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To: Kester, Tonykester@aging.sc.gov
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Subject: Adventures: Charleston, Myrtle Beach, Great Smokies, Clemson, Sumter County, Greensboro

August 27, 2015

Below: Garden of Delight, indomitable spirit, hot and spicy, Fore, travels with Bubba, what makes us great, muffin meals.

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Carolina Adventures: Garden of Delight

SC Botanical Garden | Clemson, SC

Novice gardeners love it. Little ones play in the children's garden and around the duck pond. Couples tie the knot there regularly. And the rest of us make a day of it, whenever we can.

"It" is our state's beautiful Botanical Garden is filled with earthly delights, including the very unusual Oconee Bells and the smooth-purple

Coneflower, which drips purple loveliness.

Found at Clemson University, the garden is worth a visit any time of year, but especially in Spring and Summer. This living museum encourages visitors to interact within it, and the garden showcases the rich, natural heritage of South Carolina.

This diverse area covers almost 300 acres of natural landscapes, display gardens, and miles of streams and nature trails. A butterfly garden enchants, and the wildflower meadow delights.

The natural heritage Garden Trail invites visitors to wander through the state's different habitats, from sandy barrier islands, to the mountain forests nearby.

WOW Factor: An official American Hosta Society display garden never fails to elicit oohs and ahhs. More than 300 varieties of camellias offer their individually elegant flowers, and a large collection of hollies, hydrangeas, magnolias and native plants make you want to pull out your credit card and bring some of these babies home (The nursery at SCBG produces high quality plants for sale to support the gardens and enhance the gardens of those who visit.) Be sure to visit the Class of 1939 Caboose Garden and the Class of 1942 Golden Tigers Garden.

Hint: Walking shoes, obviously, and a bottle of water won't hurt during the summer months. Pick up a map at the Fran Hansen Discovery Center.

Clemson University is a lovely campus with lots of green, so plan to walk around the school grounds after your garden visit. This is Tiger Town, so you'll see lots of orange and during football season, tiger tails hanging from car trunks, and tiger paws adorning everything from pavement to angelic little faces.

[Learn more.](#)

Discover [Clemson](#).

Carolina Famous Faces

**Mary McLeod
Bethune
1875-1955**

*Educator, Author,
Civil Rights Leader,
Friend of Eleanor Roosevelt*

The *New York Times* published a story which called her, "one of the most potent factors in the growth of interracial good will in America." A *Washington Post* article said, "So great were her dynamism and force that it was almost impossible to

resist her." Eleanor Roosevelt called her a "dear friend."

Born in Sumter County, in the tiny community of Mayesville, Mary Jane McLeod was the child of two former slaves, and the 15th of 17 children – most born into slavery. Her mother worked for her former master and the young Mary accompanied her mother in delivering clean clothes to the family. Her pivotal moment occurred when she picked up a book in the children's nursery and was told she couldn't read it by a white child. According to many reports, it was at that moment that she decided that the ability to read and

write was the only difference between colored and white folks. And so she found a way to become the first and only in her family to attend school – and learn to read.

With the help of her teacher, she attended Scotia Seminary in North Carolina, and later, Moody Bible Institute in Chicago. Thwarted in her desire to become a missionary (nobody needed black missionaries, she was told), she became a teacher, married Albertus Bethune, had a son, and moved to the Daytona Beach area to start a school. With pens made of elderberry juice and burned wood, and desks from old crates, she used \$1.50 to open the Literary and Industrial Training School for Negro Girls. Her husband left the family, and returned to South Carolina where he lived until his death in 1918.

The school received donations, including \$62,000 from John D. Rockefeller, and she kept the doors open throughout the Great Depression. As she became an ever-stronger force for civil rights for women, she gained the respect of the nation's leaders.

