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**To:** Kester, Tonykester@aging.sc.gov  
**Date:** 9/15/2015 9:57:59 AM  
**Subject:** Adventures: Columbia, Charleston, Raleigh, Lumberton, Wrightsville Beach, Upstate

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September 15, 2015 *Below: A Capital Destination, More than a Bed, Beautiful Blooms, Sally Salamander, Arts Amazing, Crafty Feast, 45 to go, have a glass – or two, Pedal Power, Gorp is good, Yak the Coast.*

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## Take a Road Trip to Raleigh

It's a college town and the state capital, but beyond those admittedly appealing characteristics Raleigh has an inviting vibe for all ages and interests.

The restaurants are legendary, including a large number of international eateries. Great trails are nearby for walking or biking, and the city is famous for its world-class museums. College sports are topnotch and live entertainment is everywhere. You'll have a great experience in Raleigh, and we've got the insider suggestions to help you make plans.

[Discover more.](#)

*Photo: NC Museum of Art; courtesy VisitRaleigh.com*

## Where in the Carolina World Are You?

It's the only home of a signer of the Constitution of the United States that serves as both a living history landmark and a grand bed and breakfast. Its historic setting, magnificent architectural details, and period décor mix with timeless hospitality and amenities, creating a memorable experience in one of America's favorite cities.

Where are you?

## Carolina Home Grown

### Glossy Abelia

You want flowers? Glossy abelia (*Abelia xgrandiflora*) will give you flowers--plenty of them over a long period of time. This hybrid (*A. chinensis* x *A. uniflora*) originated in Italy before 1866 and has been in cultivation for more than a century. It remains as one of the most popular shrubs for gardens. White, flushed pink tubular flowers emerge from May until frost. When you look at the flowers individually, you'll say, "Yeah, so what." Step back and look at the flowers smothering the leaves and you'll find yourself saying, "Holy cow!" This cast-iron shrub is not fazed by heat or drought; sun or shade is acceptable although full sun results in the best floral display. It has no significant insect or disease problems.

The typical height of the species is 3 to 6 ft. high and wide (18 to 20 ft. high specimens at the Keith Arboretum in Chapel Hill, NC), but you should consider cultivars that offer a range of sizes forms, and flower colors. My current favorites are 'Canyon Creek' (pictured above), 'John Creech', 'Kaleidoscope', 'Little Richard' and 'PIIAB-I' Golden FleeceT.

While other shrubs and trees go in and out of bloom, count on

glossy abelia to charm you with a seemingly never-ending floral display.

Learn more about Carolina gardening from Dr. Polomski's new book, *Carolinas Month by Month Gardening*. Available wherever books are sold.

**Just in time for the Holidays!**

## **Fine Crafts from Talented Artists - NC & SC**

### **North Carolina**

**November 6-8, 2015**

The Carolina Artisan Craft Market features almost 200 fine craft artists from across the southeast.

Selected by a rigorous jury process, these creative folks will showcase a wide variety of goods, including sculptures, jewelry, wearable fibers and more.

*Friday, Nov 6, 5-10pm; Saturday, Nov 7, 10am-6pm;  
Sunday, Nov 8, 11am-5pm  
Raleigh Convention Center, Exhibit Hall B  
500 S Salisbury St, Raleigh, NC 27601  
[The Carolina Artisan Craft Market](#)*

### **South Carolina**

**December 13, 2015**

Crafty Feast is 100% handmade – a juried, independent craft fair in Columbia, SC. Their goal? To bring unique and funky crafts from around the region to a one-day festival format. About 100 artists will be showcasing their fascinating work. Unusual and always intriguing.

*Sunday, December 13, 12 noon – 6pm  
Columbia Metropolitan Convention Center  
1101 Lincoln Street, Columbia, SC 29201  
[Crafty Feast](#)*

**Kayak the Coastline**

## Show Your Colors

Hello Tony,

Hope all is well with you and yours in . Here, the Carolina weather is perfect for shorts and deck shoes right thru December! Maples are beginning to yellow. Fall gardens are going in. Time for biking, hiking, kayaking and enjoying mega SEC college sports.

A great season to let the Carolina lifestyle beguile you as it did us, back in '83. We've never looked back to that frantic big-city (New York, Chicago) frenzy. Columbia made the difference. Our one word definition? Life here is "easy!"

Thinking relocation? Second home? We say, visit often. Explore. You'll return eventually (we predict), to put down Carolina roots via primary home or getaway cottage.

Start your visit plan with our 45 [road trips](#). Begin here, with info about Raleigh – that town has it all! (Next door neighbor Durham a great find, too!)

Across the Carolinas, every season delivers its own glories. Sweater weather by Thanksgiving. Forget frigid driveway shoveling mornings! Join us for a visit – be prepared to fall in love with our smiling faces and beautiful places.

## Beautiful Scenery + Great Workout!

You call and they come to you, with life vests and paddles, instruction, coated trail map, personal recommendations, as well as safety regulations and whistles. The owners are lifelong kayakers and natives of the area, who also spent six great years kayaking coastal Maine and lived not a stone's throw from the LL Bean flagship store. They've seen it and "yaked" it all and they know the hotspots and hideaways.

Note from owners Tracy and Kent: "We love our little paradise in the world and want to share its beauty with all that come here, being careful to preserve it at the same time. The island life at Wrightsville and Figure 8 Island is rich with history, biology, and beauty and we think there's no better way to enjoy it than to get right on top of it."

