

Hilton Head

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An examination of "the area's development from its first plantation in 1717, through the boom years of shipbuilding and Sea Island cotton to the Civil War. In over 200 vintage photographs, the authors document the impact of the Union occupation, the establishment of Mitchelville (the island's 'contraband' and Freedmen community), the dramatic effects of the first bridge to the island, and the development of the tourist industry that now typifies Hilton Head."--Cover.

In the hundred years separating the Civil War and the 1950s, the Lowcountry was a world unto itself. The big plantations were gone, and for those remaining life had to be wrenched from the soil and the creeks. But for some, these isolated barrier islands offered heaven on earth: virgin maritime forest, pristine saltwater, sand roads and plentiful wild game. This fascinating collection of stories speaks to us of life in a simpler time, of raising hogs, guineas and children on abandoned plantations; growing sweet potatoes, okra and sugar cane; trapping mink and picking oysters; pulling 12-pound flounder and 79-pound drum from the creeks; making feasts of Loggerhead turtle eggs, crab and conch meat; picking musk; and taking the steamer to Savannah to see the "big city" lights. Our narrators were born between 1881 and 1941, and, though

their stories overlap and intertwine, each has a unique perspective on life in the Lowcountry. Author Fran Heyward Marscher, a Hilton Head journalist, grew up hearing these precious memories and sought out the storytellers when she realized that the way of life they described was in danger of dying out with each generation. Written by locals, Fodor's travel guides have been offering expert advice for all tastes and budgets for 80 years.

Fodor's correspondents highlight the best of Charleston, including historic downtown attractions, famed cuisine, lovely inns, and scenic nearby plantations. Our local experts vet every recommendation to ensure you make the most of your time, whether it's your first trip or your fifth. This travel guide includes: · Dozens of maps · An 8-page color insert with a brief introduction and spectacular photos that capture the top experiences and attractions throughout Charleston · Hundreds of hotel and restaurant recommendations, with Fodor's Choice designating our top picks · Major sights such as White Point Gardens and the Battery, Old Slave Mart Museum, Sullivan's Island, USS Yorktown, Drayton Hall, Fort Sumter National Monument, and Nathaniel Russell House Museum · Coverage of Charleston, Hilton Head, and The Lowcountry Planning to visit more of South Carolina? Check out Fodor's travel guide to The Carolinas and Georgia.

Hilton Head Island Travel Guide, South Carolina, USA. Gullah History and Tradition. Hilton Head Island is known far and wide as a vacation destination that prides itself on its top-notch golf courses and tennis programs, world-class resorts, and beautiful beaches. But the island is also part of the storied American South, steeped in a rich, colorful history. It has seen Native Americans and explorers, battles from the Revolutionary War to the Civil War,

plantations and slaves, and development and environmentally focused growth. More than 10,000 years ago, the island was inhabited by Paleo-Indians. From 8000 to 2000 BC, Woodland Indians lived on the island. A shell ring made from their discarded oyster shells and animal bones from that period can be found in the Sea Pines Nature Preserve. The recorded history of the island goes back to the early 1500s, when Spanish explorers sailing coastal waters came upon the island and found Native American settlements. Over the next 200 years, the island was claimed at various times by the Spanish, the French, and the British. In 1663, Captain William Hilton claimed the island for the British crown (and named it for himself), and the island became home to indigo, rice, and cotton plantations.

Hilton Head Island

Hilton Head Islanders Before the Bridge 1861-1956 with Hilton Head & the Lowcountry

A New South Hunt Club

A History of Hilton Head Island

The Development of Hilton Head Island

Little counters will squeal with delight as they count their way through the great city of Hilton Head, discovering famous attractions and historic landmarks including Coligny Beach, Sea Pines Forest Preserve, Shelter Cove Harbour and Marina, Pinckney Island National Wildlife Refuge, Coastal Discovery Museum, wildlife, shrimp boats, local foods, and more. This book is part of the bestselling Good Night Our World series, which includes hundreds of titles exploring iconic locations and exciting, child-friendly themes. From shrimp boats to ocean wildlife, young children will cheer as they count their way around Hilton Head.

The inspiring post-Civil War history of the Gullah people on Hilton Head Island, as told by their descendants.

Before it became a golfer's paradise, Hilton Head Island was the

home of a hunting camp frequented by high-powered businessmen-turned-hunters.

