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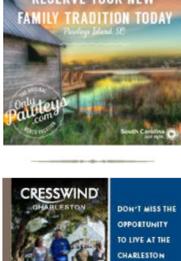
Learn about the best North Carolina and South Carolina adventures, destinations, attractions and communities. Visit and explore!

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Sept. 27, 2018 Before: Politically Powerful; Artistically Amazing; The People's Pharmacy; Variety is the Spice; Our Renaissance; A Federal Treasure; Bread of Life; Discover Woodside; Make Mine Galla.

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Take a Road Trip to Columbia, SC



The arts are driving many good things happening in South Carolina's Capital city. Downtown museums and theatres, live performance venues, a rush back to urban living in the middle of all the action, and a strong emphasis on sustainable, healthy lifestyles that include walking trails, farmers' markets, bike rides and pocket parks.

Columbia isn't experiencing the choking hyper growth of some major southern cities, and that's a good thing.



Careful, thoughtful planning is the order of the day. Along the way, visitors will find a million reasons to visit the Midlands for entertainment fun, recreation, education, shopping and farm to fork dining.

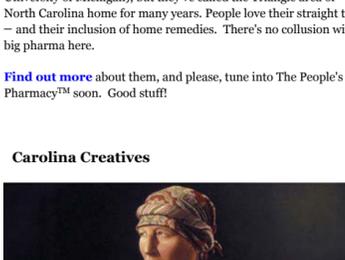
Check out these unique districts - Main Street, Five Points, the Vista and Harbison. So much to do. So many ways to enjoy this state capital where culture, learning, history, and entertainment prevail!

Get the details on accommodations, dining, and good times.

Photos: Top, Sailing on Lake Murray. Courtesy Capital City/Lake Murray Country; Bottom, Looking north from State House grounds. Courtesy SCPRT.



Carolina Famous Faces



Joe and Terry Graedon, hosts, The People's Pharmacy™

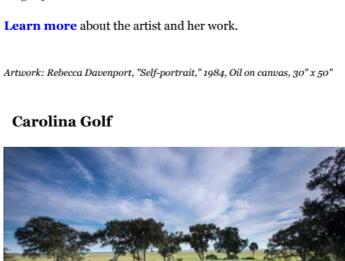
You probably wouldn't recognize them if you met, but hearing their voices might ring a few bells, especially for those who've discovered these health experts have a wealth of knowledge to share with their radio audience on NPR each week.

They aren't natives (both of their doctoral degrees came from the University of Michigan), but they've called the Triangle area of North Carolina home for many years. People love their straight talk - and their inclusion of home remedies. There's no collusion with big pharma here.

Find out more about them, and please, tune into The People's Pharmacy™ soon. Good stuff!



Carolina Creatives



Rebecca Davenport, Artist Beaufort, SC

She belongs in Beaufort, SC where she works tirelessly to benefit her home town. Her paintings draw on her extensive knowledge of rural Appalachian life as she weaves stories of light and darkness onto her canvases. They are, by turns, lovely, whimsical or perhaps, "slightly askew."

Learn more about the artist and her work.

Artwork: Rebecca Davenport, "Self-portrait," 1984, Oil on canvas, 30" x 50"



Golf Buffet for Life

By Larry Gavrich Founder & Editor, Home On The Course, LLC

Asked if they would prefer a variety of layouts or play on just one course over and over, take to the bank that most golfers would prefer the former.

Variety is the spice of a golfing life, the reason why many of the golfers who ask for my help in finding a golf community home prefer a multi-course solution. The rest don't ask because they simply assume a club with multiple golf courses will assess higher joining fees and dues.

That is not necessarily so, especially if you do some simple math. When you divide membership costs by the number of golf courses available to you with a multi-course membership, variety is only slightly higher.

Learn more about your Carolina options.

Photo courtesy The Landings

Dragons & Mermaids & Fairies - Oh My!



Carolina Renaissance Festival Celebrates 25 Years of Cheers!

Sept. 29-Nov. 18 Huntersville, NC

Introduced in 1994, the Carolina Renaissance Festival is now one of the largest renaissance-themed events in the country and one of the largest attractions in the Carolinas. Nearly 200,000 attendees are expected to time travel to the village during its 8-weekend season, held Saturdays and Sundays, September 29 through November 18.

Fantasy and history collide once again as fanciful creatures have awaked into the forests of the Festival. Fireflicker the Curious Dragon roams about awarding dragon gold to children with magic in their hearts. And fan-favorite Twig the Fairy returns, dazzling patrons with her music and fairy-dust.

Fourteen stages offer an abundance of continuous music, dance, comedy and circus entertainments. Many shows are spontaneous and you never know what happens next, on stage or off.

