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To: Kester, Tonykester@aging.sc.gov
Date: 6/23/2016 7:52:21 AM
Subject: Showcasing: Raleigh, Columbia, Brunswick Islands, Charleston and Lake Lure

June 23, 2016

Below: rock on, off the wall, oh, honey, sing m the blues, Smithsonian of the South, maters, please, I'd like a cool one, frastatta fun, and more.

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Carolina Adventure

Lake Lure/Rutherford County, NC

These Hills Are Alive

You've seen images of Chimney Rock, but if you've never walked the trails and thrilled at the 75-mile panoramic views of Lake Lure and Hickory Nut Gorge, put this adventure on your short list. At 535 million years old, the monolith for which the park is named has seen civilization creeping in. However, around the Rock, much of the scenery is, if anything, even more beautiful.

Lake Lure is manmade, of course, but seems perfectly situated in the shadow of the mountains. The climate is a delight, depending on your preferred season. Spring-green, Summer-lush, Fall-colorful, and Winter-best views of the year. The Skyline Trail goes to the highest peak in the Park, Exclamation Point. Hickory Nut Falls trail ends at the bottom of a 404-foot waterfall, second highest of its kind east of the Mississippi River. The Four Seasons trail lives up to its name, and the Great Woodland Adventure showcases 12 Discovery Stations with locally made sculptures.

Of course, the Outcroppings trail climbs 26 stories of stairs to the Chimney. That's where you can climb the last of the steps and enjoy the view.

WOW Factor: The views, of course, but add to that the sheer adventure of wandering the path with friends and family, plus your faithful canine companion (leashed and current on vaccinations; see guidelines). This is beautiful territory and worth seeing.

Hint: Forget the flip flops – wear good walking shoes, and stay hydrated. Check out the restroom facilities, and bring a camera.

Picnics are fun, and remember to leave nothing behind but your smiles and laughter. Dress in layers and bring a rain jacket. Bring the baby, but forget the stroller. Instead, rent a kid carrier backpack for the day. And, finally, check for the naturalist niche series, once a month from March through December, when you can wander with an expert.

[Learn more.](#)

Carolina Famous Faces

Jonathan Green

Born

August 9, 1955

It's a colorful and captivating world that South Carolina native Jonathon Green shows us with his very personal view of the African American Gullah culture of the

Lowcountry. I have postcards purchased after a performance of "Off the Wall and Onto the Stage: Dancing the Art of Jonathon Green" which was a triumphant collaboration that featured 22 of the artist's images brought to life through the choreography of William Starrett. It was a tribute to Green's award-winning art by bringing the paintings to life with dance and music. It was – remarkable. And Jonathon Green's artistic vision is – so very amazing.

Born and raised in the Lowcountry of South Carolina, he graduated from Beaufort High School, joined the Air Force, and received a BFA from the School of the Art Institute of Chicago.

His work is heavily influenced by the Gullah culture which enveloped his formative years. The colors are vivid, and the subject matter tends toward everyday life as well as the rites of passage that followed African Americans in the Lowcountry.

Considered by many art critics and reviewers as one of our nation's most outstanding African-American artists, his work has been embraced by private collectors worldwide, and resides in the permanent collections of many museums.

He received an honorary doctorate from the University of South Carolina, and in 2009, received the Key of Life Award from the NAACP for his contributions and achievements in the visual fine arts.

Jonathon Green currently lives and paints in his studio, located in Charleston, SC.

www.jonathangreenstudios.com

For the children in your life, consider buying *Amadeus: The*

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Image: Andreaslatter | Dreamstime.com

Jazz and Blues

The Carolinas' great legacy of musicians

From Johnny Acey, of the Harmonizing Jubilee Singers; through Chris Bouchillon, of the "Talking Blues" craze; to the Lowcountry's Wes Mackey – who adorns the cover – and beyond Washboard Willie Young, Professor Emeritus Benjamin Franklin V, shares lore about South Carolina's best and least-well-known performers in his comprehensive new

book, *An Encyclopedia of South Carolina Jazz and Blues Musicians*, published by USC Press. It is a treasure trove Franklin produced from a multitude of sources covering the past two centuries. Historians and music lovers alike will want this book, which is not only a great reference guide, but a wonderful read.

Purchase the book by calling the business office at 800.768.2500 or 803.777.1774. They can also email pressorder@sc.edu. Also available online at Amazon, Barnes and Noble, Books-A-Million,

The Rituals of Summer

Hello Tony,

The fruits of the season are upon us.
Here now, blackberries and soon blueberries. And then peaches arrive and the ice cream churn gets busy.

Is Columbia sprouting local farmers markets and roadside stands? From the Blue Ridge to the Atlantic, a Carolinas summer brings oh-so-many ways to have fun. See our [Farmers Market Directory](#).

We're known for world-class golf and tennis camps, and the Blue Ridge Mountains have kept children entertained in cool comfort for generations. The summer escape is underway!

