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Something about SUMMER

For some, the month of July seems to go hand-in-hand with sweltering temperatures, heavier traffic, pesky insects, and more crowds at the beach and beyond. But, I believe that most of us who love the Lowcountry see the super side of summer, which includes enjoying fun times outdoors with family and friends and getting some much needed R & R right here in our own backyard paradise.

And while it is a beautiful time on Hilton Head, I never neglect the importance of being prepared, in the event of a severe storm, as July marks the second month of the hurricane season. My family and I have evacuated the island many times during our nearly two decades here and, although we have been fortunate not to endure a major catastrophe, we keep our “evacuation kit” packed and ready to go – just in case.

Part two of our hurricane series, beginning on page 26, offers great tips and critical ways to protect your property from storm damage. Also, I know firsthand the concerns many locals have regarding insurance companies dropping or changing policies. It pays to be prepared, so call your provider and make sure you are covered!

One of the things tourists and locals often list as a top attraction on Hilton Head is the abundance of pathways for walking and biking. How fortunate we are to live in a place where we can ride and roam on the beaches, through parks and across various other beautiful and natural areas. Learn more about our town's efforts to maintain and increase local pathways on page 38, then get out there and take advantage! If biking or walking are not your thing, our area offers dozens of activities to suit every interest. See “Fun Things to Do in the Lowcountry,” beginning on page 74.

In addition to highlighting great summertime activities, this issue features our annual look at great ways to achieve health and beauty. For the latest advancements to help you look and feel your best – from dental care to dermatology – be sure to check out our special health and beauty section, beginning on page 62.

Also this month, for those thinking about home remodeling projects, we offer an overview of hot trends from cabinetry to carpeting. Learn more about the latest options for the home in part two of our special Kitchens & Baths section, beginning on page 124.

And what is a great summer without fabulous food? Our island abounds with some of the best restaurants around and, this month, we asked local chefs to share some of their favorite seafood specialties. Check out their tasty treats and tips beginning on page 114. If you enjoy getting out on your deck and gathering around the barbeque, as my family does, you'll appreciate the helpful pointers in our “Time to Grill” feature, beginning on page 94.

Finally, and foremost, we cannot forget about the Fourth of July. In honor of this day, Jack Wilson offers his commentary on what it means to be an American – page 24. However you celebrate, be it with burgers and brats or fireworks and friends, I'm certain you'll feel as proud as I do and agree that there is just something about summer which makes you love being in the Lowcountry even more.

Lori Goodridge