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To: Kester, Tonykester@aging.sc.gov

Date: 6/30/2015 9:56:47 AM

Subject: Showcase: Leading 25,000 visitors to Charlotte, Columbia, Charleston and more

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June 25, 2015

*Below:* the real Foodie Store, storyteller with a purpose, artist extraordinaire, go to golf school, Enjoy these Lazy Daze, try a Paddle-Grapple, Ironman smoothie.

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## Carolina Adventure Southern Season

**Southern Season**  
Charleston, SC • Chapel Hill & Raleigh, NC  
*“Gustatory Delight”*

That's what renowned *New York Times* food critic, the late Craig Claiborne, called Southern Season. He was on the money! A recent visit to the Charleston shop convinced us all that this was a worthy Carolina Adventure. Bright, airy, beautifully appointed – but that's not the point. It's got the good stuff and my credit card is here to prove it.

Grab a cup of Mocha or perhaps a flavored latte from the coffee & tea bar, then stroll on. You'll pass the coffee section, with 50+ varieties from which to choose. A picky gourmet could stand there for hours.

The pastries and deli offer delights, but it was the cheese department I was interested in seeing. How good was it? Very good indeed, with a trained staff

who knew their way around cheese.

And then there's wine. I stepped inside the climate-controlled fine wine room and was helped by another staff member who reverently showed me their bottle of Petrus French merlot from the region of Pomerol – yours for a mere \$3,755. No, I didn't succumb to the temptation of learning how something like that really tastes, but I did inquire about a nice Portuguese red. He led me straight to the source and one of those beauties traveled home with me where it awaits Saturday night.

And then the candy section – another knowledgeable staff member showed me the dazzling choices. I passed by the barbeque sauce section. (Remember, we're in the south), and counted 168 different kinds of sauce and an equal number of hot sauce bottles. Could've stayed there for hours. And the salt, sugar and pickles. And the home accessories, cooking school, flowers. So much to love.

*WOW Factor:* This is not a grocery store in any sense of the word.

It is a top-shelf destination for specialty foods and products. Open since 1975, I just want to know why I've never been to this paradise before. With more than 70,000 items sold in-store and online, it will take some time to cover it all – but I'm willing to make the commitment. Be sure to check out Chef Vivian Howard's favorites, on display as gift baskets.

*Hint:* Take a list and don't go hungry, or you'll simply graze your way through the cheese and around the tasting station. On second thought, go a bit hungry, so you'll pause to savor the tastes. Take a cooler. I didn't, but the staff provided an ice pack to accompany my cheese on its trip back home.

**Southern Season**

**Carolina Famous Faces**

## Alice Childress 1916-1994

This remarkable actress and writer was born in Charleston, to a working class family. At a young age, when her parents divorced, the girl was sent to live with her maternal grandmother in Harlem.

However, she never left the South behind and frequently drew on her background in the segregated South for her writing.

It's been said that her grandmother encouraged Alice's creative interests, including reading, writing, and soon, the theater. Throughout the 1940s, she participated in American Negro Theater productions, gaining quite a reputation as a talented actress. She became involved in social issues. And her writing career gained recognition as well.

*Florence*, her first play, told of a black mother refusing to support her daughter's interest in acting. The play was critically well received. She also wrote *Trouble in Mind*, which won an Obie Award in 1956 as best off-Broadway play.

She married, then divorced Alvin Childress, the actor who played Amos on TV's "Amos 'n Andy Show." The couple had a daughter, Jean.

And then she wrote *A Hero Ain't Nothin' But A Sandwich*, a novel which targeted young adults. It was controversial with its discussion of drugs, sex and parental expectations.

Her legacy grew and her fame as well. Eventually, she wrote eight plays, four novels, and a number of papers. Her 1979 novel, *A Short Walk*, was nominated for a Pulitzer Prize. Together with her second husband, composer Nathan Woodward, she wrote several musical plays, including *Sea Island Song* and *Young Martin Luther King*.

One of her more controversial plays, written in 1966, was *Wedding Band: A Love/Hate Story in Black and White*, about the illegal marriage of a white baker and black seamstress in South Carolina during World War I.