Here are a few of her accomplishments:

National President of the National Association of Colored Women; Advisor to President Herbert Hoover on the subject of Child Health; Founder of the National Council of Negro Women; Director of Negro Affairs in the National Youth Administration; Served on the “Black Cabinet” for President Franklin Roosevelt; called one of America’s ten greatest women, by journalist Ida Tarbell, in 1930; present at the founding of the United Nations; advisor to five U.S. Presidents; inducted into the National Women’s Hall of Fame; US Postal Service stamp issued in her honor in 1985.

Perhaps most fascinating is her friendship with Eleanor Roosevelt, who valued her political wisdom and dynamic personality and provided ongoing access to the President. They met, traveled together and enjoyed a close personal friendship until Mary Bethune’s death at age 79.

Of the National Council of Negro Women, which she founded in 1935, she said, *“It is our pledge to make a lasting contribution to all that is finest and best in America, to cherish and enrich her heritage of freedom and progress by working for the integration of all her people regardless of race, creed, or national origin, into her spiritual, social, cultural, civic, and economic life, and thus aid her to achieve the glorious destiny of a true and unfettered democracy.”*

More about [Sumter County](#).

Carolina Creative

Chef Geoff Rhyne
Don’t Steal His Sauce!

They knew they were onto something when the [Red Clay](#) hot sauce that Chef Geoff Rhyne had created for The Ordinary, a restaurant in Charleston, began to disappear at the rate of a couple of bottles per night. Although it was developed originally for oysters, our family can assure you that it is excellent on everything from pizza to roasted vegetables. In fact, I have begun to buy it in bulk, and I'm considering Christmas presents for foodies I love.

About the man: Chef Geoff Rhyne spent his childhood in the Lowcountry, appreciating the local food and learning the value of sustainability. He took a break from his college baseball career and took a job in a Charleston restaurant. He met some folks and found his way to FIG, where he learned much from Chef Mike Lata. He left the Holy City to become Chef de Cuisine at La Bastide in the upcountry of South Carolina, eventually leaving the Carolinas to become executive chef at SugarToad in Naperville, Illinois.

A founding member of Slow Food in Greenville, SC, he returned south to work under his mentor, Mike Lata, at FIG, and launched Lata's restaurant, The Ordinary, where the sauce was created. Before it became available commercially, Chef Rhyne spent more than a year refining and perfecting his product. Aging it in sorghum whiskey barrels adds a richness and complexity that's hard to beat.

Today, he's spending time at Leon's, in Charleston, and enjoying time with his young son, while the Red Clay sauce business grows.

About the sauce: Made entirely with Fresno chiles, white wine vinegar, and a couple of other items, the sauce is never cooked and aged in used bourbon barrels. Available in a number of locations in the south, it also can be purchased online.

Buy it. Try it. It pours – no tiny drops for this robust flavor.

Learn more about [Charleston](#).

Photo: By aging Red Clay in retired sorghum whiskey barrels from High Wire Distilling Co., Chef Rhyne gives the sauce woodsy notes and a faint fermented sorghum tang.

Summertime ends, and the livin's still easy!

Hello Tony,

Hope all is well with you and yours in Columbia.

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.

See more via the [CarolinaLiving.com](#) GUIDE: heads-up on 91 towns, lifestyle and cost of living, plus 72 Awesome Adventures. Or, see it all on 370+ pages at [CarolinaLiving.com](#) that include personal stories assisting your journey to vacation, explore, move, invest or retire.

Your feedback and ideas are so welcome!

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All the Best,

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

Carolina Golf

Different Strokes: Lifestyle & Cost Guide Golf Membership Choice

I spend a good slug of my life visiting golf communities, touring their neighborhoods and playing their golf courses. Virtually all my customers contact me initially for help in finding them a community

Forward this email to a friend.

Get off the Couch ...

... Hit the Trail With your Kids

Hiking expert and author Jeff Alt has created *The Adventures of Bubba Jones*, a new series that crisscrosses the country, taking youth and teens on an educational, time-traveling adventure through America's beloved National Parks. The first book explores the Great Smoky Mountains.

