, Wiggles does it all with heart. She's a fast learner with a love of life and a nose for fun. And while she's still got puppy energy to spare, she's already mastered the art of couch cuddles. If your life could use more smiles (and a little more wag), Wiggles is ready to wiggle her way in.

**MORE ABOUT WIGGLES**

**Colors:** Tan and white **Age:** 6 months **Weight:** 28 pounds **Likes:** Playtime, treats, adventures, affection and making people laugh **Dislikes:** Waiting too long to get the zoomies out **Adopt:** Meet Wiggles at Hilton Head Humane between 11 a.m. and 4 p.m., Monday through Saturday. For more information, call 843-681-8686 or view her profile at ***hhhumane.org***.

## *COOL CAT: Ontario*



Ontario is a soft-spoken sweetheart with a gaze that says everything. At 6 years old, this black and white domestic shorthair was surrendered due to her owner's circumstances, and while she took some time to adjust, she's settled into shelter life with quiet dignity. She's not the type to chase the spotlight, but once she feels safe, she offers a calm and steady kind of love that fills the room. She prefers slow introductions, soft voices and the occasional window view with a bird or two for company. Ontario is not into high drama or fast moves. She's here for peaceful naps, light conversation and shared silences. Her ideal home would be mellow, with someone who appreciates the beauty of a bond built slowly and sincerely. If you're looking for a cat who brings peace, presence and a touch of mystery, Ontario would love to meet you.




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# Wings over water

## HOW SEABIRDS BECAME GUIDING SPIRITS AND OMENS OF THE SEA

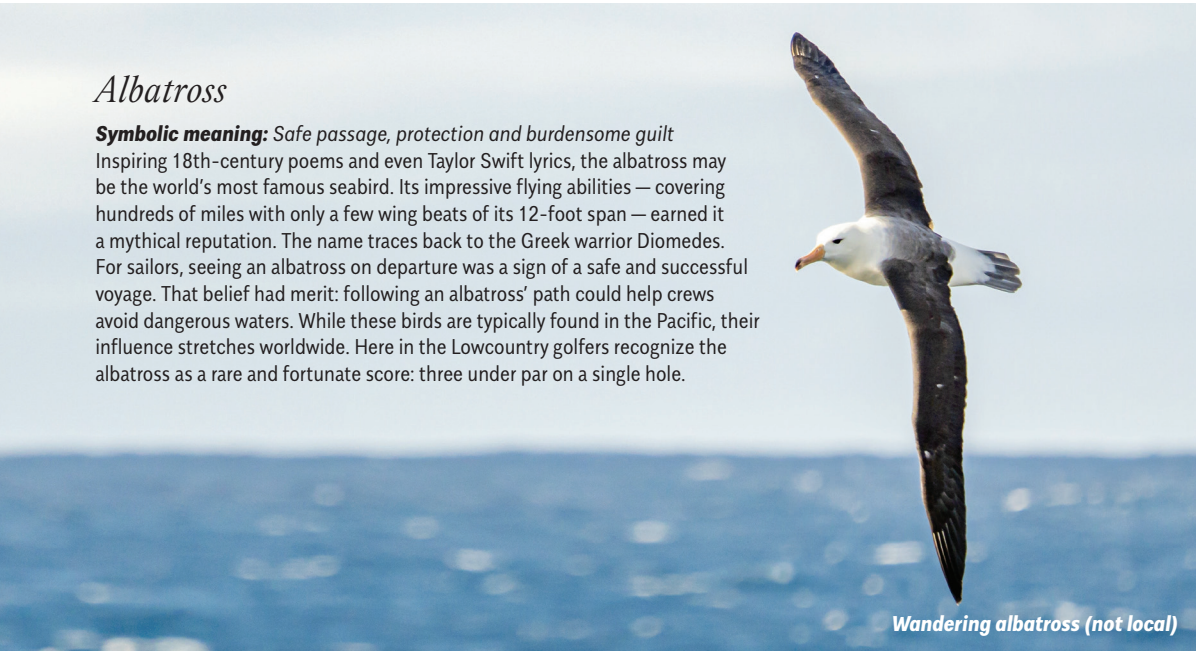
STORY BY ALEA WILKINS

When sailing across the open ocean, you might catch a glint in the sky and spot a lone bird gliding through an endless blue of its own. Sharing the waves with sailors below, seabirds have long inspired explorers and fishermen on their far-reaching journeys. Some guided fleets to fishing hot spots, while others became symbols of luck or misfortune. ***From folklore to sailor superstition, these feathered navigators helped shape maritime traditions around the world.***

### *Albatross*

***Symbolic meaning:*** *Safe passage, protection and burdensome guilt*

Inspiring 18th-century poems and even Taylor Swift lyrics, the albatross may be the world's most famous seabird. Its impressive flying abilities — covering hundreds of miles with only a few wing beats of its 12-foot span — earned it a mythical reputation. The name traces back to the Greek warrior Diomedes. For sailors, seeing an albatross on departure was a sign of a safe and successful voyage. That belief had merit: following an albatross' path could help crews avoid dangerous waters. While these birds are typically found in the Pacific, their influence stretches worldwide. Here in the Lowcountry golfers recognize the albatross as a rare and fortunate score: three under par on a single hole.



***Wandering albatross (not local)***



***Ring-billed gull***

### *Gull*

***Symbolic meaning:*** *Souls of lost sailors, spiritual messengers*

The common seagull might seem more pesky than powerful today, but 19th-century sailors gave it a spiritual reputation. Like the albatross in *The Rime of the Ancient Mariner*, gulls were thought to carry the souls of sailors lost at sea. Out of respect, harming or even touching one was considered bad luck. These days they're more likely to steal your sandwich than guide your journey, but seagulls once held a deeper meaning on the open water.



***Brown pelican***

### *Pelican*

***Symbolic meaning:*** *Soul ferryman, abundance, self-sacrifice*

With its prehistoric-looking bill and a pouch big enough to haul in fish, the pelican is a comical favorite among beach-goers. That pouch once fascinated the ancient Egyptians, who believed pelicans transported souls to the afterlife. The pelican is a also huge symbol in Christianity of self-sacrifice. Modern fishermen see the bird differently but still with reverence, watching their movements as possible signs of fish-rich waters.



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## *Bald eagle*

***Symbolic meaning:*** *Strength, vision, sacred power*
Known today as a symbol of American pride, the bald eagle has held spiritual significance far longer. Indigenous tribes across North America have long revered the eagle for its proximity to the heavens and its perceived spiritual power. Feathers are often used in religious ceremonies, and dances like the Cherokee Eagle Dance honor its strength and sacred connection.


Southern bald eagle


North American osprey

## *Osprey*

***Symbolic meaning:*** *Loyalty, partnership, success*
Also called "seahawks," ospreys are the Lowcountry's sharp-eyed fishers. With talons-first dives and razor-sharp vision, they rarely miss a catch. They're also the inspiration behind the mascot for Hilton Head Island High School, proudly known as the Seahawks. Beyond their hunting skills, ospreys have long symbolized romance and loyalty. One of China's oldest poems, *Guan ju*, references a pair of ospreys, leading many cultures to associate the bird with lifelong partnership and good luck when seen in pairs.


American oystercatcher

## *Oystercatcher*

***Symbolic meaning:*** *Bravery, divine protection*
Unassuming sand dwellers, the oystercatcher's strength comes from its beak that can crack open shellfish for its own Lowcountry feast. Across the pond, the bird is honored for its valor and might. A story from Irish and Scottish folklore recounts how oystercatchers saved St. Brigid from ruffians by hiding her in a pile of seaweed. The Irish name for the bird translates to "servant of St. Brigid," preserving the significance of the species as more than a feathered shucking knife.


Black-bellied plover

## *Plover*

***Symbolic meaning:*** *Seasonal change, renewal*
In the Lowcountry black-bellied plovers enjoy warm beaches year-round. But in Iceland the arrival of golden plovers each spring is cause for celebration. Locals watch for the bird's return in late March, a sign that winter has passed and planting season can begin. According to Icelandic folklore, plovers have long been trusted weather forecasters and messengers of renewal.

## *Tern*

***Symbolic meaning:*** *Navigation, guidance, divine presence*
South Carolina is home to eight species of tern, all agile fliers with sleek black head markings. In Hawaiian tradition, the native white tern represents the god of war and served as a navigational guide for ancient fishermen. Islanders would set out with the birds at sunrise and return at dusk by following their flight path. For sailors on long crossings, the sight of a tern meant land was near and safety was in sight.


Caspian tern



## *SAYINGS WITH SALTY ROOTS*

Common phrases that started at sea

**Like an albatross around your neck:** A heavy burden or guilt, from *The Rime of the Ancient Mariner*.
**Gullible:** Tied to gulls being easily tricked or lured, just like some sailors.
**Watch like a hawk:** Inspired by sharp-eyed birds like ospreys.
**Sitting duck:** Refers to birds vulnerable on water, just like ships caught in doldrums.
**Birds of a feather flock together:** A warning to choose your shipmates wisely.

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FREQUENT FLYER

# Eastern wood pewee

## MEET THE UNDERSTATED FLYCATCHER WHOSE CALL BRINGS THE WOODS TO LIFE

STORY BY BAILEY GILLIAM + PHOTO BY MARY ALICE TARTLER



**LISTEN UP**
***Scan this QR code*** *to hear the call of the eastern wood pewee.*

If you don't look twice, you might miss this moody minimalist of the Lowcountry woods. The eastern wood pewee is a true master of subtlety, wearing plain olive-brown feathers and sporting what can only be described as a bedhead crown. It's not a bird that screams for attention until it sings. One haunting "pee-a-WEEE" from the treetops is enough to steal the show, turning this unassuming flycatcher into the headliner of the summer forest soundtrack.

What the eastern wood pewee lacks in bright colors, it makes up for in sheer stage presence. Males belt out that sweet, plaintive tune from sunrise to well past sunset. They don't just sing, either. They perform. When rivals appear, they switch up their song, snap their bills and chase them off with the swagger of a bird twice their size.

And when they aren't dominating the local airwaves, they're busy snatching insects right out of the sky, launching from mid-canopy perches with the smooth confidence of a champion. In the off-season they average 36 aerial grabs an hour, ramping up to 68 per hour when feeding their chicks. They even nab bugs from the ground, especially when there's a sudden insect boom. That's some serious pest control. They'll also snack on a little bit of fruit, including dogwood, blueberry, raspberry and even poison ivy berries. A bird that eats poison-ivy berries deserves a standing ovation.

Their nests are just as subtle as their style. Built from lichen and perfectly blended into a horizontal branch, the nests practically vanish against the bark, looking more like a knot than a home. But there's nothing sloppy about this flycatcher's work. Every note, every wing flick, every bit of its understated flair is part of a carefully choreographed performance. Eastern wood pewees may never win a beauty pageant, but they'll stick in your memory long after the flashy birds have left the stage. Next time you're out walking and hear that rising, mournful song echo through the woods, stop for a moment. You're in the presence of a true woodland legend who proves you don't need a flashy costume to be unforgettable.

## Where to find them

***Mary Alice Tartler, Audubon Master Birder***
*"To spot eastern wood pewees, search in their preferred habitats: woodlands, woodland edges and deciduous trees. They often perch in the mid-canopy, making swift, short flights to catch insects in mid-air before returning to their perch. Despite their subtle grayish-olive plumage, white wing bars and grayish head, which help them blend in, their distinctive call often reveals their presence. Familiarize yourself with their song using the Merlin app before heading out. Eastern wood pewees can be challenging to find, but once you spot one, you'll appreciate its understated beauty."*

***Alan Biggs, local birder***
*"Eastern wood pewees, like other flycatchers, usually don't come to feeders. They may visit wooded backyards or property adjacent to patches of forests or woodlands. I only very rarely see them."*



©ALAN BIGGS

## Essentials

Get everything you need for backyard birding at ***Wild Birds Unlimited*** in the Festival Centre at Indigo Park on Hilton Head Island.

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# Cracking the code

## LOWCOUNTRY TURTLE TEAMS JOIN IN LOGGERHEAD STUDIES

STORY + PHOTOGRAPHY BY CAROL WEIR





**TURTLE TEAMWORK** Amber Kuehn (left), executive director of Sea Turtle Patrol Hilton Head Island, lab manager Skyler Griffin (center) and volunteer Cynthia Wilson collaborate on loggerhead DNA research in partnership with the University of Georgia.

A partnership between Sea Turtle Patrol Hilton Head Island, a genetics researcher at the University of South Carolina Beaufort and a University of Georgia scientist is unlocking the hidden lives of loggerhead sea turtles — without tagging the turtles.

Kim Ritchie, USCB's director of research at Pritchards Island, leads student interns and volunteers who locate nests on the USCB-owned barrier island near Fripp. Amber Kuehn heads Hilton Head Island's Sea Turtle Patrol, a nonprofit supported by The Town of Hilton Head Island. They're both collaborating with Brian Shamblin of the University of Georgia on DNA studies intended to deepen scientific understanding of loggerheads and guide conservation efforts.

### Eggshell forensics

Shamblin, a researcher at UGA's Warnell School of Forestry and Natural Resources, began his study on loggerhead maternal DNA in 2008 after his team isolated microsatellite markers — short DNA sequences unique to loggerheads. Using a technique similar to human forensic identification, he made a breakthrough when he matched an eggshell to a previously tagged mother.

Hilton Head Island joined the study in 2010. Since then, turtle patrols in South Carolina, North Carolina and Georgia have collected a single eggshell from each new loggerhead nest, preserved it in ethanol and sent it to Shamblin's lab. But starting this year, the first steps in this process will now take place in the Lowcountry.

### A lab of their own

Thanks to fundraising by Sea Turtle Patrol HHI and a grant from the Palmetto Dunes Cares Foundation, Kuehn recently purchased genetics lab equipment. Ritchie, a trained geneticist, will teach Kuehn, lab manager Skyler Griffin and volunteers how to use the DNA thermocycler



**SCIENCE ON PATROL** Sea Turtle Patrol HHI team members Jennifer Green, Cynthia Wilson, Amber Kuehn and Skyler Griffin take part in a research project exploring loggerhead sea turtle maternity and paternity.

(also called a PCR machine) and other tools. With this equipment the scientists will create many copies of a target DNA sequence, allowing for further analysis. Ritchie is buying similar equipment for her work with USCB students on Pritchards Island. Using this technology, the teams will extract DNA from the eggshell's inner layers, which hold the mother's identity.

## *When funding ebbs*

Shamblin welcomes the assistance. Analyzing samples is costly, and his federal funding was cut when loggerheads in the population he studies were downgraded from endangered to threatened under the Endangered Species Act.

"We depend on donations to continue this research," he said. "Everything the folks on Hilton Head can do on the front end relieves pressure on us."

His study has already identified nearly 16,000 unique nesting loggerhead females in the region.

## *Why DNA beats guesswork*

"Sea turtles spend most of their lives in the ocean, so it's hard to observe them directly or track them with tags," he said. "DNA from eggshells gives us a way to build a census of nesting females and track long-term population trends."

His lab now receives over 8,000 samples annually. DNA is extracted, and the data is uploaded to seaturtle.org, where it informs models that predict how turtles will respond to threats like climate change or coastal development.

Traditionally, scientists around the world estimated turtle population health by counting nests. But since females lay multiple nests in different areas each season, genetic fingerprinting offers more accuracy.


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## Born to return

Sea turtles nest in the same magnetic zone where they were born — South Carolina, Georgia and North Carolina share one. Like birds, they use Earth's magnetic fields to guide migration and nesting.

"Many older turtles hone in on a specific area over time," Kuehn said. "We have one female that only nests on the north end of Hilton Head, within 300 feet of her previous nests. Another nests up and down the coast. They are all over the board."

In 2024 Kuehn's team collected DNA from 204 Hilton Head nests. Results revealed 62 nesting females, including 16 first-timers. Five were daughters of known turtles, and three were the first "grand-turtles" recorded returning to the area. Pritchards Island began DNA collection two years ago. Since loggerheads take about 30 years to mature, turtle research requires long-term commitment.



**PROTECTING GENERATIONS** USCB's Kim Ritchie (far right) leads a team of student interns and community volunteers on Pritchards Island, monitoring and protecting sea turtle nests. In addition to collaborating on DNA research with the University of Georgia, she is studying nest temperatures and beneficial microbes.



**CRACKING THE CODE** DNA found in loggerhead eggs helps Kim Ritchie and her student Loren Quintana uncover genetic details about the turtles, without needing to tag them.

## What the data shows

The study is answering questions such as: How many nests does a female lay? How often does she return? Ritchie sees it as a rare teaching opportunity.

"It's exciting to involve USCB students in nationally impactful field research," she said. "Comparing Hilton Head and Pritchards islands can help us understand more about sea turtle behavior and conservation. It's also a fantastic training tool for students in lab and field methods."

## Looking for loggerhead dads

Last year Shamblin began a new study about loggerhead paternity, and Hilton Head Island was invited to join the effort. To learn about the fathers, Kuehn's team collects flippers from dead hatchlings.

"We don't know much about loggerhead males," Kuehn said. "They are a mystery."

A single female can mate with multiple males before laying her first nest. Their sperm fertilizes different eggs in the clutch. The paternity study explores critical unknowns including:

- *Mating frequency and the order in which sperm is used*
- *Male breeding behavior and how many nests they fertilize*
- *Overall male population size*

"The majority of nests have just one dad," Shamblin said. "But some have two, three or even four."

## Hot topic: Nest temps

Ritchie and Kuehn are also collaborating on a nest temperature study. Temperature determines hatchling gender — warmer nests produce more females; cooler ones, more males. With climate change in mind, scientists want to monitor gender balance and assess nest survival and health. In nests on Pritchards and Hilton Head islands, Ritchie places devices that send a constant stream of temperature readings. Kuehn's team retrieves the devices on Hilton Head Island after the hatchlings emerge.



**TINY SAMPLE, BIG IMPACT** With permits from the S.C. Department of Natural Resources, researchers collect one egg from each freshly laid loggerhead nest on Hilton Head Island and Pritchards Island for DNA studies.

## Team turtle

Behind all the turtle science are thousands of people getting up every day before sunrise and spending hours on beaches searching for sea turtle tracks in the sand. Shamblin, Kuehn and Ritchie agree that these volunteers are vital to both the research and the species' survival.

"We couldn't do this without beach cooperators," Shamblin said. "It's a true team effort—science, community and conservation coming together to protect an ancient species." *LL*

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# August

## A MONTH OF SUMMER SAILING, FRESH HARVESTS AND NIGHT SKIES FULL OF WONDER

STORY BY BAILEY GILLIAM

### Night & day

August brings a subtle shift in the rhythm of daylight. Mornings start a bit later, and evenings wrap up a little sooner, reminding us that change is in the air.

**Sunrise:** Between 6:36 and 6:56 a.m.
**Sunset:** Between 8:21 and 7:49 p.m.

**SAIL INTO THE SUNSET** Photographer Alyssa Pollack caught this peaceful moment of a sailboat drifting across Calibogue Sound as the sun set in a sweep of purples and golds. Taken from Harbour Town Pier, the image captures the quiet beauty of Lowcountry summer evenings, where calm waters and wide skies feel endless

August in the Lowcountry is made for golden afternoons on the water, fresh seafood feasts and starry evenings. It is the perfect month for sailing, with steady breezes and warm days that make local waters inviting. You can catch meteor showers, explore marsh trails, enjoy backyard cookouts or watch Tuesday night fireworks sparkle over Broad Creek. Festivals, outdoor movies and live music fill the calendar, adding even more ways to celebrate. Whether you're casting a line at dawn, cooling off with a late swim or harvesting summer's bounty, there is plenty to enjoy. Here's your guide to making the most of an August built for adventure.

### Weather predictions

The heat is still going strong this month, with the hottest days falling in early to mid-August. Expect higher-than-normal temperatures, a bit less rainfall than usual and some scattered storms.

**Average temperature:** 84 degrees (Warmer than average)
**Precipitation:** 2.5 inches (2 inches below average)

**FORECAST BY WEEK**
**August 1-15:** Hot with isolated thunderstorms
**August 16-23:** Sunny and a bit cooler
**August 24-31:** Warm with scattered storms



### Astronomical events

August puts on a spectacular show for anyone who loves looking up after dark.

**August 9:** Full moon, called the sturgeon moon, will shine brightly. It's named for the many sturgeon caught in the Great Lakes this time of year.
**August 12:** Venus and Jupiter will appear close together, only about a degree apart, near dawn.
**August 12-13:** Watch for the Perseid meteor shower, one of summer's best shows.
**August 22:** New moon begins, perfect for stargazing.

### Tides & currents

*Keep up with the rhythms of the coast.* ***Scan the QR code*** *for updated tide and current predictions from NOAA.*

### In the garden



August may be humid, but it rewards you with generous harvests and fresh opportunities to try something new in the kitchen.

**PREP** Think ahead for next year's garden, water sweet potatoes deeply, prepare new strawberry beds, keep weeding and harvesting, cut back chard and celery planted in spring, thin out carrots and rutabagas about 10 days after sprouting, and weed brassicas that went in earlier.

**PLANT** With daylight fading, you'll want to give seedlings a strong start right away. Transplant cabbage, broccoli and other brassicas in early August. Keep up succession planting. Sow cover crops. Transplant fast-ripening tomatoes.

**HARVEST** The August harvest is a feast: Asian greens, asparagus beans, regular beans, cantaloupes, carrots, celeriac, celery, chard, corn, cowpeas, cucumbers, edamame, eggplant, figs, grapes, herbs, hot peppers, leeks, spinach, okra, peppers, raspberries, scallions, squash, sweet peppers, tomatoes, watermelons and zucchini.

### Best days

If you like to plan around the moon, these dates line up for good luck and smooth sailing.