Insiders' Guide to Savannah and Hilton Head is the essential source for in-depth travel and relocation information to these treasured Southern cities. Written by a local (and true insider), this guide offers a personal and practical perspective that makes it a must-have guide for travelers as well as residents looking to rediscover their home city of Savannah or nearby Hilton Head.

Sightseeing, Hotel, Restaurant & Shopping Highlights
More Stories from Hilton Head, Bluffton and Daufuskie
Hilton Head Island Travel Guide, South Carolina, USA
Remembering the Way it Was
A Perspective

The Official Hilton Head Book

Hidden History of Hilton Head offers a lively array of historical tidbits and tales, focusing on people, lifeways, believe-it-or-not snippets and beloved local places. Discover the ties that Harriet Tubman and Clara Barton had to the region and learn about the lives of oyster shuckers, root doctors, debauched "Jack-ashores" and many other characters in the island's rich history. From beautiful poems written by renowned locals to the songs that guided the slaves to freedom and time-tested regional recipes, author Alice Sink's collection truly encompasses the spirit of the Lowcountry.

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What is it about Hilton Head Island that is so special? There are many answers to that question, but all will mention its great natural beauty, peacefulness and the loads of fun and interesting things to do. Whether you come to Hilton Head Island to spend time at the beach, to play golf or tennis, to celebrate a wedding, or just to enjoy being here, Hilton Head Island is relaxing, lush and inviting. In any case, you don't want to miss this paradise,

so enjoy your stroll through the pages of Hilton Head Island, Sand, Sea and Sun. This book makes a great gift! "In Hilton Head Island, Sand, Sea and Sun, Lydia Inglett and Martin McFie provide a unique, photographic guide to much of Hilton Head Island's beauty that continuously captivates and enlightens both residents and visitors." - Drew A. Laughlin, Mayor, Town of Hilton Head Island.

Enticed by a job offer in the subtropical paradise, Hilton Head Island, Dr. Peter Fredericks moves from Maryland with his young wife to become director of the island ER. Troubled by past events and burnout, he hopes for a fresh start in his job and his life. He soon realizes that his problems follow him and there are new battles to fight on Hilton Head. Unwittingly drawn into the whirlpool of controversy surrounding a famous cancer doctor, Pete is slow to realize how close he is to being pulled under. When the danger comes to his back yard, he and a private detective from New Orleans rally Pete's friends. This unlikely crew formulates an underhanded plan to explain the death of the hospital CEO. Their search for the elusive truth leads them into more jeopardy than any imagined. Dr. David Baehren's first novel blends medicine, corruption, and murder into a thrilling story using memorable characters. Some will be loved, others despised.

Deceit, Disappearance and Death

Captain William Hilton and the Founding of Hilton Head Island

Sand, Sea and Sun

An Illustrated History of the Hilton Head Agricultural Society, 1917-1967

Legendary Locals of Hilton Head
Hilton Head

The Dolphins of Hilton Head introduces readers to the unique population of bottlenose dolphins that inhabits the warm water and brackish salt marshes of South Carolina's inland coastal waterways. Drawing on years of research in Hilton Head and the latest discoveries of scientists throughout the world, Cara Gubbins describes this atypical habitat and explains how the distinctive behaviors of Hilton Head dolphins distinguish them from other populations. She identifies their particular behavior patterns, vocalizations, behavioral ecology, and local traditions. Gubbins also offers practical suggestions on how best to view and understand these animals while visiting the island. Framing her study with a general overview of dolphins and their habits, Gubbins explores the natural history, ecology, and evolution of free-ranging

Atlantic bottlenose dolphins in South Carolina. She compares this population with others throughout the world to reveal the South Carolina dolphins' innovative foraging techniques, novel social system, and unconventional habitat use patterns. Gubbins debunks widely held myths about the animals, addresses conservation issues that will affect their future in South Carolina waters, and discusses environmental problems that threaten them worldwide. While Gubbins looks specifically at the dolphins of Hilton Head, her guide helps readers understand these animals throughout the world. She offers advice not only for spotting dolphins but also for interpreting such specific behaviors as feeding, socializing, resting, traveling, and communication. Behind the pristine beaches and world renown of Hilton Head Island lies a history that dates back to the early exploration of the nation. In 1663, William Hilton, a mariner born in England, was hired by a group in Barbados to find new lands for them to settle. Hilton led an exploration of the Port Royal Sound area, where he named a high bluff of land Hiltons Head as a navigational marker for future sailors. The island began as a sparsely populated area on the fringe of English settlement in the late seventeenth and early eighteenth centuries, when it was called Trench's Island on some maps. Author Dwayne W. Pickett details the life of Hilton, his exploration of the Carolina coast and the founding of an iconic island.

