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To: Kester, Tonykester@aging.sc.gov
Date: 1/26/2017 9:39:26 AM
Subject: Showcasing: Yadkin Valley, Columbia, Myrtle Beach, Charleston, Wilmington Rocky Mount

January 26, 2017

Below: Sip on; White ball wonders; Play that funky music; Artistic iron; Start moving; Eccentric artist; Ode to the Riverwalk; Kids in the kitchen; Buildable beauty.

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Carolina Adventures

Shelton Vineyards | Dodson, NC

Oh, Divine Wine

The back story of the proliferation of vineyards in the Yadkin Valley of North Carolina is two-fold. First, there is the land – verdant and rolling, with terroir that invites the grapes to sing. Many of these fields were formerly tobacco farms, and with smoking on the decline, a new crop had to be found. Enter the much-loved grape.

Second, the area supported its new crop. Folks worked together and the word got out. Surry Community College developed a two-year curriculum. Oenophiles began to taste, awards were won, and the rest is history.

Today, you can visit more than 100 wineries in the state, with many in the Yadkin Valley. Start with Shelton Vineyards, the state's largest family-owned vineyard and the product of two brothers, Charlie and Ed Shelton, who grew up in the area. They remain some of the area's most ardent supporters, and their winery offers a perfect way to spend the afternoon.

First, you'll want to take a tour. The vineyards are beautiful, and if

you book the Winemaker Tour, you'll be escorted by their chief winemaker, Gill Giese. You'll learn about the process, and sample wines along the way. You'll stop in at Harvest Grill for a light bite and you'll leave with a complimentary crystal wine glass (and several bottles of your favorite wine). More options include the Reserve Indulgence Tasting and Gazebo Tasting. It's all good.

WOW Factor: These folks are winning awards at international wine competitions as well as in North Carolina. Make sure you sample their bestsellers: Yadkin Valley Riesling (semi-sweet and very flavorful) and Cabernet Sauvignon 2013, which won double gold at the NC State Competition.

Hint: Indulge responsibly and book a room at the Hampton Inn at Shelton Vineyards. (It's the only hotel in the group that features a wine bar.) Plan to dine at the Harvest Grill. Their menu changes seasonally, but you can count on creative pairings and options for both vegetarians and meat-lovers, including Cornbread Crab Cakes, Filet Mignon with black pepper gastrique, or Angel Hair Pasta Provencale. Consider the sides, too. Good stuff, especially when paired with the perfect vintage. www.sheltonvineyards.com

Learn more: [More Adventures](#)

Great Golf

The Carolinas Holds 16% of Top 200 U.S. Golf Community Courses

Golfweek magazine, one of the few publications that ranks golf community courses on an annual basis, recently released its ranking of the 200 best courses inside the gates of communities that offer golf.

Sixteen courses in North and South Carolina were named to the top 100, and another 16 to the next 100. Wade Hampton Golf Club in Cashiers, NC, designed by Tom Fazio, topped the entire list as the single best golf community layout in the U.S.

[Read More.](#)

Photo: Cliffs at Keowee Vineyard, Sunset, SC | Credit: Larry Gavrich

Famous Faces • Classic Jazz

Thelonius Monk

October 10, 1917 -

February 17, 1982

Listening to some of Thelonius Monk's standards such as Round About Midnight, or Straight, No Chaser, makes you want to hop on the Silver Meteor and ride the rails to the smoky jazz bars in Manhattan.

Chances are you've heard his distinctive sound as hard-driving background music on classic jazz radio stations, or in urban clubs.

Spring-like Winter

Hello Tony,

We've had a few chilly days, but recently, it's been pushing 80 here in the Carolinas, and the forecasters see nothing but blue-sky afternoons in sight. It's time to consider an adventure.

Find recommended destinations, inns, shops, special events and quirky ideas to amuse and intrigue you as you make your plans for travel – from across the country, or just next door.

For those hip-deep in snow, we're already checking out the seed catalogues for heirloom tomatoes and organic lettuce. For our next-door neighbors, we'll see you strolling our paths and urban nirvanas.

Those here know we've got tax incentives as well as real estate bonanzas. Think retirement or refreshing in new territory. Click here for links to [Retirement Living & Real Estate Tips](#). Then, explore 45 Carolina Road Trips in the mountains, along the coast, in our rolling heartlands. Good to go!