**Fishing:** August 1-9 and 23-31
**Travel:** August 21-22
**Weddings:** August 25-27
**Painting projects:** August 14-15
**Sailing:** August 16-17
**Hosting guests:** August 21-22

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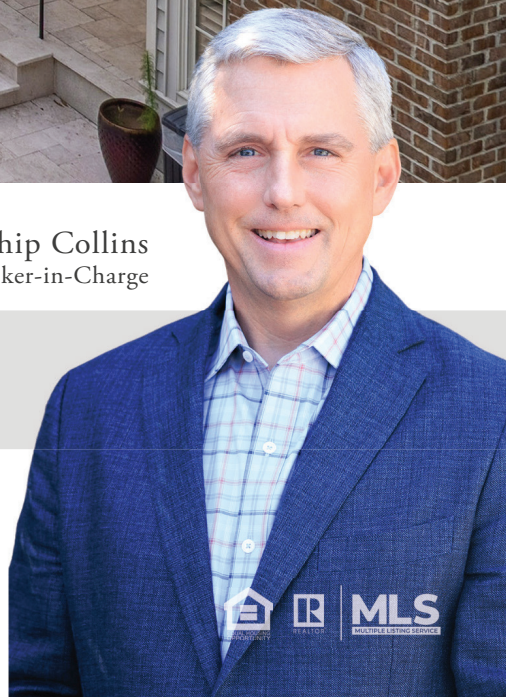
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# Tangled up in green

## *CREEPING, COILING AND CLIMBING VINES ARE COMING FOR YOUR TREES*

STORY BY CAROLYN MALES



©GLEN PAYNE



**VINE WITH A VENGEANCE** Kudzu tangles its way across trees and anything else in its path, growing as much as a foot a day. Once praised as a soil-saver, it has since earned a reputation as "The Vine That Ate the South."



©GLEN PAYNE

Kudzu. It's like a monster out of a horror movie. It slithers, it snakes, it twists, it spirals. It reaches out into the air and gloms onto neighboring trees, buildings, power lines, junked automobiles and any old thing it can lace its tendrils and hairy rootlets around and through. Glimpse kudzu from a South Carolina road, and it looks as if you're viewing misshapen topiaries. Catch a clump on the edge of a forest, and it looks as if it's cascading down like a leafy waterfall. But this aggressive three-lobed leaf infiltrator is actually advancing up, not down its "host" tree, blocking sunlight and weakening branches. And if this intrepid invader outgrows the treetops? It just keeps circling and building back upon itself. Kudzu threatens to take over the countryside and would if it could. (It's been called "The Vine That Ate The South.") Over decades there have been countless efforts to thwart its "progress" but it still slinks on.

You don't find too much of it here along the coast — our sandy soils are inhospitable to this pesky weed, explains Glen Payne, Clemson University's urban horticulture agent for Beaufort County. Payne and I had braved heat and humidity to meet and view some invasive vines up close. We were standing mid-island on Hilton Head, but the clump of kudzu, he'd discovered, had been further north, twirling its way up into oaks along the Spanish Moss Trail in Beaufort and coiling around pines near the entrance to Parris Island. About 100 years ago the U.S. Agricultural Stabilization and Conservation Service encouraged people to plant this Asian import to stabilize creek banks and gullies. Then in the Depression-era South, where crops like cotton, corn and tobacco had depleted nutrients from the soil, kudzu was seen as a savior, replenishing nitrogen. Cash-poor farmers were paid $8 an acre to plant it in their fields. As a plus, kudzu was hardy and grew fast, dropping its numerous roots deep into the ground and growing at breakneck speeds of as much as a foot a day.



©CAROLYN MALES

**WRANGLING THE WILD ONES** Glen Payne, urban horticulture agent with Clemson Extension, examines invasive vines on a Hilton Head Island tree. Kudzu, wild grape and other climbers can choke out trees if left unchecked.

It was used for livestock feed, and with its fragrant purple blooms it was pretty enough to serve as a "porch vine," shading folks as they sat in their rockers on hot afternoons. But it's rocket-paced growth threatened to overtake everything in its path. By 1954 kudzu was deemed a threat and removed from the list of acceptable cover crops. In the 1970s the USDA labeled it "a noxious weed." In the meantime, it had captured the public imagination: *Kudzu*, a comic strip by Doug Mariette; a James Dickey poem; a Stephen King short story; kudzu beauty queens and kudzu-inspired horror movies. *Attack of the Southern Fried Zombies*, anyone?

Nevertheless, kudzu still has its uses. Its vines can be peeled, cooked, pulped and molded into a textured paper. It can be woven into wreaths and hung on a wall or door. A member of the pea family, its roots are edible. In traditional Chinese medicine, they're ground up to curb excessive drinking, ease fevers and colds and provide relief for a host of other ailments. They also can be processed into a starch for thickening sauces, breading, glazing and noodle-making in Japanese and South Asian dishes.

## *Other viney Interlopers*

So, if the killer kudzu we were discussing lay north of the Broad, what were Payne and I finding south of it on our brief island stroll? Wild grape vines, that's what. Invasive woody vines that circle up the tree trunks into their canopies 60 feet or more above our heads. Sometimes the vines settle into a single tree; other times they reach across to another, kind of like an aerial carpetbagger greedily grabbing

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more territory. We sighted clumps of trees shrouded in this vine not far from the Hilton Head bridges as well as near houses abutting wooded areas and golf courses.

Now Payne was leaning over, pointing to a piece of vine that a groundskeeper had recently severed about four feet above its root, a tactic that works to curb ***wild grape*** and other vines with single shallow tap roots. I looked up. The severed grape vine still seemed to be thriving. "Shouldn't it be removed?" I asked. Payne shook his head. Never pull on a vine to get it down," he warns. Those vines are still twined around limbs, and if you tug them — and you'll have to tug hard — a tree branch might come tumbling down, smacking you on the head. Blows from widowmakers, as the falling branches are known, can be deadly. "Leave vines in the tree, and they'll dehydrate and die. Then the shriveled-up vines will eventually be blown away by winds and storms," he assured me. And the root? "Dig that up if you want eradication. Otherwise, a new plant will grow."

These dense vines block the sun, weigh down trees and smother other growth. But are there ever any upsides to their existence? "These vines are in fruit and have grapes now, so they're a food source for birds as well as a habitat for other wildlife," Glen replies. He shows me syrphid flies hovering among the leaves. "They eat gnats and other pesky bugs." And the grapes? "These aren't the kind of grapes we'd eat." But, he adds, there are muscadine or scuppernong vines — some cultivated, some wild, germinated from seeds birds have dropped. These grapes are edible and provide antitoxins. They also make a sweet dessert wine.



©GLEN PAYNE

**CLIMBING CULPRITS** Wild grapevines can climb 60 feet or more into a tree canopy, smothering other plants. Though their fruit feeds wildlife, these woody vines can become a serious burden on healthy trees.



©GLEN PAYNE

## *Ivies, that aren't necessarily prestigious...*

Happily, we don't encounter any poison ivy on our walk. However, we did find ***Virginia creeper***, sometimes called woodbine, that can soar to 100 feet in the wild. With leaves composed of five tooth-edged leaflets and dark purplish berries, it's been a garden ornamental, but today this superspreader is more like a weed. (Warning: If you meet up with a Virginia creeper, do not be tempted to chomp down on its fruit. Your kidneys will be grateful, and you may survive a few more years.)

We also didn't come across English ivy in this particular spot, although I've seen some climbing up the front of houses here, giving their facades a hint of other times and places. Payne explains that as pretty as it looks, those thick, dark leafy plants are "a reservoir for bacterial leaf scorch that infects oaks and maples." Meanwhile its aerial roots can work their way into cracks and crevices in facades and roofs, trapping moisture and wreaking more damage. But just ripping them off your walls won't solve the problem, as those pesky embedded roots just hang on, firing up the cycle anew. Want to remove them? Call in the professionals.



©CAROLYN MALES



©CLEMSON EXTENSION

## *Enter the kudzu bug!*

"Recently a kudzu bug showed up," Payne says. "It eats kudzu, but unfortunately, it also eats bean plants. It's invasive and closely related to a stink bug." I wrinkle my nose. "So does it smell bad?" I ask. "I believe it does," Glen replies. "So maybe you have the sweet smell of the kudzu and then the not so pleasant one of the kudzu bug."

Hey, it's a jungle out there.... *LL*

## *PLANT PROBLEM SOLVERS*

Got a plant or turf problem? Need to eradicate an invasive vine? Want to know what kind of grass grows best in your yard? Clemson University's Cooperative Extension Master Gardener Program offers free in-person advice and plant identification. It also provides mailing bags and forms for more detailed analyses of soil, plant or insect samples at its agricultural laboratory and plant and pest diagnostic clinic.

## *SOUTH CAROLINA MASTER GARDENERS*

**Hilton Head:** 9:30-noon, Wednesdays, 539 William Hilton Parkway
**Bluffton Farmers Market:** 10 a.m.-2 p.m., Thursdays
**Port Royal Farmers Market:** 9 a.m.-1 p.m., Saturdays
**Beaufort County Extension Office:** 8 a.m.-4:30 p.m. Monday-Friday, 18 John Galt Road, Beaufort
**Ridgeland:** 8 a.m.-4:30 p.m., Monday-Friday, 1506 Grays Highway, Suite E
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TROWEL TALK

# Your fall garden game plan

## WHAT TO PLANT, WHEN TO WATER AND HOW TO PREP YOUR PLANTS FOR THE UPCOMING COOL DOWN.

STORY BY SHEILA PAZ



**COLOR ME GREEN** When it comes to fall veggies, Suzanne recommends planting directly in the ground. The soil stays cooler than in raised beds, which helps protect tender greens and roots as temperatures fluctuate.



**WATER EARLY AND DEEPLY** Wind stresses plants too. Give them a thorough soak in the morning before the sun and breeze team up to dry them out.



A successful garden is all about timing, and fall is full of opportunities. Whether you're aiming for a backyard harvest this fall or simply wanting to give your plants a better shot at thriving, now is a great time to reset, refresh and replant. To help you make the most of the upcoming season, we turned to ***Suzanne Barton***, manager of The Green Thumb, for her expert advice on what to grow, how to water and simple steps to keep your landscape healthy and productive.

**[LOCAL Life] I want to plant vegetables for the fall. What should I do?** **[Suzanne Barton]** August is a great time to get your fall garden started. As summer winds down and cooler weather approaches, now is the perfect time to plant leafy greens like arugula, bok choy, spinach, kale, peas and beans. Wait until early September for broccoli and cauliflower, as they prefer cooler temperatures. If herbs are on your to-do list, plant perennials such as sage, thyme, oregano, rosemary and chives. It is also a great time to mix organic matter like mushroom compost to refresh your soil after the rainy season. Your garden will thank you next year.

**[LL] I've noticed my plants drying out faster than usual. Could the wind be to blame?** **[SB]** Absolutely! The wind indeed plays a vital role in drying out your plants. As water moves through the roots and transpires through the leaves, wind speeds up this drying process almost as much as sunlight does. I recommend watering thoroughly in the early morning for optimal results. If you're using irrigation, try turning your sprinklers on two to three times a week for longer durations. A handy tip I absolutely love is to use a plastic plant saucer and place it next to your plants. Check later for how much water is collected in the saucer. If you see one to two inches of water, you're doing a great job watering your yard. If not, it's a good sign you may need to water for a bit longer. Just remember to keep an eye on the weather. If it's been raining, you might not need to water as much.

**[LL] How do I get my roses ready for the fall?** **[SB]** Roses are known for being heavy feeders. They can deplete the micro nutrients in the soil, so it's important to give the soil a little boost before fall arrives. I recommend using a specialized rose fertilizer that offers a slow release of nutrients. Whether your roses are planted in the ground or in containers, make sure to fertilize the soil regularly, and keep up with deadheading to encourage beautiful blooms.

# Greens, beans and growing things

***Smart seasonal tips from the Lowcountry Gardening, a trusted guide written and produced by the Lowcountry Master Gardener Association:***

Q "August is a good time to start some fall/winter vegetables. Snap beans, pole beans and half runner beans can be planted from seed. Brassicas such as kale, collard greens, mustard greens, cabbages and cauliflowers will thrive in cooler weather. They may be planted from seed or set out as small plants if they are available.

"If you have grown any hot peppers (Capsicum species) you should have more than you need. Dehydrators are not very expensive and can be used for many foods. Only use dehydrators in a covered or screened porch area when drying peppers. The fumes can cause a reaction including tears, runny nose and breathing difficulties in an enclosed space.

"Continue to deadhead annuals and long-flowering perennials to prolong their blooms. There are many winter annuals that you might consider growing from seed such as violas (including pansies) and snapdragons."



**CRUSH IT** Dehydrated peppers are packed with concentrated flavor and ready for action. Grind them into a fiery powder for homemade spice blends, crumble them into sauces and soups for a smoky kick, or steep them in oil to create a chili-infused drizzle.

*Excerpted from Lowcountry Gardening, written and published by the Lowcountry Master Gardener Association. Grab a copy of this handy guide to all things Lowcountry gardening for $5 at The Greenery, Bruno Landscape & Nursery, The Green Thumb or the Master Gardener booth at the Bluffton and Port Royal farmers markets. For more info, head over to* ***LowcountryMGA.org****.*







YACHT CLUB STYLE

# Nautical by nature

PHOTOGRAPHY BY LISA STAFF
STYLED BY BAILEY GILLIAM

Sails billow, docks soak up the sun and the tides keep their steady rhythm. There's something about coastal life that makes you want to dress the part. At the South Carolina Yacht Club in Windmill Harbour, the setting calls for style that feels right at home on deck. Picture breezy navy dresses that catch the wind just so, wide-brimmed hats made for chasing the last rays of sun and accessories with just a hint of nautical charm. These outfits and local finds do more than look good; they capture the laid-back spirit of life by the water.

## Pastels on deck

*Katie Ryan keeps it cool and confident dockside, standing against a postcard-worthy backdrop of sleek sailboats and the SCYC clubhouse. She wears a **Jean-Pierre Kliffa** dress in a fitted above-the-knee style splashed with the fun confetti jungle print. The candy-colored pastels pick up the soft morning light, giving the look a sunny, easygoing vibe. Its sleeveless cut and round neckline are made for catching a breeze, while a simple bracelet adds just enough sparkle. Finished off with simple slides, Katie is ready for anything the marina throws her way, whether it is hopping between boats or relaxing with a round of dockside drinks.*



**Jean-Pierre Kliffa**

# Something blue for captain and crew

With classic stripes, easygoing polos and nautical details, these ***local finds*** make it simple to dress the part whether you are steering the boat or sharing the deck with little first mates eager to help hoist the sails.



## 1 Smooth sailing

*For the guys, easygoing doesn't have to mean sloppy. Pair a sharp striped polo with crisp light-blue shorts, then finish it off with a Palmetto cap and a belt that adds a subtle nautical vibe. It is a laid-back, pulled-together look that says you know your way around both a golf course and a dock.* ***Available at John Bayley Clothier.***




## 2 First mate approved

*Get ready for the cutest deckhand around. A soft blue hoodie with "Lake Life" stitched across the chest and a white onesie reading "Daddy's First Mate" means baby is shipshape for a breezy day by the water. Toss in a plush octopus pal for an extra dose of nautical sweetness.* ***Available at Maggie & Me.***



## 3 Little skipper

*Tiny boaters deserve big style too. This lighthouse romper is perfect for a seaside adventure, complete with a classic white-and-blue bucket hat to keep the sun in check. Add a colorful toy boat to the mix, and you have a look made for pint-sized harbor hopping.* ***Available at Island Child.***

# YACHT CLUB STYLE

## *Anchored in family*

*Tracy Moss and her mom, Nancy, look completely at home among the sailboats at the South Carolina Yacht Club. Tracy, owner of The* ***Haven Boutique****, stays breezy and stylish in a flowing navy maxi dress from her own shop, paired with delicate straps and tan sandals perfect for strolling the docks. Nancy complements her beautifully in a striped linen top from* ***Palmettoes****, finished with bold buttons and crisp white pants that feel relaxed yet polished. Together by the water, they show that coastal style truly runs in the family.*



# Shore things

Life by the water has its own kind of spell. Maybe it's the hush of waves on the shore or the way the salt air resets your mood in seconds. Or maybe it's just the thrill of looking like you own a boat, no captain's license required. Either way, these coastal-inspired finds deliver breezy style with zero fuss.









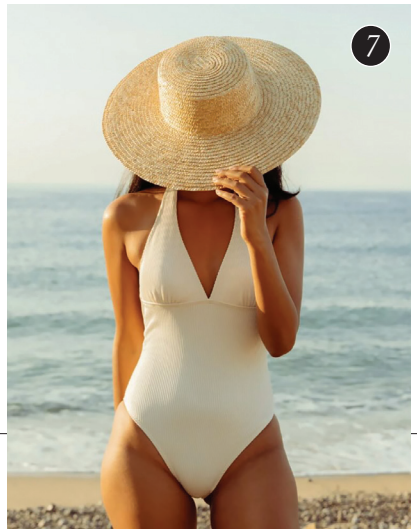
















*1. Top of the nauticals* This Tilley Airflo Hat from ***Outside Hilton Head*** is the MVP of sun hats. It's got a sleek oval brim that keeps your face in the shade, plus mesh ventilation so you don't overheat while pretending you know how to tie a bowline. Made entirely of recycled nylon, it repels rain, blocks UV rays and handles pretty much anything Mother Nature throws your way.

*2. Sea style* ***Spartina 449*** captures classic sailing-inspired style with these breezy dresses. Navy and white stripes, nautical prints and simple zip details make them perfect for brunch at the marina or a sunset cruise. Just add salty air and a chilled drink for the full effect.

*3. New directions* Discover timeless elegance with a white gold diamond compass necklace from the Tiny Treasures Collection by Roberto Coin, available at ***Forsythe Jewelers***. This delicate piece features sparkling diamonds set in a compass design, symbolizing guidance and adventure with a touch of luxury.

*4. Harbor hauler* This tote from ***Gifted*** is ready for anything. The minty blue-green color and cheerful sailboat print are just begging for a trip to the market or the beach. Big enough for sunscreen, snacks and that novel you swear you're going to finish this summer. Bonus: It looks cute doing it.

*5. Sailing into 50 years* ***Heritage Fine Jewelry turns 50 this year.*** Pieces like this dainty sailboat necklace are the perfect finishing touch, showing that Heritage has a variety of pieces to complete any look. A tiny gold sailboat charm on a delicate chain lets you show off your nautical side without going full pirate. It's subtle, sweet and pairs well with just about everything.

*6. Sailor chic* This Saint James dress from ***Currents*** gives off major "first mate with great taste" energy. The V-neck and faux button details give a nod to classic pea coats, while the soft jersey fabric (made from recycled polyamide) keeps things comfy. It's a no brainer for summer days when you want to look polished but feel like you're wearing a T-shirt.

*7. Brim and proper* This wide-brimmed woven hat from ***Brims on the Bluff*** is like portable shade with style. It's lightweight, breathable and perfect for long days on the dock. Switch out the band, or add charms if you're feeling extra, because why not?

*8. Dockside diva* This Dock & Bay small dry bag from ***Southern Tide*** is small but mighty. The blue and white stripes are classic, and it keeps your stuff dry even when you're caught in a splash zone. Lightweight, compact and so good-looking you might even forget it's functional.

GET THE LOOK

# Pier perfect

Sailing-inspired fashion really covers it all. You can dress it up for a fancy night at the clubhouse or keep it functional for a quick sail into open water. Tracy Moss shows off a fresh, easygoing take on this style with an outfit that's playful and simple to copy. Crisp navy and white shades, lightweight fabrics and a few seafaring touches come together for a look that feels both comfortable and confident. Here's how to make it yours.



## Coastal cool

Round or aviator sunglasses finish the look, blocking the glare and dialing up the dockside style. These Varnet frames from ***Eyeland Optique*** are bold but still blend in with the nautical feel.



## Coastal classic

Tailored navy shorts from ***Southern Tide*** add just the right amount of polish without trying too hard. The classic color makes it easy to mix and match with any nautical-inspired piece in your closet.



## Slip-on ease

White canvas slip-ons from ***Outside Hilton Head*** keep things practical and stylish. They're perfect for a day on the docks or a laid-back stroll around town. Plus, they're comfortable enough to wear all day long.






## Anchor accent

A dainty anchor pendant is a subtle nod to sailing style. It brings just the right touch of sea-loving spirit without going overboard. You can find a similar one at ***Currents***.

