

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

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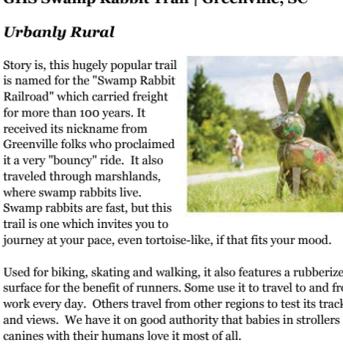


February 22, 2018 Below: Take your trail mix; that glorious voice; the artist's eye; easels in the garden; watch them create; hey baby; grab some "me" time; you'll love these veggies; discover Celadon; Visit Mount Vintage.

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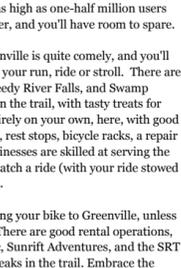
Carolina Adventures



GHS Swamp Rabbit Trail | Greenville, SC

Urbanly Rural

Story is, this hugely popular trail is named for the "Swamp Rabbit Railroad" which carried freight for more than 100 years. It received its nickname from Greenville folks who proclaimed it a very "bouncy" ride. It also traveled through marshlands, where swamp rabbits live. Swamp rabbits are fast, but this trail is one which invites you to journey at your pace, even tortoise-like, if that fits your mood.



Used for hiking, skating and walking, it also features a rubberized surface for the benefit of runners. Some use it to travel to and from work every day. Others travel from other regions to test its track and views. We have it on good authority that babies in strollers and canines with their humans love it most of all.

Almost 20 miles of connected trail, the Rabbit links the cities of Greenville and Travelers Rest. It travels beside the Reedy River, and passes Furman University's picturesque campus, continuing through downtown, by the Greenville Zoo (always popular), and over to Greenville Tech. There, you can hike several ways to hop back on the trail, which goes to Lake Conestee Nature Park. You won't be lonely, as estimates run as high as one-half million users per year. Avoid weekends, however, and you'll have room to spare.

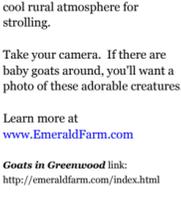
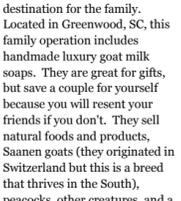
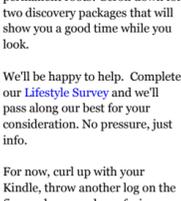
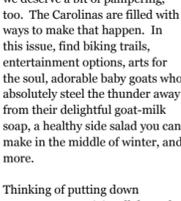
WOW Factor: As cities go, Greenville is quite comely, and you'll see some beautiful scenery during your run, ride or stroll. There are upscale restaurants around the Reedy River Falls, and Swamp Rabbit Café and Grocery is right on the trail, with tasty treats for snacking or lunch. You're not entirely on your own, here, with good lighting, benches, water fountains, rest stops, bicycle racks, a repair station, and picnic areas. The businesses are skilled at serving the rabbit population. You can even catch a ride (with your ride stowed away), back to Greenville on a bus.

Hint: Don't worry about schlepping your bike to Greenville, unless you don't leave home without it. There are good rental operations, including Reedy Rides, Pedal Chic, Sunrift Adventures, and the SR7 Bike Shop. Note the location of breaks in the trail. Embrace the white stencils along the way; they point out your precise position, should you need assistance. Remember to bring the sunscreen, plenty of water and your smart phone, for images that are guaranteed to make your besties jealous.

www.visitgreenvillesc.com
[More Carolina Adventures](#)

Photos courtesy [visitgreenvillesc.com](http://www.visitgreenvillesc.com): top, The Cafe at Williams Hardware on the GHS Swamp Rabbit Trail; bottom, GHS Swamp Rabbit Trail Recyclin' Swamp Rabbit

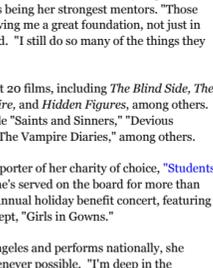
Carolina Adventures links:
<https://www.visitgreenvillesc.com/>
<https://carolinainliving.com/adventures>



Famous Faces

Maria Howell Actor, Singer, Voiceover

She made her debut in *The Color Purple* as a soloist from the choir, performing what one critic called "one of the most thrilling moments of the film." After that, her amazing talents have been seen in a variety of television shows, theatrical events and live performances.