It's time to make plans for a weekend getaway, or perhaps week at a mountain retreat, or beachfront cottage. Stretch your comfort zone and add new adventures to your life!

Read on!

Building starts, great rentals for professionals, low taxes and real estate bonanzas are beguiling lifestyle incentives to live here. Click to: [Retirement Living & Real Estate Tips](#).

Use the 320+ pages at CarolinaLiving.com as your resource for Carolina facts 'n fun that lead to stories 'n memories!

[Leyla & Patrick Mason](#)
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& Adventures*

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PS: As July 4 approaches, we are reminded of so many who have endured struggles to keep freedom alive. We salute all those who give their time and effort to help make the world peaceful – you make America proud.

That's one Tasty Tomato!

and many other retailers.

Reviewed by Clair DeLune, a professor of Roots and Blues Music History, host of Blues Moon Radio on WUSC-FM and author of *South Carolina Blues* on Arcadia Publishing

Raleigh Ranks High

Raleigh, North Carolina, has been ranked #9 among *Travel + Leisure* magazine's list of "[America's Favorite Places](#)," the annual reader poll that rates such features as dining, shopping and cultural attractions in more than 400 cities and towns around the U.S.

Greater Raleigh is home to the Guinness World Record holder for beer on tap (Raleigh Beer Garden); the largest year-round BMX biking facility in the world (Daniel Dhers); the largest museum park in the nation (NC Museum of Art); the southeast's largest science museum (NC Museum of Natural Sciences) and largest rock climbing facility (Triangle Rock Club); and the only non-collecting art museum in North Carolina (CAM). The destination has more music venues than anywhere in the state, and has earned the moniker "Smithsonian of the South" due to its large number of high-caliber, free admission museums.

www.visitraleigh.com/things-to-do/

And there's more: Greater Raleigh has earned a multitude of accolades including:

#1 Best Places to Live in America (Apex) - *MONEY Magazine*, August 2015

#1 Mid-Sized American Cities of the Future (Raleigh) - *The Financial Times*, April 2015

#1 Family-Friendly Cities in the U.S. (Raleigh-Cary) - Human Life Project, January 2013

#3 Among Best Cities to Work - Economic Environment (Raleigh) - *WalletHub*, May 2015

Discover more about [Raleigh](#).

Above: Raleigh's World of Bluegrass Festival image courtesy VisitNC.com

I scream, You scream

**The 2016 Palmetto
Tasty Tomato Festival
Sat., July 16th, 4pm-9pm**

Tasty Tomato is a celebration of locally grown food that highlights the people who grow it, the restaurants who place it on their menus, the markets that sell it, and the people who eat it.

Continuing its traditions of old-time festival fun , programming for the Tasty Tomato Festival will include a free heirloom tomato tasting, live music from two stages, local food, a craft beer garden, tomato bobbing, family fun activities, bloody marys, and signature cocktails, as well as crowning the winners of the highly anticipated Tasty Tomato Contest.

Sustainable Midlands, a champion of the region's sustainable food efforts and festival founder, is producing this celebration of the tomato season. The festival will be held at City Roots Urban Farm in Columbia, SC.

City Roots Urban Farm, 1005 Airport
Bldv Columbia, SC 29205
www.tastytomato.com

Carolina Cuisine

**Mmmm =
Moore Farm House**

The name is their own invention – a

**Cones of Happiness
on the Brunswick Islands**

mix of frittata and strata. At The Moore Farm House near Conway, SC, visitors will find a warm and comfortable historical home in which to spend an idyllic few days. Sure the Grand Strand is close, but Conway is closer and it's worth a serious exploration.

While staying at the Farm House, make sure you sample one of their breakfast specialties. The [Moore Farm House Frastratta](#) will join your recipe repertoire, for sure.

**The New Guide
is here!**

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

Facebook

A Peach of a Good Time

July is peach festival time and it's right around the corner! There's the *SC Peach Festival* in Gaffney, Lexington County Peach Festival, and Ridge Peach Festival. What's your fav?

Peaches in a pie, pickled, grilled, sugared, or even whipped up in one super Southern Peach Daiquiri? Or, are you the more savory type, yearning for tomato pie or a white bread sandwich with Dukes Mayo? Either way, it's all good. Please share with us on [Facebook](#).

In 1984, President Ronald Reagan designated July as National Ice Cream Month, and Americans answer the call by consuming an estimated 48 pints per person. Here's a great destination to do your part.

Located on the southeastern coast of North Carolina, the Brunswick Islands are a group of five scenic barrier islands and six quaint coastal towns that bring visitors back to an old-fashioned beach vacation. And, the Islands showcase a range of ice cream shops to cool down from the summer sun after a day out along the Islands' 45 miles of beaches.

Calabash:

Calabash may be known as the "seafood capital of the world," but Calabash Creamery sets the standard for old-fashioned ice cream by making it with 16 percent butterfat cream to give it a one-of-kind taste, including hometown favorite, Cow-a-Bash Crunch, a white chocolate base with chocolate cake crunch. The Creamery also features its Sunset Peach flavor only in July when the ingredients are the freshest.

