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To: Kester, Tonykester@aging.sc.gov
Date: 9/27/2016 9:41:36 AM
Subject: Adventures: Beaufort, Lake Lure, Daniel Island, Penland, Charleston, Hartsville, Summerton, Grandfather Mountain

September 27, 2016 *Below: Holy Cuisine! Queen of Southern Storytelling; Sensory and Confrontational; Born Here, Beautiful Here; It's a Hoot; Oh, You Po-Boy; Duckfest.*

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Carolina Adventure

Chef's Kitchen Tour | Charleston, SC

We've debated the merits of front-of-the-house versus back-of-the-house importance when it comes to the quintessential dining experience. For my money, the ambience can only prop up ordinary food; however, exquisite food will elevate the most mundane dining environment to something better.

That's why it's so much fun to go behind the scenes, especially in Charleston, with its remarkable cadre of chefs, restaurants and food-themed experiences. Charleston Culinary Tours produces a number of foodie tours, but one that caught our collective eye is the Chef's Kitchen Tour.

Here, you step behind the curtain and learn a bit about the

chef and his/her philosophy.

Although the tour visits a variety of restaurants, it's the kitchens that offer a bit more how-to info. Depending on the date, you may meet four-time James Beard-nominated Chef Jeremiah Bacon at The Macintosh. Trust us here, the locally sourced ingredients, his remarkable skills, and the emphasis on the American South are guaranteed to whet your appetite for more. (Ask about the seafood charcuterie.)

Another chef, three-time James Beard nominee Josh Keeler, of Two Boroughs Larder, may be on your tour, bringing dynamic American seasonal cuisine to the table and delighting you with his skill.

There are other chefs you may meet along the way, including Nate Whiting, of 492 King. If he's participating on the day you go, you'll enjoy his personality, philosophy and background.

WOW Factor: Charleston is like no other in terms of talented chefs and amazing restaurants. The Chef's Kitchen Tour offers an opportunity to dig a little deeper, to get to know the people behind the food. Sure, you'll be tasting and tippling, but you'll also have the advantage of a super tour guide who knows these chefs and their environments.

Hint: Take a look at *Trip Advisor* and you'll find rave reviews about Hoon Calhoun, one of the Chef's Kitchen Tour guides. He's known as a wonderful and knowledgeable storyteller who entertains and amuses as he introduces and teaches. Of course, wear comfortable shoes and know that the tour goes on, rain or shine.

Go hungry, expect to taste and taste some more. If you're vacationing in Charleston, take this tour as soon as you arrive (Thursdays and Fridays, 9:30am to 12 noon). You'll want to return for dinner, without a doubt.

More [Carolina Adventures](#).

Tour details: www.charlestonculinarytours.com

Carolina Famous Faces

Cassandra King

The best-selling novelist and I have something in common. We both have maintained a lifelong appreciation of Daphne DeMaurier's classic romantic novel, *Rebecca*. I read it long ago, but have never forgotten the story and the late evenings I spent devouring every word, while hoping for the best for the terrified heroine.

Recently, I discovered that Ms. King has written a remarkable story that pays homage to the classic – set in the beautiful Blue Ridge Mountains. The inspiration for the plot was drawn from a coincidental – or not – summer trip to a beautiful old home in Highlands, accompanied by a well-worn copy of *Rebecca*. *Moonrise* is sitting on my kindle, calling my name right now.

Cassandra King was born in what she calls ‘Lower Alabama,’ but currently makes her home in Beaufort, SC, in a home she shared with her late husband, novelist Pat Conroy. (She met him when he wrote a blurb for one of her earlier novels.)

This author of five novels has been called “the Queen of Southern Storytelling” and with good reason.

The stories feature strong Southern women, in plots familiar to all of us who call the South our home.

Moonrise, *Making Waves*, *The Sunday Wife*, *Queen of Broken Hearts*, and *The Same Sweet Girls* all have their roots firmly planted in the Southern woman’s experience of life.

If you came of age in the South, you will feel quite at home. If not, you’ll still be fascinated.

For me, the back stories behind her novels are required reading.

Her real life of accidents and occurrences, suppositions and suggestions, is transformed into fiction, with a Southern drawl.

