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GUN DOGS!
MAN'S BEST
FRIEND/HUNTING
PARTNER
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SAVANNAH COAST

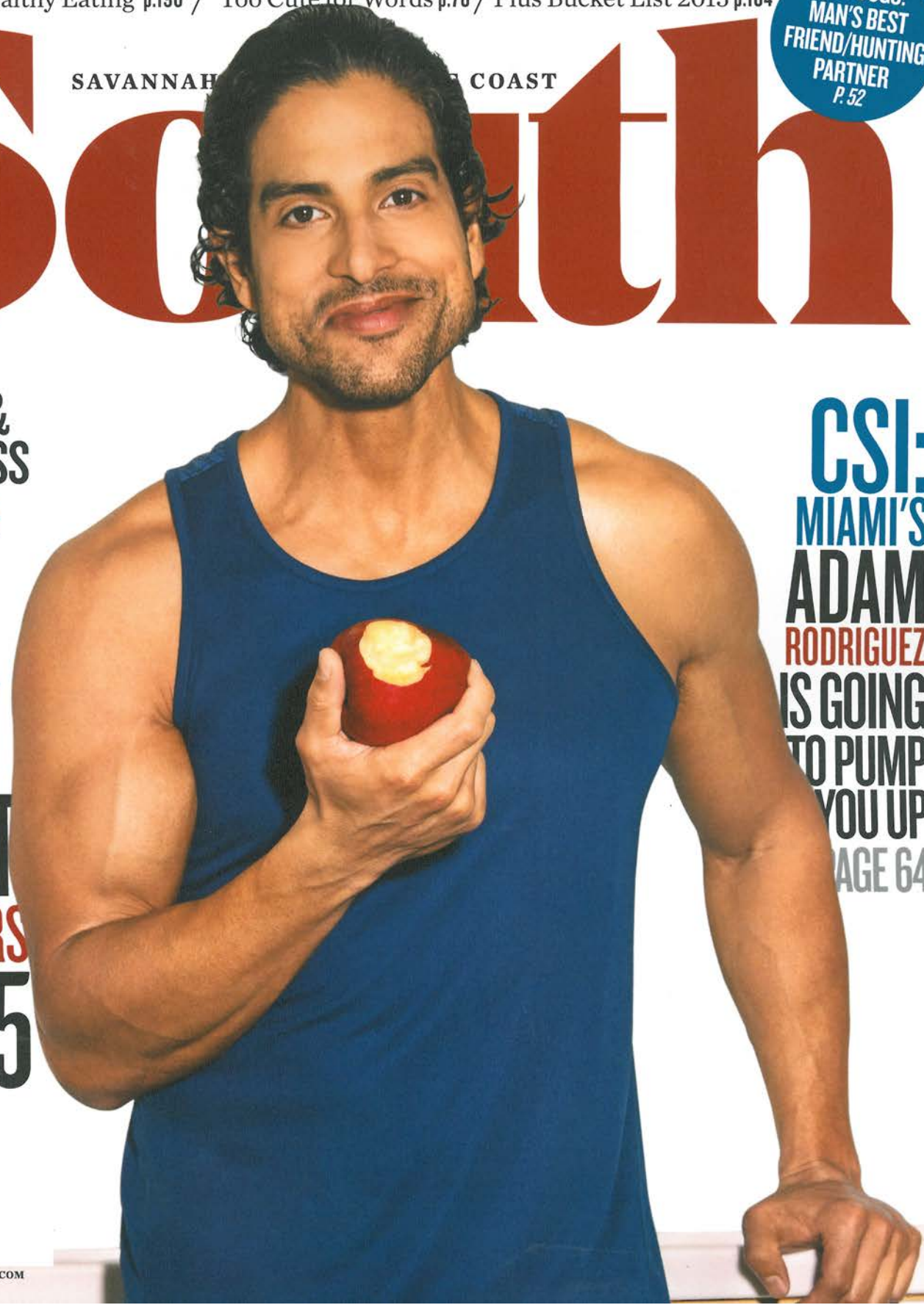
South

HEALTH & WELLNESS

LET'S TALK SEX:
GYNE-CHIATRIST
DR. PAM DEE
GETS CANDID
SOUTH'S MOST
FASHIONABLE
DOCTORS
NATURAL BIRTH:
THE WAY GOD
INTENDED IT

BEST DOCTORS 2015

CSI:
MIAMI'S
**ADAM
RODRIGUEZ**
IS GOING
TO PUMP
YOU UP
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(continued)



Go South



WINTER ESCAPE

SOMETHING YOU CAN'T LET GO BY THE WAYSIDE THIS SEASON? YOUR SANITY. DOESN'T THIS ISLAND GETAWAY LOOK BETTER THAN A WEEKEND AT THE IN-LAWS'?

