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**To:** [Kester, Tonykester@aging.sc.gov](mailto:Kester, Tonykester@aging.sc.gov)  
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**Subject:** Adventures: Grandfather Mountain, Charlotte, Bishopville, Walhalla, Kure Beach

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July 23, 2015

*Below:* Soul of the South, Singing the Blues, Kreative Kudzu, Discovery Time, Mile High Growth, Stony Landing, Flowing like a River, Don't let it get away, Berry Delicious.

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## Carolina Adventures

### Feast Food Tours | Charlotte, NC Soul of the South

First, we found them on *Trip Advisor*. Then, they surfaced in travel blogs, *Southern Living* and even *HuffPost Lifestyle* from the UK. We were intrigued. And we investigated further. And now, we're eager to share what we've learned.

Feast Food Tours offers Charlotte neighborhood Walking Food Tours. It's the brainchild of owner/tour guide Kristi Martin, who describes her interests as wine tastings and beer samplings, following restaurant openings and food fads, taking cooking classes, reading food blogs, watching Top Chef, stalking kitchen supply stores, shopping at farmer's markets, and having (an ever-growing) stack of cookbooks! Folks who've enjoyed

her tours describe her as amazing, a great hostess, knowledgeable, organized, and fabulous fun.

The Soul of the South Uptown tour takes you to restaurants and introduces you to chefs with a passion for their own Southern heritage. You'll learn how they source the freshest ingredients and what farm to table means to them. Along the way you'll sip and savor, definitely learning about Charlotte and sampling great cuisine that will draw you back, without a doubt.

*WOW Factor:* Choose from Bars & Bites in the historic South End, or perhaps Dives to Dining Plaza Midwood, where your fried pickles will be accompanied by adult beverages, art and architecture. Local Flavors of Historic NoDa (North Davidson arts district), and a new tour covering uptown Charlotte. In other words, she's got your personal taste preferences covered.

*Hint:* It is a walking tour, so dress accordingly. Start the tour hungry – you won't end that way. Expect to learn about Charlotte's vibrant food culture and its fascinating history. Explore different areas and neighborhoods to find what fits your soul. (Thinking of moving to Charlotte? No better way to learn the city. Take all their tours while you're deciding where to live.)

[Feastfoodtours.com](http://Feastfoodtours.com)

Learn more about [Charlotte](#).

*Photos by Kristi Martin.*

*Top image: Executive Chef Thomas Marlow talks with a tour group about the farmers he uses at Mimosa Grill.*

*Bottom image: Tour visits rooftop garden at Fahrenheit Charlotte.*

## Carolina Famous Faces

### Drink Small Still Does It All

*By Clair DeLune*

From growing up on a sharecropper's farm in Bishopville to headlining in October 2015 at the Lisner Auditorium in Washington, D.C., when he will officially be granted the nation's highest cultural award for a traditional artist – a National Endowment for the Arts

Heritage Fellowship for 2015 – Drink Small has very nearly “done it all,” as one of his CDs attests.

Small, whose musical roots led him from singing gospel with the Spiritual Aires at the Apollo Theatre, to his first Blues record, “I Love You, Alberta,” recently being chosen as one of the “top party songs of all time” on an “Animal House” CD, will receive the highest distinction the City of Columbia can bestow. For folks in the Columbia, SC, area, Drink Small Day is Thursday, July 30, 2015, at 5:30 p.m. with the honorable Mayor Benjamin bestowing that tribute at Tapp's Arts Center on Main Street.

Small says that the choice of Tapp's is fitting. “Tapp's Art Center is helping the arts thrive and Drink Small is keeping the Blues alive. I'm happy to sing for all of you; and proud to be with the Mayor, too!”

South Carolina's most famous living purveyor of roots music is the subject of several books on roots and heritage music and arts. His biography “Drink Small,” is available on History Press; on

September 21, 2015, Arcadia Press releases “South Carolina Blues”; and Muddy Ford Press features him in a chapter of “Limelight II,” hitting bookstores in mid-August. Drink Small’s official page on Facebook is “Drink Small, the Blues Doctor.”