Despite an increasing interest in health, a growing number of people in this country are overweight. In this updated edition, Dr. Miller incorporates the newest scientific findings to teach readers how to lose weight permanently. Includes all-new menu plans based on new foods and new research.

From cooking coon and possum to recalling the heyday of Melrose Plantation, these are the heartwarming stories of Hilton Head, Bluffton and Daufuskie before, as the Gullahs might say, it all change up. In this second volume of personal memories collected by Hilton Head journalist Fran Heyward Marscher, area old-timers tell of the adventures, the industry and the heart of the Lowcountry itself. Before the golf courses and resorts, the residents of Beaufort and Jasper Counties often scraped to make a living, but they left behind stories of enduring devotion and perseverance. Keeping lighthouses on the coast, developing a method for catching crabs with only sticks and hunting quail in Hilton Head are only a few of the tales preserved by local old-timers from the early days of the twentieth century to the times of economic transition after World War II. In ice cream and butter beans, picking oysters and exploring the beach, these memories of the Lowcountry will last for generations.

The Sands of Time

Hidden History of Hilton Head

After the Fall

Paradise

Sights, Culture, Food, Shopping and Fun
Count to Sleep Hilton Head

Just north of where the Savannah River flows into the Atlantic lies an idyllic stretch of beach, marsh, and forest known as Hilton Head Island, South Carolina. In the 1950s, Charles Fraser transformed this almost forgotten barrier island into one of America's premier vacation destinations and, in doing so, invented the modern resort and retirement community. In this case study of that archetypal development and the others that followed on Hilton Head Island, Michael N. Danielson explores the interplay of private power and public authority as well as the dilemma of growth in America's recreation-based communities. Danielson contends that Hilton Head offers fertile ground for evaluating the influence of private elites and public officials on largely self-contained resort and retirement communities, an increasingly important but previously unexamined component of urban growth in America. Identifying growth as the island's central political issue, Danielson submits that resorts like Hilton Head face the similar predicament - the reality that economic expansion alters the very attributes that attracted developers, residents, and vacationers to a particular locale. His case study illustrates the impact of growth on the economic and political fortunes of a geographic area and the residents living in it.

What was Hilton Head like in the early days? Was it Paradise, Camelot, Utopia, or the Days of Wine and Roses? It was all of those things. It was a quiet simpler time with mostly dirt roads, surrounded by incredible natural beauty. Being a part of the growing Island was the chance of a lifetime - witnessing the first Heritage Gold Tournament, feeling the joy as people began to discover the oceanfront treasure nestled in the tall pines. Our family was there to help plant the seeds that have grown Hilton Head into the beloved destination it is today.

"With Hilton Head & the Lowcountry."--Cover.

The story of the disappearance of Elizabeth and John Calvert on Hilton Head Island in 2008. The suspect, Dennis Gerwing committed suicide that complicated the unsolved case. Murder and mystery surround this high profile case.

Roads to Hilton Head Island

Remembering the Way it was at Hilton Head, Bluffton, and Daufuskie

On Hilton Head Island

Savannah

Hilton Head Island Images

Remembering the Way it Was at Hilton Head, Bluffton and Daufuskie

Just off the coast of South Carolina lies Hilton Head Island, a popular vacation spot for golf enthusiasts and beach lovers. Its allure has spanned generations since Europeans started to develop it nearly 350 years ago. Hilton Head was also a Confederate stronghold during the American Civil War. Overview - Location & Orientation - Climate & When to Visit - Sightseeing Highlights - The Sandbox - Coastal Discovery Museum - Sea Pines Forest Preserve - Pinckney Island National Wildlife Refuge - Newhall Audubon Nature Preserve - Lawton Stables - Forest Beach Bikes Paddle Boarding - Harbor Town Golf Links - Arts Center of Coastal Carolina - Adventure Cove Family Fun Center - Sky Pirate Parasail - Heyward House - Dolphin Watch Nature Cruise - Pirate's Island Adventure Golf - Live OAC - Gullah Museum - Harbour Town Lighthouse Museum - Recommendations for the Budget Traveler - Places to Stay - Red Roof Inn Hilton Head Island - Disney Hilton Head Island Resort - Days Inn Hilton Head - Park Lane Hotel & Condominiums - Hilton Head Island Beach & Tennis Resort - Hilton Garden Inn - Hilton Head Marriott Resort & Spa - Places to Eat & Drink - Annie O's Southern Eats - Bullies - Stu's Surfside Subs - One Hot Mamma's American Grille - The Sea Shack - Aunt Chiladas Easy Street Caf - Places to Shop - Coligny Plaza Shopping Center - Chocolate Canopy - Main Street Village - Camp Hilton Head - The Village at Wexford - The Greenery