Born and raised in Gastonia, near Charlotte, NC, Ms. Howell credits her Mom, who was her first music teacher, and Carolyn Spencer, her high school choir teacher, as being her strongest mentors. "Those two were instrumental in giving me a great foundation, not just in music but in life," she shared. "I still do so many of the things they taught me."

She has performed in almost 20 films, including *The Blind Side*, *The Hunger Games: Catching Fire*, and *Hidden Figures*, among others. Her television credits include "Saints and Sinners," "Devious Maids," "Revolution," and "The Vampire Diaries," among others.

Ms. Howell is an ardent supporter of her charity of choice, "*Students Without Mothers*," where she's served on the board for more than five years and co-chairs its annual holiday benefit concert, featuring her brainchild musical concept, "Girls in Gowns."

Although she lives in Los Angeles and performs nationally, she returns to the Carolinas whenever possible. "I'm deep in the Carolinas," she explained. "When I have the chance to go back, I send out a text message and get together with my friends in local restaurants."

She continues to enjoy giving live performances, one of which is a music series that she produces in Hollywood called "#DUETS" along with LaToya Black Billiard, Royce and Xavier Gordon.

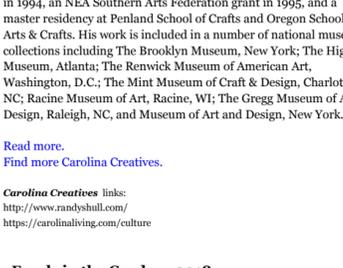
She performs in the spring in Columbia, SC, at the Columbia Museum of Art, as well as in Atlanta, Charlotte and other locations in the region.

A new CD, "Old Devil Moon," with the Noel Friedline Quartet (NFQ) and recently been released. Order it at www.olddevilmooncd.com and enjoy that magnificent jazz-tinted voice, with just a hint of gospel.

www.MariaHowell.com
[Other Carolina Famous Faces](#)

Famous Faces links:
<https://itunes.apple.com/us/album/old-devil-moon/1339214660>
<http://www.mariahowell.com/>
<https://carolinainliving.com/culture/famous-carolina-faces>

Carolina Creatives



Asheville artist and designer Randy Shull is not one to shy away from challenges. He has been pushing the limits of functional work and design for almost 30 years.

Mr. Shull is well known as a painter, sculptor, design/build, and furniture maker but he is less recognized for his diverse portfolio of architecture and design projects, although that is changing. He tackled Depot Street in the River Arts District when it was still the ghost town of the RAD and created Pink Dog Creative, now a lively, multi-use building with two restaurants, a running apparel store and studios housing twenty working artists. He designed and oversaw the expansion of the Black Mountain College Museum + Arts Center.

He also redesigned several existing mid-century homes in Asheville and his home in Merida, Mexico, all of which retain the essence of their mid-century architectural design with significant updates for lifestyle and materials of the 21st century. Notably, he designed a house on the grounds of Black Mountain College and Lake Eden several years ago for Jennifer Pickering and Leigh Maher who had lived in a home designed and built by students of BMC and wanted to continue the tradition of an artist's involvement in their new home design.

He maintains a large warehouse studio in Asheville, NC and a mid century modern live/work space in Merida, Mexico. Shull and his partner, Hedy Fischer, are collectors of contemporary art, evident in the exhibition Limited Visibility, featuring works from their collection, exhibited at the CAM Raleigh in 2014-2015. Shull serves on the collections committee at The North Carolina Museum of Art, and.

Mr. Shull received his BFA from Rochester Institute of Technology in 1986. He was awarded a North Carolina Arts Council Fellowship in 1994, an NEA Southern Arts Federation grant in 1995, and a master residency at Penland School of Crafts and Oregon School of Arts & Crafts. His work is included in a number of national museum collections including The Brooklyn Museum, New York; The High Museum, Atlanta; The Renwick Museum of American Art, Washington, D.C.; The Mint Museum of Craft & Design, Charlotte, NC; Racine Museum of Art, Racine, WI; The Gregg Museum of Art & Design, Raleigh, NC, and Museum of Art and Design, New York.

