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

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June 27, 2019 Below: Rock on; Off the wall; Oh, honey; Sing me the blues; Fore; *Maters, please; Frittata fun; Explore Hilton Head Island; Mother of all Spas.

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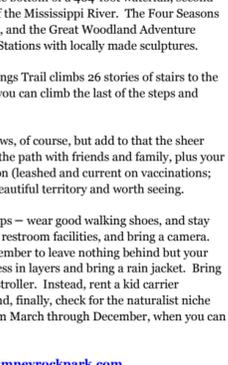
Carolina Adventure



Chimney Rock State Park Lake Lure/Rutherford County, NC

These Hills Are Alive

You've seen images of Chimney Rock, but if you've never walked the trails and thrilled at the 75-mile panoramic views of Lake Lure and Hickory Nut Gorge, put this adventure on your short list. At 535 million years old, the monolith for which the park is named has seen civilization creep in. However, around the Rock, much of the scenery is, if anything, even more beautiful.



Lake Lure is manmade, of course, but seems perfectly situated in the shadow of the mountains. The climate is a delight, depending on your preferred season. Spring-green, Summer-lush, Fall-colorful, and Winter-best views of the year. The Skyline Trail goes to the highest peak in the Park, Exclamation Point. Hickory Nut Falls Trail ends at the bottom of a 404-foot waterfall, second highest of its kind east of the Mississippi River. The Four Seasons Trail lives up to its name, and the Great Woodland Adventure showcases 12 Discovery Stations with locally made sculptures.

Of course, the Outcroppings Trail climbs 26 stories of stairs to the Chimney. That's where you can climb the last of the steps and enjoy the view.

WOW Factor: The views, of course, but add to that the sheer adventure of wandering the path with friends and family, plus your faithful canine companion (leashed and current on vaccinations; see guidelines). This is beautiful territory and worth seeing.

Hint: Forget the flip flops – wear good walking shoes, and stay hydrated. Check out the restroom facilities, and bring a camera. Picnics are fun, and remember to leave nothing behind but your smiles and laughter. Dress in layers and bring a rain jacket. Bring the baby, but forget the stroller. Instead, rent a kid carrier backpack for the day. And, finally, check for the naturalist niche series, once a month from March through December, when you can wander with an expert.

Learn more at www.chimneyrockpark.com More about nearby Lake Lure.

Photography credits: top, Chuck Hill Photography; bottom, Chimney Rock State Park

Carolina Famous Faces



Jonathan Green

Born August 9, 1955

It's a colorful and captivating world that South Carolina native Jonathan Green shows us with his very personal view of the African American Gullah culture of the Lowcountry. I have postcards purchased after a performance of "Off the Wall and Onto the Stage: Dancing the Art of Jonathan Green" which was a triumphant collaboration that featured 22 of the artist's images brought to life through the choreography of William Starrett. It was a tribute to Green's award-winning art by bringing the paintings to life with dance and music. It was – remarkable. And Jonathan Green's artistic vision is – so very amazing.

Born and raised in the Lowcountry of South Carolina, he graduated from Beaufort High School, joined the Air Force, and received a BFA from the School of the Art Institute of Chicago.

His work is heavily influenced by the Gullah culture which enveloped his formative years. The colors are vivid, and the subject matter tends toward everyday life as well as the rites of passage that followed African Americans in the Lowcountry.

Considered by many art critics and reviewers as one of our nation's most outstanding African-American artists, his work has been embraced by private collectors worldwide, and resides in the permanent collections of many museums.

He received an honorary doctorate from the University of South Carolina, and in 2009, received the Key of Life Award from the NAACP for his contributions and achievements in the visual fine arts.

Jonathan Green works from his studio in downtown Charleston, SC.

www.jonathangreenstudios.com More Carolina Famous Faces

For the children in your life, consider buying Amadeus: The Leghorn Rooster, written by Delores B. Nevils and illustrated by Jonathan Green, available through Young Palmetto Books.

