

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

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February 28, 2019 **Below: Sun and Fun; Living History; Yanna Forever; Namaste in Nature; Wine and Cheese Al Fresco; Get your Motor Running (then go zen); Entrepreneurs Invited; Chicka-Chicka-Boom-Boom; Discover a Wild Dunes Detox; Explore Penland's Creative Spirit.**

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#vacay  
Get a feel for the Waterways experience through this immersive three-day, two-night getaway in Savannah, GA.  
Visit MYRTLE BEACH [SPRING DEALS](#)

**Take a Road Trip to Myrtle Beach**

Those coming to the Myrtle Beach area will find 60 miles of beautiful, sandy beaches, a wealth of fun water activities like parasailing and a 1.2-mile boardwalk with magnificent skywheel.

*Trip Advisor* recently recognized global travel destinations with the most Certificates of Excellence, and Myrtle Beach was named as one of the world's "Most Excellent" cities for experiences (one of only six U.S. cities recognized in all categories.)

Resonance Consultancy named Myrtle Beach to its 2018 America's Best Cities list, ranking it no. 9. They earned the distinction for their entertainment options, numerous family attractions and activities, as well as their airport connections, beautiful weather and growing business community. It's all true, but there are also insider attractions that are off the beaten path once you want a little break from the sun.

**Great Insider Tips to Myrtle Beach**

*Images courtesy unuu. VisitMyrtleBeach.com.*  
**Greet the morning under glorious skies.**

It's a favorite time of day for those who love early morning walks with their fur babies, or perhaps simply sitting and sipping a latte while watching another day in paradise unfold.

**A slightly different perspective.** Folks love to glide through the marsh on their boards, especially down at the south end of Myrtle Beach, where getting your exercise has never been prettier or more peaceful.

**WATERWAYS**

**Discover Your Next Adventure**  
Get a feel for the Waterways experience through this immersive three-day, two-night getaway in Savannah, GA. [LEARN MORE](#)

*The hidden jewel of SC:*  
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**SAY 'YO TO WALTERBORO**  
  
Walterboro  
The Frost Patch of the Lowcountry.

**Where in the Carolina World are You?**

**One of many beautiful plantation homes still standing in the Carolinas, but this one is a bit different.**

Owned by only five families and lovingly preserved throughout its long life, it's now open to visitors curious of its history. The tea room offers refreshments and a wonderful historical town is just next door. Don't let this area escape your radar. It's worth several days – or maybe forever.

**Where are you?**

**WOODSIDE ACRE**  
  
DISCOVER WOODSIDE LIVING  
[PLAN YOUR VISIT](#)

**Famous Faces**

**Myrtle Beach, SC.** Today the resort area of Myrtle Beach offers its fair share of excitement and entertainment and this month's Road Trip reveals why.

She's one of many Carolina folks who've made their mark on stage, screen and television.

**Discover more Famous Faces.**

**Opposite Attractions**

Hi,

I'm a huge advocate of letting your inner child out to play, wherever you are nested, from the Carolina mountains and beaches or your ancestral home. Thing is, breaking the mold and trying something your buddies might call wild and terrifying is a guaranteed rush, but now, the experts are telling us to follow those experiences with equally calming experiences. (Kind of like bubbling away in a mountain top hot tub after finally skiing that black diamond trail that's eluded you for years.)

Winter's still with us, but folks are planning vacations, even as they rummage through garden books, and seek comforting recipes.

If *Namaste in Nature* appeals (see story below), be sure to check out our **Yoga Directories for North Carolina and South Carolina.** You can take your most calming practices wherever you go and gain health benefits, strengthen immunity and boost your brain power – in the midst of travel.

How will 2019 be different for you? What can you start tomorrow that may change everything?

Hoping to see you out and about on a Carolinas escape.

Katherine Pettit  
Executive Editor  
CarolinaLiving.com  
Showcasing  
Carolina Life & Adventures

**Carolina Girls – Best in the World**  
**Yanna White has staying power! (She could probably ace any spelling bee, too.)**

The *Wheel of Fortune* star made her debut in December 1982, becoming the first female co-host of a game show.

Before basking in the glow of lettered puzzle boards, however, she was a Carolina Girl growing up in North

Myrtle Beach, SC. Today the resort area of Myrtle Beach offers its fair share of excitement and entertainment and this month's Road Trip reveals why.

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**Discover more Famous Faces.**

**Best of the Blue Ridge**



**Namaste in Nature**

Namaste in Nature has been recognized as Best of the Blue Ridge 2019 by *Blue Ridge Outdoors Magazine*. It won first in the Best Yoga Studio category and runner up in the Best Outdoor Startup category. It's a sustainable, women-owned and operated business that welcomes all women and men to take part in this unique experience.

Yoga Hikes last 2-3 hours (excluding drive time) and include:  
• 2-3 mile safe, guided hike  
• Waterfall or mountain view  
• Short, guided meditation (including beginners)  
• 60 minute yoga class (including beginners)  
• Free Outdoor yoga mats to borrow  
• Free pictures that are shared afterwards  
• Trees donated on guests' behalf to onetreeplanted.org (284 trees donated to date)

Trails they use are located around an hour's drive from downtown Asheville. The 2019 yoga hike season will start in mid-March and last through mid-November. [www.namasteinnature.com](#) Road Trip info for nearby Asheville.