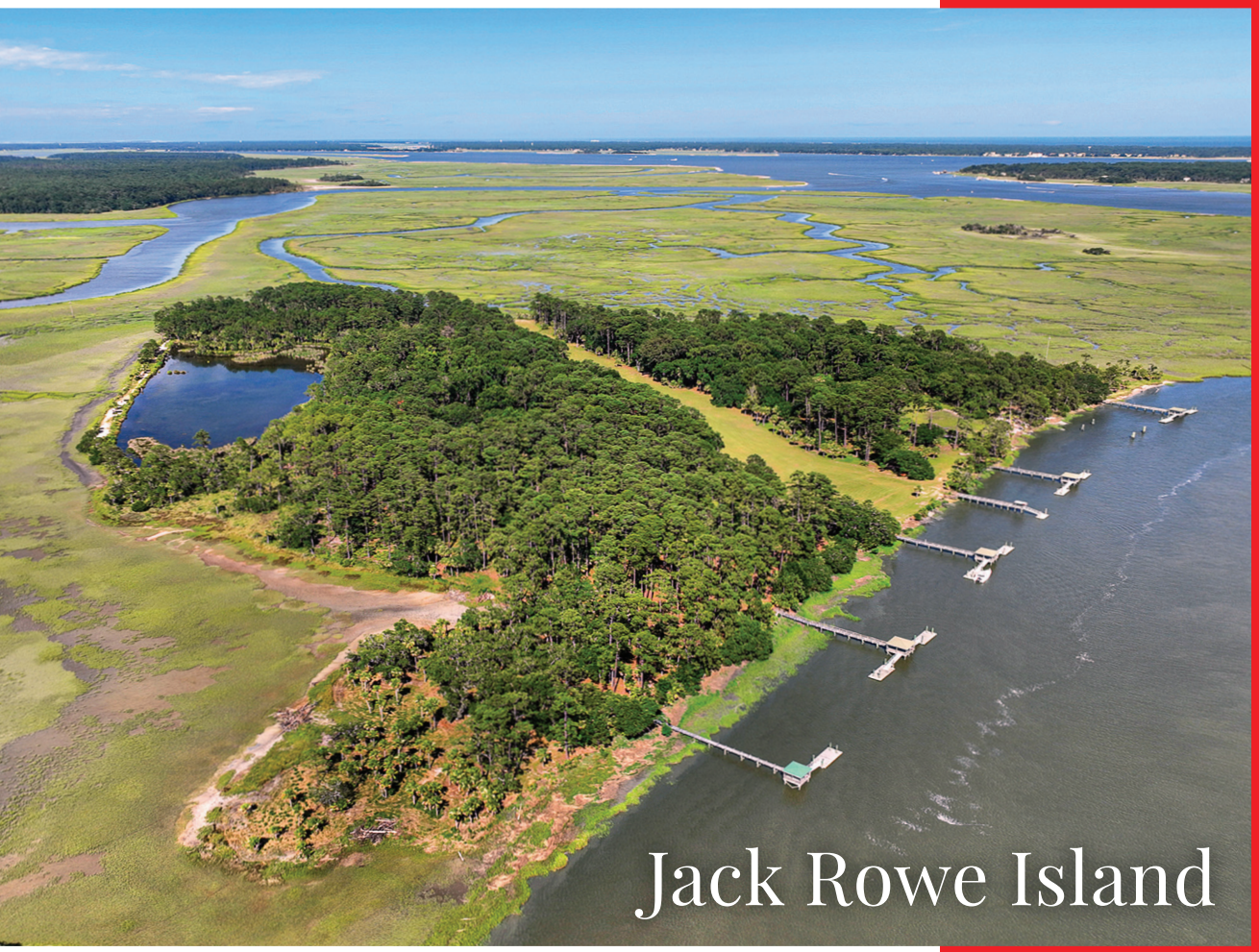



## Salty statement

This white crewneck sweater from ***Maggie & Me*** brings a fun twist with its cheeky "salty" graphic and wave detail. It's soft, light and perfect for tossing on after a breezy afternoon out on the water.

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Add a touch of coastal charm to your home with this wooden bowl featuring a blue interior design.

*Available at J. Banks Design*



**ON THAT NOTE**

Created by local artist Paul Monardo, this set of four note cards highlights the unique landscapes of Hilton Head Island and the Lowcountry.

*Available at Pyramids*



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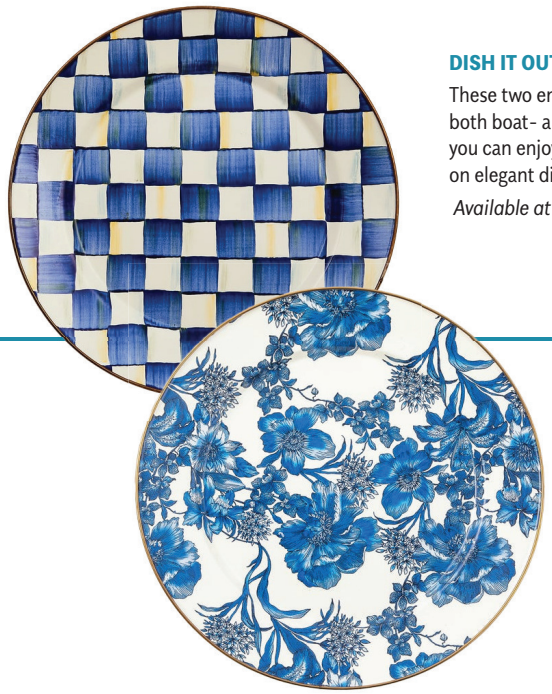
Serve up a delicious salad with this standout wooden boat salad bowl, complete with oar servers and a pewter accent.

*Available at Hilton Head Oils and Balsamics*



## COME SAIL AWAY

Enjoy this collection of coastal and sailing decor, perfect for the ocean or maritime enthusiast in your life.



### DISH IT OUT

These two enamel plates are both boat- and pool-friendly, so you can enjoy a meal outdoors on elegant dishware.

*Available at Forsythe Jewelers*




### ALL HANDS ON DECK

Set sail in style. This Yacht Club Classic Bar Soap blends crisp grapefruit, sunlit bergamot and smooth white musk. It's a preppy nod to coastal days and dockside nights.

*Available at Hilton Head Soap Co.*



### AHOY

This anchor bottle opener by Arthur Court is available exclusively at Le Cookery. It's sure to add maritime charm to your home.

*Available at Le Cookery*

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5-MINUTE HISTORY



**FIRE AND FLIGHT** In this illustration by LOCAL Life graphic designer Charles Grace, the last Loyalists return fire on Hilton Head militiamen as they flee Daufuskie Island in the summer of 1785. It captures a moment of desperation and defiance at the close of a war that refused to end quietly.

***Editor's note:*** *In a previous issue, we shared the Patriot account of a violent raid on Daufuskie Island that left Loyalist Capt. Phillip Martinangele dead at his home on Bloody Point. That story, shaped by militia accounts from Hilton Head, offered a glimpse into the kind of local justice carried out during the Revolutionary War. This month, we revisit the same event from the Loyalist point of view and trace what may have been the final armed clash of the war, fought not by armies, but by neighbors with old grudges.*

# The last shot

## *How a bitter island feud between Patriots and Loyalists dragged on long after the 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, SC, at the Forefront of American History.*

The Revolutionary War wasn't just fought between redcoats and rebels on distant battlefields. In the Lowcountry it tore through communities, split families and fueled deeply personal vendettas. Nowhere was that more true than between the militias of Hilton Head and Daufuskie Island. Long after the war had been declared over, one final skirmish off the southern tip of Daufuskie may have marked the real end of a war that simmered long after its official conclusion.

### *The Loyalist account*

While Patriot sources described the Bloody Point raid as a justified military action, Loyalist voices told a much darker story. According to a report published just weeks after the event, what happened on Daufuskie Island was not a battle, it was a cold-blooded murder.

***From the Royal Gazette of Charles Town, South Carolina, Jan. 30, 1782:***

*"We are informed from Savannah that about Christmas last a gang of banditti came to a house on Daufusky Island, where Captain Martinangel of the Royal Militia was lying sick, and whilst two of them held his wife, another named Israel Andrews, shot him dead. They afterward plundered Mrs. Martinangel and her children of everything they had. These wretches came from Hilton Head. They style themselves the Bloody Legion and are commanded by John Leaycraft. The following is a list of the gang: John Erving, Lewis Bona, Daniel Savage, Christian Rankin, James Davant, John Bull, James Erving, James Allan, Charles Floyd, Isaac Davids, Nathaniel Gambal (Gamble), William Chiswell, Thomas Roberts, John Mongin Sr., John Mongin Jr., David Ross, Patrick McMullin, Isaac Bolder (Bolden or Baldwin), Meredith Rich, John Fendon (Fendin), William Scott."*

### *A family remembering*

While the newspaper offered a stark account of the killing, the Martinangele family's private version is even more harrowing. Passed down through generations and recorded in a family history nearly 120 years later, the story paints a vivid picture of fear, chaos and loss on that December morning.

***From The Record of the Martinangele Family Connection with the Mongins of South Carolina (copied in 1899):***

*"Lee Craft's party landed on Daufuskie Island. There they visited the Martinangel plantation. Phillip de Martinangel had been very ill, and they had left his little daughter, Margaret, about three weeks old, on the bed with him. The breakfast table was set, waiting for the family to gather, when the stillness of the morning was broken by the arrival of Lee Craft's party. The family fled like frightened birds. The intruders stole silver from the table, then entered the sickroom, where they murdered Martinangel in his bed and left yelling like bloodhounds. When quiet returned, the husband was dead, and the baby was nearly strangled in her father's blood."*

## *After the war, but not the fighting*

The British Parliament voted to end military action in early 1782, and the Treaty of Paris followed in 1783, but peace was slow to reach the Carolina coast. Skirmishes between former Patriot and Loyalist militias continued in remote corners of the Lowcountry. On Daufuskie, Tory holdouts gathered in increasing numbers, and the island became known as "Little Bermuda" for its Loyalist leanings.

Meanwhile, Hilton Head's former Patriots — many still angry, some still armed — watched from across the water.

## *A final shot*

Legend has it that in the summer of 1785, as the last Loyalists on Daufuskie prepared to flee for British-held islands in the Bahamas, a group of former Hilton Head militiamen got wind of the plan. The Tories were said to be launching from Bloody Point near the site of Captain Martinangele's death when two boats from Hilton Head appeared around the western side of the island and opened fire.

The Loyalists fired back as they sailed away. No injuries were reported, and no official records confirm the event. Still, it has lived on in oral histories and family papers as the last act of vengeance tied to the murder of Charles Davant, the only known combat fatality on Hilton Head during the Revolution.

Was it the final battle of the war? Maybe not. But for the families involved, it was the last page in a long, violent chapter; one written not by generals or treaties but by neighbors caught on opposite sides of a war that refused to end. *LL*




## *250 YEARS OF FREEDOM*

**July marked a monumental milestone: the 250th anniversary of the Beaufort District's pivotal role in the American Revolution.** Encompassing today's Beaufort, Hampton and Jasper counties, as well as parts of Allendale County, this region played a critical part in the fight for independence. To honor the district's legacy, LOCAL Life has partnered with the Beaufort County 250 Committee to present this 12-part series celebrating the courage and determination of those who lived through one of America's most defining moments.


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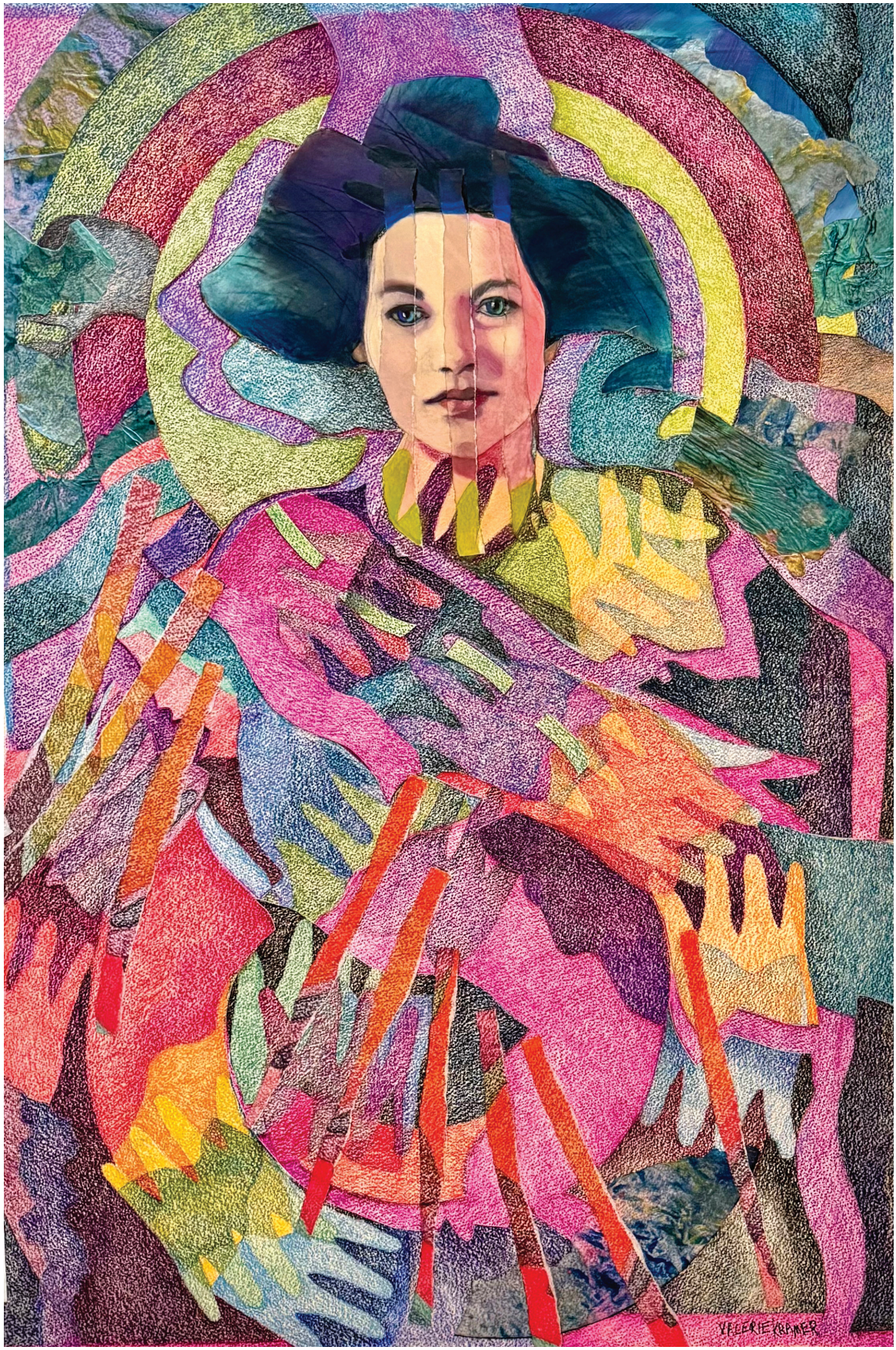
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*Candy Colored Chains*

It's the eyes that beckon, pulling me across the gallery floor to stand before this mesmerizing portrait of a woman and try to puzzle out the mystery of her. Is she a saint? A goddess? She has an orb behind her head that lights up her face like a Renaissance Madonna or a sun deity from an ancient age. But then there are the hands, a multiplicity of them cascading down, dancing, floating around her body. Is this a garment? Or is she half-hidden and framed by a dense jungle of vines and flowers shaped like hands?



# *Valerie Kramer's world of mystical, mesmerizing women*

STORY BY CAROLYN MALES

At first glance, her face and dark hair evoke memories of Gustav Klimt's 1907 *Portrait of Adele Bloch-Bauer I*, also known as The Woman in Gold. As in Klimt's portraits, artist Valerie Kramer has rendered this face more realistically. But then my gaze drifts down. Unlike the famed Viennese painter with his mosaic-type patterns of circles, blocks and other defined edges, Kramer plays with organic shapes she's torn from hand-painted crystalline and wire papers. Layer upon layer she collages them in, leaving smaller patches of flat color peeking through this vivid thicket. The resulting three-dimensional effect and the artwork's large size compel me to explore the mythology behind this fascinating figure.

Needless to say, I am smitten when I discover this intriguing mixed media work titled "The Veil" is part of a whole sorority of iconic women. I head over to the Bluffton artist's studio to "meet" them and their creator. I am not disappointed. In preparation for "Icons and Tide Pools," her show later this month at the Hilton Head Art League Gallery, Kramer has lined her hallways and walls with these enigmatic portraits, along with several of her bold abstracts.


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Marie Camenares

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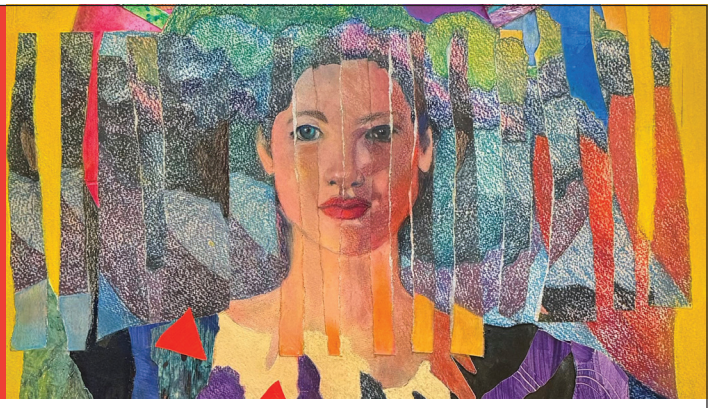
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ART LEAGUE OF HILTON HEAD



Icons and Tidal Pools

ARTWORK BY VALERIE KRAMER

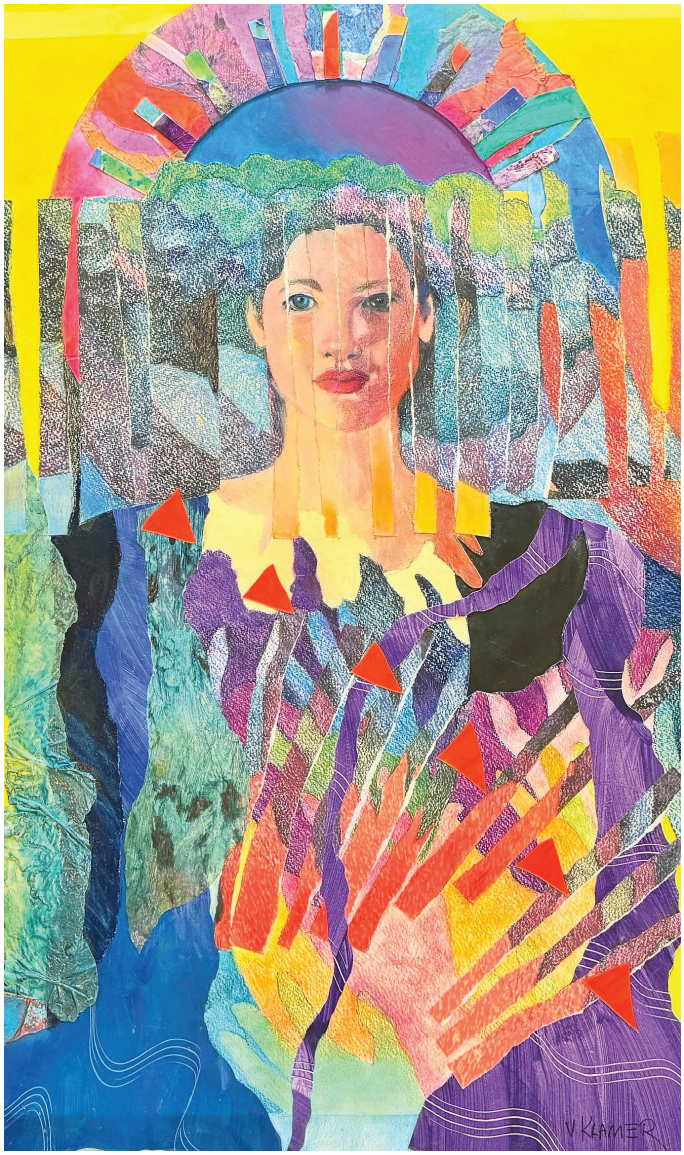
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*The Veil*



*Handprints*

*Women wear multiple hats. We're expected to do everything.*

## See the show

**What:**
Icons and Tide Pools

**When:**
Aug. 26-Sept. 26

**Opening Reception:**
5-7 p.m., Wednesday, Aug. 27

**Where:**
Art League of Hilton Head Gallery, 14 Shelter Cove Lane

**[LOCAL Life] I see you grew up in Cincinnati and, after earning an MFA at the University of Cincinnati, you taught for 17 years at Defiance College in Ohio. Obviously, all that experience has influenced your subject matter, style and use of materials and color. In fact, you've been praised as a "colorist," a high compliment that reflects your kaleidoscopic palette of oranges, blues, pinks, reds and the way they play off each other.**

**[Valerie Kramer]** With color, it's preference. That's all I can say because I even catch myself not using a certain color. For instance, I don't use a lot of green. As for the texture, I layer torn papers, so it looks as if the ripped edges are lifting off, creating a three-dimensional effect. And whether I'm doing a painting or a mixed media piece, I'm compelled to bring up the negative space around a busier area. I like to interrupt things and do something that's unexpected.

**[LL] Tell me about the faces in these paintings.**

**[VK]** I had painted a series of biographical images from my childhood, but when I was at Defiance, I decided to stick out my toe and progress out of that series. So I made a portrait of me at middle age. The idea was that it was an allegory about my getting older. But for this woman series, it's the female in general. The face is the focal point. All action moves around her.

**[LL] And that mysterious orb?**

**[VK]** People ask if it's a halo. But no, they're more like headpieces, and this goes back to when I was a kid. We'd gone to see the movie *Broken Arrow,* where Jimmy Stewart played a scout sent to broker peace with the Apache. Cochise invites him into a wigwam to meet a young woman. It's the night before her nuptials, which is a magic time where women have special powers to predict the future. As Jimmy Stewart enters, she turns around and is wearing this elaborative headpiece, and my little 5-year-old eyes are going, "Wow!" I think that scene has lingered in the background all this time, with the headpiece being the symbol for wisdom, the essence of who she is.

**[LL] And finally, those multiple hands...**

**[VK]** It's because women wear multiple hats. We're expected to do everything. And which is it? A lifetime of contribution? Or of demands? It's whatever you perceive as reality. *LL*

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## *At the Mid-Tide*

A single mother with a successful career performs
like a muscle-bound dolphin when the Lowcountry tide is full.
She swims the depths of discovery with
better lovers than her husband,
but outgrows their sway, withdrawing from those
complications with the pull of the moon.

She knows that eventually the pluff mud will be revealed.
Enclaves of oysters and impatient crabs will greet her on her journey,
and she'll resign herself to the shallows of tide pools and rivulets,
knowing she once swam with the big fish.

