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**To:** Kester, Tonykester@aging.sc.gov  
**Date:** 9/24/2015 10:15:32 AM  
**Subject:** Adventures: Charlotte, Whiskey Trails, Penland, Hendersonville, Union and more

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September 24, 2015    *Below: 'Shine on. For the People, Tromp L'oeil, Mead or Margaritas, Let's Go Out, Stop and Smell the Roses, A Perfect Pear*

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## Distilleries in the Carolinas

### **'Shine on!**

Be very careful if you enjoy a drink made from Firefly Sweet Tea Vodka. You'll think you're on Granddad's porch sipping a southern staple. Trust me here – this adult beverage tastes like the real thing, but it packs a wallop. Delicious! Made with tea grown on the nearby Carolina Tea Plantation – you get a fresh farm-to-glass drink that's pure enjoyment.

There are 20+ distilleries in the Carolinas, with more jumping on board the beverage train every month. Some, like Firefly, are large enough operations to be found at retailers all over. Others are tiny, backroom distilleries, where folks can drop in and enjoy a taste, and buy a jar, or two from the source.

The names are as fanciful as the drinks, playing off the moonshine (or 'shine) folklore of the Appalachians. History and family recipes play a large part in the distilleries and the experts behind them are justifiably proud of using local ingredients and keeping the process as pure and natural as can be. (These are licensed businesses – none of the backwoods copper stills made famous from prohibition days.)

We haven't tasted them all, but plan on several road trips soon. Some of these companies receive rave reviews from foodies and locals who return, month after month, to stock up on distilled delights.

**WOW Factor:** The sheer creativity, hard work and pride that goes into these beverages. Descriptions often wax poetic and with good reason. At Dark Corner Distillery, near Greenville, SC, their Lewis Redmond Carolina Bourbon offers "rich aromas of molasses and peanut, with subtle notes of vanilla and toasted spice." At Six & Twenty Distillery, in nearby Piedmont, a whiskey called "Old Money" promises a soft, smooth, sweet, palatable taste." Asheville Distilling Company features Blonde Whiskey – "smooth and welcoming, velvety, vanilla, caramel" with locally grown wheat and corn.

The Outer Banks Distillery prides itself on being the first "legal" distillery on the Outer Banks of North Carolina. Located in historic downtown Manteo, they offer Kill Devil Rum tastings and soon, bottles of the good stuff. At Top of the Hill, in Chapel Hill, TOPO spirits are sourced locally and created using organic ingredients.

**Hint:** We've listed just a few of the distilleries we found in our search. Go online and you will find more southern-based drink recipes than you ever dreamed possible. You'll learn about renegades and outlaws, southern gentlemen and ladies, Native American princesses and good ole boys. You'll also discover a burgeoning cottage industry that is worthy of a road trip (or 20). As for me, I can't stop thinking about the Blackberry Moonshine from Carolina Moon Distillery in Edgefield, SC.

Discover many Carolina distilleries at [www.winecompass.com](http://www.winecompass.com)  
Drink responsibly. Appoint a designated driver. Enjoy!

## Carolina Famous Faces

### Joe and Terry Graedon The People's Pharmacy™

For several years, I would, by chance, turn on public radio and find The People's Pharmacy™. The hosts, Joe and Terry Graedon, seemed extremely knowledgeable about a huge variety of health-related issues. I was impressed, time and again. Turns out these folks have been on a mission for more than four decades to empower us to make wise decisions about our health, and they've got the credentials to back their efforts.

This is straight talk, filled with insights not found elsewhere. They freely discuss the pros and cons of prescription and over-the-counter medicines. They listen to callers share their stories and provide expert advice. And, they don't ignore home remedies. Ever tried mustard for leg cramps? Can't hurt, and thousands say a tiny spoonful works like a charm in a couple of minutes.

When we set out to discover more about the Graedons, we learned that they've got a wealth of experience that gives enormous credence to their words of wisdom. And so, although they may not be "famous faces," they're certainly "famous voices" that resonate from the Carolinas to everywhere public radio is heard and enjoyed.