Currently, when she isn’t on book-signing tours for *Moonrise*, Cassandra King Conroy is helping in the creation of the Pat Conroy Literary Center in Beaufort, SC, which “will cultivate a passionate and inclusive reading and writing community in honor of the beloved Beaufort author.” In the introduction to the new collection of pieces by Conroy, *A Lowcountry Heart*, King wrote: Pat collected stories like others might collect rare stamps, or a library of illustrious music. Hearing a good story filled him with great excitement.” These two were clearly made for each other.

Buy her books at fine bookstores everywhere.

Cassandrakingconroy.com | PatConroyLiteraryCenter.org

Learn more about [Beaufort](#).

Autumn Attractions

Hello Tony,

The Carolina weather is simply perfect! Maple trees are turning yellow, and in the higher elevations, the colors are blending beautifully.

It’s time to get outside and revel in our comfortable climate. From October 1–October 30, somewhere in the Carolinas, you’ll be seeing a riot of colors, with barely a sweater needed! For birdwatchers, the skies are filled with our migratory feathered friends (except for the Canada geese, who often take up residence here, year round).

Grab your favorite beverage and settle down for an insider’s look at what’s new and different in our part of the world. Check out our festivals and tours, our artists and food – insider tips, all.

Now’s the time to let the Carolina lifestyle tempt you as it did us, 31 years ago. We’ve never looked back toward that frantic big-city frenzy. Visit first. You’ll return, perhaps for more great getaways, and eventually, to put down more permanent roots.

This is one heck of a vacation home destination.

Carolina Creative

Cristina Córdova

Sensory and Confrontational at Penland Gallery

The work of ceramic sculptor Cristina Córdova has always been concerned with the human form: the figure and the face, gesture and expression. Her upcoming show at the Penland Gallery is called “Cerca y Lejos,” and runs through November 20 with an opening reception on Saturday, October 1.

At the center of the exhibition are two life-size, standing ceramic figures: one depicts her husband and the other depicts one of their daughters. The

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Your feedback and ideas are always welcome!

Leyla & Patrick Mason

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Native Plants & The Landscape

Kalmia Gardens, in Hartsville, is hosting a fantastic symposium for folks who have a passion for native plants and why they are so valuable in our gardens. It's first-come, first-served so act quickly to reserve your ticket. Featured speakers include internationally recognized experts:

- Dr. Larry Mellichamp, Professor Emeritus of Botany at University of North Carolina at Charlotte, author of *Native Plants of*

the Southeast: A Comprehensive Guide to the Best 460 Species for the Garden. He will speak on "Why Native Plants Matter and How To Use Them In The Home Landscape."

- Dr. Arlene Marturano from University of South Carolina's Center for Science Education will speak about "Monarchs, Milkweed and Migration."

figures stand in front of wall-sized photographs of Puerto Rico that were taken from Internet sources and are presented as photo mosaics. Along with these dioramas are five large portraits of members of Córdoba's family.

Drawn on paper using clay slip and other materials, the oversized faces look directly and unflinchingly at the viewer. The show's title means "near and far" and refers to the proximity of the artist's family and the distance of her homeland.

In talking about this work, Córdoba notes that for her it represents a turn toward naturalism. "My work has been described in the past as having to do with surrealism and religious iconography. In this more overtly personal work, I am using images of real places and modeling real individuals."

Córdoba, who grew up in Puerto Rico and now lives and works near Penland School of Crafts in Mitchell County, North Carolina, has an MFA in ceramics from Alfred University in New York. She has received a North Carolina Arts Council fellowship, a Virginia A. Groot Foundation grant, and the prestigious United States Artists fellowship. Her work is in the collections of the Renwick Gallery of the Smithsonian American Art Museum in DC, the Mint Museum in Charlotte, NC, and the Museum of Contemporary Art in Puerto Rico. She was a Penland resident artist from 2002-2005 and has taught at the school several times.

Visit www.penland.org/gallery. Penland School of Crafts is a national center for craft education dedicated to helping people live creative lives.

Top image: Cristina Córdoba working on a ceramic sculpture for her Penland Gallery exhibition; Bottom: Cristina Córdoba, Arturo, clay and mixed-media drawing, 82 x 60 inches.

Creatures of the Night & Bonfire Delight at Grandfather Mountain

What do Grandfather Mountain's resident animals, including black bears, bald eagles, mountain lions and more do after dark?

• Dr. Patricia G. Lincoln, Professor Emerita of Biology at Coker College, will speak on the topic, "Our Native Bees: Friends in Need."