But for now, the spartina grass waves, cheering her on
in both reality and reflection, the tide just right for brave adventures.
Finding the deepest channels, she ventures just far enough,
then back, timing her forays before threat of grounding.

It's at the mid-tide that a great blue heron on slender legs wades in
to fish for silver minnows, easily caught in more accessible depths.
Like them, she easily contents herself, catching movies she prefers,
spending hours on writing and solitary walks with her terrier.

Dreams that flooded her youth are replaced by seasoned wishes
that fulfill their promise. Pulled toward the moon they flow,
emptying unnecessary whims until what remains is perfection.
A sweet breeze hums, This is your time.
You've finally hit your stride at the mid-tide.

**— Galen Warden**



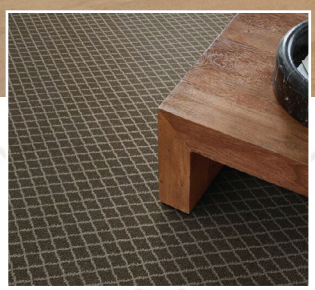
*Tricolored Heron* by **Kim Anderson**

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WHAT'S FRESH IN AUGUST?

# Shuck yeah!

*A guide to picking, growing, cooking and loving sweet corn this summer*

STORY BY BAILEY GILLIAM



**LOCAL LIFE TEST KITCHEN**

## *Creamy Parmesan Corn*

Nothing says comfort quite like a bowl of creamy corn. This easy recipe blends sweet corn with rich cream, milk and a generous handful of Parmesan for a side dish that's smooth, cheesy and downright irresistible. Perfect for summer potlucks or cozy family dinners, it brings a touch of Lowcountry summer to your table in just minutes.

**INGREDIENTS**

*4 cups fresh or frozen sweet corn kernels*
*1 tablespoon butter*
*1 cup heavy cream*
*1/2 cup whole milk*
*1/2 cup grated Parmesan cheese*
*1 teaspoon kosher salt*
*1/2 teaspoon black pepper*
*1/4 teaspoon garlic powder*
*2 tablespoons chopped fresh parsley (garnish)*

**DIRECTIONS [1]** In a large skillet or saucepan, melt the butter over medium heat. **[2]** Add the corn and stir until warmed through, about 3-4 minutes if using frozen corn or 2 minutes for fresh. **[3]** Pour in the cream and milk, stirring gently to combine. **[4]** Bring the mixture to a light simmer, stirring often, and cook for about 5 minutes until slightly thickened. **[5]** Stir in the grated Parmesan cheese until melted and smooth. Taste and adjust with salt, pepper and garlic powder. **[6]** Remove from heat and sprinkle with chopped parsley for a fresh pop of color.

If August had a taste in the Lowcountry, it might just be sweet corn. Hot afternoons, the hum of cicadas, a Lowcountry boil steaming away and a pile of just-shucked golden cobs on the table: that's peak summer living around here. Sweet corn has a way of showing up wherever the fun is, from backyard cookouts to roadside farm stands. Whether you grill it, freeze it, cream it or stir it into a big pot with shrimp, smoked sausage and red potatoes, sweet corn proves again and again why it's the MVP of summer vegetables.





**GOLDEN EARS, GOLDEN DAYS** Nothing captures August in the Lowcountry quite like sweet corn. Whether it's tossed on the grill, folded into a Lowcountry boil or creamed with a dusting of Parmesan, these golden kernels bring the flavor of summer to every table.

## *A sweet history*

Sweet corn's story goes way back. Native American tribes were growing and eating it long before anyone thought to butter a cob. They passed their knowledge along to European settlers, who fell for sweet corn just as hard as we do today. By the 1700s farmers were already fine-tuning its sweetness and tenderness, and eventually modern hybrids made it even better. So next time you're chomping into a golden ear on a sticky Lowcountry evening, give a little nod to the folks who planted the first seeds thousands of years ago.

## *Summertime superfood*

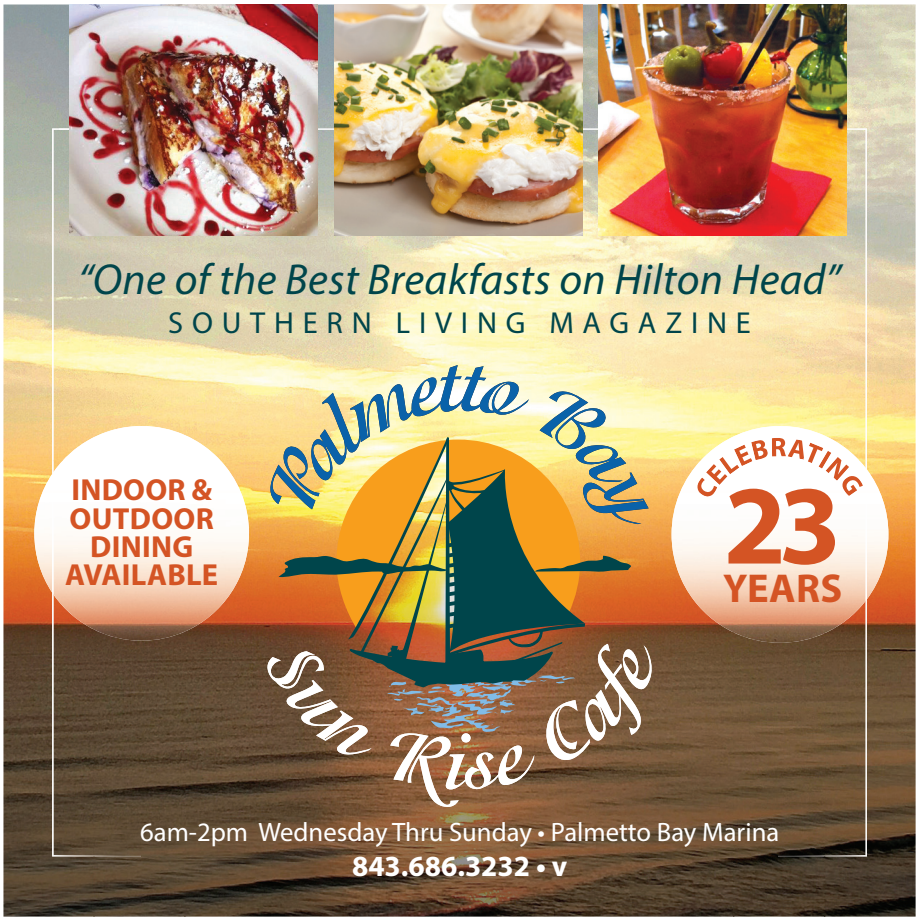
Sweet corn isn't just tasty, it's actually good for you. Packed with fiber to keep things moving, vitamin C to help you fend off those summer sniffles and antioxidants to keep your eyes sharp, it does more than satisfy a craving. Sweet corn is also surprisingly easy on blood sugar, so you can enjoy it in moderation without stressing. Sure, it might get stuck between your teeth, but that's a small price to pay for something so good.

## *Be a stalker*

Growing sweet corn in the Lowcountry is easier than you might think, thanks to our generous growing season. Plant in late February for an early harvest, or try a second crop toward the end of summer. Corn loves sun, good drainage and soil with a neutral pH. Plant it in big blocks instead of long rows so the wind can do its job and pollinate those ears properly. And keep it watered. Those blazing August afternoons can dry things out fast. A little mulch goes a long way, helping the soil hold onto moisture until you're ready to harvest your backyard bounty.









## How to pick the best

When you're prowling the farmers market, look for husks that are fresh green and a bit damp, not dry and brittle. The silk should be golden or light brown, slightly sticky and not crusty. Feel along the cob to see if the kernels are plump and consistent. If you dare, peel back a little of the husk at the top to check for nice, full kernels. If the ear feels heavy for its size and smells sweet, you've got a winner.

## Store it like a pro

Sweet corn starts losing its sweetness the second you pick it, so get it in the fridge right away. Leave the husks on, tuck the ears in a plastic bag, and stick them in the crisper. Try to eat them within a day or two for best flavor, but you can also blanch and freeze them for later. You'll thank yourself later when you're dreaming of a summer cookout.

## Earn your corn

Sweet corn might just be summer's most adaptable ingredient. Boiling or steaming brings out its gentle sweetness and tender bite, while tossing it on the grill gives you that smoky, caramelized flavor that screams backyard cookout. You can also roast it, sauté it or shave the kernels right off the cob to toss into salsas, salads, soups or even fold into cornbread and fritters.

At The Sea Pines Resort, executive chef Ben Harris has a clear favorite: "So the first thing I do with corn is just grill it 'cause it's just delicious." Simple and true. For a nostalgic spin, Harris grates shucked corn on a box grater, cooks it down with shallots and butter, and creates a dish that looks like grits but tastes like pure summer.

"As soon as it comes to a boil, it's going to thicken because there's that natural cornstarch inside of it," he explains. Finished with a few knobs of cold butter and a pinch of salt, he says, "It looks exactly like grits, but it tastes just like beautiful fresh corn."

However you cook it, sweet corn's bright flavor steals the show. If you need a quick cheat sheet, try these methods:













***Boil:*** *Drop cleaned ears into boiling water for 3 to 5 minutes until bright yellow and tender. Drain and serve.*

***Microwave:*** *Wrap cleaned ears in a damp paper towel ,and place on a microwave-safe plate. Cook on high for 3 to 5 minutes per ear, adding 2 minutes for each extra ear.*

***Grill:*** *Pull back the husks, remove as much silk as you can, then fold the husks back over the cob. Soak in cold water for 10 minutes, pat dry, and grill over medium-high heat, turning every 3 to 5 minutes until done.*

***Sauté:*** *Cut kernels off the cob, melt butter in a skillet over medium-low, and cook for 8 to 10 minutes, seasoning as you go.*

***Roast:*** *Heat oven to 450 degrees, butter the cleaned ears, wrap them in foil, and roast for 20 to 25 minutes.*

***Steam:*** *Place cleaned corn in a steamer basket over two inches of simmering water, and steam for 7 to 10 minutes.*



**THE SEA PINES RESORT**

## SC Street Corn Elote Fingers

As seen on *The Today Show*, these Street Corn Elote Fingers from The Sea Pines Resort put a fun, Lowcountry twist on classic elote flavors. Made with five ears of sweet corn, the recipe comes together mostly off-air in around an hour, with just a couple of minutes of final prep on-camera, or in your own kitchen. A handy tip: steam the corn for two minutes before slicing it lengthwise, to make cutting easier. Prepared on a Breville Control Freak induction burner (or any induction cooktop), this hands-on dish is both creative and kid-approved, which helps explain why it's a resort favorite.

**INGREDIENTS (basil cilantro aioli)**



*2 bunches basil, no stems*
*2 bunches fresh **cilantro**, no stems*
*2 bunches chives*
*2 cups spinach*
*2 tablespoons ice water*
*6 cloves garlic*
*3 cups mayonnaise*
*1 tablespoon kosher salt*
*2 tablespoons lemon juice, reserve until serving*

**DIRECTIONS [1]** Blanch basil, cilantro, spinach and chives in boiling water for 10 seconds then place in an ice bath to shock it. Press out any excess water. **[2]** Place basil, spinach, chives, cilantro, garlic and water in a blender and purée until smooth. **[3]** Reserve lemon juice until serving to preserve green color. Pour through chinoise.

**INGREDIENTS (street corn)**

*2 quarts canola oil*
*5 ears corn*
*Small container tajin seasoning*
*1/2 cup crumbled cojita cheese*
*Cilantro sprigs, for garnish*
*Shave red radish, for garnish*

**DIRECTIONS [1]** Steam corn for two minutes, and cut into quarters long-ways through the core. **[2]** Heat canola oil in a sauce pan to 375 degrees. Fry the corn in the canola oil for about 1 minute. Toss into a mixing bowl and season generously with tajin. **[3]** Lay corn fingers neatly, family style, on a serving dish and sauce with basil cilantro aioli. Garnish with cilantro and radishes.


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RECIPE OF THE MONTH

# Local flavor: Hooked on fish

## A LOCAL GUIDE TO MAKING THE MOST OF YOUR CATCH

STORY BY BAILEY GILLIAM





Whether it's a fresh catch pulled from local waters or a dockside meal after a day on the water, fish and shellfish are preferred dishes around here. But for many home cooks, fish can feel a little intimidating. Maybe its dry, smells too strong or just never quite turns out the way it does at your favorite waterfront restaurant. This month, we're setting the course straight with a guide to cooking fish that's practical, approachable and full of flavor. From grilling techniques and chef tips to under-the-radar ingredients like fish sauce, this is your starting point for seafood confidence. Whether you're after mahi-mahi, buttery flounder or a new way to use tilefish, we've got recipes and advice to help you cook like a pro, even if your kitchen is landlocked.

**REDFISH**

### *Grilled mahi-mahi with tropical salsa & coconut rice*

This summer-ready recipe from Chef ***Jonathan Gaspie*** of Red Fish brings bold flavor with a coastal twist. Light, flaky mahi-mahi is paired with a bright, fruit-forward salsa and creamy coconut rice for a dish that feels like a beachside dinner, without the sand in your shoes. "This vibrant, flavorful meal is perfect for a summer evening, especially here on Hilton Head," he said. "The smoky char of the grilled fish is perfectly balanced by the sweet and zesty salsa and the creamy, aromatic coconut rice." With just 25 minutes of prep and under 20 minutes on the grill, this one's easy to pull off and sure to impress.

### STEP 1:

### *Creamy coconut rice*

The rice is the anchor here. Start it first and let it simmer while you prep the rest.

**INGREDIENTS**

*1 tablespoon coconut oil or unsalted butter*
*1 1/2 cups Jasmine rice, thoroughly rinsed*
*1 (13.5-ounce) can full-fat coconut milk*
*1 1/2 cups water*
*1 teaspoon granulated sugar*
*1/2 teaspoon salt*

**DIRECTIONS [1]** In a medium saucepan, melt the coconut oil over medium heat. Add the rinsed rice and stir constantly for about 1 minute until the grains are lightly toasted and fragrant. **[2]** Pour in the can of coconut milk, the water, sugar and salt. Stir everything together until well combined. **[3]** Bring the mixture to a boil, then immediately reduce the heat to low. Cover the saucepan with a tight-fitting lid. **[4]** Let the rice simmer for 15-20 minutes, or until all the liquid has been absorbed. Do not lift the lid during this time. **[5]** Once cooked, remove the saucepan from the heat and let it stand, still covered, for at least 5-10 minutes. This steaming process is crucial for fluffy rice. **[6]** Before serving, fluff the rice gently with a fork.



## STEP 2:
### *Zesty tropical salsa*

This comes together quickly and adds color and flavor. Make it while the rice cooks.

**INGREDIENTS**

*1 cup diced fresh pineapple*
*1 cup diced fresh mango*
*1/2 red bell pepper, finely diced*
*1/4 red onion, finely diced*
*1 jalapeño, seeded and minced (optional, for heat)*
*1/2 cup chopped fresh cilantro*
*Juice of 1 lime (about 2 tablespoons)*
*Pinch of salt*

**DIRECTIONS [1]** In a medium bowl, gently combine the diced pineapple, mango, red bell pepper, red onion, jalapeño (if using) and cilantro. **[2]** Squeeze the lime juice over the mixture and add a pinch of salt. **[3]** Stir gently to combine. For the best flavor, let the salsa sit at room temperature for at least 15 minutes before serving.

## STEP 3:
### *Grilled mahi-mahi*

Firm and meaty, mahi-mahi is a great fish for grilling. It holds together well and picks up flavor fast.

**INGREDIENTS**

*4 (6-ounce) Mahi-mahi fillets, about 1-inch thick*
*2 tablespoons olive oil*
*1 teaspoon chili powder*
*1/2 teaspoon cumin*
*1/2 teaspoon garlic powder*
*1/2 teaspoon salt*
*1/4 teaspoon black pepper*

**DIRECTIONS [1]** Heat your grill to medium-high heat (around 400-450 degrees). Clean and oil the grates well to prevent the fish from sticking. **[2]** Pat the mahi-mahi fillets completely dry with paper towels. In a small bowl, whisk together the olive oil, chili powder, cumin, garlic powder, salt and pepper. Brush this spice mixture evenly over both sides of the fillets. **[3]** Place the seasoned fillets on the hot grill. Cook for 4-5 minutes per side, with the lid closed. The fish is done when it has distinct grill marks, is opaque throughout, and flakes easily with a fork. The internal temperature should be between 137-145 degrees. **[4]** To serve, place a generous scoop of the fluffy coconut rice on each plate. Lay a grilled Mahi-mahi fillet on top, and finish with a generous spoonful of the tropical salsa. Enjoy your taste of the coast.


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## *CHEF'S FAVORITE THINGS*

*We asked local chefs their favorite fish:*



**MICHAEL ANTHONY'S CUCINA ITALIANA**
*"My favorite fish is probably John Dory, which we haven't run into here in a long time. It's a coldwater fish in the flatfish family. A legend says that the dark spot on the fish's flank is St. Peter's thumbprint, which is a pretty cool story."*
***– Chef Trey Place***



**HOLY TEQUILA**
*"Wreckfish. Every summer you'll see it featured at different restaurants. But when you see it, you should grab it. It's very delicious. In my opinion, it's a little better than snapper at a lower price point. It's called a wreckfish because it likes to hang around big objects and structures in the water, like bridges and wrecks. They like to feed on crustaceans, crab and oysters. And that flavor travels through the meat, giving them a nice sweet, mild and flaky white fish."*
***– Chef Michael Beeler***

**HAMPTON HALL CLUB**
*"Tilefish. The texture and flavor are great. It's got a flaky, white and buttery taste to it."*
***– Chef Jonathan Huffenberger***

**HUDSON'S SEAFOOD ON THE DOCKS**
*"It changes throughout the year. Snapper is my favorite in the summer. They just upped the limit on that to 150 pounds of whole fish a day, so we'll be seeing a lot of that in August. But there's really not a fish I don't like as long as it's super fresh."*
***– Andrew Carmines***



**PALMETTO BAY SUNRISE CAFE**
*"I would have to say flounder. It's white, it's flaky, it's mild. It's good broiled, it's good fried, it's good on a sandwich. I like how it looks. It's just a good, mild, flaky white fish."*
***– Leslie Stewart***



**RED FISH**
*"I love snowy grouper, which is a species of grouper that's very white and delicate. Some of the other species of grouper can be firmer, but this one is just super, super flaky and delicate. I love it. It's also very mild in flavor."*
***– Chef Melissa Coocran***

**THE SEA PINES RESORT**
*"I would say tilefish. It's really light, flaky, local and obviously a little different than the grouper. It's not going to lean on your wallet as much either."*
***– Chef Benjamin Harris***

## ASK THE CHEF

### *Question:*

*Dear chef, I'm tired of the same flavors on my fish: salt, pepper and lemon juice. What's something you like to add to your fish to amp up the flavor?*



### *Answer:*

*"Try using ground coriander," Wexford Chef Robert Wyson says. "It's off the radar for many but a favorite of mine for blending with kosher salt, freshly ground black pepper and a pinch of curry powder for a robust fish spice. It adds a subtle, earthy flavor that keeps people guessing. I can't get enough!"*

***– Chef Robert Wysong, Wexford***

## *FLAVOR OVERBOARD*

If your usual go-to feels a little tired, here are a few other ingredients chefs swear by to wake up your next seafood dish:

**Citrus zest:** Lime, orange or grapefruit zest adds brightness without extra acidity. Sprinkle on just before serving for a fresh finish.

**Miso paste:** A spoonful mixed with honey or vinegar makes an umami-rich glaze, perfect for broiling or pan-searing.

**Sumac:** This tangy, deep red spice brings a lemony kick with more complexity. Try it with white fish and herb sauces.

**Herb gremolata:** A quick mix of parsley, garlic and citrus zest adds punch and color to simply cooked fish.

**Curry powder or garam masala:** A small pinch brings warmth and depth, especially in marinades or rubbed onto fish before roasting.

**Chili-lime butter:** Blend softened butter with lime zest, honey and chili flakes. Let it melt over grilled fillets for an easy upgrade.

**Coconut milk and ginger:** Simmer fish gently in this duo or use it in a sauce for mellow heat and richness.

**Anchovy paste:** Don't fear the funk. Just a dab mixed into sauces or herb butters adds deep, savory flavor without tasting "fishy."


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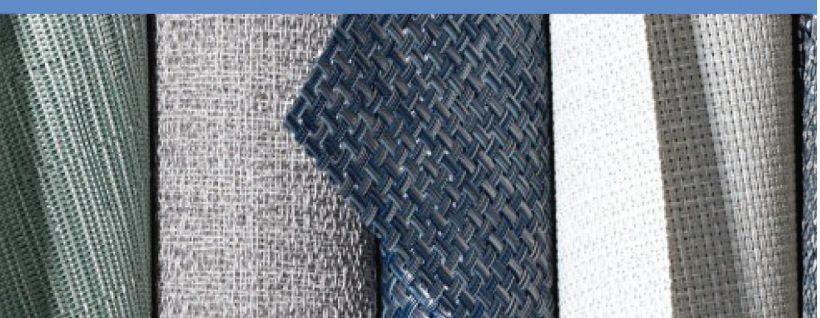
chilewich

Summer is Shag mat season. These splash-ready foundations from Chilewich are made in the USA to resist staining, fading, mold, mildew, and chlorine. Plus, their tufted texture feels great on bare feet—and paws.