Eva Fedderley | Toren Anderson

A perfect beach getaway that's never too far, **AMELIA ISLAND** should be first in your mind for winter holiday. Named after Princess Amelia, daughter of England's King George II, Amelia Island is the only territory in the United States to have been ruled under eight flags of sovereignty. A haven for everyone from pirates and rumrunners to nobles and confederates, the historical significance of Amelia Island rivals her beauty.

Flip to page 182 to see our feature on the **Omni Amelia Island Resort**. We've got the best places to eat, play, stay and shop while you're there. So what are you waiting for? The whole vacation is planned- just take the plunge. ■

FOR MORE INFORMATION ON BOOKING ONE OF THESE CABANAS VISIT WWW.OMNIHOTELS.COM/HOTELS/AMELIA-ISLAND-PLANTATION.



THE CRYSTAL COAST

WHO SAYS THE WINTER MONTHS AREN'T THE PERFECT TIME FOR AN ISLAND GETAWAY? IF YOU WANT THE CRYSTAL COAST ALL TO YOURSELF, HEAD TO THESE HOTSPOTS THIS DECEMBER OR JANUARY.



STAY

North Carolina's **Southern Outer Banks**, known to many as **THE CRYSTAL COAST**, is steeped in eccentric history, mainly because of its pirate past (it was one of Blackbeard's favorite places for looting) and wartime triumphs and tragedies. The coast is over 85 miles of glimmering beaches and lush forests, thus making The Crystal Coast a golden opportunity for both family holidays and exciting romantic getaways. While staying on The Crystal Coast, ***Emerald Isle Realty*** (emeraldislerealty.com) offers over 700 beautiful rental homes

to make one's stay more personal; perfect for vacations, weddings, and business retreats, Emerald Isle Realty offers beachfront properties, condos and villas, depending on one's preference. There are also plenty of lovely bed and breakfasts, such as the comfortable and sophisticated ***Old Seaport Inn Bed and Breakfast*** (oldseaportinn.com) in Beaufort, North Carolina, and the largest full service hotel on the coast of North Carolina, ***The DoubleTree Atlantic Beach*** (doubletree.hilton.com/AtlanticBeach).





EAT

The Crystal Coast is known for its year-round fishing, fresh seafood and local fare. With more than 85 locally owned restaurants to choose from, many of the restaurants here are family owned and are passed down from generation to generation. For lunch, swing by **The Village Market** (villagemarketofei.com), a casual, family-owned spot that will satiate one's need for gourmet deli sandwiches (try Molly's Pimiento Cheese on toasted sourdough or the Fresh Cucumber Dill Wrap). **Amos Mosquito's Restaurant and Bar** (amosmosquitos.com) is an upscale family restaurant situated across the street from the ocean and offers both Asian and Cajun-influenced dishes. Owned by a husband and wife team, their goal is to make their dishes

affordable while serving domestic, fresh seafood (their shrimp is from Mississippi and their flounder is local). However, if one craves a more unique experience in terms of fine dining, local culinary wizard Patrick Hogan of Carlton's Catering Company (carltonsathome.com) prepares gorgeous culinary experiences from the comfort of one's home (or rented home). Hogan strives to use local ingredients, creating everything from simple pasta dishes (linguini with wild mushrooms, chives, garlic, parsley and thyme) to Mahi Mahi with creamy polenta and fried collards, to delicately roasted chicken with fennel and carrot hash, accompanied with rosemary butter. Hogan is available for in-home events, small gatherings, family reunions and weddings.

SHOP

While sauntering around local shops on The Crystal Coast, be sure to visit Beaufort's **Santiago's Fine Wines and Cigars** (facebook.com/Santiagosfinewinescigars). The cigar and wine store and tasting room has no website, is tucked in one of Beaufort's smaller shopping strips, and offers one of the best, affordable wine selections south of the Mason-Dixon line. Afterwards, be sure to stroll around the historic town of Beaufort. There are plenty of charming stores to pop into, such as **Ibis Ladies Shop** (252.728.7950) and **The Rocking Chair Book Store** (252.728.2671).



PLAY

There are many unique activities in the Southern Outer Banks. Try the **Hungry Town**

Culinary Bike Tour and Tasting (hungrytownbiketours.com), a husband and wife duo that arrange bike tours around Beaufort to educate guests on the historical and culinary fascinations of the town (libations included!). And while in Beaufort, ride the **Beaufort Double Decker Bus Tour** (beauforthistoricsite.org/tour) where a Southern woman known as "The Mouth of the South" will give you her cheeky take on the town's history. Also interesting is **Shackleford Banks** (shacklefordhorses.org), known for its wild horses that mysteriously appeared on the island hundreds of years ago, presumably from Spain. Check out the **North Carolina Aquarium at Pine Knoll Shores** (ncaquariums.com/pine-knoll-shores) where people take classes to go clamming and crabbing in the bay. Or if you're craving more of an adrenaline rush, rent Jet Skis at **Water Sports Rentals** (h2osportsrentals.com) and take off for a 50-mile journey into the bay.

