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To: Kester, Tonykester@aging.sc.gov
Date: 8/11/2016 10:36:43 AM
Subject: Adventures: Beaufort, Lake Lure, Hilton Head Island, Camden, Yadkin Valley

August 11, 2016

Below: Talley ho; you can see for miles; not creepy at all; what a strange name; viva Italia; fresh from the sea; best for you blueberries; NewsWorthy.

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Take a Road Trip to Camden, SC

Steeped in history dating back to 1732, Camden is a beautiful small town with a penchant for horses. Less than 30 minutes from downtown Columbia with its big city vibe, Camden offers the best of all worlds.

If you love historical architecture and equestrian activities, you'll be in heaven in Camden.

Dating back to 1732, Camden is a beautiful small town filled with friendly people and far more arts than one would expect in a community of 7,000 people.

Before you plan a visit, check out the amenities, accommodations, festivals and attractions. [More.](#)

Camden images courtesy of

Where in the Carolina World Are You?

It's like a smokestack in the sky. Climb to the top of this distinctive rock formation and see 75 miles of beauty (all seasons worth the view, but fall is extra special). After, head down to the town for sightseeing, shopping and great restaurants.

Where are you?

Carolina Homegrown

Lilacs of the South

When you travel across the Carolinas, the chances are pretty good that you'll be welcomed by the colorful billowy blooms of crepe myrtles. Planted in single file rows along Main Street and in the front yards of modest and stately homes, crepe myrtles have made the south their home. Newcomers are surprised to learn that crepe myrtles are exotic plants that are native to the warmer regions of Asia and the Pacific Islands. They were introduced into the U.S. 230 years ago when the famous botanist to King Louis XVI and plant explorer, Andre Michaux, planted them in his nursery in Charleston, SC.

Be here, now!

Hello Tony,

Vacation times are still with us as summer begins its inevitable march toward Fall. (A good thing for us Carolina transplants, as Autumn here is still very summery to the rest of the world.)

For an authentic southern getaway, we tempt you with historic, horsey Camden. And also, outdoor living, with the good times that make the Carolinas a spectacular home base.

Plan a trip! Find a festival! Soon, we predict, you'll be making a bigger Carolina decision. Get the best for your next life-stage – a new career, starting a business (the Carolinas are incredibly pro-business), low costs and real estate bonanzas. Click to: [Retirement Living & Real Estate Tips](#).

Click the 325+ pages at [CarolinaLiving.com](#) as your resource for Carolina facts 'n fun that lead to stories 'n memories!

Leyla & Patrick Mason
Co-Founders
Center For Carolina
Living *Showcasing Carolina Life
& Adventures*

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Festa Italiana - La Dolce Vita

Crepe myrtles were quickly embraced by southerners and widely planted, particularly for its year-round interest: the new spring leaves emerge bronze or garnet-tinged before turning green in summer; the luxurious six- to sometimes 18 inch-inch long flowers clusters occur in white, pink, red, lavender, and purple from June to September; fall color can be yellow, orange, or red; and when the leaves fall the crepe

myrtle looks like a living sculpture with curved, sinuous branches and exfoliating or peeling bark that varies in color from pale cream to a rich, cinnamon brown. Its heat and drought tolerance is legendary.

Crepe myrtles are one of our most versatile landscape plants for sunny locations. They come in a variety of shapes and sizes to accommodate any use. Single- or multi-stemmed tree forms perform well as flowering specimens or as small, flowering shade trees near patios, walkways, and entrances. Shrub forms can be used in shrub borders or foundation plantings. Dwarf crepes can be used like ground covers, perennial bedding plants, and in containers. Very dwarf crepe myrtles lend themselves to hanging baskets. Because of all of this variety, choose the right cultivar whose ultimate size and growth features match its intended use.

Try to avoid planting the wrong-sized crepe myrtle in the wrong location: it often leads to "crepe murder" – the indiscriminate butchering of branches that makes the crepe myrtle look like a sawed-off broom handle or hat-rack. Choose the right-sized crepe myrtle cultivars and plant them in the right spots so you can appreciate the year-round interest of these "lilacs of the South."