Artwork Photo courtesy Jonathan Green

Uniquely Carolina

Hi,

I'm sure you have many great ways to enjoy life. Thing is, folks relocating to the Carolinas often share the same thoughts about what attracted them to our "beautiful places." Four-season climate is important, especially from those who've tried the deep south and want to return to a bit of sweeter weather and autumn foliage.

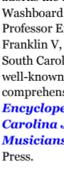
But there are mixed families too, like mine. (He loves the mountains; I adore the ocean.) We satisfy both of our wants by parking ourselves squarely in the middle of South Carolina, where a weekend of mountain-based or ocean-side fun is a couple of hours away and the freshwater sea laps our back yard.

And then, for the subcultures that thrive here, there's the horse-friendly terrain and the tennis camps and hundreds of golf courses, and pickleball and so much more.

When you visit, and we sincerely hope you do, plan to get a taste of mountains to shore. Enjoy wild shrimp so tasty it'll make you wanna slap your mama! (Not really, but it's a saying here and I frankly love it – just teasing, Mom.)

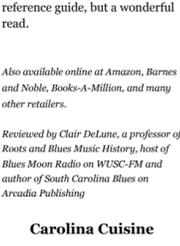
Go to CarolinaLiving.com and explore the quaint small towns and fabulous big cities. Spend an hour or two immersing yourself in the possibilities. So much fun awaits you, and especially the great people you will meet.

Til next time.



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

Jazz and Blues



The Carolinas' great legacy of musicians

From Johnny Acey, of the Harmonizing Jubilee Singers; through Chris Bourchillon, of the "Talking Blues" craze; to the Lowcountry's Wes Mackey – who adorns the cover – and beyond Washboard Emeritus Young, Professor Emeritus Benjamin Franklin V. shares lore about South Carolina's best and least-well-known performers in his comprehensive new book, *An Encyclopedia of South Carolina Jazz and Blues Musicians*, published by USC Press.

It is a treasure trove Franklin produced from a multitude of sources covering the past two centuries. Historians and music lovers alike will want this book, which is not only a great reference guide, but a wonderful read.

Also available online at Amazon, Barnes and Noble, Books-A-Million, and many other retailers.

Reviewed by Clair DeLune, a professor of Roots and Blues Music History, host of Blues Moon Radio on WUSC-FM and author of South Carolina Blues on Arcadia Publishing

Carolina Cuisine



Portable Frittatas

These portable breakfast cups are a hit with the little ones (and those of us running out the door to catch a meeting). Flexible and easy, they taste great. In fact, the baby beauties were created by the folks at Healthy Hands Cooking, which helps us discover how to create healthy food children love to eat. Don't like broccoli or onions? Skip 'em, but let your brother add those bad boys to his heart's delight.

Jan Pinnington is a consultant on a crusade to make eating healthy and fun for children – and it's working. Headquartered in Columbia South Carolina, she's creating converts all over the U.S. We'll be sharing her good stuff occasionally. Enjoy these **Baked Egg Frittatas** for a weekend brunch the whole family will love.

Enjoy Our Tasty Collection of Carolina Recipes:

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

Get the Guide.

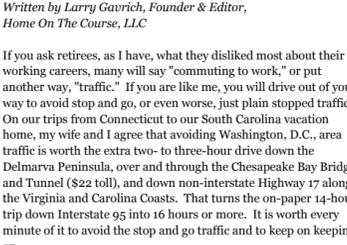


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- Let's Take a Road Trip | Carolina Famous Faces | Insider Info | Adventures

Carolina Golf



Written by Larry Gavrich, Founder & Editor, Home On The Course, LLC

If you ask retirees, as I have, what they disliked most about their working careers, many will say "commuting to work," or put another way, "traffic." If you are like me, you will drive out of your way to avoid stop and go, or even worse, just plain stopped traffic. On our trips from Connecticut to our South Carolina vacation home, my wife and I agree that avoiding Washington, D.C., area traffic is worth the extra two-to-three-hour drive down the Delmarva Peninsula, over and through the Chesapeake Bay Bridge and Tunnel (\$22 toll), and down non-interstate Highway 17 along the Virginia and Carolina Coasts. That turns the on-paper 14-hour trip down Interstate 95 into 16 hours or more. It is worth every minute of it to avoid the stop and go traffic and to keep on keepin' on.

