

**From:** listmgr@bounces.enflyer.emsvc.net <listmgr@bounces.enflyer.emsvc.net>  
**To:** Kester, Tonykester@aging.sc.gov  
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April 23, 2015

*Below: Zip-a-dee-doo-dah, the real chef's life, hit that ball, throw that pot, plant something, get cultured.*

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## Carolina Adventures

### Chattooga Ridge Canopy Tours Near Westminster, SC

#### Fly through the Trees

It's not for elite athletes only, although a bit of fitness will certainly come in handy. Ziplines are all the rage these days and with good reason. You get a traditional bird's eye view, an exhilarating rush, and a good time with bragging rights.

The Chattooga Ridge Canopy Tours is in the upper, western area of South Carolina. This is apple country and outdoors country. On any given weekend you'll see bicycles, rafters, and folks generally out having a good time. Zip-lining is another option.

When you go, take note (if you can focus) of the forest floor, which is covered in mountain laurel as well as rhododendron, flame azaleas and other remarkable plants. Depending on the time of year, the area can be shockingly beautiful.

A bit nervous? Don't be. The equipment is safety tested, and the Canopy Rangers are trained to industry standards. You'll navigate ground school first, learning safety tips and techniques. A hoist up to the platform gets things going. Then, the fun really begins, with four bridges, 12 ziplines and five zips across Academy Lake. What a way to see a good portion of 19 beautiful acres, including Wildwater Chattooga (for rafting, later), and the lake.

*WOW Factor:* Are you kidding? Scream factor is more like it. Of course you should be in reasonably good physical condition. Don't indulge if you're pregnant. You'll be trained, and accredited professionals are nearby. Weather permitting, you can enjoy the Canopy Tours during three seasons.

*Hint:* Leave the cell phone in the car. Wear collared shirts and long pants or long shorts for a more comfortable ride. Stay on the property at a cottage if you'd like to extend the three-hour fun to include river rafting, a whitewater kayak clinic, lake kayaking or stand-up paddleboarding. Save time to explore the quaint mountain towns in the area.

[More Info.](#)

## Carolina Famous Faces

### Vivian Howard

***“Seriously Seasonal, Seriously Local, Seriously Delicious”***

If you ever watch “A Chef's Life” on your local PBS station, you'll be hooked for life (especially if you love Southern food, the farm-to-fork philosophy, and the ability to be a bit of a voyeur as Chef Howard and her husband, artist Ben Knight, work, play and create spectacular food in Eastern North Carolina.)

It's not all peaches and cream, especially during the segment during which The Chef and the Farmer, their brand new restaurant, has a devastating fire, but what comes through is talent, commitment and a willingness to do the hard work to get the job done while embracing family and raising twins.

It's paid off. Chef Howard and her restaurant have won many accolades – she was selected as a James Beard semi-finalist – and visitors and locals flock to enjoy the creations.

For those of us who have left home only to be lured back, the back

story is familiar. Vivian Howard and her husband, Ben Knight, worked and played in New York. She had become well-known in the Manhattan restaurant world, as well as with her gourmet delivery service. She could have opened a restaurant there, but her parents offered to help her build a restaurant, if she agreed to open it back home in Eastern North Carolina, “a place to which she swore she would never return.”

Today, in Kinston, NC, their restaurant is open and thriving. Her family is part of her daily life and the twins are flourishing. And, the world has gotten to know the family, through the award-winning series, “A Chef’s Life.”

Winner of the Peabody Award in 2013, the series is admired for its honesty, and its “nuanced, non-stereotypical portrait of the rural and small-town American South.”

And now, Chef Howard has partnered with Southern Season to showcase products she finds worthy. \*

Want to visit the restaurant and watch the show? Of course you do. You can thank us later.

[A Chef’s Life.](#)

[The Chef and the Farmer Restaurant.](#)

\*The new issue of CarolinaLiving.com features a Carolina Adventure about visiting Southern Season and you can learn about the shop in an upcoming issue of Compass eNews.

## Carolina Creatives

### **It’s In His Blood Ben Owen III, Potter**

He didn’t have a chance to do anything else. First, his forefathers arrived in North Carolina from England in the late 1700s to furnish storage jars for early settlers. Ben’s grandfather, master potter Ben Owen, Sr., admired early oriental pottery he saw and translated it into his own style. Ben III studied pottery with his grandfather, visiting the studio after school beginning when he was eight. He practiced, learned and fell in love with the art. How could he not?

He continued his studies at East Carolina University and his knowledge deepened through travels around the U.S. and abroad to Japan, Australia, New Zealand, Europe, and more recently, China.

Today, his family is the fourth generation to live in the Owen home, located next door to the museum the Owens opened to showcase the traditions and transitions of pottery in their family history. On display are pots from four generations, plus the ancient Chinese pots resembling the ones Ben Owen, Sr. studied in the 1920s and 1930s.

## Good times ahead

Hello Tony,

Have you tasted this year's fresh-from-the-garden, tender asparagus tips yet?

What about sweet and luscious strawberries from the fields? Azaleas are in full bloom and we're hearing the putt-putt of tillers turning the soil for heirloom tomato plantings. We'll have to wait a bit for those.

Read on ... lots to enjoy today, including:

A Charleston food tour that makes the Holy City even better for visitors.

Grow something. They'll show you how at this fabulous garden festival.