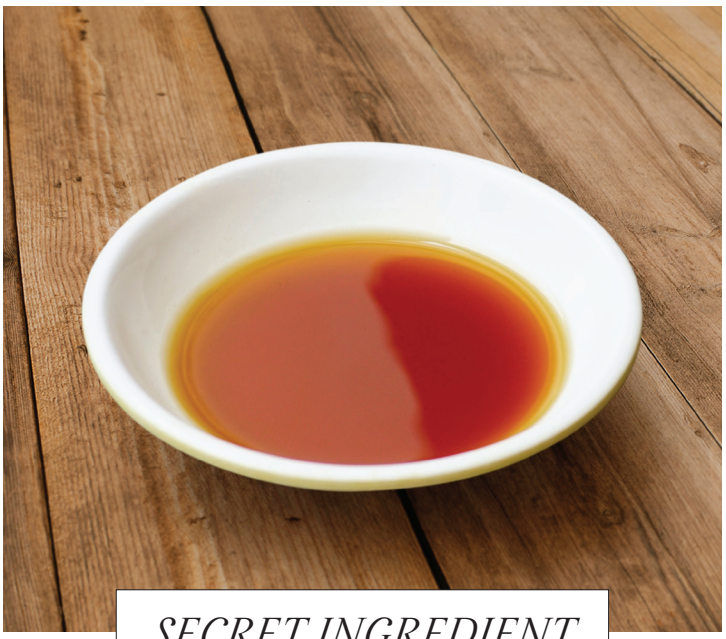
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SECRET INGREDIENT

# The secret splash

*Packed with umami and wildly versatile, fish sauce does more than you think, and it's easier to use than you might expect*



Fish sauce probably isn't the first thing you reach for when seasoning a dish. But maybe it should be. Long used in Southeast Asian cooking, this salty, fermented liquid is finally getting some well-earned space in modern kitchens. Used right, it adds depth without stealing the spotlight.

Chef ***Bernard Bennett*** of Okán puts it plainly: "Fish sauce is a salty ingredient of Southeast Asian backgrounds. I don't know how to describe it, but think of a different soy sauce. It's in a lot of my dishes. Southeast Asian dishes use a lot of fish sauce. So for me, any beef or red meat that we do is going to have a little fish sauce in there, too. It helps bring out the flavors of the beef itself." In other words, it's not just for seafood. It's a secret weapon for building flavor in anything, from a stir-fry to a steak.

A lot of people shy away from fish sauce because the bottles look unfamiliar or the smell is a little much straight from the cap. But the




**BOSS SAUCE** Add a splash of umami to your pantry with Three Crabs Brand Fish Sauce by Viet Huong, available on Amazon for $19.

ingredient itself is surprisingly simple. It's made by packing small fish like anchovies with salt, letting them ferment for months, and then collecting the liquid that's released. That liquid is filtered, bottled and packed with flavor. It's strong at first sniff, but mellows beautifully when heated or mixed into sauces.

One brand chefs often recommend — Chef Bennett included — is Three Crabs Brand Fish Sauce by Viet Huong. It's made in Thailand and processed in Hong Kong, even though the brand is Vietnamese. The ingredients are straightforward: anchovy extract, salt, water and a small amount of sugar or vegetable protein. What sets it apart is the clean finish, which makes it a good choice for people just getting into using fish sauce.



**NƯỚC CHẤM**

## *(Vietnamese dipping sauce)*

Fish sauce does the heavy lifting in this classic Vietnamese dipping sauce. It's the backbone of flavor: salty, savory and packed with umami. Balanced with lime, sugar and a touch of heat, this sauce transforms everything it touches. Spoon it over grilled meats, dip your spring rolls, or drizzle it on noodles. This sauce keeps well in the fridge for up to a week. Store it in a sealed jar, and shake before using.

**INGREDIENTS**

*1/4 cup fish sauce*
*1/4 cup fresh lime juice (about 2 limes)*
*1/4 cup warm water*
*2 tablespoons sugar (or to taste)*
*1 small garlic clove, finely minced*
*1 Thai chili or red Fresno chili, finely chopped (adjust to heat preference)*

**DIRECTIONS [1]** In a small bowl, combine the warm water and sugar. Stir until the sugar is fully dissolved. **[2]** Add the fish sauce and lime juice. Stir to combine. **[3]** Mix in the minced garlic and chopped chili. **[4]** Taste and adjust: add more sugar for sweetness, more lime juice for tang, or more chili if you like it hot. **[5]** Let sit for 10-15 minutes to allow the flavors to blend. Serve at room temperature.





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The key to using fish sauce is moderation. A teaspoon or two is often all you need to take a dish from flat to layered. It pairs well with lime juice, garlic, chili and a little sugar, especially in dressings, marinades and dipping sauces. In Vietnamese cooking that combo becomes nước chấm, the dipping sauce served with spring rolls, grilled meats and noodle bowls. It also works as a marinade base. Try it with honey, ginger and lime juice for something sweet, tangy and savory all at once.

Fish sauce isn't limited to Southeast Asian recipes either. Use it in place of anchovies or Worcestershire sauce in Western cooking. Add a splash to tomato sauce, beef stew or even a Bloody Mary to build flavor without adding heaviness. And for people with shellfish allergies, most fish sauces are safe since they don't contain shellfish.

Worried about the smell? Don't be. If you're using good-quality fish sauce and balancing it with other ingredients, the sharp edge fades, and what's left is a savory, complex note that lingers in the best way. The more you experiment with it, the more you'll find yourself reaching for it like it's soy sauce or salt, only smarter.

Fish sauce isn't fancy. It's not trendy. It's just good. And once you know how to use it, your cooking will never be the same.





## *Other ways to use fish sauce*

Just remember: a little goes a long way. Start small, and taste as you go.

- *Add to scrambled eggs for a deeper, richer taste*
- *Stir into chili to round out tomato-based sauces*
- *Mix with mayo for a bold sandwich spread or burger topping*
- *Drizzle into soup or broth to replace salt and boost flavor*
- *Toss with roasted vegetables and a splash of lime*
- *Blend into meatloaf or burger mix to keep it juicy and savory*
- *Use in vinaigrettes for salads with crunch, like slaws or cabbage*
- *Spike your Bloody Mary for a briny edge without using Worcestershire*

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# The right way to cook fish

Fish can be one of the easiest things to mess up in the kitchen, but it doesn't have to be. The key is knowing how to match the type of fish with the right cooking method. A thick, fatty piece of salmon won't behave the same way as a delicate fillet of sole. Texture, thickness and fat content all play a role in how it cooks and how it tastes. To help make the process feel less like a guessing game, we asked Chef Alecia Angioletti of Skull Creek Dockside to share her go-to methods for preparing fish. Whether you're roasting, grilling or even microwaving (yes, really), here's how to get it right.



## *Baking*

**Best for:** Thick, oily fish like salmon or halibut
**How to:** Bake at 400 degrees for 8 minutes per 1/2 inch of thickness
**Why it works:** It's a gentle way to cook fish evenly and keep it moist. Just avoid baking at too low a temperature, or you'll get that milky white stuff (called albumin) oozing out.



## *Broiling*

**Best for:** Fatty fish like salmon or mahi-mahi
**How to:** Broil for about 2 minutes per side, depending on thickness
**Why it works:** High heat from above gives you that delicious char. Score the skin to keep it from curling, and steer clear of oversized cuts.

## *Grilling*

**Best for:** Firm, meaty fish like swordfish, tuna or salmon
**How to:** Grill at 400 to 450 degrees for 8-10 minutes per inch of thickness
**Why it works:** Big cuts can handle the heat and keep their shape. Use a grill basket for fillets, or go straight on the grates with a whole fish.





## *Pan frying*

**Best for:** Delicate, thin-skinned fish like sole or branzino
**How to:** Fry for about 3 minutes per side in a hot pan
**Why it works:** A little oil and a quick sear = crispy skin and flaky flesh. Score the skin to stop it from curling in the pan.



## *Deep frying*

**Best for:** Mild white fish like cod or catfish
**How to:** Fry at 375 degrees for 2 to 4 minutes
**Why it works:** Nothing beats that golden, crispy finish. Want a healthier option? Try the air fryer instead.



## *Poaching*

**Best for:** Lean, delicate fish like cod or sole
**How to:** Simmer gently in seasoned liquid for 6-10 minutes
**Why it works:** Low and slow keeps the fish juicy and tender. Bonus: your kitchen will smell amazing.



## *Sous vide*

**Best for:** Oily fish like salmon or tuna
**How to:** Cook between 135-143 degrees for 14 minutes to 1.5 hours, depending on thickness
**Why it works:** Sous vide gives you control. The texture is silky and consistent. Just follow your device's guide for timing.



## *Microwaving*

**Best for:** Thin, mild fish like cod or sole
**How to:** Microwave on high for about 3 minutes
**Why it works:** It's surprisingly effective. Just add a splash of water, and cover loosely to avoid drying it out.



## *En Papillote*

**Best for:** Tender fish like tilapia or pollock
**How to:** Bake at 425 degrees for 12-15 minutes
**Why it works:** This method steams the fish inside a parchment packet, locking in flavor. Toss in veggies, but skip ones that release too much water. *LL*




# Galley gourmet

## *EASY MEALS AND SMART SNACKS THAT HOLD UP IN HEAT, SALT AIR AND EVERY LOWCOUNTRY CURRENT.*

STORY BY CHELSEA QUINN







**SNACKABLE SAILING** Captain AJ Brannan shares his secrets for mess-free meals aboard Rosé, a 37-foot catamaran, offering daily cruises out of Broad Creek. From charcuterie-filled snackle boxes to grab-and-go wraps, his cooler-ready bites make dining on the water a breeze. Book a sail with Island Head to meet Captain AJ, and experience the Rosé for yourself.

When your dining room has a 360-degree view of the water, you get creative with your meals. Capt. AJ Brannan, who runs daily cruises aboard Rosé, a 37-foot custom catamaran out of Broad Creek, knows exactly what holds up in a cooler — and what you should leave on land.

Born and raised in Bluffton, AJ has spent nearly a decade working on the water. After five years running a sailing club in Seattle, he returned home to captain charters with Island Head, where guests can enjoy sunset cruises with shrimp and wine as well as brunch sails featuring breakfast burritos and mimosas. But even when there's no catering involved, AJ has mastered the art of finding the perfect meals to take to sea.

### *Smart, simple & cooler-ready*

For AJ, the key to successful boat food is keeping it low-maintenance and snackable. "I stick to hand food — stuff you don't need plates for and won't blow away," he says.

A go-to favorite on board Rosé is a diverse charcuterie spread. AJ packs a mix of cheddar and brie, salami and prosciutto, and crisp veggies like bell peppers, carrots and celery. Ranch dressing is the perfect dip, and he adds grapes and apple slices for a hint of sweetness.

Rather than tossing it all into a cooler where it can spill, AJ organizes everything into a sealed snack box called a snackle box. "It's 12 by 10 inches, waterproof, and it fits perfectly in the cooler," he says. "It's easy to pass around, and the kids love it. They can just grab a little bit of everything." Packing snacks in individual compartments not only keeps food fresh but makes it easier to avoid waste and cleanup. No one's digging through a bag of crushed crackers when everything has its place.

Wraps are another staple because they're portable, mess-free and easy to customize. AJ uses flour tortillas layered with ham or turkey, Swiss cheese, lettuce and a bit of mayo. "You just roll it up and slice it into little chunks," he says. "They're perfect — two bites and they're gone."



## *What to bring on board*

### CHARCUTERIE BOX

All the elegance of a charcuterie spread without the sliding meat and melted cheese. Pack it in a sectioned snack box for an instant crowd-pleaser.

***Ingredients***

*Sliced salami (multiple varieties)*
*Pepperoni or beef sticks*
*Sliced sausage*
*Brie or goat cheese rounds*
*Cubed cheddar*
*Cubed pepper jack*
*Red grapes*
*Raspberries*
*Blackberries*
*Blueberries*
*Golden berries*
***Cornichons***
*Green olives*





### SNACK WRAP

These bite-sized wraps are perfect for grab-and-go snacking with zero mess. Slice them ahead of time, and watch them disappear two bites at a time.

***Ingredients***

*Flour tortilla*
*Sliced deli meat*
*Sliced cheese*
***Leafy lettuce***
*Mayonnaise or creamy dressing*




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## PASTA SALAD

This make-ahead favorite gets better as it sits. Toss it in the cooler, and enjoy a mess-free meal that's perfect for sunny sailing.

***Ingredients***

*Elbow macaroni*
*Green onions*
*Red bell pepper*
*Mayonnaise*



## TRAIL MIX

A perfect no-fuss snack that's easy to portion out and keeps your energy up on the water. Mixed nuts, dried fruit and a little chocolate for a sweet and salty combo everyone loves.

***Ingredients***

*Cashews*
***Almonds***
*Peanuts*
*Raisins*
*M&Ms*



## CAPRESE SKEWERS

These fresh, bite-sized skewers bring a burst of flavor with little prep. They're a classy, crowd-pleasing snack that won't weigh down your cooler.

***Ingredients***

*Cherry tomatoes*
*Fresh mozzarella balls*
*Fresh basil*
*Balsamic glaze*





## VEGETABLE TRAY WITH RANCH DIP

Cool, crisp, and easy to dip. These veggies hold up in the cooler and double as a refreshing snack or light lunch side.

***Ingredients***

***Broccoli florets***
*Celery sticks*
*Baby carrots*
*Sugar snap peas*
*Grape tomatoes*
*Ranch dressing*



## *What not to bring aboard*

Not all foods are made for life on the water, and AJ has learned that the hard way. "Coolers and bread don't mix," he says. "The condensation makes it soggy and unappetizing." Instead, he sticks with more durable options like tortillas and crackers that can handle the heat.

Hot foods that have been pre-cooked, especially fried, also get a hard pass. "It's tough to keep them cold enough once you're out in the heat, and, honestly, they're just not worth it," AJ explains. "They just don't taste as good cold."

Even basics like cups and plates can become a nuisance on board. "Paper plates and cups seem like a good idea until the wind sends them flying," AJ says. Reusable or weighted plastic is a safer bet for sailing adventures. Skipping meals that require silverware is also the smart way to go, especially if it means standing to eat. When the water's moving, having one hand free is essential.

Over the years AJ has developed go-to meals and learned to pack foods that are sturdy and shareable while keeping cleanup to a minimum. When you're surrounded by sunshine and salt air, a cooler full of simple yet satisfying food is all you really need. *LL*




## *COOLER COMMAND*

Boat-ready tools for smooth snacking, breezy prep and spill-free sailing.

**S'well Food Canister Set**
These sleek stainless steel containers are leakproof, insulated and stack neatly in your cooler. They're perfect for pasta salad, fruit or dips — no spills, no soggy mess. Durable and built for boat life on the go. $50

**Snacklebox Jr.**
Capt. AJ swears by this tackle-box-style container for organizing charcuterie, veggies and wraps. It fits right in the cooler and keeps snacks fresh, tidy and ready to pass around. $39






**Handy Helpers Bamboo Cutting Board**
This compact board includes a hidden stainless steel knife, making prep and cleanup a breeze. Its slim handle design makes it easy to carry from galley to deck. Great for slicing fruit, cheese or wraps without cluttering up your cooler or workspace. $13

**Rolyan Weighted Cup**
This sturdy cup adds an extra 8 ounces at its base to reduce tipping and drifting — perfect for settling down on deck or in a gentle wake. With its sealed lid and stable handle, it keeps drinks (or soups) secure while shielding against spills and salt spray. $19






**YETI Flat Ice Packs**
Slim, reusable ice packs help keep your cooler organized while maintaining a steady chill. Their flat design means you can layer them between containers without wasting space. $20

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# RESTAURANT news&notes

FRESH FOOD + NOW OPEN + HOT PRODUCTS

## A taste of what's new

*Hungry for something different? You're in luck. The Lowcountry's dining scene is serving up a fresh wave of flavor, with exciting openings from Hilton Head to Beaufort. Whether it's wood-fired pizza, scratch-made sourdough or lobster rolls with a side of mimosa towers, these newcomers are giving us even more delicious reasons to eat local. Think of this as your table-hopping cheat sheet, perfect for planning your next night out, weekend brunch or snack break between errands. From familiar favorites expanding into new zip codes, to bold new ventures popping up with serious flavor cred, there's something for every palate, craving and mood. Let's dig in.*

## NOW OPEN




### Island House

**1024 William Hilton Parkway, Hilton Head**

*Replacing the former Slapfish spot, Island House is putting a fun, relaxed spin on dockside dining. The focus here is coastal comfort food made with local ingredients and big flavors. It's open every day from 11 a.m. to 9 p.m. and offers a casual place to hang out, eat well and soak in the island feel.*




### Santa Fe Cafe – Bluffton

**Moss Creek Village, Bluffton**

*Santa Fe Cafe has landed in Bluffton. Known for its bold Southwestern flavors and cult-favorite dishes on Hilton Head, the new spot brings painted desert soup, cowboy ribeyes and margaritas to a convenient location for Bluffton fans. Lunch is served Tuesday through Friday, 11:30 a.m.-2 p.m. Dinner runs Tuesday through Saturday, 5-9 p.m.*



### The Mansion Bake Shop

**Haig Point, Daufuskie Island**

*Step off the boat, and follow your nose. The Mansion Bake Shop is open, and it smells like heaven. Chef Savanna is baking fresh bread, flaky quiches, rich desserts and pies and cakes daily, right on the island. Open to members and guests, this is your new reason to visit Daufuskie a little more often.*




### The Sour Loaf Co.

**Pop-ups in Beaufort & Bluffton**

*This one-woman sourdough bakery is winning hearts across the Lowcountry. The Sour Loaf Co. turns out small-batch, naturally fermented loaves and baked goods made with fresh local ingredients. Weekly menus rotate, pickups happen in Bluffton and Beaufort, and each loaf is the real deal. No shortcuts. Just crust you'll want to bite into. Order at hotplate.com/thesourloafco.*




### 1711 Tap House

**Trask Parkway, Beaufort**

*Beaufort just got a little tastier. 1711 Tap House is serving wood-fired pizzas, craft cocktails and 48 beers on tap in a relaxed, good-looking space dreamed up by Billy Gavigan and Stacey Hall. Open daily from 4 to 10 p.m., the space also hosts private events for anyone planning a party with personality.*

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## UPCOMING EVENTS

### ROLLERS ROSÉ SOIRÉE
Sunday, August 24TH 4 - 6PM

Sip & shimmer in pink! Dress in your finest pink attire for a chic Rosé Party and enjoy a wide variety of fine Rosé Wines with live music, and food!

### TASTY TUESDAY | THIRSTY THURSDAY WINE TASTING
Every Tuesday & Thursday 5 - 7pm

Discover an array of exceptional wines as you are guided by our expert sommeliers through a selection of 4-6 new curated wines, ensuring a fresh and exciting experience every time.

### BEER CLUB
Last Thursday of Every Month 5 - 7pm

Join our beer buyer and explore a multitude of brews from either a specific brewery or a diverse collection themed to the month! It's the perfect opportunity to discover your new favorite pint!

### ROLLERS GRAPEVINE ACADEMY SERIES #2
Bi-Monthly Wednesdays 5:30pm - 7pm Starting September 3rd!

Learn tasting techniques while exploring wines of the world! Each series will consist of four educational tasting sessions premium wines, inclusive of typical regional wines and crus.

### YELLOWEEN PARTY WITH VEUVE CLICQUOT
Stay Tuned for the October Date Announcement!

Enjoy the Premium Veuve Lineup in your best Halloween attire with live music and great eats for Champange Day!

### SUNDAY FUNDAY WITH SCHOOL PIZZA
Stay Tuned for the September Date Announcement!

Join us for the follow up to our hit Sunday School Pizza Event and enjoy excellent Detriot Style Pizza, live music, and our selection of fine wine and craft beers!

