



Our seasoned experts have wandered extensively in the South, and recommend favorite towns there where seniors can find relaxation and enjoyment without spending a lot of money. Warning: If you enjoy peace and quiet, don't show up at these towns during spring break time. They'll be full of loud and rowdy students. However, at other times of the year, particularly autumn, consider:

South Padre Island TX: The 100-mile stretch of sandy beaches is south on the Gulf of Mexico between Corpus Christi and the Mexican border. It boasts year-round tropical weather, and is great for swimming, surfing, fishing and boating. Visitors can see undisturbed flocks of sea gulls, pelicans, plover, falcons and other species at the island's National Bird Sanctuary.

Blue Bay Inn and Suites, 901 Padre Blvd, South Padre Island TX 78597, 956-761-4350. Close to restaurants, amusements, snorkeling and fishing. Room prices from \$80, including breakfast. For a friendly, no-frills restaurant, visit **Cap'n Roy's, 1313 Padre Blvd., South Padre Island TX 78597, 956-761-9990.** Specializes in local fish and shellfish, in both American and Mexican styles. Dinner from \$25.

St. Augustine FL: Spanish explorer Ponce de Leon arrived 400 years ago looking for the fountain of youth. Retiree travelers and residents still make the same search. It has cobblestone streets, quaint shops, cozy restaurants and buggy rides.

Casablanca Inn Bed & Breakfast, 24 Avenida Menendez, St. Augustine FL 32084, 1-800-826-2626, innkeeper@casablancainn.com. Casablanca movie stars Bogie and Bergman would enjoy this former mansion, with whirlpool, antiques, fireplaces and old Southern elegance. Rates from \$150, including breakfast.

Harry's Seafood Bar & Grille, 46 Avenida Menendez, St. Augustine FL, 904-824-7765, hookedonharrys.com. Dinner prices from \$25. It's a branch of several Harry's around the South, with New Orleans style of fresh-caught local fish and shellfish. A favorite is Harry's pan-roasted crab cakes.

Pinehurst NC: A National Landmark town, with 40 golf courses within a 10-minute drive. There are lakes for fishing, boating and other activities.

Homewood Suites by Hilton Olmsted Village, 250 Central Park Avenue Pinehurst, NC 28374, 1-910-255-0300, homewoodsuites1.hilton.com. Room rates from \$100, with free breakfast and light supper on week nights. Three miles from the town center in horse country, Homewood Suites offer comfortable rooms and an attractive pool.

Villager Deli Restaurant, 6 Chinquapin Rd, Pinehurst, NC 1-910-295-1005, restaurantica.com/nc/pinehurst. Prices from \$15. The deli is small and unpretentious, offering huge sandwiches, all with side dishes of salad and hush puppies.

Warm Springs GA: It was FDR's summer home, and his Little White House is now a popular tourist destination. The Institute for Rehabilitation, founded by FDR, provides care for paralysis patients. The quaint town and surrounding hills offer fishing, golfing, biking and nature trails, with many visitor facilities at Roosevelt State Park.

Best Western White House Inn, 2526 White House Pkwy., Warm Springs GA, phone 706/655-2750, bestwesterngeorgia.com/hotels/best-western-white-house-inn. Located on Pine Mountain, with beautiful views. Each room has a microwave and refrigerator. The price is \$100, including breakfast.

The Bulloch House, 47 Bulloch St., Warm Springs GA 31830, 706-655-9068, bullochhouse.com. A specialty is Southern fried chicken with fried green tomatoes.

Roanoke VA: Historic welcoming town is a center for historic sites, arts, entertainment and fine dining. Nearby is the Blue Ridge Parkway and the Appalachian Trail.

Days Inn Roanoke Civic Center, 601 Orange Avenue , Roanoke, VA 24016, 1-866-599-6674, daysinn.com/Roanoke. Rates are from \$70, including free breakfast.

202 Market restaurant and bar, 202 Market Square, Roanoke VA 24011, 540-343-6644, www.202market.net. Prices from \$25. The specialty is boneless short ribs.