

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.](#)

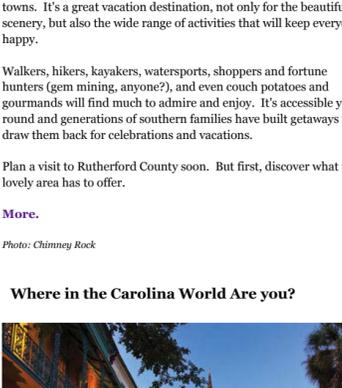


Sept. 13, 2018 Below: Not Dirty at all; Ghosts Walk Among Us; Parsley, Sage, Thyme and that other one; On the Wings of Morning; The Colonies' Whiskey; These Monks Welcome You; Napoleon's Namesake; River Village Living; Urban Living and Working.

✓ [Compass eNews Previous Issues](#) ✓ [Forward this email to a friend!](#) ✓ [View Compass eNews in your Web browser.](#)



Take a Road Trip to Rutherford County, NC



Perfectly positioned in the southwest corner of North Carolina, Rutherford County is home to mountains, rivers, valleys and small towns. It's a great vacation destination, not only for the beautiful scenery, but also the wide range of activities that will keep everyone happy.

Walkers, hikers, kayakers, waterfliers, shoppers and fortune hunters (gem mining, anyone?), and even couch potatoes and gourmands will find much to admire and enjoy. It's accessible year round and generations of southern families have built getaways that draw them back for celebrations and vacations.

Plan a visit to Rutherford County soon. But first, discover what this lovely area has to offer.

[More.](#)

Photo: Chimney Rock



Where in the Carolina World Are you?



In spite of – or perhaps because of – its moniker as "The Holy City" ghosts are said to roam freely in this history-drenched port city.

Those in the know offer tours to introduce visitors to a few of the region's more spirited inhabitants. Afterwards, toast your experience in one of many world-renowned restaurants and watering holes. [Where are you?](#)

Photo credit: SCPRT



Carolina Famous Faces

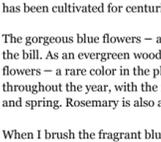


Those in the know offer tours to introduce visitors to a few of the region's more spirited inhabitants. Afterwards, toast your experience in one of many world-renowned restaurants and watering holes. [Where are you?](#)

Photo credit: SCPRT



Sing Bird Sing



Maya Angelou wasn't born in the Carolinas but she ended her life here. Living for a number of years in Winston-Salem, NC, where she served as the Reynolds Professor of American Studies at Wake Forest University, living happily in this appealing Southern town.

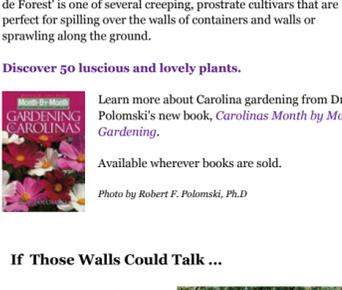
Refresh yourself with her genius talent by listening to her recite "On the Pulse of Morning," written for the inauguration of President Bill Clinton.

[Learn more about her.](#)

[Carolina Famous Faces.](#)



Carolina Home Grown



The Herb of Remembrance. Rosemary

Written by Robert F. Polomski, Ph.D

As a gourmand, I have a special fondness for plants that have culinary value. As a gardener, I would like these plants to cater to the senses of sight, touch, and smell. Rosemary (*Rosmarinus officinalis*) is that plant. This evergreen Mediterranean native that's found in kitchen cupboards and in the pages of classical literature has been cultivated for centuries.

The gorgeous blue flowers – a rare color in the plant kingdom – fills the bill. As an evergreen woody shrub, I admire the gorgeous blue flowers – a rare color in the plant kingdom – that appear off-and-on throughout the year, with the most glorious display of color in fall and spring. Rosemary is also a top 10 magnet for pollinating bees.

When I brush the fragrant bluish-green leaves with my hand, I feel the oils sticking to my fingers. Instinctively I raise my hand to my nose and am filled with visions of grilled salmon smothered with a honey glaze infused with rosemary and lemon or jumbo shrimp basking in a sauce of garlic, pancetta, tomato, white wine and rosemary.

