

Now's the time for fun getaways and the great outdoors - Welcome!

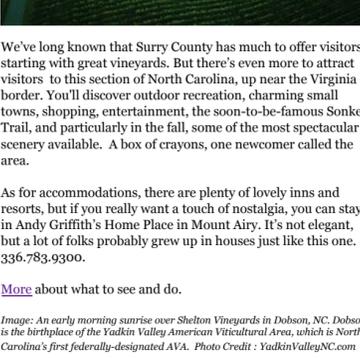


September 14, 2017 Below: More than Mayberry; Curtains Up; No sneezing, here; What an impression; Don't throw that pot (but do sing along); Take it easy; Healthy Gorp; One last paddle; Underground railroad.

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Take a Road Trip to Surry County, NC



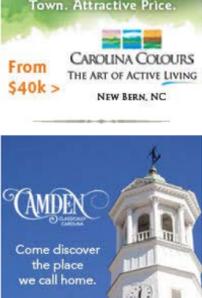
We've long known that Surry County has much to offer visitors, starting with great vineyards. But there's even more to attract visitors to this section of North Carolina, up near the Virginia border. You'll discover outdoor recreation, charming small towns, shopping, entertainment, the soon-to-be-famous Sonker Trail, and particularly in the fall, some of the most spectacular scenery available.

As for accommodations, there are plenty of lovely inns and resorts, but if you really want a touch of nostalgia, you can stay in Andy Griffith's Home Place in Mount Airy. It's not elegant, but a lot of folks probably grew up in houses just like this one. 336.783.9300.

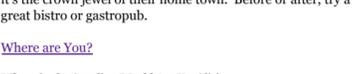
More about what to see and do.

Image: An early morning sunrise over Shelton Vineyards in Dobson, NC. Dobson is the birthplace of the Yadkin Valley American Viticultural Area, which is North Carolina's first federally-designated AVA. Photo Credit : YadkinValleyNC.com

Take a Road Trip to Surry County, NC link: https://carolinalive.com/road-trips/surry-county-nc



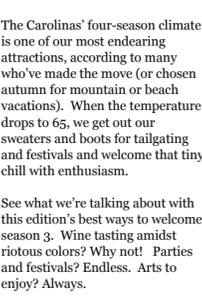
Where in the Carolina World Are You?



Oh, how they'll entertain you. Stars rave about the venue and love to perform in this magnificent, 1895 Opera House. Local visionaries encouraged its renovation (check out the Art Deco gold leaf), and for many, it's the crown jewel of their home town. Before or after, try a great bistro or gastropub.

Where are You?

Where in the Carolina World Are You? link: https://carolinalive.com/traveling/where-are-you/1895-building



The Colors are Coming!

Hello #!#first_name#!#,

When our grandson was shocked from Florida, he was visited to see the leaves turning rich colors of reds, orange and yellow. "You really do have fall here," he said. I teased him about the lack of color in the palm trees at his house, and we walked on.

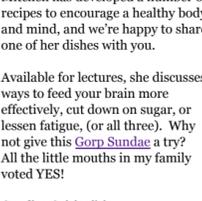
The Carolinas' four-season climate is one of our most endearing attractions, according to many who've made the move (or chosen autumn for mountain or beach vacations). When the temperature drops to 65, we get out our sweaters and boots for tailgating and festivals and welcome that tiny chill with enthusiasm.

See what we're talking about with this edition's best ways to welcome season 3. Wine tasting amidst riotous colors? Why not! Parties and festivals? Endless. Arts to enjoy? Always.

Our team is hard at work putting the finishing touches on the next CarolinaLiving.com GUIDE. (Hint: six new adventures and a special equestrian feature you're gonna love.)

Get your free copy by clicking on our Lifestyle Survey and sharing your must-haves and want-to-visit-nows.

Plan a fall excursion, and check out the ways you can turn that coveted yearly vacation into more permanent moorings with a second home, retirement cottage, or urban pied à terre. We wouldn't live anywhere else.