## Carolina Creatives

### Kudzu Kabin Designs

Artist Nancy Basket learned about pine needle basketry from a friend in 1981. Her skills grew and she sought out knowledge from those who understood the art and science of basketry.

Originally from Yakima, Washington, she moved to Illinois, helping to form basketry guilds, teaching at national conventions and always perfecting her own creative expertise.

In 1989, she moved to South Carolina to be closer to the long leaf pines and collect her own needles for her baskets. She also wanted to be closer to the Cherokee reservation to learn the stories her own grandmother never knew. (She learned, then taught her own children about their culture. Now, she is also a storyteller who shares the rich Cherokee culture with many others.)

Nancy was juried into the SC Arts Commission as an artist in education. She began to use split kudzu vines for baskets as well as the pine needles and other plant species. Her creations now include paper, kudzu and pine needle baskets, kudzu lampshades and sculptures.

A contemporary basket maker and fiber artist, Nancy takes her name from the work she does, as well as from her Cherokee grandmother. She is an artist-in-education in basketry, papermaking and storytelling in South Carolina.

[www.nancybasket.com](http://www.nancybasket.com)

## Carolina Golf

## Discovery Channels: The Best Way to Explore Golf Communities

Summer is a great time in the Carolinas to search for a golf community home. Visitors who are contemplating a move south will get a taste for what summer is really like in North and South Carolina. (Quick answer: Hot on the coast and the flatlands of the interior; cool in the western Carolina mountains ... but it is all relative, especially if you live in some especially hot spots in Florida or Arizona.)

All of the Carolina golf courses are open for play, of course, and you are likely to be alone on the links at the hottest times of the day.

You can often play in less than four hours, but don't forget to hydrate frequently. (Some courses provide iced towels at tee boxes. )

Most golf communities make it easy and inexpensive to visit and explore. Learn more about discovery packages and great deals that introduce you to the golf communities and their amenities.

[Discover more.](#)

## Check your height with Grandfather

### New Mile High Growth Chart Fun

Grandfather Mountain has unveiled a new attraction at the Linville Park: the Mile High Growth Chart.

The Growth Chart, located on the third floor of the Top Shop Visitor Center, allows guests to measure their height compared to Mildred the Bear on a platform that's exactly one mile above the sea in elevation.

Guests who visit annually can watch their kids "grow" over the years as they

compare photos.

Jim Morton, chairman of the Grandfather Mountain Stewardship Foundation Board of Directors, said the Growth Chart has been a dream since the Top Shop was renovated in 2010.

"We are deeply grateful to the team from Coffey Architecture for turning our idea into a good idea," Mr. Morton said. "Locating and

## Garden Rewards

Hello Tony,

Carolina residents have *beaucoup* recipes using tomatoes, corn and zucchini – local produce is everywhere these days, and we've even found bags of veggies stealthily placed at our front door.

Bountiful times and we're not complaining. But there's more.

Peaches and blueberries are at their peak as well, enticing us to dust off the ice cream churn and forget the calories (see Carolina Cuisine for a fun take on blueberries – perhaps with your home spun frozen treats).

We've enjoyed time biking the mountains, while colleagues seek out sea breezes and marathon tennis matches. Feeds into your take on Carolina living – close to beach and mountains, year round access, whenever the mood strikes.

Much to love here, in all its quirky, southern glory.

Seek and find the best of it all – jobs, low taxes and real estate bonanzas driving the new searches for a great home. Click to: [Retirement Living](#) & [Real Estate Tips](#).

Use the 370+ pages at CarolinaLiving.com to create your own Carolina stories and memories!

All the Best,

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

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PS: Our thoughts reach out to the families of those who perished in the terrible tragedy at Emmanuel Church in Charleston. May we continue to answer violence with grace and courage – neighbors, all.

