

##forward_header##

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

Having trouble viewing the message below? [View web version.](#)

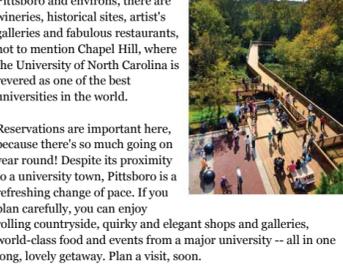


July 25, 2019 Below: Historically eclectic; Very smart; One stunning woman; Oh so smooth; Sculpturally superb; My beautiful friends; Artful gardens; Cukes rule; Urban adventures; Explore Woodside; Charleston Vistas

√ Compass eNews Previous Issues √ Forward this email to a friend! √ View Compass eNews in your Web browser.



Take a Road Trip to Chapel Hill & Pittsboro



In the heart of North Carolina in Pittsboro and environs, there are wineries, historical sites, artist's galleries and fabulous restaurants, not to mention Chapel Hill, where the University of North Carolina is revered as one of the best universities in the world.

Reservations are important here, because there's so much going on year round! Despite its proximity to a university town, Pittsboro is a refreshing change of pace. If you plan carefully, you can enjoy rolling countryside, quirky and elegant shops and galleries, world-class food and events from a major university -- all in one long, lovely getaway. Plan a visit, soon.

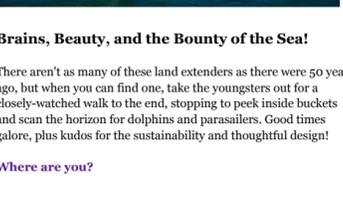
Details. And more about Chapel Hill

Photos: Top: Rolling countryside, pastoral settings and abundant farmland attract all kinds of folks who like to relax and rejuvenate their spirits. You've never very far away from the rural life, here, no matter what your day job. Photo Credit: Pittsboro-Siler City CVB

Bottom: Riverwalk, near Hillsborough, NC, is a paved, accessible downtown trail that stretches almost two miles along the Eno River. Popular for strolling, jogging and cycling, it provides pedestrian connections between several neighborhoods and keeps life more walkable. Photo Credit: Chapel Hill / Orange County Visitors Bureau



Where in the Carolina World is This?



Hot Fun in the Summertime

Hi,

What makes a classic? Staying power? Universal appeal? Sheer beauty? (In the case of Ava Gardner, yes.) Stay with me, please. I've been thinking about the term and what it means.

This morning I dropped off my car for a bit of work and spotted a black mustang convertible that literally stopped me in my tracks. I don't recognize years, but this was one of the first. The customer entering behind me was instantly awestruck. He probably recognized the year. A classic? Without a doubt and deservedly so.

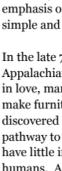
What's classic about your area? Historic district? Performing venue? Festivals that have been around for generations? All of the above perhaps. Because we've got a bit of history around here, we've got those and more.

And in summer, when daylight tempts an extra half-mile bike ride (or another glass of cool rosé on the porch), it seems we really have more time to enjoy our bounty, or revel in doing nothing at all.

Join us for what seems our endless summer. But don't neglect the fall here with its sultry sex appeal. It's right around the corner.

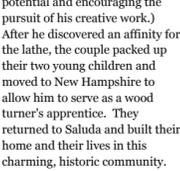
After you've finished this COMPASS, check out our Road Trips and Adventures for inspiration.

'Til next time,



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

Carolina Creative



Stoney Lamar, Sculptor works in Saluda North Carolina. His wife, Susan Casey, owns the Purple Onion, a wonderful restaurant that features a variety of ethnically inspired dishes with an emphasis on the Mediterranean's simple and healthful cuisine.

In the late 70s, the couple met at Appalachian State University, fell in love, married with the plan to make furniture together, and discovered life has its own pathway to follow which may have little in common with mere humans. Along their way, he began to embrace the geometry of woodworking and the path became clear. (Stoney credits Susan with acknowledging his potential and encouraging the pursuit of his creative work.)

After he discovered an affinity for the lathe, the couple packed up their two young children and moved to New Hampshire to allow him to serve as a wood turner's apprentice. They returned to Saluda and built their home and their lives in this charming, historic community.

His work is in public collections, including Asheville Art Museum, Victoria & Albert Museum, London England, the American Craft Museum, New York, High Museum in Atlanta, and more. Mr. Lamar has won many awards, and he has lectured, taught, given workshops and served as artist in residence.

