

From: listmgr@bounces.enflyer.emsvc.net <listmgr@bounces.enflyer.emsvc.net>
To: Kester, Tonykester@aging.sc.gov
Date: 7/14/2015 10:38:42 AM
Subject: Adventures: Blue Ridge Mountains, Charlotte suburbs, York, North Myrtle Beach, Surry County

July 14, 2015

Below: Oh Barnie, how we miss you; a little Beach Music; Feel-good doggie film; Summerfest; Home-grown beauty; Save the Woodpecker; Simply Peachy!

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Take a Road Trip – Surry County

The Art and Soul of the Yadkin Valley

Did you grow up watching Andy, Opie, Barney and Aunt Bee? We did, too. The next generation can still enjoy the idyllic antics of the Andy Griffith Show in the form of reruns, and a visit to Mount Airy (the inspiration for Mayberry) will shower you with nostalgia, but there's lots to enjoy here in Surry County.

Wine trails, art galleries, amazing music, excellent cuisine, and museums to explore, And don't forget to grab a taste of Sonkers.

[Discover more.](#)

*Top photo: Shelton Vineyards, Yadkin Valley | Bill Russ – VisitNC.com
Bottom: Andy Griffith statue at the Andy Griffith Museum in Mount Airy | VisitNC.com*

Where in the Carolina World are you?

There are three sorts of people; those who are alive, those who are dead, and those who are at sea.

-- Anarcharsis, 6th C, BC

For those who love their wooden boats, and those who love to watch (but not own) them, this festival, held in October, attracts enthusiasts worldwide who appreciate the Atlantic Ocean in the Autumn, accompanied by fantastic seafood, competitions, and a classic case of boat envy.

[Where are you?](#)

Beach Music!

Sounds of Summer Concerts

It's that time of the evening when the sea breeze picks up and the air cools down. Enjoy live music under the stars at the Sounds of Summer Concert Series in North Myrtle Beach. Bring your beach chair or blanket and join the community for free family-friendly fun at the NMB Park & Sports Complex at the Sandhills Bank Amphitheater. Snacks and beverages will be available for purchase. No outside food or beverages will be permitted. What a perfect way to wind down the day!

7-9pm, July 17, Aug. 21 and Sept. 18.

[More information.](#)

Summerfest

Good times, Galore.

Held annually on the fourth Saturday in August *Summerfest*, has been recognized at the South Carolina Governor's Conference on Tourism and Travel as the Most Outstanding Festival of the Year in a community between 5,000 and 15,000, by the Southeast Tourism Society for its Top 20 Events calendar.

Hosted by the Greater York Chamber of Commerce and the City of York, the 32nd *Summerfest* will take place on Saturday, August 22, 2015 in Historic York, South Carolina from 9am to 5pm.

A juried craft and food festival featuring only handmade crafts, delicious foods, 120+ craft/art vendors and food vendors. Featured attractions include, one of the largest regional car shows; sports tournaments in golf, tennis and races of 5K, and Fun Runs; musical entertainment located at three stages; BMX Stunt Team, Health Clinic, children's activities, Robotics demonstrations, Zip Line, Monster Water Ball Country Showdown, giant scale model airplane fly-in, and 4-H petting zoo. 45,000 visitors. Free

Admission.

803.684.2590 or visit www.yorksummerfest.com.

You're Gonna Love this Dog

VisitNC.com Highlights Max Film Sites

First, go see MGM's new feature film, *Max*. Then, plan a trip to film locations as well as destinations frequented by the stars during filming of the movie.

Max, a family action-adventure written and directed by Boaz Yakin of "Remember the Titans" fame, uses scenic backdrops from Crowders Mountain State Park, DuPont State Recreational Forest and the Yadkin River near Elkin as well as Lincolnton, Faith and the Charlotte suburbs.

The story centers on a military dog whose trainer is killed in Afghanistan. Adopted by the fallen marine's family (Thomas Haden Church, Lauren Graham and Josh Wiggins), Max leads the way on a journey of healing.

Travelers can find ideas for planning a "Filmed in North Carolina" trip at VisitNC.com.

Good Living

Hello Tony,

We're just back from the cooling mountains of North Carolina where we (with dog, Ginger) biked and hiked Blue Ridge and river trails non-stop.

For us, with family and friends, summer escapes mean heading up thru Clemson to the Blue Ridge Mountains, for the Brevard Music Festival and over to the spectacular auction at Penland School of Arts ... to drink in the creativity that seems to connect at higher altitudes.