[wrightsvillebeachkayak.com](http://wrightsvillebeachkayak.com)

## You're invited to Imbibe

**IMBIBE Wine + Food Festival** is a ten-day epicurean experience hosted by The Cliffs. All seven of The Cliffs' communities will host events that incorporate wine dinners, live music, a symposium series, mixology sessions, and special events.

The festival culminates in a Grand Tasting on September 26 at The Cliffs at Mountain Park. This year's Grand Tasting will feature more than 125 wine samples, a beer garden sponsored by SC and NC breweries, handcrafted spirits from around the globe, food pairings, chef stations and live culinary demonstrations. Attendees will also enjoy live music and dancing, an Art Showcase and a live charity auction.



Click the 370+ pages at [CarolinaLiving.com](http://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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## It's the Perfect Time of Year

### Take a Road Trip

We've got 45 great [road trips](#) outlined for you and yours online at [CarolinaLiving.com](http://CarolinaLiving.com).

**Discover** where to shop in Aiken (antiques and artists, for sure). Find a restaurant in an old farmhouse in Jackson County serving four kinds of trout (plus homemade port blueberry preserves). **Visit** movie sites in Lake Lure from one of our favorite all-time romantic films. **Attend** a show in a world-class opera house in Newberry (and enjoy a gourmet meal, afterwards). **Go** wine-tasting in Surry County – for days! **Stay** in a colonial home overlooking rice fields near Georgetown. **Watch** all eight species of swans glide through black waters in Sumter. And the list goes on.

Do not, we repeat, do not plan your next vacation without reading these great road trips. Good times.

*Photo: The Georgetown Wooden Boat Show; Courtesy Hammock Coast-Georgetown County Chamber of Commerce*

### Saturday, September 26 from 6-9 pm The Cliffs at Mountain Park (Marietta, S.C.)

*The Cliffs is a collection of seven premier, private residential golf club communities located between Greenville, SC and Asheville, NC. To learn more visit [www.cliffsliving.com](http://www.cliffsliving.com). A limited number of tickets are available for purchase for \$120 each.*

## Nostalgia Alert!

### Bicycles of Yesteryear

***The Robeson County History Museum is proud to present its newest exhibit "Bicycles of Yesteryear."***

The newest display will include antique bicycles, both male and female versions, manufactured by various domestic and international companies over the years.

There also will be children's bikes as well as tricycles, scooters, and wagons.

In honor of the 1,000 cyclists arriving in Lumberton on October 1, 2015, as part of the Cycle NC Mountains to the Coast Ride, the museum will be open that day for your viewing enjoyment between the hours of 11:00 AM and 8:30 PM. The exhibit can also be viewed during our regular operating hours.

**Exhibit: Bicycles of Yesteryear | September 06-October 31, 2015  
Tuesdays and Thursdays from 10am-noon; Sundays from 2pm-4pm  
Robeson County History Museum Lumberton, NC  
910.738.7979**

*Illustrations left to right:*

*1860s—Velocipede or Boneshaker: Two-wheeled bicycle with pedals and cranks on the front wheel. It was known as the boneshaker because the combination of a wood frame and metal tires made for a very uncomfortable ride over cobblestone streets.*

*1885—Rover Safety bicycle: Invented by John Kemp Starley, England; Featured a strong enough metal to make a chain, plus it had two same-sized wheels and a similar frame to today's bicycles.*

## Carolina Animals at Risk

*Note: Our ongoing feature shares information about Carolinas endangered animals. Some are cuddly, others – not so much. All are important and the Wildlife Federations of both Carolinas are working hard to raise awareness of these important creature assets. Enjoy!*

**Fall is in the air.  
Summer fun continues.**

***This may be the best  
of all seasons.***

What's your favorite way  
to welcome fall? Apple  
pie? A walk in the woods? One more  
trip to the beach (no crowds/great  
weather)?

Please [share](#).

## Heading your way twice a month

- Let's Take a Road Trip!
- Carolina  
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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.

## Frosted Flatwoods Salamander (*Ambystoma cingulatum*)

Flatwoods salamanders are an elongated version of the mole  
salamander. There are two species of flatwoods  
salamander: frosted and reticulated. The species found in South  
Carolina is the frosted flatwoods salamander (*Ambystoma  
cingulatum*). It is small, 3.5-5.5 inches, with short legs, a long  
rounded tail, no neck, and highly variable markings that include  
specks or gray cross hatching.

Its preferred habitat is longleaf pine-wiregrass communities. They  
breed in shallow ephemeral ponds of tannin-stained water in the  
vicinity of a thick top story of pond cypress and black tupelo, among  
other trees.

This is a threatened species as its habitat has been altered by  
development, silviculture, and agriculture along with drought and  
rising water levels leaving populations widely separate from one  
another.

[Donate now](#).

*Story submitted by: Susan Coleman Fedor, SC Master Naturalist  
& Palmetto Pro Birder*

## Carolina Cuisine

## We are what we eat

Finally (finally!), experts have begun to agree that food can have a  
huge effect on health and wellness.

Nutrition professional Mikela Mitchell has developed a number of recipes to encourage a healthy body and mind, and we're happy to share one of her dishes with you. Available for lectures, she discusses ways to feed your brain more effectively, cut down on sugar, or lessen fatigue, (or all three).

Why not give this **Gorp Sundae** a try? All the little mouths in my family voted YES!

**[www.carolinaliving.com](http://www.carolinaliving.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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