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9am - 8pm Monday through Saturday (Wine Bar)
11am - 6pm Sunday (Wine Bar)

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Open 9am - 7pm Monday through Saturday

### ROLLERS PORT ROYAL
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# COMING SOON



## *Rosevelta's Pizzeria*

**Reilley's Plaza, Hilton Head**

*Opening this month, Rosevelta's Pizzeria is set to spice up the Bar-Muda Triangle. It's the newest concept from the CRAB Group, the team behind Reilley's, Papi Tequila and Uncle Billy's. Expect handcrafted pizzas, creative toppings and a scene that stays alive late into the night. Open 11 a.m. to 10 p.m. Sunday through Thursday and until midnight on weekends.*




## *Maine Cafe*

**Moss Creek Village, Bluffton**

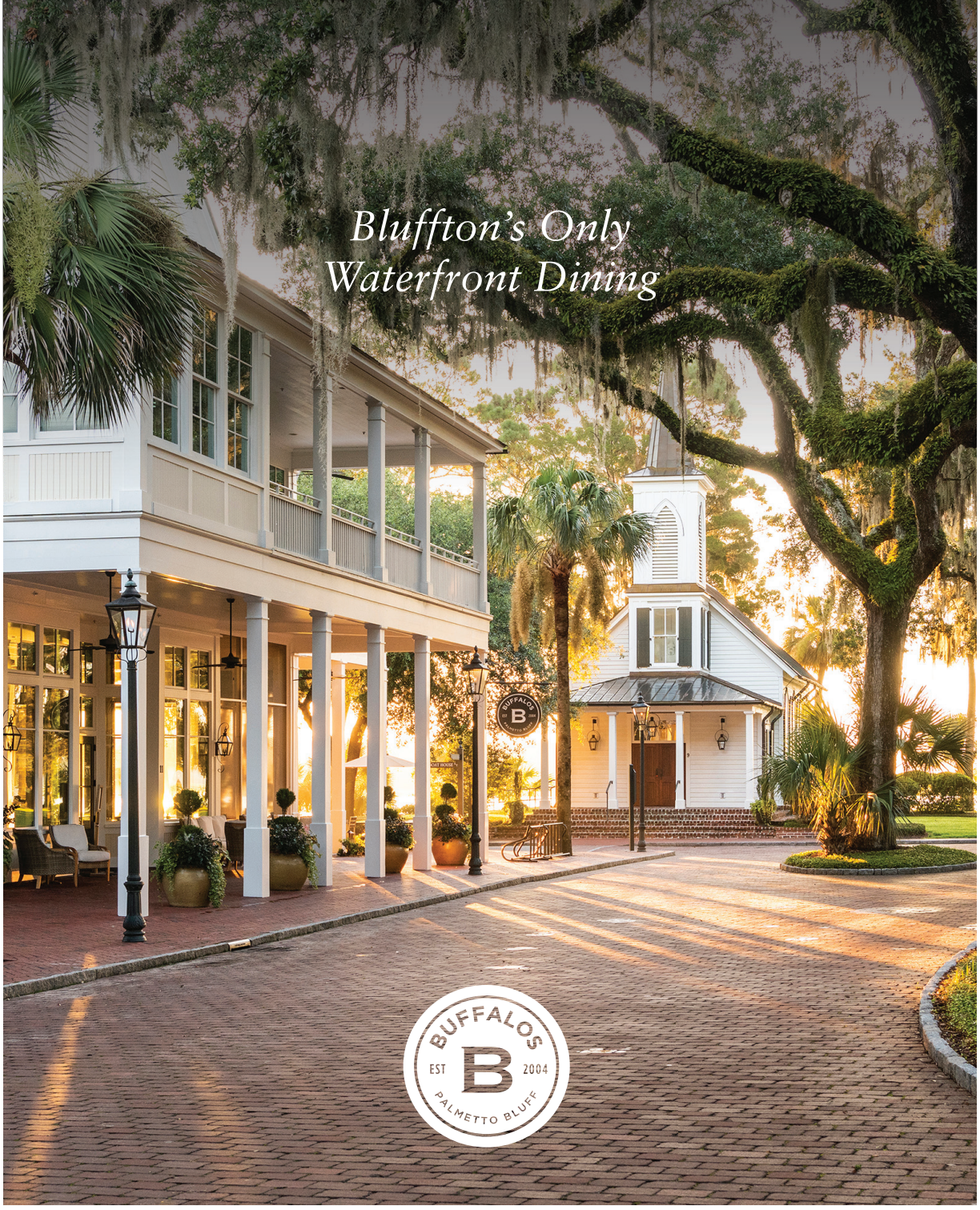
*Donna Mello is bringing a taste of Boston to Bluffton with Maine Cafe, opening this month in the old Uncorked space. The menu leans playful and coastal, with tiramisu pancakes, lobster rolls with truffle butter and a salad that includes orange, fennel and rosewater. Add a full Bloody Mary bar, mimosa towers and rotating specials like clam bakes and brunch. The place seats 89 inside, with outdoor tables coming soon.*




## *Bordertown BBQ*

**Boundary Street, Beaufort**

*Opening in October, Bordertown BBQ promises smoky meats and bold flavors with a hint of Texas and a kick of Mexico. The team behind it, Kristen Miklinevich and Sam Kochan, are going all in with a 1,000-gallon stick burner and a menu that blends barbecue with street-style flair. Taking over the old Home Slice spot, this will be the kind of place you smell before you see.*




With sweeping views of the May River, Buffalos offers a vibrant dining experience specializing in American classics and a Sunday Brunch Biscuit Bar. A fixture of Palmetto Bluff's charming Wilson Village, Buffalos is the perfect setting to watch the comings and goings of boats along the May River. A place for all to gather.

**Reservations encouraged.**

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# NEWS & NOTES

## Edible Memories

Chef **Joseph "Sully" Sullivan**, the force behind Mulberry Street Trattoria, is stepping out of the restaurant and into your kitchen. His new venture, **Edible Memories**, brings his signature dishes and warm hospitality to private dinners, brunches, wine tastings and special events across the Lowcountry. Think crab cake Benedict, handmade pastas and classic Italian desserts, all made to fit the moment. It's a fully customized experience with serious flavor and heart. Services run daily from 9 to 5, with Sundays by appointment.

## New tequila in town

**Daufuskie Island Distillery** just released something special: Loggerhead Tequila Blanco. Sourced from a top tequila house in Jalisco, this small-batch spirit honors the island's beloved sea turtles. Only 180 bottles are up for grabs in the initial sale, with $3 from each going to support the Daufuskie Island Turtle Team. It's crisp, clean and just as good for sipping as it is for mixing. A barrel-aged reposado is aging now and will be released when the timing is just right.




## Ma Daisy's Fruit Wine

**Ma Daisy's Porch** has something new to sip: its handcrafted spirit wine, made with bright, fruit-forward flavors. The lineup includes summer berry, blackberry, blueberry and pineapple-clementine. Enjoy a glass at Chef B's Restaurant, or grab a bottle to share at your next get-together. As a bonus, you can reuse the bottles to start your own bottle tree. It's a fun way to toast to local flavor and keep the celebration going.

## Side Hustle Farmers Market

The **Side Hustle Farmers Market** is kicking off this month at the Bluffton Taproom. Held every third Sunday, this market is all about giving local growers, makers and artisans a place to shine. Created by Side Hustle Brewing Co., it's a casual way to shop fresh, handmade goods and support the people behind them. Come out from 1-5 p.m. each month to find something new and connect with your community.

## New chef at Cat Island Club

**Cat Island Club** has welcomed Executive **Chef Merritt Fay** to the team. Originally from Jacksonville, Merritt studied culinary management at Florida State College and brings fresh energy to the kitchen. She was most recently the sous chef at Callawassie and previously served as executive chef at Red Fish and sous chef at Links, an American Grill. Her husband, Ryan, is also a chef, currently at Saltus River Grille. The couple lives nearby with their dog, Baron, and their cat, Biscuit. Expect exciting updates to the menu and a creative new chapter for Cat Island Club.

TRY THESE

# Fresh catch

***Local dishes*** *that bring the ocean to your plate*



**BRINE AND DINE**

***Calhoun Street Tavern*** *gives a Lowcountry classic a crisp update with its Southern pickled shrimp. Tossed with fresh herbs, citrus and a perfect tang, each bite tastes like it was made for a porch swing and a cold drink.*

**MAHI MAGIC**

***Truffles*** *tops tender mahi-mahi with sliced tomatoes, briny olives and creamy feta, served with green beans and mashed potatoes. It's coastal comfort with a Mediterranean lean.*





**CHILEAN CHARM**

*At* ***Alfred's Restaurant*** *the roasted Chilean sea bass is golden and flaky, served over mashed potatoes and spinach, and finished with a silky chardonnay sauce. Simple, balanced and always a hit.*

**CAKE WALK**

***Dive Bar & Grille*** *serves its crab cake dinner with whipped potatoes and seasonal veggies. It's classic, craveable and full of that straight-off-the-boat flavor.*





**SHELL SHOCKED**

***Agave*** *brings the crunch with conch fritters. Crispy on the outside, tender inside and served with zesty Dijon tartar. Perfect for snacking or starting your meal with something salty and satisfying.*




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## TRY THESE



**SPICE AND SEA**

***Thai Smile Cuisine*** *turns up the flavor with seafood Tom Yum noodles. Packed with shrimp, squid, mussels, chicken and a soft-boiled egg, it's a bowl full of bold heat and tangy depth. The broth is rich and creamy with just enough citrus to keep things bright.*



**TIDE AND TRUE**

***Benny's Coastal Kitchen*** *brings comfort and color with Brazilian fish stew. Made with shrimp, clams, fish, scallops and peppers in a coconut milk broth, it's served over Carolina Gold rice and feels like a warm hug from the sea.*



**SHRIMPLY GRITS**

***Lowcountry Produce Market & Cafe*** *is dishing up a fan favorite: Seafood & grits. Choose fried flounder or shrimp over creamy grits, topped with rich roasted tomato gravy. It's hearty, full of flavor and everything a Southern seafood plate should be.*

# Quick Bites

*NUGGETS FROM THE LOCAL FOOD & BEVERAGE SCENE*

***Sandy Bottom Boards*** *is setting up shop. The Beaufort-based catering company known for its artful charcuterie will soon open a storefront.*

***Slowcountry BBQ*** *in Coligny Plaza and* ***Origin Coffee Bar*** *at 35 North Main St. are open and ready to serve.*

***Yummy Hibachi & Sushi Bar*** *in Port Royal and* ***Main Street Island Pub*** *on Hilton Head are now under new ownership.*

*Say goodbye to a few familiar spots:* ***Jah'Lion Grill & Bar*** *in Beaufort,* ***Slapfish*** *on Hilton Head and* ***Kung Fu Cantina*** *in Moss Creek have closed.*

***Lulu Kitchen*** *is making a clean switch, replacing processed oils like canola, soy and vegetable with 100 percent beef and wagyu tallow.*

***Blacksheep x Sabbatical*** *has updated its summer hours: Tuesday through Saturday, 11 a.m. to 3 p.m.*

***Michael Anthony's*** *now offers online ordering and same-day pickup for family-style to-go meals.*

## GIVING BACK

*LOCAL BUSINESSES ARE STEPPING UP IN MEANINGFUL WAYS*

*All through July,* ***Burnt Church Distillery*** *gave a portion of its sales to The Outside Foundation and Bigvision Community.*

***Billy Wood Appliance*** *gifted a brand-new dishwasher to Hilton Head Humane last month, making cleanup a little easier for the shelter team.*

***The Grind Roasters*** *is brewing up support by donating 5 percent of sales every Monday through Wednesday to the Bluffton Bobcats.*

*In July,* ***Cactus Street Cantina*** *pledged 10 percent of all bowl sales to Meals on Wheels, helping feed neighbors in need.*

*On July 12,* ***Madison's*** *in Port Royal donated 100 percent of food sale proceeds to help Texas Hill Country recover after severe flooding.*

***Zunzibar*** *contributed a portion of sales last month to CASA, supporting advocates for children in the court system.*

*During June,* ***Eggs Up Grill*** *gave 25 cents from every smiley pancake sold to Bluffton Self Help.*

***Scratch Italian Kitchen + Bar*** *donated 10 percent of sales on July 8 to Libraries For Kids International, helping expand access to education.*

***Tito's Handmade Vodka*** *donated $250,000 to Pets for Vets and encouraged fans to join in by donating treats and toys for furry friends.*

## MILESTONES WORTH CELEBRATING

*CHEERS TO THESE LOCAL SPOTS MARKING BIG MOMENTS*

***Lot 9 Brewing Company*** *and* ***Rotten Little Bastard Distillery*** *are five years in and still pouring the good stuff.*

***Coastal Capri Ristorante*** *on Hilton Head and the food truck* ***Pa'Ke-Pikes*** *Island just hit their one-year anniversaries.*

***Sea Sea's Honey Hole*** *turned three and continues to be a local favorite.*

***Shrimp Shack*** *on St. Helena is still going strong after 47 years. That's a lot of shrimp and a lot of happy customers.*

## WHAT'S ON THE MENU?

*FRESH FLAVORS, FUN ADDITIONS AND TASTY UPDATES AROUND THE LOWCOUNTRY*

***Buffalo's*** *at Palmetto Bluff just rolled out a refreshed menu full of classic American comfort food.*

***Duck Donuts*** *is bringing the summer sweetness with a limited-time peach lineup, available through Aug. 17.*

***Frankie Bones*** *introduced a new happy hour menu, perfect for unwinding in style.*

***Chez Georges Bistro & Bar*** *is now offering a special summer apéritif hour menu to help you beat the heat.*

***Griddle & Grits*** *made the switch from Pepsi to Coca-Cola. Are you Team Coke or not impressed?*

***Local Legend Brewing Co.*** *is now on tap at the Old Daufuskie Crab Company. Cheers to that.*

***Carlito's Mexican Bar and Grill*** *added a new happy hour menu with bold flavors and fresh pours.*

***Choo Choo BBQ*** *is now serving beer. Good barbecue just got even better.*

***Sweet Pedals*** *has added cookies to the mix. Because why not?*

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# WWMD

## What would Margaret drink?

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

# Wine for sailors

*How a love of sailing helped shape one of Sonoma's standout family-run wineries*

My life in wine started at a young age, counting bottles. Labels and wine caps ingrained themselves in my memory. One label in particular, an old sailboat crashing through the waves, stuck with me. As it turns out, the image on Dry Creek Vineyard's bottles is a meaningful representation of the family behind the wine.

Founded in 1972, Dry Creek Vineyard was the dream of David Stare, a novice winemaker hoping to build a new life. A recent MIT graduate with a degree in civil engineering, David became hooked on wine after traveling abroad. He especially loved the crisp sauvignon blancs of the Loire Valley, particularly Sancerre and Pouilly-Fumé. With that inspiration, he packed up his young family, loaded their station wagon and moved west. Originally from Massachusetts, they brought with them a love of sailing. Today Dry Creek Vineyard remains one of the few family-owned-and-operated private wineries in California.



©DRY CREEK VINEYARD

**POUR OF CALL** Dry Creek Vineyard's signature Fumé blanc, introduced in the late 1970s, is a crisp, citrus-driven favorite, perfect alongside oysters, shellfish or a breezy day on the water.

After a day sailing the San Francisco Bay, David's daughter Kim suggested that the labels should reflect the family's passion for sailing. From that point on, Dry Creek Vineyard labels have featured a J Class yacht, a nod to the golden era of yachting, known for its intricate rigging and lack of motors. Over the years the family forged strong ties to the sailing community, from supporting start-up sailing programs at local colleges to sponsoring international regattas and the America's Cup. The nickname "Wine for Sailors" was well earned.

David is also credited with founding the Dry Creek Valley AVA in 1983. Located in Sonoma County, the area is known for its excellent zinfandel and sauvignon blanc. Today the fruity yet crisp style of sauvignon blanc that Dry Creek Vineyard introduced to American palates in the late 1970s remains its hallmark. Seeing it on a wine list feels like spotting an old friend.

# *Spirits of the sea*

## *CLASSIC SAILING COCKTAILS WITH A LOCAL TWIST*

STORY BY BAILEY GILLIAM

*Nothing goes with a day on the water quite like a good cocktail. Rum and tropical flavors have kept sailors happy since the days when pirates were the original happy-hour crowd. Whether you are cruising the coast or tying up at the dock, these refreshing drinks serve up the best parts of sea life, minus the seasickness.*




**THE SALTY DOG CAFE**

### *Kiwi Colada*

Fruity, fresh and a little unexpected, the Kiwi Colada from The Salty Dog Cafe takes the classic pina colada on a joyride. It is playful, breezy and just the thing to chase away the heat after a day on the waves or to help you forget how many times you nearly tipped the boat.

**INGREDIENTS**

*3/4 ounce Bacardi or white rum*
*3/4 ounce melon liqueur*
*4 1/2 ounces pina colada mix (or substitute 2 1/2 ounces pineapple juice and 2 ounces Coco Lopez)*
*1/2 fresh kiwi*

**DIRECTIONS**

Combine everything in a blender with 12 ounces of ice. Blend until smooth and serve.

**GIUSEPPI'S**

### *Rum Punch*

This bold and beachy classic tastes as if summer decided to throw a party in your glass. With spiced and coconut rums teamed up with bright juices, this Rum Punch from the team at Giuseppi's Pizza & Pasta is made for blue skies, a steady breeze and for forgetting how long it took you to untangle the anchor.

**INGREDIENTS**

*2 ounces Blackheart rum*
*2 ounces Admiral Nelson coconut rum*
*4 ounces pineapple juice*
*4 ounces cranberry juice*

**DIRECTIONS**

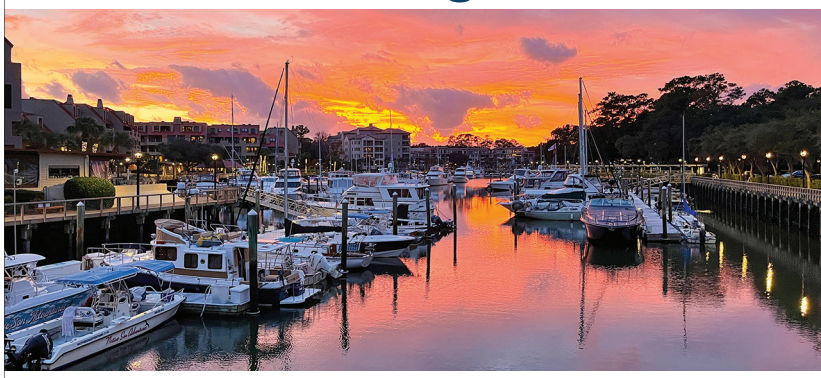
Mix all ingredients over ice in a shaker. Pour into a big glass and enjoy.




SHELTER COVE HARBOUR & MARINA

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A Coastal Christmas • Pure Salt Studios • Neptune's Niche
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Tradewinds Trinkets & Treasures • Treasure Island

**DINING / TREATS**

Bistro 17 • Daily Café • ELA'S On The Water
Scott's Fish Market • Hilton Head Social Bakery
Frosty's Ice Cream • San Miguel's
Top Dawg Tavern & Pizzeria
**LIVE ENTERTAINMENT AT PARTICIPATING RESTAURANTS**

**SERVICES**

Harbourmaster's Office/Ship's Store • Pure Salt Studios
Memory Lane Portraits • Salon Shelter Cove

**BOATS / MARINE**

Harbourside Yacht Sales • Ship's Store/Marina Office

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Palmetto Dunes/Shelter Cove Villa Rentals
Harbourside III • Trident Villa Rentals • Dunes Real Estate

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# Chart your course

## *SCENIC SAILS AND SALTY STOPS FOR WEEKEND WANDERERS*

STORY BY LANCE HANLIN

If you've got a sailboat and a weekend, Hilton Head Island makes a great starting point. With steady breezes, shifting tides and a winding network of creeks, rivers and sounds, it's both a proving ground for new sailors and a playground for experienced ones. Once you've found your rhythm, it's time to explore. From tucked-away sandbars to storied harbors, these seven routes offer a satisfying mix of challenge and calm. While a motor comes in handy for tight or shallow spots, each journey includes open stretches where you can cut the engine, hoist the sails and let the wind take over.



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## CLOSE TO HOME



©DAUFUSKIE DIFFERENCE

### *No cars, no problems*

**DAUFUSKIE ISLAND**

**Sailing time:** 1-2 hours (5 nm)

Sail across Calibogue Sound, watching for shallow spots, oyster beds and shifting bars as you near the Cooper River. Dock at Freeport Marina, the more remote county dock, or anchor in the river. With no cars on the island, you'll hop in a golf cart and ease into island time. Explore the old church, lighthouse and local art, then grab lunch at the Old Daufuskie Crab Company. Don't skip the beach: three miles of wild shoreline await.

**Sailing difficulty:** Tide taster (2/5). A mellow cruise with a few skinny spots. Mind the oyster beds, and keep an eye on the depth as you near shore.



©WILL GUSCIO

### *Low tide, high spirits*

**BLUFFTON**

**Sailing time:** 1-2 hours (9 nm)

Sail into the May River, and drop anchor near the sandbar locals call the "Redneck Riviera." At low tide it becomes a party spot with grills, games and good vibes. Prefer solid ground? Dock at the Bluffton Town Dock at Palmetto Bluff for dining and riverfront strolls, or head to the Calhoun Street Dock to explore Old Town Bluffton's restaurants, shops and art galleries.

**Sailing difficulty:** Easy breeze (1/5). A short hop that's hard to mess up, unless you forget to check the tides and end up stuck on a sandbar.

## STRETCH YOUR SAILS



### *Anchored in charm*

**BEAUFORT**

**Sailing time:** 3-5 hours (16 nm)

Sail north from Hilton Head along the Intracoastal Waterway, passing through Skull Creek and across Port Royal Sound before turning into the Beaufort River. It's a scenic day trip with plenty of payoff, but keep an eye out for shifting shoals and strong currents near the inlets. Dock at the Downtown Marina and you'll be steps from Beaufort's historic heart. Just note that the daytime public dock and part of Waterfront Park are currently closed for repairs.

**Sailing difficulty:** Mind the markers (3/5). Straightforward, but it's not a sleepwalk. Tidal currents pick up near bridges and shoals don't forgive sloppy chart work.



### *Go with the flow*

**TYBEE ISLAND**

**Sailing time:** 3-5 hours (15 nm)

Sail offshore via the Port Royal Sound, or take the slower Intracoastal route to reach Tybee. The offshore path is faster but exposed, with strong currents and busy traffic near the Savannah River. Tie up at Lazaretto Creek Marina or anchor in the calm waters of the Back River. Once ashore, explore Tybee's wide beaches, laid-back charm and off-the-beaten-path spots like the "secret beach" on the southwest tip.

**Sailing difficulty:** Currents ahead (3/5). Scenic and mostly smooth, but the inlets and river mouths like to keep things interesting. Stay alert and ride the tide when you can.




## Please welcome Robert Schaefer, MD.

Board-certified orthopedic surgeon

# Bringing remarkable orthopedic care to Hilton Head Island

We are excited to welcome Robert Schaefer, MD, to Novant Health Orthopedics & Sports Medicine – Hilton Head. He will be serving our Lowcountry communities with his exceptional expertise in orthopedic surgery.

Dr. Schaefer is a dedicated surgeon with more than 30 years of experience who is committed to providing personalized care tailored to each patient's individual needs.

**AREAS OF FOCUS**

- Partial and total shoulder replacement
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- Partial and total knee replacement
- Arthroscopy
- Shoulder and rotator cuff surgery
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- ACL surgery
- Joint replacements

To schedule an appointment, call **843-682-7480**.