[Read more.](#)
[Find more Carolina Creatives.](#)

Carolina Creatives links:
<http://www.randyshull.com/>
<https://carolinainliving.com/culture>

Easels in the Gardens 2018



Friday & Saturday, April 20-21, 2018 Edenton & Chowan County, NC

Celebrate the 350th Anniversary of Chowan County and make plans to attend Easels in the Gardens with Art, Music, and Garden Party to benefit the 1758 Cupola House, a National Historic Landmark. Tours will be offered of fine gardens lush with beautiful spring blooms while noteworthy artists paint interpretations of these horticultural gems en plein air.

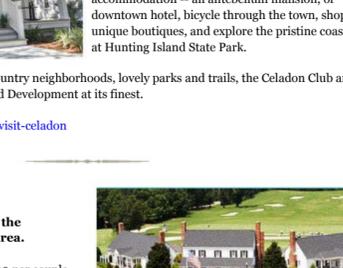
Garden Party on Saturday, April 21st from 5-7 pm in the Cupola House Gardens

More info at www.cupolahouse.org

Photo courtesy North Carolina Department of Natural and Cultural Resources

Easels in the Gardens 2018 link:
<http://cupolahouse.org/index.php>

Go Creative.

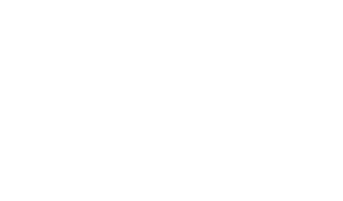


The Penland School of Crafts Community Open House will take place on Saturday, March 3 from 1-5pm. It's an afternoon of fun and education for all ages with hands-on activities in most of Penland's teaching studios. No admission is charged. For complete information visit penland.org.

Penland School of Crafts is an international center for craft education dedicated to helping people live creative lives. Located in the Blue Ridge Mountains of North Carolina, Penland offers workshops in books, paper, clay, drawing, glass, iron, metals, photography, printmaking, letterpress, textiles, and wood. The school also offers artists' residencies, local programs, and a gallery and information center.

Go Creative link:
<http://penland.org/>

Carolina Cuisine



There's always time to eat your vegetables!
Delicious and fresh is how I would describe this dish. The feta gives it a Greek flair so this would be perfect with kabobs.

Take a look at this **Cucumber and Feta Salad**, courtesy of the North Carolina Department of Agriculture and Consumer Services and WRAL TV, serving Durham, Raleigh and Fayetteville.

Our testers cut the cucumbers in quarter rounds, about one-half inch thick. The lemon zest and fresh dill added brightness and flavor to a light side dish, available even in the waning days of winter!

Find more Carolina-friendly recipes at: www.gottobenccooking.com

Photo courtesy of North Carolina Department of Agriculture & Consumer Services and WRAL TV

Carolina Cuisine links:
<https://carolinainliving.com/recipes/sides-salads/cucumber-and-feta-salad>
<http://www.gottobencc.com/promotions/recipes-nutrition/cooking/GottoBenCCooking/>

NewsWorthy

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Small town living for every passion.

Spend a Celadon Discovery Visit learning why Beaufort is #1 on *Garden and Gun's* list of "Southern Dream Towns." Stay at a magnificent accommodation -- an antebellum mansion, or downtown hotel, bicycle through the town, shop at unique boutiques, and explore the pristine coastline at Hunting Island State Park.

Play golf, and visit Celadon's Lowcountry neighborhoods, lovely parks and trails, the Celadon Club and more. It's Traditional Neighborhood Development at its finest.

www.celadonliving.com/discovery-visit-celadon

Discover Mount Vintage

Visit Mount Vintage and enjoy the community and surrounding area.

Their Discovery Package is only \$100 per couple and includes the package:

- Accommodations for two nights for two guests *
- Complimentary round of golf at the Mount Vintage Golf Club
- Guest passes for the Town Center/Athletic Club facilities **
- Lunch for two at The Grille at the Mount Vintage Golf Club
- Private guided tour of Mount Vintage

* This package is based on availability at The Partridge Inn Augusta, Curio Collection by Hilton or the Sheraton Augusta Hotel.

** Includes use of the fitness center, pool and tennis courts during your visit.

www.mountvintage.com/discovery_package.php

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