He has been a board member of the American Craft Council, president and board member of the Southern Highlands Handicraft Guild, a founding member of the Association of American Woodturners, and president of the Center for Craft, Creativity and Design.

Discover more at stoneylamar.net

[More Carolina Creatives](#)

How Does Your Garden Grow?



In the Carolinas, chances are it grows with an abundance of blooms, from azaleas to camellias, hostas, roses and green plants. Trees? Perhaps our best asset, with magnolias, dogwoods and cherry trees, figs, river birches and (wait for it) the occasional persimmon.

A great path toward developing your own garden plan is to visit public gardens for inspiration.

Read all about 'em. Photo courtesy Historic Charleston Foundation

Get the Guide.



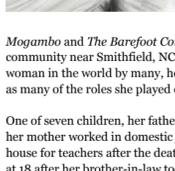
Register and get the latest edition of CarolinaLiving.com Guide and the fun-filled Compass eNews twice a month. Learn all about the Carolinas thrills and frills.

Brains, Beauty, and the Bounty of the Sea!

There aren't as many of these land extenders as there were 50 years ago, but when you can find one, take the youngsters out for a closely-watched walk to the end, stopping to peek inside buckets and scan the horizon for dolphins and parasailers. Good times galore, plus kudos for the sustainability and thoughtful design!

Where are you?

Famous Faces



Ava Gardner
The other Barefoot Contessa

December 24, 1922 - January 25, 1990

"When I'm old and gray, I want to have a house by the sea. And paint. With a lot of wonderful chums, good music, and booze around. And a damn good kitchen to cook in."

-- Ava Gardner

Tinseltown legend Ava Gardner -- famed for her roles in movies such as *Show Boat*, *The Killers*, *Mogambo* and *The Barefoot Contessa* -- was born in 1922 in a rural community near Smithfield, NC. Considered the most beautiful woman in the world by many, her life was as exotic and challenging as many of the roles she played on the screen.

One of seven children, her father was a poor tobacco farmer, and her mother worked in domestic jobs, eventually opening a boarding house for teachers after the death of her father. She was discovered at 18 after her brother-in-law took her photo and was so taken with it that he placed it in a window on a Manhattan street, where the image attracted great interest. She caught the eye of MGM and the young Southern beauty was on her way.

Married to Mickey Rooney, Artie Shaw and Frank Sinatra, adored by George C. Scott and Marlon Brando, she pursued life and love with great abandon. Most biographers consider Sinatra the love of her life, and even after their divorce, the couple remained good friends until her death.

Today, fans celebrate her legacy at the Ava Gardner Museum, located in Smithfield. "Ava's Closet" exhibit features never-before-seen personal clothing worn by Ava. View clothing, accessories, jewelry, gloves, shoes and pocketbooks, plus information about her favorite designers.

www.avagardner.org
Other Carolina Famous Faces

Smooth Jazz in the Holy City



The Lowcountry Jazz Festival, South Carolina's premiere annual Smooth Jazz event, returns to the Charleston Gaillard Center with a stellar lineup of superstar artists and up and coming instrumentalists and vocalists. The festival continues its Labor Day weekend tradition, kicking off Friday, August 30 with the All White Party Affair.

The 2019 Festival includes chart-topping genre icons, GRAMMY Award winners and nominees. The Greater Charleston Lowcountry Jazz Festival is the primary fundraiser for Closing the Gap in Health Care, Inc., a 501(c)(3) nonprofit organization whose primary mission is decreasing health disparities and increasing health literacy, especially for African Americans and the underserved in their community, South Carolina and the nation.

The organization airs radio and television health tips, publishes a weekly e-newsletter, and provides information on social media to improve health literacy. Lectures, seminars, and youth and community activities are also provided by Closing the Gap in Health Care, Inc.

Proceeds from our Festival support the mission of Closing the Gap in Health Care, Inc. and the Thaddeus John Bell, M.D. Endowment Fund. This scholarship fund was created conjointly with the Coastal Community Foundation of South Carolina to assist students who pursue a health science degree and graduate from the Medical University of South Carolina. This will facilitate an increase in the number of African American health providers in the state.

The Greater Charleston Lowcountry Jazz Festival and Closing the Gap in Health Care, Inc. have made contributions, exceeding \$250,000, to the Thaddeus John Bell, M.D. Endowment Fund!

www.lowcountryjazzfest.com

Festival!



La Belle Amie

Home of twisted sisters wines.

Pick an afternoon or check their website for festivals all year.