**The marriage made in heaven**

**Sunday March 3, 2019**

The Western North Carolina Cheese trail is pairing up with trail member Addison Farms Vineyard for a Sunday afternoon event at their beautiful location near Asheville, NC.

You'll taste spectacular products and some lucky winners will leave with tickets to the Carolina Mountain Cheese Fest and Addison's Barrel Tasting event. [Register.](#)

More about the quirky, delightful town of Asheville.

*Photo courtesy Addison Farms Vineyard*

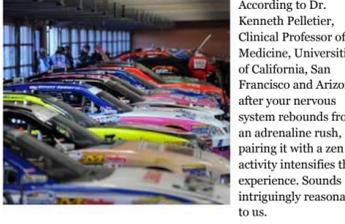
**Get the Guide.**

Register and get the latest edition of [CarolinaLiving.com](#) Guide and the fun-filled *Compass eNews* twice a month. Learn all about the Carolinas thrills and frills.

**FACEBOOK**  
Entrepreneurs welcome here. Want to start your own business in the Carolinas? You're not alone. Check out our *Entrepreneurs* info-filled article then **share** your business stories on Facebook.

• Let's Take a Road Trip  
• Carolina Famous Faces  
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**Adrenaline and Zen in Cabarrus County**



**First, you've gotta get your motor running, then after the rush, you'll want to bask in the glow.**

It's off-the-beaten path, yet accessible and totally unique. Known as "Where Racing Lives," Cabarrus County, North Carolina offers families an opportunity to connect, learn and let loose like no other.

According to Dr. Kenneth Pelletier, Clinical Professor of Medicine, Universities of California, San Francisco and Arizona, after your nervous system rebounds from an adrenaline rush, pairing it with a zen activity intensifies the experience. Sounds intriguingly reasonable to us.

In Cabarrus County, you can go for the ride of your life in a real NASCAR race car or indoor skydiving at iFLY (opening Spring 2019) followed by a massage or facial at Spa Botanica or Scoops Kids Spa. Or unleash your inner speed demon and drive a dragster at zMAX Dragway or an indoor electric kart at K1 Speed followed by a paddle down the Rocky River on a kayak. Other zen-inducing activity ideas to balance the adrenaline rushes include a relaxing, yet educational stroll through the Sea Life Aquarium or a shopping jaunt at Concord Mills – the largest shopping and entertainment destination in the Carolinas.

**Good times!**  
Nearby [Charlotte Road Trip](#)

*Photos: Sea Life Aquarium and behind the scenes at Charlotte Motor Speedway Courtesy of the Cabarrus County Convention and Visitors Bureau - VisitCabarrus.com*

**Chicka-Chicka-Boom-Boom Chicken Enchiladas**

**Carolina Cuisine**



Chucky's opened on April 16, 1982 in an old, abandoned Texas Barbeque joint on iconic Barton Springs Road in Austin, TX. Now there are quite a few of these tex-mex eateries including Charlotte's very popular destination.

If Mexican is your thing, and you're not planning to visit the Lone Star state any time soon, be sure to give this recipe a try.

**Chicka-Chicka-Boom-Boom Chicken Enchiladas.**

Great for Parties and noshing at home.

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

**Breads | Beverages | Breakfast | Appetizers | Sides & Salads | Soup | Seafood | Meat and Poultry | Desserts**

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**Penland School Community Open House**

**Bring your Creative Spirit!**

Penland School of Craft will host its annual Community Open House on Saturday, March 2 from 1-5pm. The whole campus will be open with hands-on activities (and a few demonstrations) in clay, iron, glass, metals, papermaking, pastepaper painting, photography, letterpress printing, textiles, and wood. (No admission charge. All ages are welcome. But please leave your dog at home). Don't



**Digital Detox Retreat**

Located 30 minutes from downtown, Charleston's barrier island resort, **Wild Dunes Resort, a Destination Hotel**, encourages guests to treat themselves to the gift of self-care. With the newly-launched Digital Detox Retreat, visitors and locals alike are encouraged to put down their screens and enjoy the nature, beauty and tranquil atmosphere of the Charleston Lowcountry. This four-day, three-night retreat provides guests with a deeply immersive experience to nourish the body and soul. A collection of outdoor activities paired with relaxing spa treatments together create the perfect itinerary and recharge.

Photo: Penland staff member Daniel Beck assisting a visitor at the Penland Community Open House.

Penland School of Craft is an international center for craft education dedicated to helping people live creative lives. Located in Western North Carolina, Penland offers workshops in books and paper, clay, drawing and painting, glass, iron, metals, printmaking and letterpress, photography, textiles, and wood. The school also sponsors artists' residencies, an outreach program, and a gallery and visitors center. More information at [penland.org](#).

For more information or to book Wild Dunes Resort's Digital Detox Retreat package, please visit [www.wilddunes.com](#) or call 855-716.7479.

*Photo courtesy Wild Dunes*

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Compiled by Katherine O. Pettit • Designed by Ann Dolin  
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