Let's Play Pickleball ... What's it all About

How Did It Get that Name, And Where Can I Learn to Play?

Sure, it's a funny name. I, too, have wondered why this growing sport was called Pickleball. A green ball? Tough to play (as in "I've

gotten myself in a pretty pickle?”) A pickle-shaped court? Nope, none of the above.

It seems that in 1965, Congressman Joel Pritchard and Bill Bell, a successful businessman “invented” the game from pieces and parts of games they had on hand – an old badminton court, ping pong paddles and a perforated plastic “whiffle” ball. It caught on. The name may have referred to an old tradition of calling the slowest boat in the race a “pickle.”

A new sport was born and it is growing in popularity, perhaps because it’s easy to play, doesn’t require much running and offers long volleys which is fun for all.

If you’re thinking about a trip to Hilton Head Island, consider Palmetto Dunes, which has added Pickleball to its line-up of fun sports. The resort offers pickleball clinics and lessons, and has eight courts. There are even special pickleball vacation packages at the resort. Think it won’t catch on? Think again. There’s an official association, USAPA, and the game can be played in more than 2,000 locations. [Learn more.](#)

Learn more about [Hilton Head Island](#).

Pickleball images: courtesy Connestee Falls, [Brevard NC](#).

5+ Great Ways to Enjoy Seafood in Beaufort, SC

There could easily be 20 or more great seafood options in Beaufort but we’re going out on a limb, here, and give you five mighty tasty possibilities. Let us know what you think. Beaufort is beyond charming with its historic neighborhoods and marsh views, plus a walkable downtown and events for every taste (cultural and cuisine). Lucky for foodies, it’s a perfect destination to expand your seafood repertoire.

Here in no particular order:

[Saltus River Grill](#) is a town staple with lots of choices for oysters. By all means, satisfy your hunger for one of the world’s great foods, but also, make sure someone in your party orders the blackened dorado, with smashed fingerling potato and crab gratin, fennel and leek confit, red pepper coulis and citrus beurre blanc. Fresh and southern – impeccably prepared.

[Foolish Frog](#) offers lots of superb seafood but we’re partial to Chef Will McClenagan’s famous Maryland crabcakes – no filler allowed, sautéed to perfection, and served with key lime tartar sauce. Start with chargrilled oysters and be grateful you found this Frog.

Raffaldini Vineyards 11th Annual Festa Italiana: Seven Weeks And Counting!

**Saturday, September 17th,
11am-5pm.**

*Save now on advance ticket
purchases through August 17*

Celebrate all things Italian. Drink award-winning wines and enjoy local food trucks featuring Italian favorites, and a variety of entertainment including a music stage with two live bands, Italian exotic cars, and more. Enjoy roaming performers, face painting and other activities for the entire family. You can even learn to dance the traditional tarantella!

Bring a lawn chair or blanket and enjoy an afternoon of la dolce vita with your friends.
No pets, outside food or drinks permitted.

Advance tickets \$15 available through August 17 only! After August 17 tickets are \$20 online and \$20 the day of the festival.

www.raffaldini.com

**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

Not much summertime left, but we're still ready for fun. Fruits and vegetables at their prime and farmstands full to overflowing.

This is the year for peaches and tomatoes – never better in our humble opinion. What's your pleasure, fresh from the farm? Do share with us on [Facebook](#).

Heading your way

- **Let's Take a Road Trip!**
- **Carolina Famous Faces**
- **Insider Attractions**
- **eNewsletter Archives**

Wren Bistro and Bar can be found in the heart of downtown Beaufort. An eclectic menu, and when you're with a crowd, that's a very good thing. On the seafood hunt, this is where you try Carolina (very important for flavor) shrimp N' Grits, with Applewood bacon, cherry tomatoes, red onion, and Parmesan cream served over Carolina grits. Go ahead. Indulge and walk it off tomorrow.

Emily's Restaurant and Tapas Bar has been an institution for 25 years. Start with one of their shrimp tapas – lots of choices here.

Then, take the plunge (you know you've watched others tackle the monster) and order soft shell crabs fried in seasoned flour. One of our favorite crustaceans fattens up in preparation for shedding shells as they grow. The result? Intensely flavored and oh-so-delicious.