Enjoy your trip to the United States with the Hilton Head Island Travel Guide: Sights, Culture, Food, Shopping & Fun. The Quick Trips to the United States Series provides key information about the best sights and experiences if you have just a few

days to spend in the exciting destination of Hilton Head Island. So don't waste time! We give you sharp facts and opinions that are accessible to you quickly when in Hilton Head Island. Like the best and most famous sightseeing attractions & fun activities (including The Sandbox, Coastal Discovery Museum, Sea Pines Forest Preserve, Pinckney Island National Wildlife Refuge, Newhall Audubon Nature Preserve, Lawton Stables, Forest Beach Bikes Paddle Boarding, Harbor Town Golf Links, Arts Center of Coastal Carolina, Adventure Cove Family Fun Center, Sky Pirate Parasail, Heyward House, Dolphin Watch Nature Cruise, Pirate's Island Adventure Golf, Live OAC, Gullah Museum, Harbor Town Lighthouse Museum), where to experience the local culture, great local restaurant choices and accommodation for the budget-minded. Where to shop until you drop, party the night away and then relax and recover! Also included is information about the typical weather conditions in Hilton Head Island, Entry Requirements, Health Insurance, Travelling with Pets, Airports & Airlines in the United States, Currency, Banking & ATMs, Credit Cards, Reclaiming VAT, Tipping Policy, Mobile Phones, Dialling Code, Emergency numbers, Public Holidays in the United States, Time Zone, Daylight Savings Time, School Holidays, Trading Hours, Driving Laws, Smoking Laws, Drinking Laws, Electricity, Tourist Information (TI), Food & Drink Trends, and a list of useful travel websites. The Hilton Head Island Travel Guide: Sights, Culture, Food, Shopping & Fun - don't visit the United States without it! Available in print and in ebook formats.

Hilton Head Island is a haven of natural beauty, sunny skies, sandy beaches and extraordinary marshes. Enjoy lush, stunning imagery combined with history and stories to paint a vivid picture of island life yesterday and today. The Camera Club of Hilton Head will lead you on a visual adventure deep into all things Lowcountry and the island in particular. So come on along, get your toes in the sand, grab a drink and enjoy The Official Hilton Head Island book.

In the hundred years separating the Civil War and the 1950s, the Lowcountry was a world unto itself. The big plantations were gone, and for those remaining life had to be wrenched from the soil and the creeks. But for some, these isolated barrier islands offered heaven on earth: virgin maritime forest, pristine saltwater, sand roads and plentiful wild game. This fascinating collection of stories speaks to us of life in a simpler time, of raising hogs, guineas and children on abandoned plantations; growing sweet potatoes, okra and sugar cane; trapping mink and picking oysters; pulling 12-pound flounder and 79-pound drum from the creeks; making feasts of Loggerhead turtle eggs, crab and conch meat; picking musk; and taking the steamer to Savannah to see the "big city" lights. Our narrators were born between 1881 and 1941, and, though their stories overlap and intertwine, each has a unique perspective on life in the Lowcountry. Author Fran Heyward Marscher, a Hilton Head journalist, grew up hearing these precious memories and sought out the storytellers when she realized that the way of life they described was in danger of dying out with each generation.

Fodor's In Focus Savannah
Fodor's In Focus Charleston
Insiders' Guide® to Savannah & Hilton Head
Gullah Days
Being American in the World We Made

One Candy Stripe Lighthouse. Two Gators A'galivanting. Four Fairly Frightened Friends. Six Dancing Dolphins. Twelve Salty dogs A'barking. Like all of Carole Marsh Mysteries, The Mystery on Hilton Head Island incorporates history, geography, culture and cliffhanger chapters that will keep kids begging for more! This mystery includes SAT words, educational facts, fun and humor, built-in book club and activities.

For a limited time, receive a free Fodor's Guide to Safe and Healthy Travel e-book with the purchase of this guidebook! Go to fodors.com for details. Written by locals, Fodor's InFocus Charleston is the perfect guidebook for those looking for insider tips to make the most out their visit to Charleston, South Carolina.