Holden Beach:

Beaches N Cream's all-original, small batch recipes use only the freshest, local ingredients that are free of harmful preservatives, additives and hormones for the ice cream purist. Try the Boston Cream Pie or County Fair Funnel Cake – the winner of the 2016 New Flavor Contest.

Head to Fantasy Isle Ice Cream for a one-of-a-kind miniature golf course experience to enjoy with ice cream. Known for their brightly-colored buckets of retro candy, Sandman's Candyland also serves ice cream

and shakes.

Oak Island:

Reopening in a new building this summer, Leaky Tiki's is great for a scoop of homemade ice cream and to pick up some house-made fudge for later. Frosty's is legendary for its ice cream and the tantalizing aroma of house-made waffle cones. Top the cone with a generous scoop of Peanut Butter Chocolate or Butterfinger Ice. Tropical Treats offers a lighter take to cooling down with a variety of Italian ices and sno-cones.

Ocean Isle Beach:

Ocean Isle Creamery serves up at least 17 homemade flavors every day, and all the ice cream gets its start from a dairy farm in Dunn, NC. Some of the creative creaminess includes Cotton Candy and German Chocolate Cake. The Ice Cream Shoppe celebrates its 30th summer this year and has one of the best strawberry milkshakes around.

Southport:

Step inside Flava's Ice Cream, and enjoy a scoop of Death by Chocolate or the most popular flavor, Nutty Coconut. Spike's Dairy Bar churns out favorites like Almond Joy and the "to-die-for" Coffee Mud Pie. Be sure to treat four-legged family members with the 'Pup Cup,' a scoop of vanilla ice cream topped with a dog biscuit.

Sunset Beach:

Make sure to sample the bright primary-colored Play Dough ice cream at How Sweet It Is, along with Dutch Chocolate, Banana Pudding or Sea Salt Caramel.

Images courtesy www.ncbrunswick.com:

Spike's Dairy Bar eating area, Southport, NC;

Calabash (NC) Creamery, scooping Cow-a-Bash Crunch;

Sandman's Candyland, Holden Beach, NC.

Visit www.NCBrunswick.com to learn more.

[Read more.](#)

Heading your way

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Troon Selected to Manage The Reserve Club at Woodside

Troon,® the leader in golf course management, development, and marketing has been selected to manage The Reserve Club at Woodside located in Aiken, South Carolina. The Reserve Club at Woodside is a private country club and Southern Living Inspired Community located in the Carolina foothills. Members and guests have access to two championship golf courses, plus recreational and social activities. Outdoor recreational amenities include Har-Tru tennis courts; Pickleball courts; croquet and bocce ball; resort pool and cabana; community parks and greenspace areas; state-of-the-art fitness facility; walking, hiking and biking trails and more. There's outdoor dining, live music in the piano bar, and a fully-stocked golf shop.

[Read more.](#)

The Love Course at Barefoot Resort

It's highly possible that of the four golf courses designed by big names at Barefoot Resort in North Myrtle Beach, the most popular one was designed by the guy with the least amount of experience as a designer. [The Love Course](#) – designed by the Lowcountry's own David Love III, exemplifies his Carolina roots. Here you'll find wide open fairways, generous landing areas and some good scoring opportunities. [more](#)

Image: Daniel Island
Company

Outdoor Fitness Easy on Daniel Island

More than 25 miles of walking, running and biking trails on **Daniel Island** meander through parks and the island's downtown, over marsh and tidal creeks and along the Wando River, offering beautiful Lowcountry views along the way and providing endless opportunities for fitness and fun. Now, new easy-to-follow trail markers and a corresponding mobile app for Android and iOS users, developed by the Daniel Island Company and Daniel Island Property Owners' Association, make it easy and fun for residents and visitors in Charleston's island town to navigate and explore while getting fit on the island's trails. Daniel Island is a 4,000-acre island master planned community in the city of Charleston, SC that is home to traditional neighborhoods, award-winning golf and tennis facilities and an outstanding collection of amenities in a self-contained island town setting.

Sea Pines offers value-packed vacation package.

Available until Sept. 6, the **Inn & Club at Harbor Town Summer Special** starts at \$285 per day (four-day minimum) and features a \$50 resort credit and reduced golf rates. Included complimentary are daily transportation to the new, world-class Sea Pines Beach Club (with use of beach chairs, umbrellas, beach towels, and cooler of bottled water), valet parking, adult bikes (with reduced rates on children's bikes), two hours of court time at The Sea Pines Racquet Club, and full access to the Inn's luxurious pool. Feature unlimited use of the resort's fitness center and free wireless Internet service during the stay.

The Willcox hosts 4 Cats

Enjoy jazz music by 4 Cats in the Dog House every Thursday evening at **The Willcox**, now through August 4. Good times and great music in an unforgettable setting – voted one of the best hotels in the world.

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**

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