Feast on bread bowl stews, premium meats on sticks, sweet treats and confections and cinnamon-roasted almonds! Festival pubs offer a variety of Pepsi products, craft beer, wine, champagne, ale, honey mead, lemonade and Medieval Margaritas. Vendors offer home décor, jewelry, clothing of renaissance and medieval fashion, blown and torched glass, handmade art and pottery. There are also activities for children of all ages. Tomato tossing, anyone?

When: Eight consecutive weekends, Saturdays and Sundays, from September 29th through November 18th. The Festival runs from 10:00 am until 5:30 pm, rain or shine.

carolina.renfestinfo.com

Photo courtesy Carolina Renaissance Festival

Preserve & Protect

Hello,

For history lovers, a great advantage of being two of the original 13 is our history. Charleston, New Bern, Beaufort (both of 'em), Cheraw, Camden, Bath, Hillsborough, Halifax, Edenton, Rutherfordton, Moncks Corner and Georgetown, to name a few towns that have their origins in the 1700s.

Do you have an historic district in your area? The Carolinas have hundreds of historic districts and thousands of historic places - all with unique stories to tell, and in many instances, guides with knowledge and passion to share their tales with visitors.

Lucky for us all, there are folks who want to preserve and protect the treasures that have come before.

One of the grandest historic treasures in our midst is Biltmore. Carefully curated, you'll see amazing furnishings, private and public, when you visit. Other buildings aren't as grand, but nevertheless dazzling, especially when surrounded by gardens and outlying buildings.

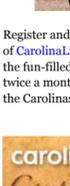
Enjoy browsing our stories in this COMPASS eNews, especially our road trip to Columbia, state capital, historic storehouse, bundle of youthful energy, and filled with forward-thinking city influencers.

Consider our Adventures, famous characters, Carolina Creatives, and getaways.

And send good thoughts to those in the aftermath of what was Florence. In several areas, the rivers we treasure so highly have created difficulties for those who live nearby. Our restoration is well underway and most of our favorite towns are welcoming visitors, or will be, soon.

If you're so inclined, make a donation to your local Red Cross. And plan to visit us soon. We'll welcome you with open arms!

Til next time,

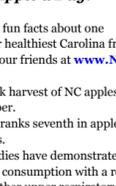


Katherine Pettit Executive Editor CarolinainLiving.com Showcasing Carolina Life & Adventures



How do you celebrate Halloween? Scary treats? All about the kids? Grown-up costume parties? It's an ancient ritual much-loved in the Carolinas. Now's the time to find the perfect party, costume or eeky edible. Please share what's on your mind for the next great holiday.

Get the Guide.



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



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

Carolina Cuisine



Spread me, Toast me, Enjoy me!

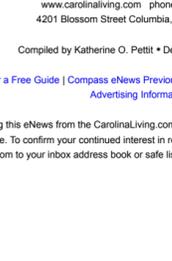
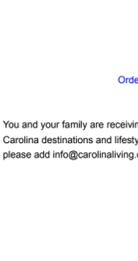
Now this is a loaf of bread, my friends. What's more, it's no Johnny-come-lately in the Carolina cuisine corridor. Carolina Rice Bread has roots in the region, and while the bread is something magical, it's made even more so when toasted and slathered with a bit of homemade apple butter, or perhaps peach preserves.

Like what you see? Of course you do. It's a guaranteed show-stopper and worth every minute to make. Give it a try and explore the Anson Mills website, from whence it came. They've got history and passion, too and you'll love everything about the founders and their products!

Enjoy Our Tasty Collection of Carolina Recipes:

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

NewsWorthy



Discover Woodside Plantation, Aiken SC

A new adventure awaits during discovery visits.

Included:

- Accommodations for two nights, two guests at a historic inn or hotel Dining for two at the Reserve Club Complimentary round of golf on championship Nicklaus designed course Historic Aiken trolley tour (Saturdays only) Guest passes for fitness, resort pool, racquet complex Private, guided tour of Woodside Communities

Details? Call: 800.648.3052; www.woodsidecommunities.com

An Apple a Day!

A few fun facts about one of our healthiest Carolina fruits from our friends at www.NCAppleGrowers.com

- Peak harvest of NC apples is mid-August through October. NC ranks seventh in apple production in the United States. Studies have demonstrated an association of regular apple consumption with a reduced incidence of colds and other upper respiratory ailments. Apples contain zero fat per serving. Fiber content is 5 grams per servings. (FDA revised guidelines) Americans eat approx. 18.5 lbs. of fresh apples annually, compared to about 46 lbs. annually of many European countries.

Photo credit: Bill Russ - VisitNC

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