Rosemary requires full sun and rather dry, extremely well-drained soils. While some people like to fashion rosemary into topiary forms for containers and herb gardens, I allow the cultivars to grow naturally. 'Arp' is a very cold hardy upright cultivar while 'Lockwood de Forest' is one of several creeping, prostrate cultivars that are perfect for spilling over the walls of containers and walls or sprawling along the ground.

Discover 50 gorgeous and lovely plants.

Learn more about Carolina gardening from Dr. Polomski's new book, *Carolinas Month by Month Gardening*.

Available wherever books are sold.

Photo by Robert F. Polomski, Ph.D



If Those Walls Could Talk ...

At Home in the Heart of the Horseshoe: Life in the University of South Carolina President's House

By Patricia Moore-Pastides, First lady of the University of South Carolina

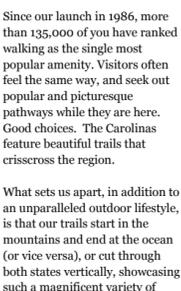
The book explores the history of the president's home on the historic Horseshoe, and the families who've lived there through the years.

At Home in the Heart of the Horseshoe pays tribute to the handsome regency-style structure at the midpoint of the historic Horseshoe. Constructed in 1854 to house faculty families, then used for sororities, the residence ultimately became the official President's House in 1952. In this beautiful book, Patricia Moore-Pastides provides a window into life at the University of South Carolina President's House from her perspective as First Lady.

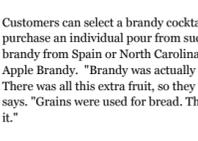
"The site of the President's House on the historic Horseshoe has been a faculty residence for more than two hundred years and home to the University's presidents since 1952. In this attractive publication, Patricia Moore-Pastides chronicles the many ways in which this venerable structure serves not just the University, but the greater South Carolina community."

— Walter Edgar, author of *South Carolina: A History*

[Order from Amazon](#) or online vendors.



One-of-a-Kind



The Brandy Bar

Artist and author Brenda Coates recently opened The Brandy Bar in Hendersonville's Historic Seventh Avenue District. It features 43 brandies from across the world and is believed to be the only bar in North Carolina to focus exclusively on brandy.

Ms. Coates' new venture was definitely sparked by creativity. She discovered a Colonial recipe for brandy while writing a book about the history of the nearby town of Fletcher. That led her to try her hand at making brandy, which then sparked a desire to renovate her historic two-story building and convert it into a brandy-only bar.

Customers can select a brandy cocktail from an extensive list, or purchase an individual pour from such options as a 40-year-old brandy from Spain or North Carolina's own Mt. Mitchell Reserve Apple Brandy. "Brandy was actually the whiskey of the Colonies. There was all this extra fruit, so they made liquor from fruit," she says. "Grains were used for bread. They ate grain; they didn't drink it."

"You can take any cocktail and substitute brandy for the whiskey, and it will taste as good or better than it did with the whiskey," Ms. Coates says. "It gives it a different twist."

And, it's yet another reason to visit Hendersonville, a really fun small town with history, flair, and a bit of artistic eclecticism.

www.TheBrandyBar.com



Happy Trails to You

Hi,

Since our launch in 1986, more than 135,000 of you have ranked walking as the single most popular amenity. Visitors often feel the same way, and seek out popular and picturesque pathways while they are here. Good choices. The Carolinas feature beautiful trails that crisscross the region.

What sets us apart, in addition to an unparalleled outdoor lifestyle, is that our trails start in the mountains (and end at the ocean (or vice versa), or cut through both states vertically, showcasing such a magnificent variety of sights, sounds, and smells. [Check out our trails.](#)

Today, as Autumn approaches, we're still in shorts and sandals and will be for some time to come. For me, this is a favorite season and the colors in the trees add a pleasing palette that feeds the spirit. Enjoy this issue, in particular our Road Trip to Rutherford County. Sure, it's the home of *Dirty Dancing* fame (in the movie, not the moves), but there's so much more to discover in this beautiful area of the Appalachians.

School is back in session – a very good thing or a tragedy, depending on your age and point of view. For those on the move, education can be gleaned in the most magical of ways. Join us soon.

