

just add water

By Joqita Burka

Just say, "Let's go to the beach," and most of us can be ready in under 10 minutes. You don't need much. After all, the point of going oceanside is to relax, get away and leave your baggage behind.



Music. Around here, a favorite is what we call "beach music," perfect for the state's official dance, the Shag. Think "Carolina Girls" by General Johnson & The Chairmen of the Board, "Myrtle Beach Days" by the Fantastic Shakers and "I Love Beach Music" by the Embers. You'll find the state in lots of other genres, too: "South Carolina" by The Floating Men, "South Carolina Boogie" by Drink Small, "Carolina in My Mind" by James Taylor, "South Carolina Lowcountry" by Josh Turner and "Carolina" by Corey Smith. Of course the sweet sound of the waves is the best music of all.

A good read. *The Mermaid Chair* is the second novel by South Carolina resident Sue Monk Kidd. There's love, betrayal, honor and so much vivid Lowcountry description that you'll find yourself already here from the first page.

Beach bag. What could be more perfectly green than a bag made from those leftover plastic shopping bags? Purchase a bag perfect for salt, sand and water at Christopher Park Gallery in Greenville, SC.

Sunglasses, sunscreen, hat and flip-flops. We're a sunny state, so make sure you're protected. Forgot something? Then head for one of the dozens of Wings and Eagles beach stores. The design on the hat is especially right for here. The palmetto tree and crescent moon are the official state symbols.

"The tide sweeps in and out, erasing more than our footprints and sandcastles. It carries with it all those things that just yesterday seemed so important."

Water. Grab a bottle of Appalachian Springs. This Charleston company believes in the Gullah expression "What go round, come round!" To that end, they donate a portion of profits to dozens of Lowcountry charities. Drink up!

Snacks. You might try boiled peanuts, saltwater taffy, a MoonPie® and an RC Cola®, all deeply Southern, and all tasty. The boiled peanut is the "official snack food" of the state.