Many from your region visit for golf, tennis, mountain biking, or water sports. Beach reads may include the much-awaited sequel to *To Kill a Mockingbird*.

Opportunities abound in the middle of our Carolina summer.

Come experience the best of life –

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Photo Credit: Kent Smith

Caption: (L-r) MIA XITLALI as Carmen, MAX and JOSH WIGGINS as Justin Wincott in Warner Bros. Pictures and Metro-Goldwyn-Mayer Pictures' family drama "MAX," a Warner Bros. Pictures and Metro-Goldwyn-Mayer Pictures release.

Carolina Home Grown

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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 Animals at Risk

Note: Our ongoing feature shares information about Carolinas endangered animals. Some are cuddly, others – not so much. All are important and the Wildlife Federations of both Carolinas are working hard to raise awareness of these important creature assets. Enjoy!

Red Cockaded Woodpecker (*Picoides borealis*)

In the 1700s, nearly 1.6 million family groups of Red-cockaded Woodpeckers (*Picoides borealis*) lived in the Southeast. Today, 3 percent remain, primarily due to loss of habitat.

The Red-cockaded woodpecker inhabits long-leaf pine forests in 11 southeastern states. It forms isolated clans of one female and several males,

Looks Pretty; Smells Devine

Summer heat and humidity causes folks to think about escaping to swimming pools, lakes, mountain retreats, and beaches. Why not stay home and find refuge in your garden with our native Summersweet (*Clethra alnifolia*).

In July, Summersweet produces spikes of spicy fragrant flowers atop a 3 to 8 ft. high multistemmed shrub with attractive lustrous green leaves. The flowers mature to clusters of woody capsules that look like dried peppercorns. In the fall, Summersweet leaves turn pale yellow to rich golden yellow.

For you and me, Summersweet is a visual and olfactory delight. To butterflies and other pollinating

insects, it's a smorgasbord of nectar and pollen. While you can settle for growing the straight species, take a close look at an extensive menu of desirable cultivars that include 'Hummingbird', a compact, white-flowering gem that tends to flower more heavily than other named cultivars, 'Sixteen Candles,' a selection that bears 4- to 6-inch long arrow-straight spikes of white flowers that look like birthday candles, and 'Sherry Sue', a cultivar that offers multi-season interest: white flowers in midsummer, golden fall-colored leaves, and brightly colored red stems in winter and early spring. You want pink? 'Ruby Spice' will take you to your "happy place" with rose-pink flowers.

Summersweet grows in partial shade to full sun, but from my experience, shade from the afternoon sun keeps it looking its best unless you provide water during very dry spells. Use this multi-stemmed shrub in mixed borders, damp areas, rain gardens, bogs, or in naturalized areas along streams and ponds.

Yes, I am smitten by this native shrub, which forces me to end with this cheesy line: Summer will never be as sweet without Summersweet.

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

Carolina Cuisine

needing up to 200 acres per family group.

Encouraging controlled forest fires and placing artificial nesting boxes in trees have increased populations since the 1970s. Additionally, the federal Safe Harbor program incentivizes private landowners to create RCW environments. South Carolina leads the nation in Safe Harbor participants and Francis Marion National Forest has more RCW clans than any other site nationally.

(Submitted by Susan Hamilton, SC Master Naturalist & Palmetto Pro Birder)

Editor's Note: Even though he is quite greedy, our occasional Red-cockaded woodpecker visitor brings delight to our bird feeder (if not the resident birds who scatter when he arrives).

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A peach of a state.

Sorry Georgia. You're a mighty fine neighbor and friend, but South Carolina has it all over you when it comes to peaches. Ours is a good-natured rivalry, of course, but the bottom line is the peaches taste heavenly here and folks have been finding ways to

pickle, freeze, bake and dry peaches for generations. It's all good.

For a taste that highlights the freshness of our juicy fruit, consider this recipe for [Peach Salsa](#), courtesy the SC Peach Council. You'll love it – but save room for old-fashioned peach ice cream, hand-churned, of course.

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Time to Refresh

Where do you cool down during a Carolina summer? Mountains? Seaside? Lazy Rivers? Marathon Mall Shopping? Cocooning at Home? Please [share](#) your cool-down pleasures.

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Compiled by Katherine O. Pettit • Designed by Ann Dolin

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