Katherine Pettit Executive Editor Center For Carolina Living Showcasing Carolina Life & Adventures



Forward this email to a friend.

The Colors are Coming! link: https://carolinalive.com/survey/

Carolina Cuisine



We are what we eat

Finally (finally!), experts have begun to agree that food can have a huge effect on health and wellness. Nutrition professional Mikela Mitchell has developed a number of recipes to encourage a healthy body and mind, and we're happy to share one of her dishes with you.

Available for lectures, she discusses ways to feed your brain more effectively, cut down on sugar, or lessen fatigue, (or all three). Why not give this Gorp Sundae a try? All the little mouths in my family voted YES!

Carolina Cuisine link: https://carolinalive.com/recipes/breakfast/gorp-sundae

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Click here for the official hold-in-your-hand Guide to Carolina lifestyle fun and adventure trips, plus real estate tips, tax & cost-of-living advantages, retirement opportunities and town profiles.

Just share your dream goals and we'll help lead you to smart Carolina life and times.

Get the Guide link: https://carolinalive.com/survey

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Retirement - A new Meaning for an Ancient Tradition. What's your five-year plan? No matter where you are in your life's journey today, something's going to change, hopefully, for the better.

Already made your move? Share with those just starting the research. Facebook. Facebook links: https://carolinalive.com/retiring https://www.facebook.com/Carolina-Living-33101591422/?ref=search

Heading your way



- Let's Take a Road Trip https://carolinalive.com/road-trips
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After Spending the day at Piedmont Pottery and Pickin' ... Spend the night near Historic Brattonsville East Main Guest House Bed & Breakfast Inn

Jump Start your Holiday Shopping in the Mountains



Maggie Valley Fall Arts and Crafts Show October 21 & 22 Maggie Valley Festival Grounds. In its 24th year the popularity continues to grow, perhaps in part because the foliage is lovely and view of the mountains spectacular.

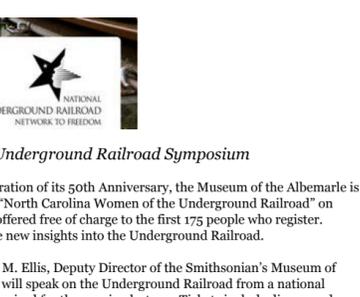
"We have been receiving phone calls from visitors who actually plan their vacation around this event and want to double check the dates and make reservations" says Teresa Smith, Maggie Chamber Director.

There will be something for everyone on your list, from seasonal items, yard art, paintings, photography, pottery, wooden bowls, furniture, jewelry, museum quality items, handmade furniture, goat milk soaps and more. While you're there, check out chainsaw artist Jeremy Buckner, and enjoy a variety of mouth-watering festival foods.

The event runs 9am - 4pm on Saturday and Sunday. Both the event and parking are free. For more information, visit www.maggiervalley.org.

Take a Road Trip to Maggie Valley. Jump Start your Holiday Shopping in the Mountains link: https://carolinalive.com/road-trips/maggie-valley-nc

Jazz & Poetry on Paper



Henri Matisse: love, hardship and utter joy. Columbia, SC: The Columbia Museum of Art proudly presents Henri Matisse: Jazz & Poetry on Paper, a sweeping exhibition that celebrates four of the artist's books, including his iconic Jazz portfolio, on view from September 15, 2017, to January 15, 2018.

Widely regarded as one of the most important artists of the 20th century, Henri Matisse influenced a diverse number of art movements, artists, and schools of thought. Over the course of his 60-year career, the daringly modern artist experimented with a variety of mediums, producing paintings, drawings, prints, and sculpture, as well as costume and stage set designs.

Matisse became increasingly interested in printmaking and illustrating in the 1930s. Artists' books, conceived as art objects in their own right, provided him personal and creative renewal. He brought to life some of the greatest works of French literature - medieval chivalric poems, 19th-century symbolist works, and 20th century riffs on ancient myths - with playfully looping gestures, elegant lines, and brightly colored shapes in a way that is always distinctly his own.

