

Learn about the best North Carolina and South Carolina adventures, destinations, attractions and communities. Visit and explore!

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August 22, 2019 Below: Ultimate foodie tour; our White House connection; coastal golf living, baubles and beauties; sing me a folk song; take us to the falls; best food ever; back to school; Next stage ahead. Urban Living in Columbia; Palmd power in the Palmetto state.

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Carolina Adventures



Chef's Kitchen Tour | Charleston, SC

We've debated the merits of front-of-the-house versus back-of-the-house importance when it comes to the quintessential dining experience. For my money, the ambience can only prop up ordinary food; however, exquisite food will elevate the most mundane dining environment to something better.

That's why it's so much fun to go behind the scenes, especially in Charleston, with its remarkable cadre of chefs, restaurants and food-themed experiences. Charleston Culinary Tours produces a number of foodie tours, but one that caught our collective eye is the Chef's Kitchen Tour. Here, you step behind the curtain and learn a bit about the chef and his/her philosophy.

Although the tour visits a variety of restaurants, it's the kitchens that offer a bit more how-to info. Depending on the date, you may meet four-time James Beard-nominated Chef Jeremiah Bacon at The Macintosh. Trust us here, the locally sourced ingredients, his remarkable skills, and the emphasis on the American South are guaranteed to whet your appetite for more. (Ask about the seafood charcuterie.)

Another chef, three-time James Beard nominee Josh Keeler, of Two Boroughs Larder, may be on your tour, bringing dynamic American seasonal cuisine to the table and delighting you with his skill.

There are other chefs you may meet along the way, including Nate Whiting, of 492 King. If he's participating on the day you go, you'll enjoy his personality, philosophy and background.

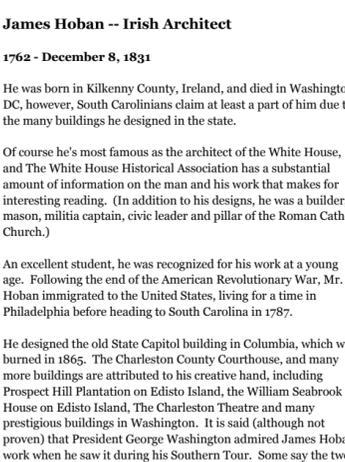
WOW Factor: Charleston is like no other in terms of talented chefs and amazing restaurants. The Chef's Kitchen tour offers an opportunity to dig a little deeper, to get to know the people behind the food. Sure, you'll be tasting and tipping, but you'll also have the advantage of a super tour guide who knows these chefs and their environments.

Hint: Take a look at [Trip Advisor](#) and you'll find rave reviews about Hoon Calhoun, one of the Chef's Kitchen tour guides. He's known as a wonderful and knowledgeable storyteller who entertains and amuses as he introduces and teaches. Of course, wear comfortable shoes and know that the tour goes on, rain or shine. Go hungry; expect to taste and taste some more. If you're vacationing in Charleston, take this tour as soon as you arrive. You'll want to return for dinner, without a doubt.

Tour details.

Photo Credit: Charleston SC | [DiscoverSouthCarolina.com](#)

Carolina Famous Faces



James Hoban -- Irish Architect

1762 - December 8, 1831

He was born in Kilkenny County, Ireland, and died in Washington DC, however, South Carolinians claim at least a part of him due to the many buildings he designed in the state.

Of course he's most famous as the architect of the White House, and The White House Historical Association has a substantial amount of information on the man and his work that makes for interesting reading. (In addition to his designs, he was a builder, mason, militia captain, civic leader and pillar of the Roman Catholic Church.)

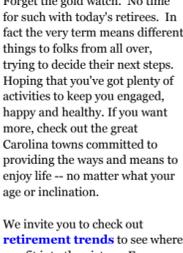
An excellent student, he was recognized for his work at a young age. Following the end of the American Revolutionary War, Mr. Hoban immigrated to the United States, living for a time in Philadelphia before heading to South Carolina in 1787.