Complete with detailed maps and concise descriptions, this travel guide will help you plan your trip with ease. One of the South's most iconic cities, Charleston has perennial appeal for travelers. In the city's picturesque and walkable center you'll find pastel rowhouses and white-columned antebellum mansions. This setting, together with superb Southern cuisine, makes Charleston a prime domestic American travel destination. This guide also covers a side trip to popular Hilton Head. Fodor's InFocus Charleston includes:

- **UP-TO-DATE COVERAGE:** New hotels, shops, and nightlife options have been added throughout the guide. The city's cutting-edge restaurant scene gets special attention.
- **ULTIMATE EXPERIENCES GUIDE:** A brief introduction and spectacular color photos capture the ultimate experiences and attractions throughout Charleston.
- **GORGEOUS PHOTOS AND DETAILED MAPS:** Eight pages of full-color photos and full-size street maps throughout to inspire and help you get around stress-free.
- **ITINERARIES AND TOP RECOMMENDATIONS:** We've curated itineraries for the perfect day in Charleston, plus recommended side trips from the city. We include tips on where to eat, stay, and shop as well as information about nightlife, sports, and the outdoors. Fodor's Choice designates our best picks in every category.
- **COMPACT FORMAT:** Fodor's InFocus Guides are packed with the same coverage of a full-size guidebook in a smaller, more convenient format that is easier to carry.
- **COVERS:** King Street, Sullivan's Island, Fort Sumter National Monument, side trips to Moncks Corner and Edisto Island, and much more.
- **ABOUT FODOR'S AUTHORS:** Each Fodor's Travel Guide is researched and written by local experts. Fodor's has been offering expert advice for all tastes and budgets for over 80 years. Planning on visiting other destinations in the southeast? Check out Fodor's The Carolinas and Georgia and Fodor's Florida.

Hilton Head Island, a celebrated resort community with a colorful and intriguing past, is one of South Carolina's premier tourist destinations. Its scenery and leisure industry attract more than 1.5 million visitors each year to play golf, relax on the beaches, or just to soak up the atmosphere. Before the fairways and hotels ever arrived on the scene, the island already had a long and interesting history dating back as far as 10,000 years

ago, when Native Americans first began to visit the area. In Hilton Head Island, Natalie Hefter and the Coastal Discovery Museum revisit this history, charting the area's development from its first plantation in 1717, through the boom years of shipbuilding and Sea Island cotton to the Civil War. In over 200 vintage photographs, the authors document the impact of the Union occupation, the establishment of Mitchelville (the island's "contraband" and Freedmen community), the dramatic effects of the first bridge to the island, and the development of the tourist industry that now typifies Hilton Head.

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The Dolphins of Hilton Head
Their Natural History
Hilton Head Island, South Carolina
The Hilton Head Over-35 Diet
Memories of Hilton Head in the Early Days
The Mermaid of Hilton Head
Explore Hilton Head Island and the historic Lowcountry of South Carolina with Tourist Town Guides. This all-new independent guide provides comprehensive information for new or returning visitors. Learn about top attractions for families, golfers and anglers, seasonal events, the best restaurants and hotels, and more! Authors Liz and Charlie Mitchell will help you experience the best of Hilton Head, with insightful tips for every taste. So plan your next vacation to the Lowcountry with confidence.

For a limited time, receive a free Fodor's Guide to

Safe and Healthy Travel e-book with the purchase of Focus Charleston, Fodor's The Carolinas and this guidebook! Go to fodors.com for details. Ready to experience Savannah? The experts at Fodor's are here to help. Fodor's InFocus Savannah travel guide is packed with customizable itineraries with top recommendations, detailed maps of Savannah, and exclusive tips from locals. Whether you want to learn haunted history during a ghost tour, take a river boat cruise, or taste locally-made beer, this user-friendly guidebook will help you plan it all out. Our local writers vet every recommendation to ensure that you not only make the most of your time, but that you also have all the most up-to-date and essential information you need to plan the perfect trip. Fodor's InFocus Savannah includes: AN ULTIMATE EXPERIENCE GUIDE that visually captures the top highlights of Savannah. SPECTACULAR FEATURES throughout, including special features on the best Savannah barbecue, Gullah culture, and family-friendly activities. ITINERARIES for various trip lengths help you maximize your time. DETAILED MAPS help you plot your itinerary and navigate confidently. EXPERT RECOMMENDATIONS ON HOTELS AND RESTAURANTS offer options for every taste. TRIP PLANNING TOOLS AND PRACTICAL TIPS include: guides to getting around, saving money and time, beating the crowds; and a calendar of festivals and events. LOCAL INSIDER ADVICE tells you where to find under-the-radar gems, along with the best walking tours. HISTORICAL AND CULTURAL OVERVIEWS add perspective and enrich your travels. NIGHTLIFE TIPS – how to best enjoy Savannah by night, from best evenings for a night out to street etiquette. COVERS: Hilton Head, the Lowcountry, Tybee Island, Savannah's Historic District, the Bonaventure Cemetery, and more. ABOUT FODOR'S AUTHORS: Each Fodor's Travel Guide is researched and written by local experts. Fodor's has been offering expert advice for all tastes and budgets for over 80 years. Planning on seeing more of the region? Check out Fodor's In