**Novant Health Orthopedics & Sports Medicine – Hilton Head**

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## STRETCH YOUR SAILS



### *History on the horizon*

**SAVANNAH**

**Sailing time:** 3-5 hours (17 nm)

Sail south via the Intracoastal and cut west into the Wilmington River. The winding route ends in the busy Savannah River, where tugboats and massive ships share the water. Dock along River Street and you're steps from historic squares, live music and riverside dining.

**Sailing difficulty:** Mud and massive ships (4/5). Expect tight turns, strong currents and close encounters with big boats and ships. Gorgeous payoff, but not for the distracted.



## BEYOND THE HORIZON



### *Drift and disconnect*

**EDISTO ISLAND**

**Sailing time:** 5-7 hours (32 nm)

Head north along the Intracoastal winding through rivers, creeks and sounds to the South Edisto. The entrance to Big Bay Creek can be tricky, especially at low tide. Stay vigilant for markers and natural indicators of the creek's path. Use your VHF radio to contact Edisto Beach Marina for docking instructions and local advice. They monitor VHF channel 16. Enjoy the island's unhurried charm, quiet beaches and local flavor.

**Sailing difficulty:** Skinny water warning (4/5). A beautiful route with a few tricky cuts and a shallow approach that demands smart timing. Don't try it on a falling tide.



### *Port of style*

**CHARLESTON**

**Sailing time:** 10-12 hours (55 nm)

This full-day sail offers two routes: the protected but winding Intracoastal or the faster offshore path for experienced crews. Along the ICW, you'll pass rivers, sounds and cuts before reaching Charleston via the Ashley River. Offshore, enter the harbor between the jetties near Fort Sumter. Whichever way you go, the journey is long, scenic and unforgettable.

**Sailing difficulty:** Full sail required (5/5). A long, rewarding run through shifting currents, narrow passages and one of the busiest harbors in the South. Bring your A-game and backup plans.




## Please welcome Addison Wilson Jr., MD.

Board-certified orthopedic surgeon

# Bringing remarkable orthopedic care to the Lowcountry

We are excited to welcome Addison Wilson Jr., MD, to Novant Health Orthopedics & Sports Medicine. Dr. Wilson will be serving our Lowcountry communities with exceptional expertise in orthopedic surgery.

Dr. Wilson has 24 years of experience providing orthopedic care while serving our country in the armed forces, most recently caring for U.S. Marines stationed in the Beaufort area. He is dedicated to providing comprehensive care to each of his patients, including nonsurgical and surgical care for a range of orthopedic conditions.

**AREAS OF FOCUS**

- Rotator cuff repair
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- ACL reconstruction
- Sports injuries
- Fracture care
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- Carpal tunnel
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- General orthopedic care

To schedule an appointment, call **843-682-7480**.

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# Built for speed, fueled by family

## *FROM A CHILDHOOD GO-KART TO THE WINNER'S CIRCLE AT DAYTONA, BLUFFTON'S GUS DEAN TURNED HIS DREAM INTO A REALITY*

STORY BY LESLIE T. SNADOWSKY + PHOTOGRAPHY BY DAYLON BARR




Bluffton native Augustus "Gus" Dean has enjoyed quite a ride.

He started zooming around in go-karts at about age 4. In 2024 he won the Hard Rock Bet 200, the season-opening ARCA Menards Series stock car race at Daytona International Speedway, making a long family dream come true.

"I'm semi-retired now," said the 30-year-old NASCAR driver. "I don't know that you ever fully retire from racecar driving. It's kind of like being an addict in recovery."

Dean's racing addiction runs generations deep. His grandfather, Charles Dean Sr., who attended Daytona back in the wooden-bleacher days, was one of his best friends and biggest supporters. Winning there was their shared vision.






**CHECKERED PAST** NASCAR driver Gus Dean became a Daytona champion on Feb. 17, 2024, when he won the Hard Rock Bet 200, the season-opening ARCA Menards Series race.

*"I don't know that you ever fully retire from racecar driving. It's kind of like being an addict in recovery."*




©GUS DEAN RACING

**RACING ROOTS** Gus Dean, shown with his father Charlie, got his start in go-karts as a kid.

"We always wanted to win at Daytona," Dean said. "My dad, Charlie, and my granddad and I were extremely close, and we traveled the world together stock car racing. I had been leading with about three laps to go probably six different times at Daytona and didn't finish the races because of unfortunate circumstances. It was starting to feel like my Achilles' heel. About two weeks before Daytona in 2024, my granddad passed away, and it was a really hard, emotional weekend for us to go down there. We felt like he was riding along with us, and we were able to pull out the win. It was a crazy ride, and I don't know that I'll ever experience a high like that again in my career. That's the high point I decided to end on."

## *From stock cars to mud trucks*

A three-time ARCA Menards Series winner, Dean has shifted gears and now competes in mega truck events. His truck, Vengeance, puts roughly 2,500 horsepower to the wheels, has 27 inches of suspension travel and rides on two-and-a-half-ton military axles.

"It's much more of a laid-back sport," he said. "They're like monster trucks that you race on a motocross track. We jump them really high in the air and go really fast through the mud. It's a lot less pressure and a lot more fun."

Dean remembers steering souped-up cars on the very streets where he now lives in Hardeeville. The neighborhood sits on land that once held a stalled housing development. "In high school we'd take our cars back there and race around the roads," he said.

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**DRIVEN BY LEGACY** Dean credits the passion and support of his dad, Charlie, and his grandfather, Charles Dean Sr. ("Get whatcha can!") for pushing him toward victory. His grandfather died just weeks before the Daytona win in 2024.

"There were several mud holes where we'd go mud bogging. We developed our own little racetrack. The cops left us alone because we weren't hurting anybody back in the woods. Eventually another developer bought the neighborhood. Now I live there with my wife, Briar, and I'm pretty sure I used to race down the same street we live on today."

## *Cool under pressure*

Today Dean is in the business fast lane, taking the wheel of his family's HVAC company, Dean Custom Air, founded by his grandfather in 1968 and based in Bluffton. The heating-and-air outfit serves builders and homeowners across the Lowcountry and Georgia.

"We serve all of the Lowcountry," Dean said. "My granddad started the business, and my dad grew it to the size it is now, which is fairly large. I'm the third generation to take it over and hopefully can grow it even more."

## *Racing wisdom and lasting lessons*

Even though Dean has put the brakes on full-time racing, he still remembers the rush of running north of 220 miles per hour. "When you're a race car driver, you experience surges of adrenaline so often that you grow used to them," he said. "Fear doesn't really come into play anymore. That adrenaline gives you the edge you need to perform at those speeds. If you know how to use it, it can be your greatest ally or your biggest enemy."




**LOVE, LIFE & LAPS** Dean married his wife, Briar, in October 2022. They now live in a Hardeeville neighborhood where he once tore around in high school before it was fully developed.



©GUS DEAN RACING

**GEARS & GROWTH** Semi-retired from race cars, Dean now races mud trucks and runs his family's Bluffton-based HVAC business, Dean Custom Air.

*"Fear doesn't really come into play anymore. That adrenaline gives you the edge you need to perform at those speeds. If you know how to use it, it can be your greatest ally or your biggest enemy."*

If he could own any car? Dean said it would be a hard choice between a McLaren P1 and a '68 or '69 Camaro. "The technology in the McLaren is incredible, and I just think it's a hell of a machine," he said. "But as far as old-school hot rods go, the Camaro's big-block horsepower and that sound have always been favorites."

Safety has always been serious business for Dean, who relied on Impact Racing gear throughout his career. He has also long supported Folds of Honor, which provides scholarships to the spouses and children of America's fallen or disabled service members and first responders. When younger drivers ask for advice, he passes along what IndyCar Series champion Tony Kanaan once told him.

"He said if you want to be a professional race car driver, it will be, without doubt, one of the hardest things you'll ever try to do in your life, but it's never impossible," Dean recalled. "That really gave me the inspiration I needed. It doesn't matter how hard it seems to accomplish a goal. It doesn't have to be racing. It could be any goal in life. No matter how hard it beats you down or how low you get, you can still see that light shining from the top when you know it's attainable. It's just going to be really hard to get there." *LL*







# AUGUST happenings

## Arts & Culture





### Deliberately Unpredictable

**When:** Times vary, Aug. 25-Nov. 4 **Where:** Coastal Discovery Museum
**Details**: This Art Beyond Tradition Group biennial show features 12 Lowcountry abstract artists working in various media including painting, collage, encaustic, sculpture, mixed media and ink. ***coastaldiscovery.org***



### Wild Bees Photography Exhibit

**When:** Times vary, now-Aug. 17
**Where:** Coastal Discovery Museum
**Details:** This exhibit features striking macro photography that offers a rare look at America's native bees and their crucial role as pollinators. ***coastaldiscovery.org***

### Lowcountry (Un)told

**When:** 6:30 p.m., Aug. 8 & 9
**Where:** May River Theatre
**Details:** See four plays during the May River Theatre's 10-Minute Play Festival. ***mayrivertheatre.com***







### Summer: The Donna Summer Musical

**When:** Times vary, now-Aug. 17
**Where:** Arts Center of Coastal Carolina
**Details:** Don't miss this electric experience and moving tribute to the Queen of Disco. ***artshhi.com***

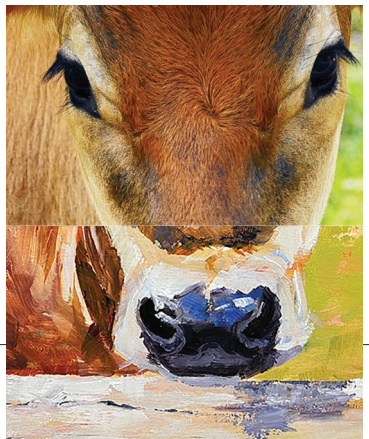






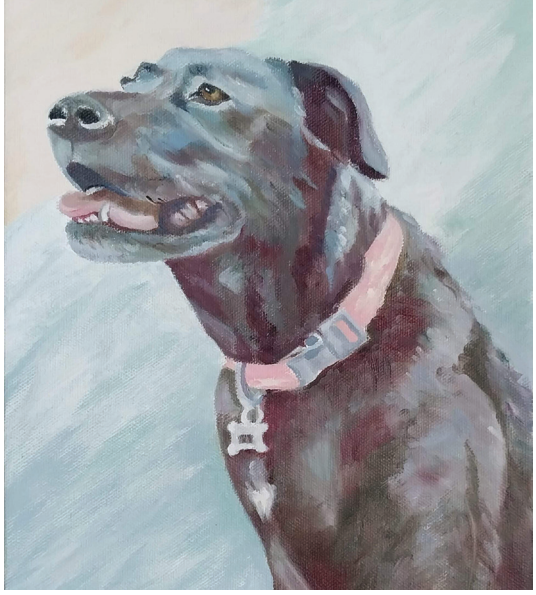
### August Palmetto Bluff Artist in Residence

**When:** Times vary, Aug. 1-31 **Where:** FLOW Gallery + Workshop
**Details:** Sally Lesesne is this month's featured artist. Purchase her work or attend a workshop. ***palmettobluff.com***



### Two Points of View

**When:** Times vary, now-Aug. 22
**Where:** Art League of Hilton Head Gallery
**Details:** William Bosley and Murray Sease are the artists of the month. Attend their gallery talk and demo from 1-3 p.m., Aug. 14. ***artleaguehhi.org***



## *Everyday Life on Hilton Head*

**When:** Times vary, Aug. 3-30 **Where:** SOBA Gallery **Details:** Nancy Huson is this month's featured artist. See her work, and attend the reception from 3-5 p.m., Aug. 7. ***sobagallery.com***



## *Reflections*

**When:** Times vary, now-Aug. 30
**Where:** Beaufort Art Association Gallery
**Details:** Beth Bronnum Stern is the featured artist. See her work in downtown Beaufort. ***beaufortartassociation.com***



## *Spotlight on Art*

**When:** Times vary, now-Oct. 24
**Where:** Sea Pines Community Center
**Details:** The Artists of Sea Pines are debuting a new show featuring works by its 30+ members. ***theshopsatseapinescenter.com***





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# Charity & Community




## *Retro Summer Sip & Stroll*

**When:** 10 a.m.-4 p.m., Aug. 23
**Where:** Downtown Beaufort
**Details:** Step back in time for Downtown Beaufort's Retro Summer Sip & Stroll, a day of '80s-'90s-themed shopping, complimentary drinks and special retail and dining deals. ***bfthospitality.com***




## *Name Our Mascot contest*

**When:** Now-Aug. 7
**Where:** Online
**Details:** The Bluffton Township Fire District launched a community-wide contest to name its newest team member — a fire engine-themed robot mascot created to support public safety education alongside Sparky the Fire Dog. ***blufftonfd.com***




## *2025 HarbourFest*

**When:** Times vary, now-Labor Day
**Where:** Shelter Cove Harbour & Marina
**Details:** HarbourFest is an all-summer-long celebration that takes over Shelter Cove Harbour & Marina with fireworks every Tuesday, spinning hats, carnival games, face painting, music and more. For details and a complete list of events, visit ***sheltercoveharbourfest.com***.



## *Reggae Pon De River Music Festival*

**When:** 2-10 p.m., Aug. 30
**Where:** Bluffton Oyster Factory Park
**Details:** Enjoy a day of good vibes and smooth reggae music by the riverside with Caribbean food, local art vendors, a kids zone, eating contests and dancing fun. ***redstripessc.com***



## *9th Annual STEAM Festival*

**When:** 10 a.m.-3 p.m., Aug. 16
**Where:** Port Royal Sound Foundation
**Details:** Join the Port Royal Sound Foundation for a day of hands-on activities, experiments and demonstrations that showcase how science, technology, engineering, art and math are shaping the future. ***portroyalsoundfoundation.org***




## *Movie Nights in the Park 2025*

**When:** 8:30 p.m., Thursdays
**Where:** Shelter Cove Towne Centre
**Details:** Enjoy a free, family-friendly movie every Thursday in the park. ***sheltercovetowncentre.com***

***UPCOMING MOVIES***
***August 7:*** *Encanto*
***August 14:*** *The Garfield Movie*

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# Food & Drink



## Upcoming events at Honey & Thistle

Sip, savor, and shop at one of these tasting events. For a full list, visit ***honeyandthistlehhi.com***.

**UPCOMING EVENTS**

***First Friday Wine Preview Party:*** *4-6 p.m., Aug. 1 & Sept. 5*
***Second Monday Pub Night:*** *5-7 p.m., Aug. 12*



## Happenings at Okàn

Take a culinary journey through West Africa, the Caribbean and the South Carolina coast. Visit ***okanbluffton.com*** for a full list.

**UPCOMING EVENTS**

***Brown Estate Wine Dinner:*** *7 p.m., Aug. 7*
***Jazz on the Patio:*** *7 p.m., Thursdays*
***100 Okàn:*** *10 p.m., Saturdays*



## Upcoming events at Salty Dog

Here are a few August events at The Salty Dog Cafe. For a complete list, visit ***saltydog.com***.

**UPCOMING EVENTS**

***Turtle Trackers at South Beach Marina:*** *2 p.m., Sundays*
***Colorpalooza Glitter Dance Party:*** *6 p.m., Wednesdays & Fridays*
***Family Game Night:*** *6 p.m., Thursdays*



## Tap Takeover at Big Jim's

**When:** 2-5 p.m., the first Friday of every month
**Where:** Big Jim's BBQ, Burgers & Pizza
**Details:** The first Friday of each month brings a tap takeover of three Southern Barrel Brewery draft beers to Big Jim's. ***palmettodunes.com***



## Hilton Head Distillery cocktail classes

Learn how to shake up creative cocktails in a hands-on setting. ***hiltonheaddistillery.com***

**UPCOMING CLASSES**

***The Art of Tiki:*** *Aug. 28*



## Fridays at the Foodseum: Mocktails & Paint Party with Amiri Farris

**When:** 10:30 a.m.-12:30 p.m., Aug. 15
**Where:** Culinary Institute of the South
**Details:** The first in a monthly workshop series, this event includes a guest presentation, cooking demo, tasting samples and exclusive museum access. ***tcl.edu***



## Culinary events at The Sea Pines Resort

Enjoy wine dinners, tap takeovers and more this month at one of the restaurants in The Sea Pines Resort. ***seapines.com/events***

**UPCOMING EVENTS**

***Tap Takeover:*** *5-8 p.m., Aug. 18, Fraser's Tavern*
***Links Somm Series:*** *5 p.m., Aug. 18, Links, an American Grill*
***Pint Night:*** *5-9 p.m., Thursdays, Fraser's Tavern*
***Lobster Bake:*** *11:30 a.m.-4 p.m., Sundays, Harbourside*



## Lowcountry Boil Dinner Cruise

**When:** 6:30-8:30 p.m., Thursdays
**Where:** Shelter Cove Harbour & Marina
**Details:** Outside Hilton Head and Sprout Momma present a sunset cruise with a chef-prepared Lowcountry boil, Southern desserts and a full bar. ***outsidehiltonhead.com***

HILTON HEAD ISLAND

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SCOTT MILNE


ACTOR TWO
CHRIS HOFFER


ACTRESS ONE
ALYSSA SERRANI

MAY RIVER THEATRE

Upcoming EVENTS

| | | |
|---|---|---|
| 03 Aug | 4:00 pm - Auditions - 17+<br>Reefer Madness the Musical<br>Show Dates 10/31 - 11/16 | Sunday 4:00 |
| 08 Aug | Tickets Now Available<br>10 Minute Plays & Savannah Improv Group - Ghosted | Friday 6:30 |
| 09 Aug | Tickets Now Available<br>10 Minute Plays<br>Lowcountry (Un)Told | Saturday 6:30 |
| 19 Sept | Tickets Now Available<br>Ken Ludwig's Baskerville: A Sherlock Holmes Mystery | Fri - Sun 7:30 - 2:00 |
| 31 Oct | Tickets Now Available<br>Reefer Madness the Musical | Fri - Sun 7:30 - 2:00 |

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# Food & Drink



## Salad Dressing 101

**When:** 3:30-4:30 p.m., Thursdays **Where:** Hilton Head Oils & Balsamics
**Details:** Learn how to make the perfect salad dressing at one of these culinary classes. ***hiltonheadoils.com***



## The Art of the Perfect Breakfast

**When:** 10 a.m.-2 p.m., Aug. 22
**Where:** Culinary Institute of the South
**Details:** Chef Damon Dickerson leads a hands-on class focused on mastering morning techniques. ***tcl.edu***



## Hibachi Dinner Cruise

**When:** 6-8 p.m., Fridays **Where:** Outside Palmetto Bluff
**Details:** Enjoy live hibachi cooking, May River views, and a full dinner aboard a luxury catamaran. ***outsidehiltonhead.com***



## Lincoln & South's 4th anniversary celebration

**When:** Noon-10 p.m., Aug. 23
**Where:** Lincoln & South Brewing Company
**Details:** Celebrate with fresh beer releases, live music, great food, and special guests.
***lincolnandsouth.com***




## *Eat It and Like It Burger Bash*

**When:** Aug. 18-28 **Where:** Locations vary
**Details:** A 10-day celebration of limited-time burgers at restaurants across Savannah, Hilton Head, Beaufort and beyond. ***eatitburgerbash.com***



## *Sprout Momma events*

Enjoy bites and sips at Sprout Momma's events.
***sproutmomma.com***

***UPCOMING EVENTS***
***Aug. 7:*** *Beer Dinner featuring Lincoln & South*
***Aug. 22:*** *Wine Dinner featuring Pacific Northwest Wines*



## *Hungarian Back-to-School Festival*

**When:** 10 a.m.-4 p.m., Aug. 9 **Where:** Taste of Europe
**Details:** A family event with traditional Hungarian foods and vendors.
***tasteofeuropehhi.com***



## *Rollers events*

Rollers Wine & Spirits hosts weekly tastings where you can sample and purchase new wines.
***rollerswineandspirits.com***

***UPCOMING EVENTS***
***Rollers Rosé Soirée:*** *4-6 p.m., Aug. 24*
***Tasty Tuesday Wine Tasting:*** *5-7 p.m., Tuesdays*
***Thirsty Thursday Wine Tasting:*** *5-7 p.m., Thursdays*



## *Italian Traditions, Southern Roots: A Wine Dinner Experience*

**When:** 6-8 p.m., Aug. 28
**Where:** May River Manor
**Details:** Enjoy an evening featuring chef Antonio Albano of AMA Private Dining and wines from The Juice Box.
***mayrivermanor.com***

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THE DONNA SUMMER MUSICAL



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2026

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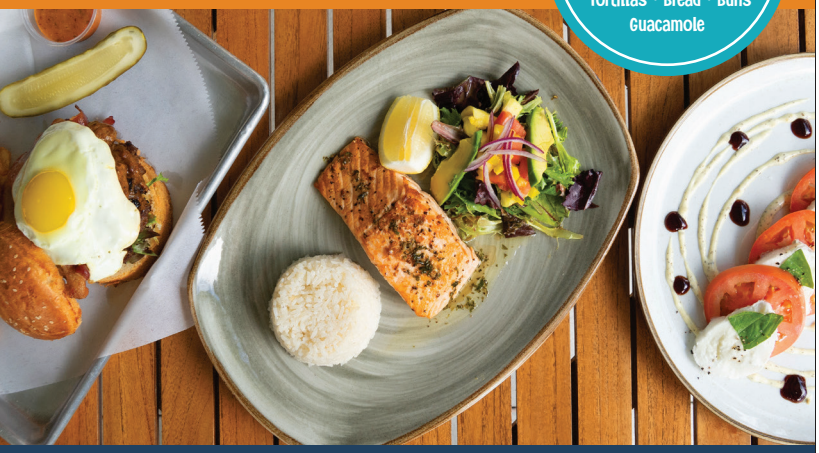
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# Food & Drink





## Culinary events at The Westin

Head to The Westin Hilton Head Island Resort & Spa for cooking classes and tastings. ***westinhiltonhead.idaypass.com***

**UPCOMING EVENTS**
***Westin Mixology:*** *Bubbles Around the World: 4-6 p.m., Aug. 23*
***Saturday Night S'mores & Stargazing:*** *7:30-9 p.m., Saturdays*



## Sweet Saturdays

**When:** 6-8 p.m., Aug. 30
**Where:** Ronnie's Bakery and Cakes by Lou
**Details:** Try a free assortment of cakes and icing flavors.
***ronniesbakeryandcakesbylou.com***



## Tuesday Wine Tasting

**When:** 4-6 p.m., Tuesdays
**Where:** Blacksheep X Sabbatical
**Details:** Try four wines for just $20.
***blacksheeponboundary.com***



## Mixology class

**When:** 6 p.m., Aug. 6 & 20
**Where:** Burnt Church Distillery
**Details:** Make two Burnt Church cocktails and one Amethyst NA Spirit cocktail with a mixologist. ***burntchurchdistillery.com***



## Shellring Ale Works happenings

Join Shellring Ale Works for taproom events filled with beer, music, bonfires and even goat yoga. ***shellringaleworks.com***

**UPCOMING EVENTS**
***Mosaic Experience:*** *Aug. 6*
***Barre to the Bar:*** *Aug. 10*
***Cigar Night:*** *Aug. 21*




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Native Island Business & Community Affairs Association

GULLAH CELEBRATION
30 FOR 30
30TH ANNIVERSARY

For three decades, the Hilton Head Island Gullah Celebration has honored the soul, spirit, and stories of the Gullah people—descendants of West Africans who preserved their culture, cuisine, language, and artistry here in the Lowcountry.

