

From: listmgr@bounces.enflyer.emsvc.net <listmgr@bounces.enflyer.emsvc.net>
To: Kester, Tonykester@aging.sc.gov
Date: 8/30/2016 9:42:58 AM
Subject: Adventures: Asheville, Jackson County, Myrtle Beach, Charleston, Greensboro

August 30, 2016

Below: Ultimate foodie tour; our White House connection; coastal golf living, baubles and beauties; sing me a folk song; take us to the falls; best food ever; back to school; happy birthday to us.

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Chef's Kitchen Tour – Charleston, SC

In the Chef's Kitchen

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.

Tour details: www.charlestonculinarytours.com

Carolina Famous Faces

Summertime ends, and the livin's still easy!

Hello Tony,

Hope all is well with you and yours in Columbia. We travel from mountains, to midlands, to the sea in this issue – so much to see and do here.

And thanks to all who tell us how much they enjoy each COMPASS eNews. We love finding and sharing these insider tips – for every age, taste and interest. As we begin our second 30 years sharing Carolina Living, we're ever more committed to helping you make the best choices for your lifestyle wishes/vacation dreams.

See more via the CarolinaLiving.com GUIDE: heads-up on discovering towns, lifestyle and cost of living, plus Awesome Adventures. We've got the stories at CarolinaLiving.com that include journey assists and personal testimonials for vacations, exploring, moving, investing and retiring.

Your feedback and ideas are so welcome!

Leyla & Patrick Mason

Co-Founders

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Back to School

The big yellow buses are on the road again, marking the beginning of a new school year. That's good news for more than the kids. Americans of all ages love to relocate or retire to a college town, with lifelong learning, sports, concerts and special events, and beautiful campuses to stroll through. There are usually lots of affordable and fun restaurants to be sampled.

The Carolinas have so many great college towns worthy of your consideration and we're taking a look

James Hoban – Irish Architect

1762 – December 8, 1831

He was born in Kilkenny County, Ireland, and died in Washington DC, however, South Carolinians claim at least a part of him due to the many buildings he designed in the state.

Of course he's most famous as the architect of the White House, and the White House Historical Association has a substantial amount of information on the man and his work that makes for interesting reading. (In addition to his designs, he was a builder, mason, militia captain, civic leader and pillar of the Roman Catholic Church.)

An excellent student, he was recognized for his work at a young age.

Following the end of the American Revolutionary War, Mr. Hoban emigrated to the United States, living for a time in Philadelphia before heading to South Carolina in 1787.

He designed the old State Capitol building in Columbia, which was burned in 1865. The Charleston County Courthouse, and many more buildings are attributed to his creative hand, including Prospect Hill Plantation on Edisto Island, the William Seabrook House on Edisto Island, The Charleston Theatre and many prestigious buildings in Washington. It is said (although not proven) that President George Washington admired James Hoban's work when he saw it during his Southern Tour. Some say the two met in Charleston, SC in 1791.

It is known that James Hoban was the winner of a design competition to choose the architect to design the White House.

Also, President Washington is said to have had a strong influence over what would become the final design – two stories, 11 bays across, and entirely faced with stone.

Information from Irishamerica.com suggests that Mr. Hoban's work was admired, at least in part, because it was simple and conservative, rather than ornate – not appealing to the young American nation which had no interest in even the appearance of royalty. He was married to Susanna Sewall, and spent his later years in Washington where he died and was buried.

Photo of White House courtesy Ann Dolin

Coastal Carolina Golf

Myrtle Beach real estate market hitting its stride ... *finally*

The Myrtle Beach real estate market was especially hard hit in the aftermath of the 2008 recession. The savaging of most people's retirement accounts caused vacationers to stop visiting for a week or two and retirees to stop coming for the rest of their lives. Most of all, the Grand Strand's strong orientation toward golf, one of life's

at some of our favorites in our next CarolinaLiving.com GUIDE (Fall/Winter edition). Stay tuned. The Guide is coming.

You'll Fall for the Falls

Whitewater Falls Jackson County, NC

Besides being one of the prettiest areas you'll ever visit, Jackson County is known for its beautiful mountain falls.

Some are more accessible than others, but each is unique and worth seeing.

The names are intriguing as well.

Several reflect Native American history, while others offer a description of what you'll see.

You can drive to lookouts for some, while others require a strenuous hike at some point. I would personally love to visit Whitewater Falls.

Here are a few of the prettiest:

Lower Cullasaja Falls

Upper Cullasaja Falls

Dry Falls

Bridal Veil Falls

Cashiers Sliding Rock

Silver Run Falls

Whitewater Falls (*the highest waterfall in the eastern U.S.*)

Glen Falls

Turtleback Falls

Rainbow Falls (*Not for young children or the less than physically fit.*)

Sliding Rock

Moore Cove

Looking Glass Falls

Courthouse Falls

Mingo Falls

Tom's Branch Falls

Indian Creek Falls

Juneywhank Falls

ultimate discretionary luxuries, produced a double whammy on the economy. Buddy golf trips were put on hold, and more than a dozen golf courses closed beginning in 2007. With more than 100 clubs still in operation today along just a 90-mile stretch up into North Carolina, some clubs are still nervous about their survival. (You can see it in the green fee "deals" they are offering.)