He designed the old State Capitol building in Columbia, which was burned in 1865. The Charleston County Courthouse, and many more buildings are attributed to his creative hand, including Prospect Hill Plantation on Edisto Island, the William Seabrook House on Edisto Island, The Charleston Theatre and many prestigious buildings in Washington. It is said (although not proven) that President George Washington admired James Hoban's work when he saw it during his Southern Tour. Some say the two met in Charleston, SC in 1791.

It is known that James Hoban was the winner of a design competition to choose the architect to design the White House. Also, President Washington is said to have had a strong influence over what would become the final design -- two stories, 11 bays across, and entirely faced with stone.

Information from [Irishamerica.com](#) suggests that Mr. Hoban's work was admired, at least in part, because it was simple and conservative, rather than ornate -- not appealing to the young American nation which had no interest in even the appearance of royalty. He was married to Susanna Sewall, and spent his later years in Washington where he died and was buried.

More Carolina Famous Faces.



Not your Grandfather's Retirement

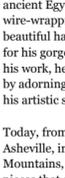
Hi,

Forget the gold watch. No time for such with today's retirees. In fact the very term means different things to folks from all over, trying to decide their next steps. Hoping that you've got plenty of activities to keep you engaged, happy and healthy. If you want more, check out the great Carolina towns committed to providing the ways and means to enjoy life -- no matter what your age or inclination.

We invite you to check out [retirement trends](#) to see where you fit into the picture. From where we sit (or bike), there's no one way of looking at post-career opportunities. And isn't that refreshing?

As for me, retirement isn't on my bucket list -- at least not yet. Unless, of course, I decide to travel the world and polish my French. If that happens, all bets are off the table! C'est bien, mes amis.

Til next time.



Katherine Pettit
Executive Editor
[CarolinaLiving.com](#)
Showcasing
Carolina Life & Adventures

Carolina Creative



STARFIRE!

Driven by passion to capture beauty, Charlie Wharton, creator and owner of Starfire Designs Jewelry, never stops creating, even after 20 years of designing jewelry. He's immersed himself in every facet of jewelry design and production and is now recognized as one of the top jewelry sculptors in the United States.

Wharton travels the country meeting with gem dealers from around the globe to find unique pieces for his hand-sculpted pendants, bracelets, rings, earrings and necklaces. He's drawn to precious and semi-precious stones, antique pieces, and wonders of the natural world. Inspired by the ancient Egyptian art of wire-wrapping, he created beautiful hand-sculpted settings for his gorgeous finds. To mark his work, he completes each piece by adorning the top with a crown, his artistic signature.

Today, from his studio near Asheville, in the Blue Ridge Mountains, he creates lovely pieces that are sold in a number of retailers throughout the U.S., as well as through Trunk Shows. In the Carolinas, find his work in Asheville at the Biltmore Lamp and Shade Company, The Dande Lion in Banner Elk, and Plain and Fancy in Pawleys Island.

More info.

Other Carolina Creatives

Carolina Cuisine



The south's greatest (and most versatile) comfort food.

I have a cookbook devoted to nothing but shrimp and grits recipes. From what we've been seeing, the iconic dish is fast overtaking fried chicken as the food that represents the south, at least on the coast.

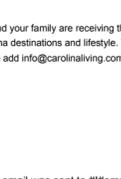
This iteration, from Duffy Street Seafood Shack in North Myrtle Beach and Cherry Grove Beach, SC, features a liberal addition of pork as well as creamed corn. The result earned a mention in The New York Times and won first place at the Little River Shrimp & Jazz Festival (now called ShrimpFest and held on Columbus weekend).

So give this [Shrimp & Grits](#) recipe a try -- using wild-caught Carolina shrimp, of course.

Enjoy Our Tasty Collection of Carolina [Recipes](#):

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FACEBOOK

Planning to leave the old 9-5? Already there? Plan to never stop working? Can't wait to spend your time and experience helping nonprofits blossom? It's all good. [Share](#) your retirement goals with us on Facebook.