Morning sessions will be held at Elizabeth Boatwright Performing Arts Center of Coker College, followed by a box lunch picnic and private native plant sale for attendees at Kalmia Gardens of Coker College. The Gardens are located three miles from the college.

Contact: Mary Ridgeway,
mridgeway@coker.edu or
843.383.8145 | [Tickets](#)

Top image from *Native Plants of the Southeast: A Comprehensive Guide to the Best 460 Species for the Garden* by Dr. Larry Mellichamp

Request the Guide

Updated town information, six fun new Carolina Adventures, and one heck of a good-looking feature showcasing gardens. [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.

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How do you do
Halloween? Ghostly
goodies or scary sweets?
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Find out Saturday, Oct. 1, at Grandfather Mountain's annual Creatures of the Night & Bonfire Delight, a nighttime event that features spookily fun stories told by firelight and rare after-dark tours.

From 5:30 to 9:30 p.m., folks of all ages can enjoy hot chocolate and warm apple cider by the brilliant glow of a bonfire. The event is BYOS (Bring Your Own S'mores), but the mountain will provide marshmallow roasting sticks, cider, hot chocolate and

seating. From there, guests will join Grandfather staff members on a nocturnal trek to the top of the mountain (via shuttle) and the environmental wildlife habitats.

"It's a unique opportunity to see the mountain and our animals at night," said Emma Noto, assistant habitats curator for the Grandfather Mountain Stewardship Foundation, the nonprofit organization that oversees the Linville nature preserve and travel attraction. An "Owl Prowl" will take participants on a search for the mountain's feathered denizens of the night, during which guides will attempt to communicate with the birds through recorded owl calls. As it turns out, the owls really do give a hoot.

"It's just a really fun experience for the whole family," Tipton said, "because they get a variety of different activities to do throughout the night, from listening to stories to walking around the mountain after dark to experiencing the night without a flashlight."

As one can imagine, it gets dark — very dark. "By the time we take the last tour, it's pitch black, and you can't see anything," Tipton said. "Although the owls can see you."

For more information, call 828.733.8715, or email habitats@grandfather.com.

Carolina Cuisine

Where Casual Meets Delicious

In our family, shrimp is one of the major food groups. In fact, during our annual fall beach trip, my husband calculates exactly how many weeks are left before the Carolina shrimping season begins in the summer, to make sure we purchase enough of those delightful shellfish to provide us with one pound a week — every week.

And while we're into healthy cooking, there's no doubt that a perfectly fried shrimp is a bite of beauty. And so we pass along a great recipe from House-Autry, a company that's been making

super southern products for cooks since 1812.

Ever had a [Shrimp Po-Boy Sandwich](#)? Make your entire family very happy campers with this hold-in-your-hand creation. Too many carbs? Boiled shrimp with a great cocktail sauce is a mighty fine substitute.

Duckfest

Summerton, SC (located in Clarendon County) will host Duckfest on Saturday, October 22nd in downtown Summerton. The inaugural event will feature a fishing tournament, duck calling contest, cook-off, vendors, activities for kids and live entertainment provided by Gracious Day. Fishing will begin at first light, vendors and rides will open mid-morning, duck calling contest at 1 p.m., cook-off and rides mid-afternoon till early evening.

For additional information contact the Clarendon County Chamber at 803.435.4405.

Nobel's Point, Daniel Island Park

Check out the newest offering of 23 homesites in Nobel's Point. Tucked away privately between the 13th fairway of the Ralston Creek course and the course's namesake, Ralston Creek, this collection includes some of the largest homesites Daniel Island has offered in years.

Incredible marsh and water views that extend almost to neighboring Mount Pleasant. Two exceptional waterfront homesites feature a shared private dock, which is already being constructed. Included: some of the last golf-oriented homesites to ever be offered on [Daniel Island](#).

20th Annual Vintage Tin Car Show In Lake Lure

Held the first weekend in October every year. For 2016, more than 250 top quality vintage autos and trucks (1985 & older) will be competing for top prizes in more than 35 categories. Come for the day or stay for the weekend to enjoy the show and all the scheduled activities along with the beautiful autumn in Lake Lure and the Blue Ridge Mountains and the wonderful amenities of Rumbling Bald Resort.

Saturday, October 1st 2016 (Rain date, October 8th, 2016)
Event Location: Rumbling Bald Resort on Lake Lure, North Carolina
[More information.](#)

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