Four generations – amazing talent – remarkable creations. Buy his pots.

Play golf in the Carolinas year-round, especially now.

39 years of Spoleto – performances are better than ever.

A light blueberry tart – really!

A growing economy, low taxes and real estate bonanzas sweeten lifestyle incentives to live here. Click to: [Retirement Living](#) & [Real Estate Tips](#).

Use the 370+ pages at CarolinaLiving.com as your resource for Carolina facts 'n fun that lead to stories 'n memories!

All the Best,

[Leyla & Patrick Mason](#)  
Co-Founders,

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**Spoleto - 39th season**

His work is superb, and his glazes are simply breathtaking. The clay used is stoneware, earthenware and porcelain. Some is dug from the family farm. Visit the website, [www.benowenpottery.com](http://www.benowenpottery.com), and plan to visit his studio and the museum. And take your credit card. You'll want to bring one of these magnificent creations home.

## Unleash the Green Thumb!

### Garden Jubilee Festival

**Saturday, May 23 &  
Sunday, May 24, 2015  
9am-6pm (both days)**

**Historic Downtown Hendersonville, NC**  
(Main Street from Sixth Avenue to Caswell Street)

The Annual Garden Jubilee Festival is celebrating its 20th year in Historic Downtown Hendersonville. It's Historic Hendersonville's premier lawn & garden show, and one of the largest gardening shows in the Western North Carolina.

The Festival showcases more than 150 vendors lining Main Street. Southern Living garden expert, Bill Slack, and national lawn & garden representatives present a series of free lectures throughout the two-day show.

Lowe's Expo will feature lawn & garden workshops, a variety of plants for sale, beautiful patio displays, a hands-on kids' clinic, outdoor furniture and equipment. National product representatives will be available in their tents giving out free samples and helpful tips.

Please leave your pets comfortably at home. Hendersonville City ordinance prohibits animals in the event area.

[Garden Jubilee](#) is an event of the Henderson County Tourism Development Authority.  
Learn more about [Hendersonville](#).

**Carolina Golf Living**



## Charleston's Masterpiece of Performing Arts

**May 22-June 7, 2015**  
**Charleston, SC**

Every year, for 17 days, visitors from around the world arrive in Charleston to immerse in a magnificent opportunity to see great theatre, listen to the greatest musicians, and enjoy fabulous dance.

And it's more than that. It is a delicious assault on the senses and everyone should go at least once.

(Once is never enough, and we speak from experience.)

A Few Highlights of the 2015 Festival:

- World premiere of contemporary opera *Paradise Interrupted*
- First US performances of a new production of *Romeo and Juliet*
- Memorial Day concert by Emmylou Harris and Rodney Crowell

Performances sell out quickly, so act now. It's that good.

[Spoleto USA](#)

More about [Charleston](#).

**The New Guide is here.**

## Back to School ... with Golf Clubs in Hand

How many times have you heard a friend say, "Boy, it would be nice to go back to school?" And how many times have you thought that yourself?

Today, the opportunities are rife to literally go back to school by buying a home just a few miles from a major university that offers continuing education courses aimed at retirees.

Many of these universities in the Carolinas offer free or inexpensive "lifelong learning" classes to retired people. Subject matter ranges all over the map, including an upcoming course at the Wilmington, NC, branch of the University of North Carolina entitled "Johnny Reb, Billy Yank and Aphrodite: Sex and the Civil War; "How South Carolina Won the Revolutionary War" offered at Conway, SC's Coastal Carolina University; and "History of the English Cathedrals" at Furman University in Greenville, SC.

Many retirees are giving in to the pull of the college campus, mindful that these institutions are magnets for concerts, art shows, top sporting contests, comprehensive libraries and, of course, the prospect of a wide range of classroom topics. Luckily for golfers, some of the most highly rated golf communities in the Carolinas are located just a few miles from campus, making it easy to combine exercise for the mind and body without having to work too hard to arrange either.

[Discover](#) great golf courses in college towns.

**Carolina Cuisine**

**Updated town information, six fun new Carolina Adventures, and info about living "Beyond the Porch." Order yours today.**

Click [here](#) for the official hold-in-your-hand Guide to Carolina lifestyle fun and adventure trips, plus real estate tips, tax & cost-of-living advantages, retirement opportunities and town profiles.

Just share your dream goals and we'll help lead you to smart Carolina life and times.

## Facebook

### What's your music?

We've got it all, my friends, from beach, to rock, to blues, classical, and international. Who's on your iPad? Please [post](#) on Facebook.

## Bonjour Y'All

That's the name of a cookbook for home cooks and lovers of "Southern Cuisine," brought to you by Heidi Vuko, owner of the Myrtle Beach-based restaurant, Croissants Bistro & Bakery. This talented chef has been serving up Southern fare with a French culinary twist to locals and beach vacationers for nearly twenty years.

And while this [Blueberry/Raspberry Tart](#) isn't completely guilt-free, it's light enough not to weigh you down and that's a good thing, especially if you're planning to visit the Grand Strand this summer.

## Heading your way twice a month

- Let's Take a Road Trip!
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[www.carolinalive.com](http://www.carolinalive.com) phone 803.782.7466  
4201 Blossom Street Columbia, SC 29205-2850

Compiled by Katherine O. Pettit • Designed by Ann Dolin

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