Jeff's engaging Bubba Jones stories are specially designed to engage kids with wild animal encounters, interesting history, science, and the environment that will have your family excited to take their own Great Smoky Mountain Adventure. They get swarmed by amazing synchronized fireflies found in only a few places. They go back in time over 400 million years and witness how the Smokies were once as tall as the Himalayas.

Moving forward, they experience gigantic herds of animals like elk and buffalo. They learn how difficult it was for the Cherokee Indians to survive in the wild mountain terrain, and what it was like for the earliest Smoky Mountain settlers.

Finally, they enter modern times and meet the park founders, witness the day that President Franklin Delano Roosevelt dedicated the park, and meet legendary hiking pioneers.

For more information visit www.thegorgezipline.com.

with golf and other planned amenities inside the gates. But sometimes, the ultimate choice of a golfing lifestyle, especially for those on a budget or interested in playing a wide range of different golf courses, lies outside the gates of a planned golf community. [Discover more.](#)

Photo: Caledonia Golf & Fish Club | Pawleys Island, SC

One Wild Ride

Zip the Gorge

With 11 sections dropping over one mile and 1,100 vertical feet down the side of the Green River Gorge, The Gorge is billed as the steepest, fastest zip line in America. The experience is suitable for anyone 10 years old or older in reasonably good physical condition who can walk down stairs with no problems. You must weigh between 70 and 250 pounds and be able to pull yourself hand over hand along a cable.

During your experience at The Gorge, you'll ride the treetops on over a mile of cable covering 11 zip lines in the breathtaking Green River Gorge. You will wear a safety harness connected to the zip line cables, allowing you to travel from platform to platform. Additional elements are included in the tour such as a suspension bridge, three free fall rappels and a short hike down hill. Each tour is led by two knowledgeable and experienced guides.

Canopy tours at The Gorge run rain or shine, in all weather conditions, unless extreme winds or lightning interfere with operational safety. The tours take 3 1/2 hours so participants should be prepared to be outdoors in all kinds of weather (and up in the air away from restrooms for about two hours).

Logistics: Tours are available by reservation only. The Gorge is located in [Saluda](#), North Carolina. For other requirements and information, visit thegorgezipline.com/zipline.

Call 855.749.2500

Email: reservations@thegorgezipline.com

Carolina Cuisine

About the Author: Jeff Alt is an avid outdoor enthusiast who has been conducting family hiking programs in the Shenandoah and Great Smoky Mountains National Parks for many years. He has walked the Appalachian Trail, the John Muir Trail with his wife, and he carried his 21-month old daughter across Ireland. When he and his wife Beth got married they spent part of their honeymoon hiking in the Great Smoky Mountain National Park.

Facebook

Walking Trails

A recent Carolina transplant asked us about walking trails.

Where were the best ones? We suggested the Palmetto Trail (SC), Mountains-to-Sea Trail (NC) and the granddaddy of them all – The Appalachian Trail.

There are lots more – paths to waterfalls in the mountains, on boardwalks in the marshlands, and through urban forests.

What **advice** would you give?

Check out **more trails**.

Heading your way twice a month

- Let's Take a Road Trip!
- Carolina Famous Faces
- Insider Attractions
- **eNewsletter Archives**.

Good Food for a Great Cause

Such a simple idea. Why can't muffins be – dare we say it – a meal for your hand? Eastern North Carolina friends Julia Vradelis and Allison Worrell spent two years developing hold-in-your hand meals that are perfect for take-alongs, gifts and very busy families.

Before you buy the cookbook they've just published, try a recipe they shared with us. **Granola and Yogurt Breakfast Parfaits** – muffin style, of course. What makes it even better is that they're donating a portion of their profits to Hospice, in memory of family members. Thanks, ladies. We're loving this idea.

The New Guide is here.

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*

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