Dockside Restaurant is perfectly positioned on Lady's island, overlooking the boat docks. This is casual dining, but the food quality is anything but. We're conflicted here, so you've got choices, both about as Lowcountry as you can find. Consider the Frogmore Stew with shrimp corn, smoked sausage, red potatoes, peppers and onions, cooked together in seasoned broth. It's an earthy good time.

OR, try another southern specialty – fresh seafood, seasoned breading, fried to perfection. All the usual suspects are here, so go for the platter. The key is the oil and theirs is top quality, at the perfect temperature.

And a final homage to oysters. You can find them almost everywhere in Beaufort and with good reason. The nearby May River is a great home to these slurpy bivalves. The first human to try raw oysters was a brave soul indeed, but once discovered, there's no turning back – raw, steamed, fried, Rockefellered and stewed.

Try them often in the midst of your seafood exploration. And remember to thank that brave fellow, if you ever find him.

More about [Beaufort](#).

Image: © Jpeprod | Dreamstime.com

Carolina Cuisine

Bountiful Blueberries

This time of year blueberries abound at roadside stands, farmers markets and in the grocery store. For real perfection find the closest blueberry farm and pick to your heart's content. The versatility of blueberries is unlimited. Try them in muffins, jams, gelato, breads, smoothies, pancakes, as topping on any dessert and use them in a savory sauce on chicken. And, make sure you

freeze numerous bags so you can have this delicious treat all year long. For a simple but spectacular dessert try this recipe for [Blueberry Cake](#).

Celadon, Beaufort

ideal-LIVING magazine recently selected Celadon, in Beaufort, SC, as one of the "Best Neotraditional Communities" to be showcased in their Summer 2016 Best of the Best special issue. Hundreds of nominations were submitted to ideal-LIVING earlier this year. A special editorial committee reviewed the qualifications of each nominee and selected winners in more than 40 categories.

"Our goal in creating this 'Best of the Best' feature is to honor those communities which deserve special recognition for their outstanding qualities, facilities, and programs," said ideal-LIVING's Editor and Associate Publisher Kelly Godbey. "We hope that this special feature in our Summer 2016 edition will serve our readers by focusing on the places which offer the lifestyle enhancements that are most important to them."

According to ideal-LIVING: "The best neo-traditional developments combine 21st-century convenience with small-town ambiance. In addition to tree-lined neighborhoods with wide sidewalks and pet-friendly parks, all of them feature town centers where residents can enjoy shopping, dining, plus a variety of professional services, without ever having to leave the community." www.celadonliving.com/news

Carnes Crossroads

With the first neighborhood in Carnes Crossroads nearly sold out, new roads, lakes, parks and trails are coming together to form St. James Park, the second of many neighborhoods planned for this emerging master planned community from the Daniel Island Company. Homes by all five builders at Carnes Crossroads - Ashton Woods, David Weekley Homes, John Wieland Homes, Sabal Homes and Eastwood Homes - will be available in St. James Park, and new home plans will be introduced. Carnes Crossroads, a 2,300-acre master planned community located in the heart of Charleston, South Carolina's growth, is evolving as a significant residential and commercial center in the Goose Creek and Summerville area of Berkeley County. www.carnescharleston.com

RiverLights

A master planned community along the Cape Fear River, in historic Wilmington, NC.

With respect for the land and influence from the surrounding market, RiverLights provides community members with 1,396 acres of opportunity, balance, and sustainable connections to a bright, meaningful life — in, on, and around the water. An outdoor lifestyle in a perfectly beautiful location. [Learn more.](#)

Inn for Sale

With a favorable location halfway between New York and Florida, this superb South Carolina Inn is a well-known stop for travelers on their way to their seasonal destinations. The Inn is the preferred accommodation south of Richmond and close to I-95. Membership in Select Registry: Distinguished Inns of North America and AAA Four Diamond rating add to the Inn's appeal, as does the recent addition of a Tesla charging station.

Reminiscent of an English Country Estate, the Inn retains the feel of an opulent private home. Seven lavish guest rooms, expansive common areas and verandahs provide a relaxing stopover in a quiet and convenient location. www.innpartners.com/inn/sc-full-service-inn

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