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To: Kester, Tonykester@aging.sc.gov
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Subject: Spotighting: Entrepreneur Resources, Golf for the birds, Charleston, Haywood County, Wilmington, Yadkin Valley

January 19, 2016

Below: By the sea, by the sea; amazing academia; our rose is quite the rose; hang down your head; they're #1; Audubon approved; good boy; very, very businesslike; savor our sweets.

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Take a Road Trip to Wilmington, NC

Navigate from river to the sea, past stately antebellum homes, and next to repurposed warehouses that now showcase unique shops and galleries. Spend the night in an elegant B&B or in an oceanfront resort.

Dine on the freshest of seafood, or perhaps award-winning fusion cuisine prepared by a chef who sharpened his knives with the European masters.

Enjoy live performances at historic venues, or rocking nightclubs.

Sit, sip and embrace the sunset.

Wilmington is one picture-perfect destination for a vacation, which, for many, has led to more permanent moorings. Join us, as we share insider tips from friends, experts and regular folks who've found this little piece of paradise worth crowing about.

[Discover more.](#)

Where in the Carolina World are you?

Take it Outside

Of course you choose your college based on major, financial assistance, and overall costs. All things being equal, however, if the perfect school happens to be in the middle of one of the prettiest towns in the south, all the better, especially considering the ability to ride your bike downtown, sample world-applauded cuisine and enjoy classes outdoors, almost year round. (Parents, who visit their children, are you listening?)

Where are you?

Carolina Home Grown

Lenten Rose

In perennial guru Allan Armitage's tome, *Herbaceous Perennial Plants; a treatise on their identification, culture, and garden attributes*, he writes: "Unless hardiness is an issue, no garden should be without hellebores. Period!"

The budding and blooming of hellebores herald the dawn of a new season. Strolling by a clump of hellebores on the edge of a path or on a hillside where flowers nod their greetings, the stroller knows that spring has sprung and all is right with the world."

Despite their ominous-sounding name, hellebores are outstanding evergreen herbaceous perennials that are well-suited for partially to fully shaded areas of the landscape. Their claim to fame is their nodding bell-shaped flowers that, depending on the species and cultivar, may appear as early as Halloween and as late as April or early May.

The most popular hellebores are actually hybrids comprised of several different species. The parentage is a bit fuzzy, so taxonomists identify them with the scientific name of *Helleborus xhybridus*. Everyone else knows them as Lenten roses. Throughout the year they look like two-foot high umbrellas with slender, evergreen leathery leaves divided into 7 to 9 segments. The clumps grow 18 to 24 inches high and 24- to 30-inches wide.

Their show-stopping flowers range in color from pure white to ivory, cream, lemon and chartreuse. Other Lenten roses bear one-inch wide flowers that range in color from pale pink, rose, dusky purple, to near black. They may be single, semi-double, or double flowers. Often the flowers last up to two months. It's not uncommon for mature plants to produce 50 or more flowers, which often give rise to numerous seedlings that can be moved or left in place to increase the size of your planting.

Lenten roses require little care. Plant them in shade and water them occasionally in the summer.

It's one of my top ten herbaceous perennials, partly because of its rugged disposition, but primarily because of its inviting wintertime flowers that help me cope with the cold, dreary days of this season.

Learn more about Carolina gardening from Dr. Polomski's new book, [Carolinas Month by Month Gardening](#). Available wherever books are sold.

For the Birds

Year-round Delights

Hello Tony,

So far ... winter's been all but non-existent here in the Carolinas, and we can see spring on the horizon. It's time to make plans for adventure.

Find recommended chefs, inns, shops, special events and quirky ideas to amuse and intrigue you as you make your plans for travel.

For those hip-deep in snow, we're already checking out the seed catalogues for heirloom tomatoes and organic lettuce.

Of course, more tax incentives as well as real estate bonanzas sweeten the idea that maybe, with job listings looking great, it's your time to relocate, retire or acquire that Carolina vacation investment deal.

Click here for links to [Retirement Living](#) & [Real Estate Tips](#). Then explore 45 Carolina Road Trips in the mountains, along the coast, in our rolling heartlands. Good to go!

Then, there's always CarolinaLiving.com showcasing [93 town profiles](#) & [Tax Facts](#) ... all guaranteed to guide you straight.

Wishing you happy travels and just maybe, a new Carolina slice of heaven to call your own in 2016!

[Leyla & Patrick Mason](#)

Co-Founders

Center For Carolina

Living *Showcasing Carolina Life & Adventures*

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PS: Launching in 2016 – our expanded website with superlative new content – the best of the Carolinas in every way!

**The Carolinas
Entrepreneurial Culture**

Audubon Certified Golf Courses Abundant in the Carolinas

By Larry Gavrich

Protecting natural habitats has become par for the course at many Carolina golf clubs. Awards for design and operations may be nice bragging points, but golf club operators understand that they gain an edge over their competition when they are perceived as good community citizens. And, there is no more visible way to market their good works than with one of Audubon International's certification designations, awarded to golf courses that contribute to conservation landscape by protecting and sustaining land, water, wildlife and natural resources.