Joe Graedon has a Master of Science degree in Pharmacology from the University of Michigan. He's a founding member of the Society for Participatory Science, and Co-editor of the Journal of Participatory Medicine. He's an adjunct assistant professor at the University of North Carolina Eshelman School of Pharmacy, and a founding member of the Patient Advocacy Council. He's been on the Dr. Oz Medical Advisory Board since 2012.

Terry Graedon has a Ph.D. in Anthropology from the University of Michigan. She was Postdoctoral Fellow in Medical Anthropology at the University of California, and was an assistant professor at the Duke University School of Nursing and adjunct assistant professor in Duke's Department of Anthropology. She's Co-editor of the Journal of Participatory Medicine, and a founding member of the Patient Advocacy Council.

They are award-winning authors and hosts. The Graedons live in the Triangle area of North Carolina. Discover their health-related information at [www.peoplespharmacy.com](http://www.peoplespharmacy.com)

*Photo: Will & Deni Media, Inc.*

## Meet Me at Rose Hill Mansion

Plan a visit to Rose Hill Mansion and you'll experience an amazing example of a southern plantation home that once belonged to William Henry Gist, known as South Carolina's Secession Governor.

The building and grounds are open as a state park and visitors can see the rose garden, out buildings, and tour the beautiful home. (The house is accessible only via guided tour, where you'll learn about the history experienced within.) There's also a short hiking trail down to the Tyger River.

### *Special Events:*

#### **Tales of Union County**, October 24

An evening's journey where visitors will enjoy local ghostly tales and spine chilling legends.

#### **Christmas at Rose Hill**, December 5 and 6

There's nothing like a Victorian-style Christmas, and at Rose Hill, visitors will experience the holiday season the way it was – natural decorations and an emphasis on family time.

Check the [website](#) for days and hours of operation and costs. There is no charge to wander the grounds.

## Season Splendor

Hello Tony,

The Carolina weather is simply perfect! Maple trees are turning yellow, and in the higher elevations, the colors are blending beautifully.

It's time to get outside and revel in our comfortable climate. From



October 1-October 30, somewhere in the Carolinas, you'll be seeing a riot of colors, with barely a sweater needed!

Grab your favorite beverage and settle down for an insider's look at what's new and different in our part of the world. Check out our festivals and whiskey trails, our artists and food – and two very famous voices we'd like to introduce.

Now's the time to let the Carolina lifestyle tempt you as it did us, 30 years ago. We've never looked back toward that frantic big-city frenzy. Visit first. You'll return, perhaps for more great getaways, and eventually, to put down more permanent roots.

This is one heck of a vacation home destination.

See more via the [CarolinaLiving.com GUIDE](#): info on great towns, lifestyle and cost of living, plus dozens of amazing Adventures. Or, see it all on 350 pages at [CarolinaLiving.com](#) that includes personal stories assisting your journey to vacation, explore, move, invest or retire.

Your feedback and ideas are always welcome!

**Leyla & Patrick Mason**  
Co-Founders

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## Spend Time Together

### September 24 – 30

**Take A Child Outside** is a program designed to encourage children and adults to spend time together outdoors. By giving parents, grandparents and teachers information on outdoor activities and

## Carolina Creative

### Annie Evelyn

Look at her furniture and you think it will be hard as a rock. Sit down and you think you're in heaven.

Some folks call these "squishy chairs" but there's nothing squishy about the design aesthetic that brought Annie Evelyn to a three-year artist residency at Penland School of Crafts, in Penland, North Carolina. She's been on the cover of *American Craft Magazine* and been featured in dozens of publications – national and international. *Avant Garde* blogs tout her skills. Exhibitions in New York, Italy, New Orleans and China, among many others, have welcomed her work.

Ms. Evelyn started with furniture DNA. Before she was born, her grandparents owned a furniture company called Old Colony Furniture. From childhood, she appreciated fine furniture and the craftsmanship that accompanies it. She received her BFA and MFA from Rhode Island School of Design and began "upholstering" with concrete during her graduate school years.