And finally, Miss Florence is upon us. The Carolinas are prepared and working together. Every part of the country has weather issues, and occasionally, a hurricane heads our way. We wish all of our fellow Carolinians and visitors well! And we're expecting sunny skies soon.



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

Carolina Cuisine



Sometimes, you need a statement starter that sets the tone for a night of amazing food and fun. In the south, it's all but *de rigueur* to wow your guests at the beginning. The blow-em-out-of-the-water opening, if you will. **Tomato Boursin Napoleons** will do the trick – in spades!

This appetizer, created by French-born, award-winning chef Eric Masson, owner of Brentwood Restaurant in Little River, is a kaleidoscope of flavors. I order it every time I go to his amazing (some say haunted) restaurant tucked away at the northern end of the Grand Strand. I've split the dish with my spouse in the past, although I never wanted to share. Easier than it looks; tastier than it has to be. Try it soon.

Enjoy Our Tasty Collection of Carolina Recipes:

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

Get the Guide.

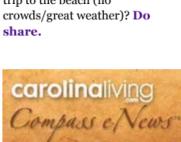


Register and get the latest edition of [CarolinaLiving.com](#) Guide and the fun-filled [Compass eNews](#) twice a month. Learn all about the Carolinas thrills and frills.



FACEBOOK

Fall is in the air but in the Carolinas summer fun continues well into September. This may be the best of all seasons. What's your favorite way to welcome fall? Apple pie? A walk in the woods? One pie or two trips to the beach (no crowds/great weather)? [Do share.](#)



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



You'll Love the Brothers.

Mepkin Abbey Monks Corner, SC

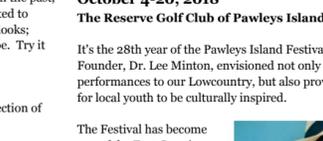
These charming Roman Catholic Trappist monks have been welcoming visitors for almost 70 years! The grounds are beautiful and very spiritual in a non-denominational way. Weddings are common here and there's a columbarium for folks who want Mepkin for their final resting place. The grounds are restorative.

[Get the story.](#)

[Check out all the Carolina Adventures!](#)

Photo: Mepkin Abbey – Monks Corner, SC | SCPRT

NewsWorthy



Great Tech Jobs On the Way & Urban Living Reinvented.

Cappgemini, a \$14 billion international technology company with 200,000 employees in 40 countries worldwide, is expanding its office at The BullStreet District, in the heart of downtown Columbia, SC. This region is the heart of the world's most recognizable brands. Wages are extremely attractive and the setting is simply magical.

will be at least 200 cutting-edge, high-paying jobs, working with technologies like artificial intelligence (A.I.), industry 4.0 and cybersecurity for some of the world's most recognizable brands. Wages are extremely attractive and the setting is simply magical.

[Check it out.](#)

[More on BullStreet.](#)

[More on BullStreet.](#)



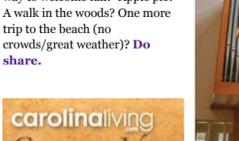
A Wealth of Activities

Cullowhee River Club is a master-planned community west of Asheville in the mountains of Western NC along the banks of the scenic Tuckasegee River. It features charming custom cabins and cottages that are rich with character, bringing the comfort of a cozy mountain home while remaining convenient to the nearby Western Carolina College campus, dining, boutique shopping, and the walkable downtown of Sylva.

Enjoy the endless adventure of the Blue Ridge Parkway or the GSMNP within a few minutes drive, or perhaps the WNC Fly Fishing trail or Nantahala Outdoors Center.

Cullowhee offers an Explore More Tour for \$149 per couple, offering accommodations for three days and two nights, plus a tour of the Cullowhee River Club Community. Call 877-258-2522 today.

cullowheeriverclub.com



Feather Your Nest

Fall Home Improvement & Outdoor Living Show

September 21-23, 2018
Myrtle Beach Convention Center

Find everything you need to facelift your home inside and out at the 2018 Home Improvement & Outdoor Living Show in Myrtle Beach.

You'll see hundreds of home, remodeling, decorating and recreation ideas come to life.

Plus, the show is your opportunity to see and talk to home building industry professionals all in one place – no appointment necessary.

[Discover more](#) about the Show.

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
4201 Blossom Street Columbia, SC 29205-2850

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. 09131882C

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](#)