Georgia, and Fodor's Florida. One of the South's most iconic cities, Charleston has perennial appeal for travelers. Eye-candy abounds throughout the city's walkable center, from pastel row houses to white-columned antebellum mansions and leafy streets. This setting, together with superb Southern cuisine and green spaces for outdoor activities, makes Charleston a prime domestic American travel destination. Fodor's InFocus Charleston ebook edition also covers a side trip to popular Hilton Head. New Coverage: New hotels, shops, and nightlife options have been added throughout the guide. The city's cutting-edge restaurant scene gets special attention. Indispensable Trip Planning Tools: A planner gives useful, practical overviews of trip-planning information, and Top Attractions features the must-see attractions and experiences. Best Bets highlight the best-of-the-best hotels and restaurants based on travelers' interests. Top Outdoor Experiences covers the best beaches, biking, boating, and golfing in the region. And Quick Bites call out places to stop, catch a quick lunch, and rest your feet about town. Discerning Recommendations: Fodor's InFocus Charleston ebook edition offers savvy advice and recommendations from expert and local writers to help travelers make the most of their time. Fodor's Choice designates our best picks, from hotels to nightlife. "Word of Mouth" quotes from fellow travelers provide valuable insights. "In 2017, as Ben Rhodes was helping former president Barack Obama begin his next chapter, the legacy they worked to build for eight years was being taken apart. To understand what was happening in his own country, Rhodes decided to look outward, at the wider world. Over the next three years, he traveled to dozens of countries, meeting with politicians, dissidents, and activists confronting the same forces that produced the Trump presidency: spreading nationalism, authoritarianism, and disinformation. Along the way,

he was spied on by former Mossad operatives and the Chinese government, met with Hong Kong protesters and Russian oppositionists, and found people from Europe to Asia to the United States struggling to reconcile their own identities with the crude nationalism of their leaders--all while pursuing new strategies to fight back. Equal parts memoir and reporting, 'After the Fall' is an ambitious and essential work of discovery. Throughout, Rhodes reflects on how the 2008 financial crisis completed a collapse of public confidence in America, globalization, and democracy itself, opening a door to the wave of strongman leaders who have transformed our world--men like Viktor Orban in Hungary, Vladimir Putin in Russia, and Xi Jinping in China. He wrestles with how peoples' yearning for identity and belonging has been weaponized by nationalists. And he learns from a diverse set of characters--from Obama to rebels to rising politicians--how we can choose a more hopeful story going forward"--Publisher's description. Discover the Treasures of One of America's Most Cherished Coastal Towns Hilton Head Island Travel Guide With Hilton Head and the Lowcountry Revised for the 1990's and Beyond The New Hilton Head Metabolism Diet Hilton Head Island Travel Guide (Quick Trips Series) From the bestselling author of The Hilton Head Metabolism Diet comes the only complete diet system that addresses the special problems of age-related weight gain and helps everyone over 35 beat the "fat trap" for good. Before the Europeans came, Amerindians celebrated on Hilton Head Island with seasonal oyster feasts. Later, planters made fortunes here with Sea Island cotton. But the island came alive to the guns of the Union in 1861 and, for seven years, was host to the troops who helped former slaves even before the Emancipation Proclamation made freedom official. The forces left, and the island slept. In the pages of this book are some of the people who kept the Gullah sea island culture alive, a

self-sustaining culture of mutual help and integrity, living off the sea and the land. This volume also includes some of the people who set a standard for development and made the island what it is today, unique visionaries who had a fierce devotion to preservation of the island's natural beauty, its flora, and its fauna."

Gullah History and Tradition

The Mystery at Hilton Head Island

A New Island Paradise

The History of Hilton Head Island, South Carolina

Profits and Politics in Paradise