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To: Kester, Tonykester@aging.sc.gov
Date: 3/26/2015 10:06:57 AM
Subject: Spotlighting: Family Circle, Blue Ridge Mountains, Charleston, Beaufort, Lake City

March 26, 2015

Below: Namaste, let freedom ring, simply grand golf, we love this game, art is alive, liquid beauty, superb strawberries.

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Carolina Adventures

Rocky Face Park | Statesville, NC

Mindful Practice in the Forest. Namaste.

This hidden gem, near Statesville, NC offers a great moderate to strenuous hiking trail over about five miles. Formerly a quarry, it ceased operations in the early 1940s. There were agricultural operations in the area, and local residents enjoyed the rock climbing and natural beauty of the area.

In 2003, it was listed on the North Carolina Registry of Natural Heritage Areas because of its unique qualities.

Today, the area includes a paved ADA walking track. The actual quarry area features a sheer cliff face – popular with qualified rock climbers. Fun to watch, but for many of us, the hiking trails outside the quarry area offer more realistic exercise/exploration possibilities. Hikers will travel along the top of the quarry cliffs and up to the mountain peak, where a magnificent view awaits. During the hike, watch for markers that identify the rare plants found in the area. Look for benches positioned courtesy an eagle scout project.

There is a picnic shelter, and restrooms are convenient. The park office and rangers are helpful and geocaching is available.

WOW Factor: Check out the special events, including hiking to yoga, and a public hawk watch in early Fall. Public star gazing is fun, and you may even see a wedding or family gathering in the park.

Hint: Cell phone, plenty of water, camera – all the usual items will come in handy, here. Open seven days a week from 8am to 8pm. Taylorsville is the nearest town and if you don't want to take a picnic, seek out a local mom and pop store. Scotty's Home Town Grill has sandwiches, plate lunches and homemade desserts.

Learn more: 828.635.5635

Visit: [NC Yoga Directory](#) | [SC Yoga Directory](#)

Famous Faces

Robert Smalls

April 5, 1839 -

February 23, 1915

Robert Smalls was born in Beaufort, SC, to a house servant named Lydia Polite. His father was never identified, but most historians believe it was Henry McKee, the son of the plantation owner where Lydia's family lived and worked.

Young Robert was carried around Beaufort by Mr. McKee, and enjoyed a life of relative ease, however his mother was determined to show him the plight of those who were enslaved. She made sure he was introduced to slave life on the plantation, and he even was exposed to the town whipping post, to see how others were treated. When he was 12, Lydia persuaded Henry McKee to allow young Robert to work in Charleston, doing odd jobs and learning about life, especially on the waterfront.

He found work on a boat called *The Planter* and gained the skills to become an excellent pilot. Robert married at 19 and had two children with his wife, Hannah Jones, who was also a slave.

Knowing they were all at the mercy of their masters, he concocted a plot and on May 13, 1862, he and several other enslaved men brought their families on board *The Planter* and they sailed past confederate blockades and into the arms of the Union Navy.

Freedom was theirs!

He was given an audience with President Abraham Lincoln, and worked for union forces during the rest of the war. Eventually, he achieved the rank of Major General in the South Carolina Militia during Reconstruction.

And here things really become interesting. He returned to Beaufort after the war, and purchased his former master's house at 511 Prince Street. His mother, Lydia, lived with the family as did his former master's widow, who was quite elderly.

Both remained with the

Smalls until their deaths.

He was a delegate to several Republican National Conventions and was elected to the SC House of Representatives and the Senate.

During that time, he authored state legislation providing for South Carolina to have the first free and compulsory public Schools in the US. He also founded the Republican Party of South Carolina.

In 1874, he was elected to the US House of Representatives, holding the fifth, then seventh Congressional seats.

Robert Smalls lived a bold and colorful life. He died at 75 and is buried in his family's plot in the churchyard of the Tabernacle Baptist church in downtown Beaufort. He has 75 living descendants, however none bear the Smalls name. His home is occasionally open for tours and clearly marked in the historic section of Beaufort.

If you ever have the chance to visit the [Robert Smalls traveling exhibit](#), make sure to do so. The man is fascinating and his story would make a fabulous movie.

Learn more about [Beaufort](#).

Photo of Robert Smalls house by Donna Armer

The Golfing Smorgasbord that is Myrtle Beach

For the golfing gourmand, there is no place like Myrtle Beach.

Despite the fact that the Grand Strand, as its marketers call it, has lost nearly two dozen golf courses in the last 10 years, there is still more golfing variety along the 90-mile stretch of sand and pine forests than in any comparable area anywhere.

Whether you envision a private or semi-private golf club membership in your retirement, or whether you are inclined to save money and play a grand buffet of different layouts, the Myrtle Beach area golf scene will quell your appetite.

[Discover why.](#)

Watch 'em Work! Get Inspired.

Good times ahead

Hello Tony,

Welcome Spring. Bicycles out. Azaleas turning every yard into a botanical garden. It's good, here.

Thoughts just can't help but turn fast to the outdoors when spring arrives.

Hint: incentivize your outdoor living by seeing what the experts are designing in the upcoming Outdoor Living Rooms cover feature in the *CarolinaLiving.com Guide*. Promise: you'll be inspired.

Time to make plans for vacation – early bird reservations get the best view units!

Read on:

A mountain-top experience that feeds your body and your mind. Namaste.

A courageous and brilliant man who saved his family and changed a bit of the south forever.