She was noted for her compassionate – yet realistic – depictions of both blacks and whites, and she was awarded the Paul Robeson Award for Outstanding Contribution to the Arts. In her later years, she lectured at Radcliffe and Fisk Universities, and she wrote until her death.

**Greetings! From your  
CarolinaLiving.com pals**

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.

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 begins!

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 370+ pages at CarolinaLiving.com as your resource for Carolina facts

## **Golf School** *Your Game Don't Mean A Thing If You Ain't Got That Swing*

*by Larry Gavrich*

I took my first golf lesson at the age of 13. It would be another 50 years before I took my next one. My first instructor, a 60-something driving range pro in New Jersey, had one thing to say during my 45-minute lesson: "Roll your wrists, roll your wrists, roll your wrists" over and over again.

What a nice way to earn \$25, which is what I recall my parents paid for me to listen to that mantra. It took me most of the next five decades to overcome a chronic snap hook off the tee.

[More.](#)

## **Carolina Creatives**

## **Art with a Story** **Barbara Fisher**

'n fun that lead to stories 'n memories!

All the Best,

Leyla & Patrick Mason  
Co-Founders

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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 make the world better – you make America proud.

## Carolina Cuisine

### Go for Green Thunder!

It's not all about banana pudding and fried chicken in the south (although we're the first to admit, both have their place in any potluck). Sometimes, it's about nourishing your body with top flight fuel to keep on going.

Check out this month's Green Thunder smoothie recipe developed by award-winning executive chef Colin Bedford, of the Fearington House Restaurant and find out how he did in the Raleigh half-marathon.

*Editor's Note: healthy and tasty – a good thing, indeed.*

[Read more ...](#)

## The New Guide is here.

She's a painter with work in private and public collections throughout the United States. The New York City native was educated in Colorado and California, and lived on the West Coast for years before ending up in Asheville, NC, in 1998.

In recent years, she's taken inspiration from her paintings and created magnificent hand-crafted silk scarves.

Images are manipulated digitally to form mirror-image patterns, which are printed onto silk and backed with solid colored silk habotai. The scarves measure 10" x 60" and are named for various women in her family.

We were intrigued, not only by the graceful designs and richness of the

look, but also because there is a story behind each woman. We don't know them all – some are mentioned only by name – but all hold a place in her family tree. Avel (1886-1966) is my personal favorite and I would love to know more about her. Her photo looks adorable, and just a bit impish. I'm sure she'd wear her namesake with style and flair.

From Barbara Fisher: "Avel was a great woman! Her husband died at age 42, leaving Avel at 38 with three young boys. My father was the oldest of her three sons. She never remarried, went to work in a factory and eventually became a bookkeeper. All three boys served in WWII."

[www.fishcakedesign.net](http://www.fishcakedesign.net) • [www.barbarafisher.com](http://www.barbarafisher.com)

## It's Party Time

### Arts and Crafts Show for Everyone

**Saturday, August 22 • Cary, NC**

Visit the 39th Annual Lazy Daze Arts & Crafts Festival, one of the largest single day juried arts festivals in the United States.

In 2015, Lazy Daze will feature over 300 fine artists and crafts professionals from 16 states.

In addition, the festival will feature five stages with an eclectic mix of live entertainment -- jazz, bluegrass, reggae, rock, funk and more.

In addition, there will be a number of roving entertainers throughout the festival, special events for children, and lots to do. Fifty thousand visitors are expected.

Learn more at [Cary Town Hall Lazy Daze](#).

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.

## Paddle Grapple

### **Pick your paddle and join the fun.**

***Live music, lots of water events and awards.***

Date: September 6, 2015

Time: 8am-1pm

Price: \$45

All Ages

Choose from SUP, surfski, marathon, kayak or canoe classes in this race on beautiful Fontana Lake in the Great Smoky Mountains.

With a three or six mile race option, the Paddle Grapple offers an option for every boater, whether recreational or elite. Awards will be given to top finishers in each class.

Sponsored by the Nantahala Outdoor Center. Get the [details](#).

## Heading your way twice a month

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

## Facebook

### **A Peach of a Good Time**

July is peach festival time! 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. [Do share!](#)

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

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