Each February vibrant art and music to powerful storytelling and community rituals, the Gullah Celebration uplifts a legacy that shaped our island's past—and guides its future.

**This year, we invite you to give back.** Your $30 supports educational scholarships for Native Island youth, empowers Gullah artists and community programs, and helps preserve Gullah culture for generations to come.

Scan me to give.

GULLAHCELEBRATION.ORG/THIRTY



*Standing:* Heidi Yoshida, CFP®, Michelle Myhre, CFP®, Sarah Huie, CFP®, Kevin Myhre
*Seated:* Al Cerrati, MBA, John Chiacchiero, MBA

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# *Lectures & Classes*



## *Art League Hilton Head classes*

Learn a new skill, and unleash your creativity with a workshop at the Art League Academy on Cordillo Parkway. For a complete list of classes, visit ***artleaguehhi.org***.

**UPCOMING CLASSES**

***Painting on Glass: The Triple Dipper Platter:***
*9:30 a.m.-12:30 p.m., Aug. 22*
***The Elements of a Dynamic Composition:***
*9 a.m.-4 p.m., Aug. 25*



## *Restorative medicine seminar*

**When:** Noon-1 p.m., Tuesdays
**Where:** Fraum Center for Restorative Health
**Details:** Attend a free educational seminar on the latest advancements in restorative medicine, including a complimentary lunch. Learn how to support your body's natural healing process with effective, non-invasive solutions to chronic pain. ***fraum.com***




## *SOBA art classes*

Take a class at the SOBA Gallery, and explore a new artistic technique this month. For a full list of offerings, visit ***sobagallery.com***.

**UPCOMING CLASSES**

***Beginner's Watercolor:*** *1:30-3:30 p.m., Aug. 6 & 7*
***Paint Italian Oranges:*** *Times vary, Aug. 13-15*
***Beginning Acrylics Painting: 1****-4 p.m., Aug. 19 & 26*



## *Put the Beach to Bed*

**When:** 7-8 p.m., Wednesdays, now-Aug. 27
**Where:** Beach House Hilton Head Island
**Details:** Help prepare the beach for nesting sea turtles with this interactive red-light experience. Participants smooth the sand, remove debris and fill holes—followed by live music and a complimentary cocktail or mocktail at the Tiki Hut.
***beachhousehhi.com***



## *Coastal Discovery Museum events*

The Coastal Discovery Museum offers a wide variety of educational programs for all ages and interests.
***coastaldiscovery.org***

***UPCOMING EVENTS***

***Indigo Tie-Dye Party:*** *10 a.m.-noon, Tuesdays*
***Critter Meet & Greet:*** *9:30 a.m.-12:30 p.m., Mondays & Wednesdays*
***Sweetgrass Basket Workshops:*** *6-8 p.m., Aug. 7 & 21*



## *Turtle Talks*

**When:** 8-9 p.m., Mondays
**Where:** Lowcountry Celebration Park
**Details:** Learn about sea turtle biology and the daily efforts of Sea Turtle Patrol Hilton Head Island to protect and support our local sea turtle population. ***seaturtlepatrolhhi.org***





**Tuesdays at the Museum**
Farmers Market | 9 am–1 pm
Indigo Tie-Dye Party | 10 am–12 pm
Face Painting | 10 am–12 pm

**Dolphin & Nature Cruise**
Mon, Wed & Fri | 3–4:30 pm

**Life Under the Sea**
Tues & Thurs | 2–4 pm

**Gullah Sweetgrass Basket Class**
August 7 & 21, 6 pm

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COASTAL DISCOVERY MUSEUM

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843.689.6767

**coastaldiscovery.org**



# Music & Entertainment



## Sunset Celebration

**When:** 7-10 p.m., Fridays
**Where:** Shelter Cove Towne Centre
**Details:** Enjoy the best local bands while watching the sun set over Broad Creek.
***sheltercovetowncentre.com***

**UPCOMING BANDS**
***Aug. 1:*** *Target & The Headliner Horns*
***Aug. 8:*** *Cranford Hollow*
***Aug. 15:*** *Deas-Guyz*



## Jazz in the Park

**When:** 7:30 p.m., Aug. 5 & 19, Sept. 2
**Where:** Lowcountry Celebration Park
**Details:** Enjoy the Hilton Head Symphony Orchestra's free outdoor concert series every other Tuesday this summer. ***hhso.org***

**UPCOMING CONCERTS**
***Aug. 5:*** *Martin Lesch Band*
***Aug. 19:*** *Charlton Singleton Quartet*
***Sept. 2:*** *John Brackett Quartet*



## Music at The Sea Pines Resort

Head to the south end for family-friendly entertainment from some of the island's most popular musicians. ***seapines.com/events***

**UPCOMING PERFORMANCES**
***Gregg Russell:*** *8-9:30 p.m., Aug. 4-7, 11, 13, 15, 18, 20, 22, 28-30*
***DJ Alan Family Show:*** *8-9:30 p.m., Aug. 8*
***Island Vibes Concert Series:*** *5-7 p.m., Aug. 12*



## An Evening of Comedy with Greg Morton

**When:** 9 p.m., Aug. 29
**Where:** Montage Palmetto Bluff
**Details:** Don't miss Greg Morton's one-man variety show, packed with rapid-fire impressions, hilarious storytelling and pop culture satire.
***montage.com/palmettobluff***



## Bluffton Concert Series

**When:** 5:30-7:30 p.m., Aug. 15
**Where:** Oyster Factory Park
**Details:** Celebrate Bluffton with a concert featuring Tru Gentlemen.
***townofbluffton.sc.gov***




## Earth, Wind & Fire Tribute

**When:** Times vary, Aug. 29-30
**Where:** Arts Center of Coastal Carolina
**Details:** Let's Groove Tonight Band brings Earth, Wind & Fire's top hits to life in a high-energy tribute performance. ***artshhi.com***

# Regular live music venues



**DAILY SHOWS**
*Brother Shucker's*
*Coast, Oceanfront Dining*
*Coligny Center Stage*
*Dive Bar & Grille*
*FISH Casual Coastal Seafood*
*Frosty Frog*
*Harbourside*
*Kind of Blue*
*Lincoln & South Brewing Company*
*Luther's Rare & Well Done*
*Quarterdeck*
*Ruby Lee's*
*Scott's Fish Market*
*Skull Creek Boathouse*
*The Boardroom*
*The Crazy Crab Jarvis Creek*
*The Jazz Corner*
*The Salty Dog Cafe*
*The Sandbar Beach Eats*
*The Studio*
*Tiki Hut*



**MORE GREAT SPOTS (SELECT NIGHTS)**
*A Lowcountry Backyard Restaurant (Mondays-Fridays)*
*Agave (Thursdays-Saturdays)*
*Big Bamboo Cafe (Mondays-Saturdays)*
*Black Marlin Bayside Grill & Hurricane Bar (Wednesdays-Saturdays)*
*Bluffton Oyster Co. Family Seafood House (Fridays & Saturdays)*
*Burnt Church Distillery (Thursdays-Saturdays)*
*Calhoun Street Tavern (Fridays-Sundays)*
*Captain Woody's Bluffton (Tuesdays)*
*Carolina Crab Company (Sundays)*
*Celeste (Fridays & Saturdays)*
*Cheap Seats Tavern 2 (Fridays)*
*Chophouse 119 (Fridays)*
*CocoNutz Sports Bar (Fridays)*
*Fishcamp on Broad Creek (Tuesdays-Sundays)*
*Hilton Head Brewing Co. (Mondays, Wednesdays & Fridays)*
*Hilton Head Tavern (Mondays & Tuesdays)*
*Hop Dog (Fridays)*
*Island Winery (Fridays)*
*Local Pie (Fridays, Saturdays & Sundays)*
*Lot 9 Brewing Company (Saturdays)*
*Luther's Rare & Well Done (Thursdays-Saturdays)*
*Melrose Oyster House & Beach Club (Thursdays-Sundays)*
*Nectar Farm Kitchen in Old Town Bluffton (Fridays-Sundays)*
*Okàn (Thursdays and Saturdays)*
*Pomodori Too! (Thursdays-Saturdays)*
*Red Fish (Tuesdays-Saturdays)*
*Reilley's Grill & Bar (Wednesdays-Fridays)*
*Rollers Wine & Spirits (Tuesdays & Thursdays)*
*San Miguel's (Thursdays-Saturdays)*
*Santa Fe Cafe (Tuesdays-Saturdays)*
*Shellring Ale Works (Fridays-Sundays)*
*Sprout Momma (Wednesdays & Fridays)*
*Sundown Saloon (Saturdays)*
*The Clubhouse at Okatie Creek (Mondays-Thursdays)*
*The Dunes House (Mondays-Fridays)*
*The Rooftop Bar at Poseidon (Wednesdays, Thursdays & Saturdays)*
*The Westin Hilton Head Island Resort & Spa (Every third Friday)*
*Tio's Latin American Kitchen Bluffton (Fridays & Sundays)*
*Top Dog Tavern & Pizzeria (Wednesdays)*
*Zunzibar (Mondays-Thursdays)*



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- Joint pain

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# Sports & Outdoors



## Palmetto Bluff Conservancy events

The PBC team hosts tours, workshops, research programs and more to support conservation. Visit ***palmettobluff.com/conservation*** for a full calendar.

**UPCOMING EVENTS**

***Nature Crafts: Natural Rope:*** *10-11:30 a.m., Aug. 7*
***Brown Bag Lunch: Coyotes:*** *12-1 p.m., Aug. 27*







## Town of Hilton Head Island Beach Renourishment Project

The Town of Hilton Head Island's $47.5 million beach renourishment project begins Aug. 6 at Fish Haul Beach, requiring a five-day park closure. This is the first of three phases to restore storm-eroded shoreline. Completion is expected by May 2026. ***hiltonheadislandsc.gov***

**PHASE 1 SCHEDULE**

***Aug. 6-15:*** *Fish Haul area*
***Aug. 15-Sept. 11:*** *Pine Island*
***Sept. 15-Nov. 13:*** *Port Royal (The Heel)*



## Cornhole for the Lowcountry

**When:** 1-5 p.m., Aug. 16
**Where:** Burnt Church Distillery
**Details:** Support the Lowcountry Legacy Fund with friendly competition, craft spirits, and cornhole.
***burntchurchdistillery.com***








## *Sea Pines adventures*

The Sea Pines Resort offers some of the Lowcountry's best outdoor experiences for all ages. Visit ***seapines.com/experiences*** for a full list of upcoming events.

**UPCOMING EVENTS**

***Full Moon Shore Explore:*** *8-9 p.m., Aug. 6, Sea Pines Beach Club*
***Night at the Preserve: Full Moon Wagon Ride:*** *8-9 p.m., Aug. 7, Heritage Farm*

## *The Heritage Cares Golf Tournament*

**When:** 9 a.m., Aug. 23
**Where:** Port Royal Golf Club
**Details:** Support the Heritage Cares Foundation and Operation Patriots FOB. Includes hors d'oeuvres, an awards ceremony and raffle prizes.
***heritagegolfgroup.com***





## *AUGUST RACES*

Sign up for one of these races to support a good cause and stay in shape.

**UPCOMING RACES**

***Palmetto Dunes Turtle Trot 5K:*** *8 a.m., every Wednesday, Dunes House*
***PRC Summer Pub Runs:*** *6:30 p.m., every Wednesday, locations vary*
***Sea Pines Dolphin Dash 5K:*** *8 a.m., Aug. 7 & 14, Sea Pines Beach Club*
***Hilton Head BIG Fish 5K:*** *8 a.m., Aug. 30, Sea Pines Beach Club*



## *Palm Trees & Pistons*

**When:** 9-11 a.m., Aug. 9
**Where:** Nala's Beach Bar & Grill
**Details:** Enjoy a free monthly car show featuring vintage, antique, exotic, muscle and unique cars owned by local enthusiasts.
***nalasbeach.com***

# SHELTER COVE HARBOUR & MARINA




## SHANNON TANNER

Two shows: 6:30 & 8:00 p.m.
Now to August 20: Monday, Tuesday & Wednesday
Thursday Parrot Palooza *(details below)*

Parrot Palooza
SUNSET CELEBRATION

## SHANNON TANNER & THE OYSTER REEFERS

Thursdays at 7:00 p.m.
August 7, 14 & 21.
Two shows on Labor Day Weekend: August 30 & 31

**2025 Fireworks***
**Start on Tuesdays when sky is dark**
**LAST SHOWS OF THE SEASON!**
**August 5, 12 & 19**



## CAPPY THE CLOWN

Face painting, balloon animals & more!
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# Markets & Shopping



## FARMERS AND ART MARKETS

Enjoy the local flavors of the Lowcountry at these regular farmers and art markets:

***Bluffton Farmers Market:*** *10 a.m.-2 p.m., Thursdays, 68 Boundary St.*
***Hilton Head Island Farmers Market:***
*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 & Makers Market:*** *10 a.m.-2 p.m., Tuesdays, The Shops at Sea Pines Center*
***Farmers & Fishermen Sunset Market at Savannah Harbour:***
*4:30-8:30 p.m., 1st, 3rd & 5th Saturdays, Hutchinson Island*
***Side Hustle Brewing Co. Farmers Market:***
*1-5 p.m., third Sunday of each month, Side Hustle Brewing Co.*





## *Braderie South*

**When:** Aug. 22-24 **Where:** Jekyll Island Club
**Details:** Don't miss the perfect chance to discover antiques, fine art and unique collectibles, all while enjoying live music, food and a display of classic cars along the historic promenade. ***braderiesouth.com***



## *Lettrs New Riverside grand opening party*

**When:** 10 a.m., Aug. 16
**Where:** Lettrs New Riverside
**Details:** Celebrate the grand opening of Lettrs with goodie bags, raffle prizes and more. ***lettrsgifts.com***




## *SAVANNAH EVENTS*

***Aug. 7-17:*** *Savannah VOICE Festival 2025*
***Aug. 8-24:*** *Annie at The Historic Savannah Theatre*
***Aug. 8:*** *Isley Brothers at Enmarket Arena*
***Aug. 14:*** *Cinderella's Royal Feast - A World Premiere at Yamacraw Center for the Performing Arts*
***Aug. 21:*** *Dierks Bentley at Enmarket Arena*
***Aug. 22-24:*** *Braderie South at Jekyll Island Club*
***Aug. 23:*** *9th Annual Savannah Seersucker Ride at Tiedman Park*
***Aug. 30:*** *Tattoos for the Paws at Drop Dead Tattoo*
***Aug. 30-31:*** *Labor Day Beach Bash at the Tybee Island Pier & Pavilion*

## *GET TICKETS NOW:*

***Sept. 13:*** *The Avett Brothers at Enmarket Arena*

## *SAVE THE DATE*

***Sept. 2:*** *Jazz in the Park at Lowcountry Celebration Park*
***Sept. 4:*** *Music & Taste on the Harbour at Shelter Cove Harbour & Marina*
***Sept. 5-7:*** *Savannah Musical Theatre Festival at the Otis S. Johnson Cultural Arts Center*



### *Hilton Head Island Motoring Festival & Concours d'Elegance*

**When:** Oct. 29-Nov. 2
**Where:** Port Royal Golf Club, Hilton Head Island Airport, Arts Center of Coastal Carolina
**Details:** One of the nation's premier automotive festivals, this five-day celebration features world-class cars, antique boats, vintage aircraft, luxury experiences and the prestigious Concours d'Elegance. Purchase tickets at ***hhiconcours.com***.

## *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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**TOOMERS' BLUFFTON OYSTER COMPANY** It's blue crab season! Enjoy them at Toomers' Bluffton Oyster Company, or order them fresh while they last from Bluffton Oyster Company. The Toomer family has harvested Lowcountry waters since 1913 and serves high-quality, locally sourced seafood. **LOCAL Life Insider Tip:** Always call ahead. Catering is available. Online at blufftonoyster.com.

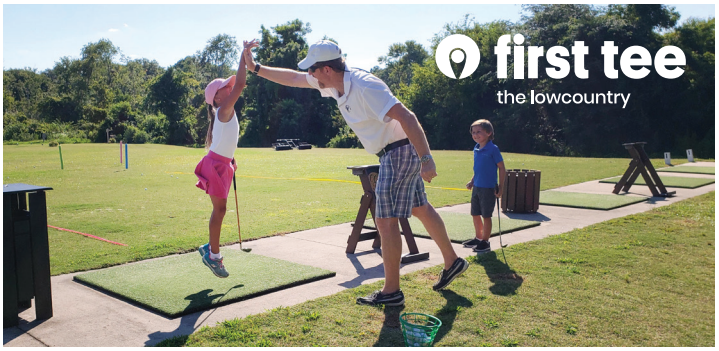
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**Whether you're a foodie looking to explore new culinary delights or a family seeking fun and engaging activities, these carefully curated selections of restaurants and activities have something for everyone.**




**30TH ANNUAL GULLAH CELEBRATION** This family-friendly festival features unforgettable gospel performances, curated art exhibits, interactive culinary experiences and more. This celebration brings together those who cherish history, creativity and community. **LOCAL Life insider tip:** Save the date: February 1-28, 2026. Sign up now for early access to tickets and exclusive anniversary events.

539 William Hilton Parkway, Hilton Head • 843-255-7303 • gullahcelebration.org




**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 lend you a set at no charge.

151 Gumtree Road, HHI • firstteelowcountry.org/about/facility




**THAI SMILE CUISINE** is Hilton Head's go-to spot for authentic Thai flavors, featuring classics like Pad Thai, drunken noodles and Massaman curry. Owned by Chef Kanlaya and her husband, Sawat, their dishes bring the essence of Thailand to life with fresh herbs and traditional recipes passed down through generations. **LOCAL Life insider tip:** Inspired by family recipes, bringing Thailand's flavors from kitchen to table.

11 Palmetto Bay Road, HHI • 843-715-3492 • ThaiSmileCuisine.com


# WHAT IS ROTARY?

**At the Rotary Club of Hilton Head Island, local neighbors and friends come together to create lasting change right here and around the world.**









We raise money for educational scholarships, support local nonprofits, provide shoes for children through Happy Feet, respond to disasters like Hurricane Helene, and stand behind global causes like Alzheimer's research and polio eradication.

We also recognize outstanding people in our community through our Hall of Fame, and honor students, teachers, and local service providers whose dedication inspires us.

**EVERY ACT OF SERVICE IS GUIDED BY ROTARY'S FOUR-WAY TEST:**

Is it the TRUTH?

Is it FAIR to all concerned?

Will it build GOODWILL and BETTER FRIENDSHIPS?

Will it be BENEFICIAL to all concerned?

**Join us and be part of something bigger.**

Rotary Hilton Head Island

THE MAGIC OF ROTARY

Check Us Out | Get Involved | Come to a Meeting | Participate

Meetings are held on Thursday at 12:30 pm.
Palmera Inn & Suites on 12 Park Lane, Hilton Head Island.

**843.686.4100 HILTONHEADROTARY.ORG**

# Rainbow reward




*Hudson's Seafood House on the Docks, Hilton Head Island*

*Photographer Curt Jennings captured this moment on June 19 while returning from a sunset dolphin cruise aboard the Tale Hunter. After a brief summer shower swept through, the skies began to clear, revealing a full rainbow arching along Skull Creek. Framed perfectly beneath it was Jeff Toomer's big blue Reilly Morgan shrimp trawler, anchored in its familiar spot outside Hudson's Seafood House on the Docks. No pot of gold waited at the rainbow's ends; just fresh shrimp and unbeatable views in between.*

**HIT US WITH YOUR BEST SHOT** **Have you taken a great local photo?**
*Send your high-res image to info@wearelocallife.com or upload it at locallifesc.com/partingshot.*


WELCOME
HOME
YOUR TABLE IS WAITING
*Beat the heat in style at Colleton River Club.*
After a day spent on the course or courts, retreat to one of our four on-site dining venues, where you will find refreshing beverages, expertly crafted cuisine, and a cool, inviting atmosphere. Whether you are celebrating a victory or simply unwinding, there is no better way to escape the August heat than with delightful food, excellent company, and a picturesque view that invites you to linger.
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