

From: listmgr@bounces.enflyer.emsvc.net <listmgr@bounces.enflyer.emsvc.net>

To: Kester, Tonykester@aging.sc.gov

Date: 9/15/2015 9:57:59 AM

Subject: Adventures: Columbia, Charleston, Raleigh, Lumberton, Wrightsville Beach, Upstate

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.*

[Forward this email to a friend!](#) [View Compass eNews in your Web browser.](#)

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 Fleece™.

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

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 as your resource for Carolina facts 'n fun that lead to stories 'n memories!

All the Best,

Leyla & Patrick Mason
Co-Founders

[Forward this email to a friend.](#)

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.

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

Facebook

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. 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
Famous Faces
- Insider Attractions
- [eNewsletter Archives](#).

Request the Guide.

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.

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.carolinalive.com **phone 803.782.7466**
4201 Blossom Street Columbia, SC 29205-2850

Compiled by Katherine O. Pettit • Designed by Ann Dolin

[Order a Free Guide](#) | [eNewsletter Archives](#) | [Forward this email](#)

Advertising Information

As a leader with an interest in Carolina product and service offerings, Tony Kester is receiving this **COMPASS eNews** along with others at SC Office on Aging as a demonstration of how the CarolinaLiving.com team showcases destinations, lifestyle and investment opportunities to 25,000 families (2X) monthly. The high impact content generates a 26% average open rate and serves advertisers with brand credibility and low cost click-thrus. Confirm your interest in viewing the COMPASS eNews, by adding info@carolinalive.com to your address book. 091515B2CH

To unsubscribe click the SafeUnsubscribe option below.

[View Compass eNews in your Web browser.](#)

This email was sent to **Kester@aging.sc.gov** by **CarolinaLiving.com**
CarolinaLiving.com, 4201 Blossom St Columbia, SC 29205

[Unsubscribe](#) | [Update Profile](#) | [Sender Info](#) | [Report Abuse](#) | [Forward](#)

EnFlyer The Email Marketing Experts