Then, there's always CarolinaLiving.com, showcasing & [Tax Facts](#) ... all guaranteed to guide you straight.

Wishing you happy travels and just maybe, a new Carolina slice of heaven to call your own in 2017!

[Leyla & Patrick Mason](#)

Co-Founders

Center For Carolina

Living *Showcasing Carolina Life & Adventures*

The man's Carolina roots are shallow, but we'll claim him anyway. Born in 1917 in Rocky Mount, North Carolina, in 1922, Thelonius moved with his family to West 63rd Street in Manhattan. He began to play piano at six and was largely self-taught. A high school dropout, he began to find work in jazz clubs in his late teens and developed quite a following during his years as house pianist at Minton's Playhouse, a Manhattan nightclub.

A contemporary of Dizzy Gillespie (another Carolina musician). Kenny Clarke, Charlie Parker and Miles Davis, Thelonius is considered a founder of bebop, although his style evolved away from that sound, and settled into remarkable improvisations that stunned listeners and all who would try to copy his work.

His later years were haunted by whispers of mental illness, and he largely relied on the support of Baroness Pannonica "Nica" de Koenigswarter, a member of the Rothschild family and a patroness of several New York City jazz musicians. He had a number of run-ins with police over illegal drugs and quit performing for years before his death. Thelonius Monk was married and had two children, both living.

The Thelonious Monk Institute of Jazz was established in 1986 by the Monk family and Maria Fisher. It offers public school-based jazz education programs for young people around the globe, helping students develop imaginative thinking, creativity, curiosity, a positive self-image, and a respect for their own and others' cultural heritage. Through its partnership with UNESCO, the Institute also helped to establish April 30 as International Jazz Day.

Monk was inducted into the North Carolina Music Hall of Fame in 2009.

Early recordings of live performances of his most notable work can be enjoyed on YouTube, which also showcases his love of hats and sunglasses.

More [Carolina Famous Faces](#).

Carolina Creative

Forward this email to a friend.

Leave Your Car at Home

We're hard at work on CarolinaLiving.com's Spring GUIDE – your printed version to all that's wonderful about the Carolinas. [Request](#) your free copy.

You'll see it in a couple of months, but if you've got a shameless plug for a great little corner of our world where you can ditch the car and pick up your bike, or simply stroll to the market or dinner, we'd love to share. Contact [Katherine Pettit](#).

Image: Courtesy College of Charleston (SC)

Carolina Cuisine

Mamma Mia!

A child-friendly recipe is worth its weight in gold and through her company, Healthy Hands Cooking, our good friend, Jan Pinnington, is devoting her life to help kids enjoy eating healthy food (and learning to help prepare it as well). This is a winner for a warming winter's supper.

Put your own spin on it, of course, and plan on serving it soon. Our grandchildren love it. The little ones

Phillip Simmons
1912-2009

The Poet of Ironwork

He was born on Daniel Island, near Mount Pleasant, SC and, during his early years, was raised there by his grandparents. When he was eight, he was sent to Charleston to live with his mother.

Intrigued by the ironwork young Philip noticed during his walks to and from school, he began visiting blacksmith shops. He

learned the craft from Peter Simmons (a former slave) and eventually worked with him in his shop.

Philip Simmons was the most famous, respected ironworker in Charleston and as his work evolved, his pieces became more ornamental, adorning homes and businesses throughout the area.

During his career, he created more than 500 pieces of ornamental wrought iron, gates, balconies and more.

In 1982, the National Endowment for the Arts awarded him its National Heritage Fellowship. He received a lifetime achievement award from the SC state legislature, and in 1994, was awarded the Order of the Palmetto, the state's highest award.

His work has been acquired by the National Museum of American History, Smithsonian, Museum of International Folk Art and many international museums. He died at 97.

Today, visitors to Charleston can find his work on almost every corner. The Philip Simmons Foundation is working to preserve his legacy and his home has been opened as a museum. A gift shop offers items that are fashioned from his designs, and his work is being carried on by family members who learned their craft from him.

There is a tour available which shows visitors notable examples of his work. A documentary on his life, "Keeper of the Gate" won a 1995 Emmy Award. [Learn more.](#)

More about [Charleston](#).