Bring a chair or arrive early and stake your claim to tables and chairs that dot the area and enjoy the music at La Belle Amie! You'll enjoy live music, tasty food and excellent wine. Admission is \$10, and individuals under 18 and over 80 are admitted for free. Folks who donate at least two canned or dry food items will receive a ticket discount of \$2. We love it for the vineyards around the grounds, the great gift shop, and the super folks who share their family farm with the rest of us. And the people-watching is always fabulous!

1120 St. Joseph Road, Little River, SC 843.399.9463

www.LaBelleAmie.com

Carolina Cuisine



When Cukes take over the world

Recently, a friend invited me to drop by and pick up a few tomatoes from his garden. Absolutely! I arrived in short order, to be met by my smiling neighbor, with two large bags in hand. One held the promised tomatoes; the other, about 12 cucumbers. "Nobody gets goodies from the garden without taking a few of these," he said, with a laugh. Of course, I complied and started looking for a recipe to use several of these gentle giants. I found something delicious and perfect for warm summer nights.

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

Enjoy Our Tasty Collection of Carolina Recipes: **Breads | Beverages | Breakfast | Appetizers | Sides & Salads | Soup | Seafood | Meat and Poultry | Desserts**

- Let's Take a Road Trip
- Carolina Famous Faces
- Insider Info
- Adventures



FACEBOOK

How do Carolina folks enjoy summer? Outside, as much as possible. Lucky for us, we've got a playground that can't be beat. From mountains to shore and all those glorious lakes and biking paths in between. Don't hate us for our good fortune -- but do join us and see what all the fun is about! Good times. **Do share.**

NewsWorthy



Urban Adventure

The Foundry Hotel Asheville, NC



The Foundry Hotel opened this past November as a historic restoration of Asheville, North Carolina's former steel foundry -- known for forging the steel used in building the Hotel complex. The 87-room luxury boutique hotel complex combines three historic buildings with two new builds in the heart of The Block neighborhood, Asheville's oldest African American business district located downtown on the intersection of Eagle and Market streets. Ideal for an adventurous getaway, hotel guests can experience one-on-one neighborhood tours with an on-site historian, chauffeured brewery visits via the hotel's Tesla Model X house car and take a drive on the breathtaking Blue Ridge Parkway for a day-trip to The Biltmore Estate, the largest private residence in the U.S.

Five-time James Beard nominee John Fler leads the hotel's culinary program, complete with a 100-seat Appalachian-inspired soul food restaurant and second-floor lobby bar.

Hyperlocal experiences include educational walkthroughs of the historic foundry via on-site historian, private tours led by locals of The Block, interactive botany lessons in the courtyard curated by the North Carolina Arboretum, biking with custom REEB Cycles along Blue Ridge Parkway, luxury fly-fishing excursions and local wildflower bouquet making immerses guests in the vibrancy of Southern Appalachia.

foundryasheville.com

Summertime Family Seaside Package

The Cottages on Charleston Harbor Find this beautiful setting on the water's edge of beautiful Charleston Harbor, one of the world's most celebrated cities. Included are upscale accommodations for up to six guests in a beautiful two bedroom three-bath harbor front cottage; water excursion on Shem Creek in Mount Pleasant; gourmet picnic lunch; tickets to South Carolina Aquarium; daily continental breakfast; afternoon snacks; beach cruisers for exploring Patriot's Point; and much more.

Perfect for relaxing, exploring, enjoying water sports and historic buildings, and catching great entertainment at local bistros and pubs.

Get the details at www.thecottagesoncharlestonharbor.com

Reach 25,000 COMPASS eNews subscribers! Send your NewsWorthy Releases For Consideration To: KPettit@CarolinaLiving.com or PMason@CarolinaLiving.com

www.carolinalive.com phone 803.782.7466

Compiled by Katherine O. Pettit • Designed by Ann Dolin

Order a Free Guide | [Compass eNews Previous Issues](#) | [Forward this email](#) | [Advertising information](#)

You and your family are receiving this eNews from the CarolinaLiving.com team because you registered to receive information on Carolina destinations and lifestyle. To confirm your continued interest in receiving COMPASS eNewsletters, and to ensure delivery, please add info@carolinalive.com to your inbox address book or safe list today. 07/25/19B2C

This email was sent to ##email## by Center For Carolina Living 4201 Blossom St Columbia, SC 29205 US info@carolinalive.com

Forward | [Unsubscribe](#) | [Update Profile](#) | [Company Info](#) | [Report Abuse](#)