Over the course of his life, Matisse created 12 illustrated books, 11 of which were widely reproduced and one of which was made exclusively for his family. The Bank of America Collection is fortunate to have four of Matisse's important artist's books, and these original works are featured in this exhibition. www.columbiamuseum.org/exhibitions/henri-matisse Jazz & Poetry on Paper link: https://www.columbiamuseum.org/exhibitions/henri-matisse

Piedmont Pottery and Pickin' ...



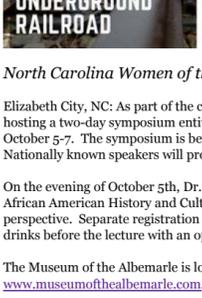
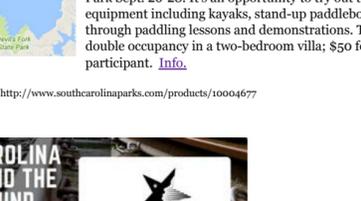
Historic Brattonsville McConnells, SC Hightower Hall September 23 10am-4pm. Shop for local pottery, enjoy live music and savor some barbeque at Historic Brattonsville's "Piedmont Pottery & Pickin'."

Lovers of bluegrass, barbeque and local hand-made pottery will enjoy having it all in historic surroundings. More than two dozen potters from the Carolina Piedmont will be demonstrating their art form and selling their wares.

"Piedmont Pottery & Pickin'" will feature traditional and contemporary potters as well as Catawba Indian potters. Visitors can enter a free drawing to win pottery. Red Oak BBQ food truck will have food available for purchase. Live music will be performed by local bluegrass aficionados - Michael Scoggins, Herschel Brown, and Cottonwood.

WHERE: Historic Brattonsville's Hightower Hall, 1036 Brattonsville Rd, McConnells, SC 29726. Hightower Hall, completed in 1856, is a grand Italian style villa with a sprawling lawn located at the Historic Brattonsville's northern entrance on Brattonsville Road. For more information, go to chmuseums.org/brattonsville/ or call 803.684.2327.

ABOUT HISTORIC BRATTONSVILLE: Historic Brattonsville features over thirty colonial and antebellum structures, including two house museums. The plantation spreads over 800+ acres and includes farmed land with heritage breed animals, a Revolutionary War battlefield site with interpretive trail, and a nature preserve with miles of walking trails. Seasonal events with interpretive, and a living history programs interpret life in the Carolina Backcountry from the 1750s to the 1850s. Piedmont Pottery and Pickin' link: https://chmuseums.org/brattonsville/

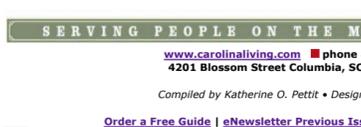


One More Paddle

Devils Fork State Park Lake Jocassee, SC

The program One More Paddle! will be held at Devils Fork State Park Sept. 26-28. It's an opportunity to try out the latest paddling equipment including kayaks, stand-up paddleboards and canoes through paddling lessons and demonstrations. The cost is \$500 for double occupancy in a two-bedroom villa; \$50 for each additional participant. Info.

One More Paddle link: http://www.southerncarolinaparks.com/products/10004677



North Carolina Women of the Underground Railroad Symposium

Elizabeth City, NC: As part of the celebration of its 50th Anniversary, the Museum of the Albemarle is hosting a two-day symposium entitled "North Carolina Women of the Underground Railroad" on October 5-7. The symposium is being offered free of charge to the first 175 people who register. Nationally known speakers will provide new insights into the Underground Railroad.

On the evening of October 5th, Dr. Rex M. Ellis, Deputy Director of the Smithsonian's Museum of African American History and Culture, will speak on the Underground Railroad from a national perspective. Separate registration is required for the evening lecture. Tickets include dinner and drinks before the lecture with an opportunity to meet Dr. Ellis.

The Museum of the Albemarle is located at 501 South Water Street, Elizabeth City, NC. www.museumofthealbemarle.com. North Carolina Women of the Underground Railroad Symposium link: https://www.museumofthealbemarle.com/

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