Learn more about [Carolina Creatives](#).

Photo: Courtesy of the Charleston Area CVB, ExploreCharleston.com

Fantastical Fairy Tales

in your life will, too. [Chicken Cacciatore](#). Now that's (healthy) Italian.

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.

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80 for a High!

You've just gotta love winter in the South.

Movies, good books, roaring fires, long walks, year-round golf, Lowcountry stews. Today, shorts and sandals, and later, wine on the deck.

Share your favorite ways to embrace the (relatively mild) chill in the air. And please, like us on [Facebook](#).

Heading your way

- [Let's Take a Road Trip!](#)
- [Carolina Famous Faces](#)

Salvador Dali

March 11-May 21,

Columbia Museum of Art

If you have the opportunity, visit Salvador Dali's incredible museum in Figueres, Spain. We spent a fanciful few hours there, enjoying the amazing creativity behind works of art and sculpture, often standing still to marvel at his creations. (You'll also learn more about the man and his own particular

obsessions – starting with Gala, his wife.)

Can't go to northern Spain this year? Get a taste of the master at his most fanciful, in Columbia, SC. This beautiful exhibition features 36 colorful prints from The Dalí Museum that will delight visitors of all ages. Visitors will celebrate his fine and varied techniques in illustrations for stories including Alice in Wonderland, Don Quixote, and the tales of Hans Christian Andersen.

Salvador Dalí is one of the great modern artists of the 20th century. He believed that dreams were as real as so-called reality and that art created from visions could be as insightful as realism, if not more so. Visitors get a chance to explore the connections between art and literature while marveling at Dalí's inventiveness and fine craftsmanship.

Learn more about the [exhibition](#).
And more about [Columbia](#).

Artwork image: Advice from a Caterpillar, 1969 | Heliogravure on Japon nacré | Collection of the Salvador Dalí Museum, St. Petersburg, Florida

Under the Radar

Wilmington, NC

Wilmington and its island beaches had a banner year in 2016, racking up dozens of national accolades, including a nod from *U.S. News & World Report* as a "charming under-the-radar Southern city worth exploring" and Jetsetter.com's recognition as one of "America's Coolest Southern Towns." We agree.

Built along the banks of the scenic Cape Fear River, Wilmington's walkable River District is eclectic, hip and historic. More than 200

- **Insider Attractions**
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shops, restaurants, attractions, tours, and cruises are within walking distance of an alluring 1.75-mile Riverwalk that continues to evolve as the North End welcomes a new marina, concert venue, restaurants and a park. You will have a wonderful getaway here! (Look for info about the Azalea Festival, coming in April.)

Learn more about [Wilmington](#).
[Plan a visit](#).

Image: Wilmington and Beaches Convention & Visitors Bureau

Coming Soon. Daniel Island Square

Amplify, LLC announces the formal ground breaking for the Daniel Island Square building located in the heart of the Daniel Island business district on Island Park Drive. This building is Phase 1 of a larger development that will later include the planned Daniel Island Performing Arts Center and additional retail and office space. A 9,000 square foot covered outdoor patio and community event space will be available for art shows, small musical performances, farmers' markets, and similar events.

"We wanted to design a building that not only reflected the community that it was going to reside in, but something that the community can actually gather around," said Chad Colman, Managing Director of Amplify. "We wanted to give Daniel Island a place to work as well as a place to congregate and come together — a place to get to know each other better..." [Daniel Island](#).

Holiday Retirement Wins Award

Forest Pines, a Holiday Retirement community in the Forest Acres area of Columbia, SC, was recently recognized by SeniorAdvisor.com as part of the "Best of 2017 Awards."

The senior living community was honored by the largest ratings and reviews site for senior care and services for receiving consistently high ratings from residents and their

families throughout 2016.

To qualify for a Best of 2017 Award, winning communities must offer either assisted living, Alzheimer's care, independent living, low-income senior housing, skilled nursing or in-home care in the United States or Canada, and have maintained an average overall rating of at least 4.5 stars and have received three or more new reviews within 2016.

SeniorAdvisor.com provides easily accessible resources and information to help families educate themselves about senior living options and make informed decisions about senior care. Call 803.252.3444 or visit Holiday Retirement. holidaytouch.com/our-communities/forest-pines.

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