**Carolina Cuisine**

designing our Mile High Growth Chart was a challenging task, but the creative folks at Coffey Architecture made it look easy. It was the out-of-the-box thinking that we needed.” Architect Hunter Coffey said he and Michelle Daughtry were pleased to work on the project pro bono.

**Growth Chart:** The new Mile High Growth Chart platform is positioned exactly one mile above sea level. When measured, N.C. State basketball legend Tommy Burleson stands 1 mile, 7 feet, 2 inches tall, while 11-year-old UNC fan Bailey Bartlett reaches an impressive height of 1 mile, 4 feet, 11 inches.

[Grandfather.com](#)

*Photo by Jim Morton | Grandfather Mountain Stewardship Foundation.*

## Step Back in Time

### Stony Landing Plantation

This plantation is known for beauty and brains.

You can find this historical jewel at Old Santee Canal Park, near Moncks Corner (not far from Charleston, SC) so when you visit, plan your trip to include a tour through Stony Landing Plantation.

Built around 1843 by Charleston merchant, John Dawson, the house isn't nearly as elegant as some, but its significance is unmatched. In 1861, Dr. St. Julien Ravenel was owner. He gave up his medical practice to devote his time to chemical and plant research and helped pioneer the use of fertilizers in agriculture. He also is given most of the credit for promoting the construction of “Little David,” a cigar-shaped, semi-submersible vessel fitted with a torpedo at the end and used during the Civil War. It was built at the plantation under complete secrecy.

The home is near Biggin Creek, where the west branch of the Cooper River Begins. An extremely important area, supplies for the interior were brought up the river, unloaded and carried up the Cherokee Path. The Santee Canal construction greatly increased the riverboat traffic.

The house is furnished with period reproduction furniture and is open for tours. [www.oldsanteechannelpark.org](http://www.oldsanteechannelpark.org)

*Santee Canal was constructed from 1793-1800. In addition to the plantation, there are four miles of boardwalks that wander through the swamp. Popular activities include hiking, birdwatching, paddling and picnics. The Interpretive Center is fascinating. (Berkeley County Museum and Heritage Center is also within the park.)*

## Ocean Breezes and Blissful Views

### Happy 100th Birthday!

Ah, what bliss when a heavenly taste is surpassed only by the healthy benefits.

Blueberries are prolific in the Carolinas, and many you-pick-em blueberry farms provide hours of enjoyment (not to mention colorful mouths due to taste-testing).

We found an adorable little dessert that packs a lot of bang for its relatively low cost in calories. We guarantee the kids will love [Blueberry Sparklers](#), but make enough for the adults to indulge as well. We're already thinking about variations on this clever idea.

## Facebook

### Cascading Coolness

#### *What's your favorite Carolina Waterfall?*

With thousands to choose from, you have options. [Visit](#) us on Facebook and cast your vote.

## The New Guide is here.

### Kure Beach – North Carolina's "Small Wonder"

After an eventful day at [Kure Beach](#), visitors have been known to take a stroll to the pier and soak in the view. Built in 1923, the Kure Beach Fishing Pier is one of the oldest piers on the Atlantic coast and has appeal to all ages. Folks will cast a line from the pier to try to catch a whopper or take in the breathtaking miles of beautiful coastline. According to a longtime visitor of 45 years, a favorite activity is to relax on the pier while eating ice cream and enjoying the ocean breeze with family and friends.

When you're traveling with kids, convenience is key. Visitors can stop at Ocean Front Park, Kure Beach's largest public green space which is located in the heart of the downtown area near the Pier and includes a walking path, a "tot lot" for small children, swings and rain gardens, all along the oceanfront. It's also just a hop, skip and a jump away from several favorite Kure Beach restaurants.

*Photo courtesy Wilmington and Beaches CVB*

## Heading your way twice a month

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*Compiled by Katherine O. Pettit • Designed by Ann Dolin*

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