Retirement is all about having the time to do the things you have to do without stress. In retirement, it is possible to live without traffic and, therefore, without stress.

Read more.

Larry Gavrich is the founder and editor of Home On The Course, LLC, which publishes reviews of golf communities, listings of properties for sale, and observations about the golf community industry at GolfCommunityReviews.com. He also serves as a member of the South Carolina Golf Rating Panel.

Photo: Balsam Mountain Preserve, Sylva, NC; provided by Larry Gavrich

That's one Tasty Tomato!



The 2019 Palmetto Tasty Tomato Festival Saturday, July 13th, 1pm - 7pm

Tasty Tomato is a celebration of locally grown food that highlights the people who grow it, the restaurants who place it on their menus, the markets that sell it, and the people who eat it. Continuing its traditions of old-time festival fun, programming for the *Tasty Tomato Festival* will include an heirloom tomato tasting, live music, local food, and lots of family friendly events.

Sustainable Midlands, a champion of the region's sustainable food efforts and festival founder, is producing this celebration of the tomato season. The festival will be held at Earlewood Park in downtown Columbia.

1113 Parkside Drive, Columbia tastytomatofestival.com

Photo: © creativemomstockphotos - 83062263 - Dreamstime.com

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Why Certify?

When you certify your yard, you'll join about 200,000 gardeners from across America who provide safe places for wildlife like pollinators to thrive. Providing habitat for wildlife not only protects them, but also helps your garden to bloom!

Check it out.

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A Peach of a Good Time!

July is peach festival time and it's right around the corner!

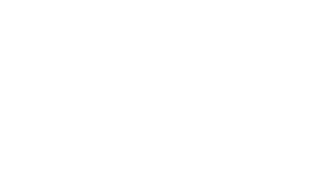
There's the *SC Peach Festival* in Gaffney, *Lexington County Peach Festival*, and *Ridge Peach Festival*.



What's your fav? Peaches in a pie, pickled, grilled, sugared, or even whipped up in one super Southern Peach Daiquiri?

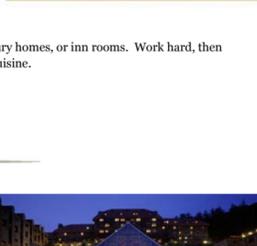
Or, are you the more savory type, yearning for tomato pie or a white bread sandwich with Dukes Mayo? Either way, it's all good. **Do share.**

Photo: © PublicDomainPhotos - 100329047 - Dreamstime.com



Sea Pines Golf and Tennis Vacation Packages

Summertime escapes include opportunities to get outdoors and practice your game, in this case, golf, tennis or both. There are options on beautiful Hilton Head Island, which has been the playground of those who know for decades.



Accommodations are varied as well: vacation villas, luxury homes, or inn rooms. Work hard, then pamper yourself with downtime and later, world class cuisine.

Discover more about [Sea Pines](#).

The Ultimate Spa

The Spa at The Omni Grove Park Inn.

Consider 43,000 square feet of peace and quiet, waterfalls, fiber-optic stars by the thousands, and of course underwater music. This is one beautiful setting, so after enjoying the steam pools, inhalation rooms, saunas and treatment rooms (with Eucalyptus), you can sip an organic cup of tea and lounge by the fire. Or get dressed up for a romantic evening in downtown Asheville.



Check out this spa.

Photo courtesy Omni Grove Park Inn

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