A variety of furniture grants and residences fed her creative juices and she developed techniques to "upholster" with other hard materials like wood, metal, and glass, creating soft, giving seats from a variety of hard materials. Her company name? New Colony Furniture, of course. She has taught in a variety of locations including Parsons and her Alma Mater. Her work has been published in Laura

Housely's book *The Independent Design Guide: Innovative Products from the New Generation*.

One of these beauties in your home may start as a conversation piece, but quickly turns into the coveted seat of honor for family and friends.

[AnnieEvelyn.com](#)

*Chair photo by Chad Whitaker*  
*Annie Evelyn photo by Mercedes Jelinek*

## Medieval Margaritas for All!

places to go, you help children develop a better understanding and appreciation of the environment and an enthusiasm for exploring the natural world.

Going outside:

- helps kids focus in school
- reduces chances of obesity

So take a child outside!

On their site, you can find participating organizations in your area; pledge to take a child outside and record your experiences; and find ideas for outdoor activities.

An initiative of the North Carolina Museum of Natural Sciences, held in cooperation with partner organizations worldwide. For more information, call 919.707.9893.

## Facebook

### Love the outdoor lifestyle?

You'll really enjoy the soon-to-be-printed CarolinaLiving.com Guide showcasing Outdoor Thrills, from gentle appreciation to extreme sports for all ages.

Thrills come packaged in many ways and the Carolinas are prime hosts for the great Outdoors. Walking, hiking, biking, ATVs, paddleboarding, kayaking and more – we've got insider tips. Where do you want to go tomorrow? Do?

Please [share](#).

## Heading your way twice a month

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

## Request the Guide.

As sure as the changing color of the leaves, for eight consecutive weekends in October and November the Carolina Renaissance Festival brings a big dose of cheer, trumpet fanfare, clashing armor and giant roasted turkey legs.

Village purveyors offer an endless feast of bread bowl stews, premium meats on sticks, sweet treats and confections, and cinnamon-roasted almonds! Festival pubs offer Pepsi products, craft beer, wine, champagne, ale, honey mead, lemonade and Medieval Margaritas to compliment the day-long feast!

Twelve stages offer costumed performers offering continuous music, dance, comedy, and circus entertainments. Don't miss the popular jousting tournament with horse mounted armored knights. Shop from craft vendors offering home décor, jewelry, clothing of renaissance and medieval fashion, blown and torched glass, handmade art and pottery. There are also activities for children of all ages that include countryside faire games such as the castle climbing wall, archery and tomato tossing at a fool.

Each year the Carolina Renaissance Festival adds new entertainments and upgraded facilities for visitor enjoyment. 2015 additions include the new Queen's Kitchen, pony rides and special entertainment.

### The 22nd annual Carolina Renaissance Festival.

**Where:** North of Charlotte between Concord and Huntersville. The Festival is located on Highway 73 at Poplar Tent Road (between I-77 and I-85).

**When:** Eight consecutive weekends, Saturdays and Sundays, from October 3rd through November 22nd. The Festival runs from 10:00 AM until 5:30 PM, rain or shine.

**Ticket Information:** [carolina.renfestinfo.com](http://carolina.renfestinfo.com) or call 704.896.5544.

*Photography courtesy: Carolina Renaissance Festival*

## Carolina Cuisine

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.

## Fresh and Fabulous

It's fall fruit time in the Carolinas and that means apples and pears, my friends. While searching for a new fruit recipe to share, we came upon an [Asian Pear Salad](#), courtesy Skytop Orchard, near Hendersonville.

It's fresh, easy and incredibly tasty, and as the recipe advises, you can freely substitute ingredients, depending upon what's in your pantry. We hope it inspires you to visit Skytop or one of the many apple orchards in North Carolina and pick your own basket of goodness. Beautifully delicious!

[www.carolinalive.com](http://www.carolinalive.com)    phone 803.782.7466  
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*Compiled by Katherine O. Pettit • Designed by Ann Dolin*

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