But soft markets in otherwise solid and popular vacation and retirement destinations only last so long, and the lure of some of the best beaches on the east coast, dozens of good-to-great golf courses, and a climate that provides year round golf cannot escape the notice of baby boomers and vacationing families who crave golf and sand.

Myrtle Beach was always going to rise again, and it seems now may be the time. [More.](#)

Carolina Creative

Charlie Wharton Starfire Designs Jewelry

Driven by passion to capture beauty, Charlie Wharton, creator and owner of Starfire Designs Jewelry, never stops creating, even after 20 years of designing jewelry. He's immersed himself in every facet of jewelry design and production and is now recognized as one of the top jewelry sculptors in the United States.

He travels the country meeting with gem dealers from around the globe to find unique pieces for his hand-sculpted pendants,

bracelets, rings, earrings and neckwires. He's drawn to precious and semi-precious stones, antique pieces, and wonders of the natural world. Inspired by the ancient Egyptian art of wire-wrapping, he creates beautiful hand-sculpted settings for his gorgeous finds. To mark his work, he completes each piece by adorning the top with a crown, his artistic signature.

Today, from his studio near Asheville, in the Blue Ridge Mountains, he creates lovely pieces that are sold in a number of retailers throughout the U.S., as well as through Trunk Shows. In the Carolinas, find his work in Asheville at the Biltmore Lamp and Shade Company, The Dande Lion in Banner Elk, and Plain and Fancy in Pawleys Island.

www.starfiredesignsbycw.com

Celebrating America's Cultural Roots

Learn more about [Jackson County](#) and its [waterfalls](#).

A complimentary hiking trail and waterfall map to 19 waterfalls and 9 hiking trails is included in NC Mountains Vacation Guide. To view or download the hiking trail and waterfall map, [click here](#).

*Whitewater Falls image
courtesy of Jackson County TDA*

Request the Guide

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

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Heading your way

Free Fun!

Greensboro, North Carolina | Sept. 9-11, 2016

The [National Folk Festival](#) features performances and demonstrations by over 300 of the nation's finest musicians, dancers, and craftspeople. It will feature more than 40 performing groups on seven stages including:

- Dance pavilion dedicated to non-stop participatory dancing
- Family Stage with performances appealing to both the young and

the young-at-heart, and the North Carolina Traditions Stage.

In addition to the performance stages, there are several themed Festival areas: the North Carolina Folklife Area, curated by the North Carolina Arts Council, the Family Activities Area, the North Carolina Arts Marketplace, and the Festival Food Courts.

The site for the National Folk Festival, a large outdoor event, is in downtown Greensboro and partially within Greensboro's vibrant Elm Street district. A mix of open air and tented sites will provide a variety of performance venues ranging from intimate stages to amphitheater size.

Carolina Cuisine

Putting on the Grits

I have a cookbook devoted to nothing but shrimp and grits recipes.

- **Let's Take a Road Trip!**
- **Carolina Famous Faces**
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From what we've been seeing, the iconic dish is fast overtaking fried chicken as the food that represents the south, at least on the coast.

This iteration, from Duffy Street Seafood Shack in North Myrtle Beach and Cherry Grove Beach, SC, features a liberal addition of pork as well as creamed corn. The result earned a mention in *The New York Times* and won first place at the *Little River Shrimp & Jazz Festival* (now called *ShrimpFest* and held on Columbus weekend. So give this **Shrimp & Grits** recipe a try – using wild-caught Carolina shrimp, of course.

RiverLights

A master planned community along the Cape Fear River, in historic Wilmington, NC.

With respect for the land and influence from the surrounding market, RiverLights provides community members with 1,396 acres of opportunity, balance, and sustainable connections to a bright, meaningful life — in, on, and around the water. An outdoor lifestyle in a perfectly beautiful location. [Learn more.](#)

Celadon, Beaufort

ideal-LIVING magazine recently selected Celadon, in Beaufort, SC, as one of the "Best Neotraditional Communities" to be showcased in their Summer 2016 Best of the Best special issue. Hundreds of nominations were submitted to ideal-LIVING earlier this year. A special editorial committee reviewed the qualifications of each nominee and selected winners in more than 40 categories.

"Our goal in creating this 'Best of the Best' feature is to honor those communities which deserve special recognition for their outstanding qualities, facilities, and programs," said ideal-LIVING's Editor and Associate Publisher Kelly Godbey. "We hope that this special feature in our Summer 2016 edition will serve our readers by focusing on the places which offer the lifestyle enhancements that are most important to them."

According to ideal-LIVING: "The best neo-traditional developments combine 21st-century convenience with small-town ambiance. In addition to tree-lined neighborhoods with wide sidewalks and pet-friendly parks, all of them feature town centers where residents can enjoy shopping, dining, plus a variety of professional services, without ever having to leave the community." www.celadonliving.com/news

Take Me Out to the Ball Game

Spirit Communications Park in Columbia, SC has been named 2016 Ballpark of the year in the *U.S. by Ballpark Digest*, the leading Website covering the culture and business of baseball.

"Spirit Communications Park is not only our Ballpark of the Year, it's also one of the best ballparks opened in the last decade," said *Ballpark Digest* Publisher Kevin Reichard.

Send your Newsworthy Info To:

KPettit@CarolinaLiving.com or PMason@CarolinaLiving.com

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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