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You'll Fall for the Falls

Whitewater Falls, Jackson County

Besides being one of the prettiest areas you'll ever visit, Jackson County is known for its beautiful mountain falls. Some are more accessible than others, but each is unique and worth seeing. The names are intriguing as well. Several reflect Native American history, while others offer a description of what you'll see.



You can drive to lookouts for some, while others require a strenuous hike at some point. I would personally love to visit Whitewater Falls. Here are a few of the prettiest.

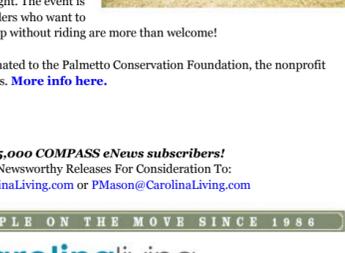
- Lower Cullasaja Falls, Upper Cullasaja Falls, Dry Falls and Bridal Veil Falls
- Cashiers Sliding Rock, Silver Run Falls
- Whitewater Falls (the highest waterfall in the eastern U.S.)
- Glen Falls
- Turtleback Falls and Rainbow Falls (Not for young children or the less than physically fit.)
- Sliding Rock, Moore Cove, Looking Glass Falls and Courthouse Falls
- Mingo Falls
- Tom's Branch Falls, Indian Creek Falls and Juneywhank Falls

Learn more about Jackson County.

A complimentary hiking trail and waterfall map to waterfalls and hiking trails is included in NC Mountains Vacation Guide. To view or download the hiking trail and waterfall map, [click here](#).

Photo courtesy Jackson County, NC

Social Networking for Seniors



OK, thousands social networking isn't your thing, but for hundreds of thousands millions of men and women of a certain age, it offers a way to connect with peers who have little in common with the chatter on boards in tune with younger members.

A few to consider include:

- **ThirdAge** Health + wellness for women of all ages & their families. Health + lifestyle articles and recipes, videos, health condition centers & more.
- **AARP** Forums and discussions you'll enjoy. What is the most romantic movie of all time?
- **Facebook** (For many, a cup of coffee and a bit of time on Facebook starts the day.)
- **YouTube** (some of it is embarrassing, and some of it is magnificent. Worth the time to browse for videos like Som Sabadell Flashmob and Il Divo singing Amazing Grace at the arena in Pula, Italy.)

Discover more information on retirement -- with all its possibilities.

Photo Credit: The Cliffs | [cliffsliving.com](#)

Back to School



The big yellow buses are on the road again, marking the beginning of a new school year. It's a great reminder that grown-ups love to learn, too. Americans of all ages love to relocate or retire to a college town, with lifelong learning, sports, concerts and special events, and beautiful campuses to stroll through. There are usually lots of affordable and fun restaurants to be sampled.

The Carolinas have so many great college towns worthy of your consideration. Take a look at some of our favorites at [College Town Living](#).

Photo Courtesy: The University of North Carolina at Chapel Hill

NewsWorthy



Urban Living Reinvented

The BullStreet District -- downtown Columbia, SC's newest lifestyle district, known as the largest city-centered development east of the Mississippi -- was published as a feature story in the New York Times. The area has a fascinating and storied past, and with the success of the Baseball stadium/Fireflies, and the new restaurants and businesses, these almost 200 acres are well on their way to becoming a premier location for business, sports, residential, shopping and recreation.



Get the details at [bit.ly/BullStreetNYTimes](#)

[More info here.](#)

Bicycle Across South Carolina

See South Carolina's mountains, lakes, swamps, and forests on the historic Palmetto Trail during the inaugural Bicycle Across South Carolina this fall from September 12-15. The three-day, 139-mile ride offers a rare chance to see the Historic Palmetto Trail from the Midlands near Sumter to the coast in Awendaw. Riders can explore historic places and local spaces through breathtaking scenes on the trail by day and local events and performances by night. The event is for riders of all levels -- even non-riders who want to attend the nightly activities and camp without riding are more than welcome!



A portion of the proceeds will be donated to the Palmetto Conservation Foundation, the nonprofit responsible for maintaining the trails. [More info here.](#)

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Compiled by Katherine O. Pettit • Designed by Ann Dolin

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