There are plenty of reasons to enjoy one of these courses.

[Discover more.](#)

#1 Favorite Health & Fitness Spa

Hilton Head Health

Since 1976, Hilton Head Health has helped thousands of people lose weight and achieve a healthy lifestyle.

(H3), exclusive weight loss spa on Hilton Head Island, South Carolina, was recently named the #1 choice for “Favorite Health & Fitness Spa” and its new **Indigo Spa** was featured as a “Favorite New US Spa” by American Spa’s annual “Professional’s Choice Awards.”

The renowned retreat received an honorable mention in the “Favorite Spa Cuisine” category recognizing its locally-sourced, flavorful and innovative cuisine.

Indigo Spa was launched in February 2015 after a multi-million dollar renovation. The luxurious spa experience includes a diverse menu of services to transform the mind and body. H3 also unveiled the brand new “Living Well” program designed to spark and maintain a more mindful, active and balanced lifestyle through fun, diverse programming based on each guest’s personal fitness and wellness goals. Living Well programs include Healthy Kitchen Cuisine, Fitness Intensive and Body+Mind Stress Management.

Good for Business – Good for Life

The Carolinas attract folks from all over for the geography, amenities and delicious year-round climate. Both states are in the Top 10 cities for Millennial entrepreneurs, and are very attractive for women in business as well.

In fact, dozens of programs throughout the Carolinas are designed to help entrepreneurs find their niche and make the most of their good ideas.

Business writer and editor C. Grant Jackson has researched and written a comprehensive look at entrepreneurial opportunities (and success stories) in the Carolinas.

You’ll learn about the business networks, counseling services, and leading communities which are welcoming entrepreneurs who’ve decided they can live and work here – quite successfully.

[Entrepreneurs](#)

The New Guide is here!

“Hang Down Your Head, Tom Dooley”

Before it was a hugely popular song by The Kingston Trio, it was a real story about love, mystery and murder in North Carolina.

Though the stories vary, the ending is concrete: Tom Dula (pronounced locally as Dooley), a Confederate soldier known to be a ladies’ man, was hanged for the murder of 18-year-old Laura Foster, a young woman with whom he was involved. The passed-down stories from the Wilkes County mystery reveal a love triangle and rumors of deceit, though what actually happened may never be known.

A family member of one of Dula’s captors co-wrote the story into a folk song, which was made popular years later by The Kingston Trio. Tour the historical sites in the High Country to watch the legend come to life on stage and to experience pieces of the puzzle that led Dula to his fate.

[Read more.](#)

Photo credit: The NC Department of Natural and Cultural Resources

[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.

We hear it over and over.

Folks visit (and move) to the Carolinas for the four-season climate and the ability to be outdoors most of the year.

How do you get your thrills? Biking? Birdwatching? Hang gliding or Parasailing? What about zip lines? No thanks – no problem.

Get your jollies from a slow day fishing beside a mountain stream, or waiting for the perfect outdoor nature image to come into view.

See how we do it, at carolinalive.com/outdoor-thrills

Facebook

Go ahead and make that New Year's resolution.

There is no better geography in which to start moving in 2016.

Biking, walking, climbing, swimming, tennis, golf, and a growing fav – pickleball. What's your pleasure?

[Share.](#)

Heading your way

- Let's Take a Road Trip!
- Carolina Famous Faces
- Insider Attractions
- [eNewsletter Archives.](#)

An amazing dog you've probably never seen

North Carolina's State Dog

I was walking through a big box pet store when I saw him. Muscular build, handsome face, friendly demeanor. I inquired and the proud owner responded, "He's a Plott Hound – state dog of North Carolina."

And so I did some research. Seems this creature is one of only a few breeds developed in the U.S.

Hunting experts recognize the Plott Hound as one of the premier hunting dogs in America. Named after the original breeder, German-born Johannes Plott, the dog was brought to the U.S. in 1750. The family bred the dogs, which became quite popular. The Plotts eventually settled in Haywood County, NC.

Known for fierce hunting ability for large game including bear and boar, the dogs are equally known for their gentleness within the family. They are very happy in rural areas, and extremely loyal to their human companions.

Usually about 50 pounds, they have distinctive brindle markings, however can be all black or other distinctive colors. The great-great-grandson of Johannes Plott has written a book about his family's breed.

More on [Haywood County](#)

More on the [Plott Hound](#)

(In future newsletters, look for more information on the symbols of the Carolinas.)

Top photo courtesy Deborah Jakubs

Carolina Cuisine

Eat Your Greens!

Here's one healthy recipe that will make you feel happy and virtuous at the same time. **City Roots**, known around the midlands of South Carolina for its award-winning fresh produce and super healthy take on living well, provides recipes for those who visit its website.

Our family will be trying **Mozzarella Kale Beets Mix** this weekend. Give it a try. Don't tell anyone how good it is for you. Let them enjoy the taste of all this fresh goodness!

Photos: City Roots, Columbia, SC

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