Grand Strand golf is tops for affordable courses in a favorite holiday locale.

Waterfalls. Getting there is half the fun.

Artfields, year three. More to love than ever before.

Watch these world-class players at their best. You'll be inspired to get that racket out of the closet.

Happy times abound! All across the Carolinas you'll find jobs, low taxes and great home prices. Click to: [Retirement Living](#) & [Real Estate Tips](#).

Click to 370 pages at CarolinaLiving.com your resource for Carolina facts 'n fun ... stories 'n memories!

All the Best,

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

PS: Tony, your perfect Carolina

Christian Thee in studio

Columbia Open Art Studios

Saturday & Sunday: April 11-12, 2015

701 Center for Contemporary Art presents the 5th anniversary of Columbia Open Studios, a free, self-led driving tour of artists' working studios spanning the City of Columbia and the Midlands area of SC, showcasing brilliant visual artists community as they work.

You get to meet and interact with the artists in a variety of unique studio environments. Saturday 10am-6pm and Sunday 12-6 pm . Visit www.columbiaopenstudios.org for more information.

Be sure to include the fascinating studio of [Christian Thee](#) on your tour.

Top Women's Tennis Event

Family Circle Cup April 4-12, 2015 | Daniel Island, South Carolina

Eight of the top 20 women's players in the world will be participating in the 43rd Family Circle Cup, which will include 56 players from world stars to up-and-coming talent.

Highlights from the Main Draw include:

- 20 countries represented in the international player field
- Eight players in the top 20 in the world
- Four past Family Circle Cup Champions: Andrea Petkovic (2014), Samantha Stosur (2011), Sabine Lisicki (2009) and Jelena Jankovic (2007)

vacation destination had what? (A spa, outdoor track, yoga coach, kayak, or shuttle to shopping?) Do share with our editor, [Kathy Pettit](#). We'll pass along your experiences and questions.

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Carolina Cuisine

A Very Honorable Mention

We can almost taste April's first, fresh strawberries. To set the mood for lushness, we searched out a main dish that folds one of our first spring fruits into a completely healthy meal.

Thanks to Betty Thompson Morton, Kernersville, NC who won Honorable Mention at the 2013 Strawberry Recipe Contest, Piedmont Triad Farmers Market with this entry. We hear the judges took second helpings of her [Strawberry Rice Salad with Chicken & Almonds](#).

The Guide is Here.

Updated town information, six fun new Carolina Adventures, and one heck of a good-looking water story. 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.

- Nine Americans in the field
- Local Charleston player Shelby Rogers qualifies for the 2015 Family Circle Cup main draw
- Madison Keys, top ranked American player in the field, currently World No. 18 after reaching the Australian Open semifinals

About the Family Circle Cup

The Family Circle Cup is the largest women's only tennis tournament in the world, and *Family Circle* is the longest running title sponsor of a sporting event in the United States, as well as in all of professional tennis, worldwide. With more than 21 million readers, *Family Circle* is one of the most widely read monthly magazines in America.

For more information on the Family Circle Cup, Call (800) 677-2293, Visit www.FamilyCircleCup.com
Family Circle Tennis Center (City of Charleston Facility)
161 Seven Farms Drive · Daniel Island · Charleston, SC 29492

Discover more about [Charleston](#).

Photography: Jon Mondragon

Carolina Creatives

Take a Hike

Why Do We Love Waterfalls?

A recent blog from author Tim Spira shared this:

"Waterfalls are rare or absent over much of the earth's surface. If you're lucky enough to live near (or travel to) an area where waterfalls are abundant, beware! Hiking to waterfalls can become an obsession for which there is no known cure."

Sounds like a lovely obsession, especially for those who can choose to live near such beauty.

The UNC Press description tells us that if you love waterfalls, here are some of the best hikes in the Southern Appalachians. And if you love plants – or simply would like to learn more about them – you will be in hiking heaven: naturalist Tim Spira's guidebook links waterfalls and wildflowers in a spectacularly beautiful region famous for both. Leading you to gorgeous waterfalls in Virginia, North Carolina, Tennessee, South Carolina, and Georgia, the book includes many hikes in the Great Smoky Mountains National Park and along the Blue Ridge Parkway. [More](#) about the book.

About the Author: Timothy P. Spira, professor of biology at Clemson University, is the author of Wildflowers and Plant Communities of the Southern Appalachian Mountains and Piedmont: A Naturalist's Guide to the Carolinas, Virginia, Tennessee, and Georgia.

Artfields

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

Facebook

The Great Outdoors.

We're exploring ways to take advantage of several of the Carolinas' most appealing resources – our climate and our geography.

Where's your go-to-commune-with-nature retreat? Please [share](#).

The South's Most Engaging Art Festival and Competition April 24-May 2, 2015

Most folks had never heard of Lake City, SC until ArtFields® was created. Today, arts lovers from everywhere make a point to plan a trip to this charming Southern small town for a complete saturation of arts and good times.

This community-focused celebration of art, awards \$100,000 in prizes to artists from across the Southeast. Initially founded in 2013 ArtFields annually transforms the historic district of Lake City, South Carolina into a Southern art destination for nine days, allowing visitors, residents, and artists to experience a massive arts festival in the heart of one of South Carolina's appealing villages.

ArtFields is the largest arts competition of its kind. Winners are determined by votes from ArtFields attendees and a juried panel of visual arts professionals. You'll enjoy good times, good food and great art! Learn more: www.artfieldssc.org/

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