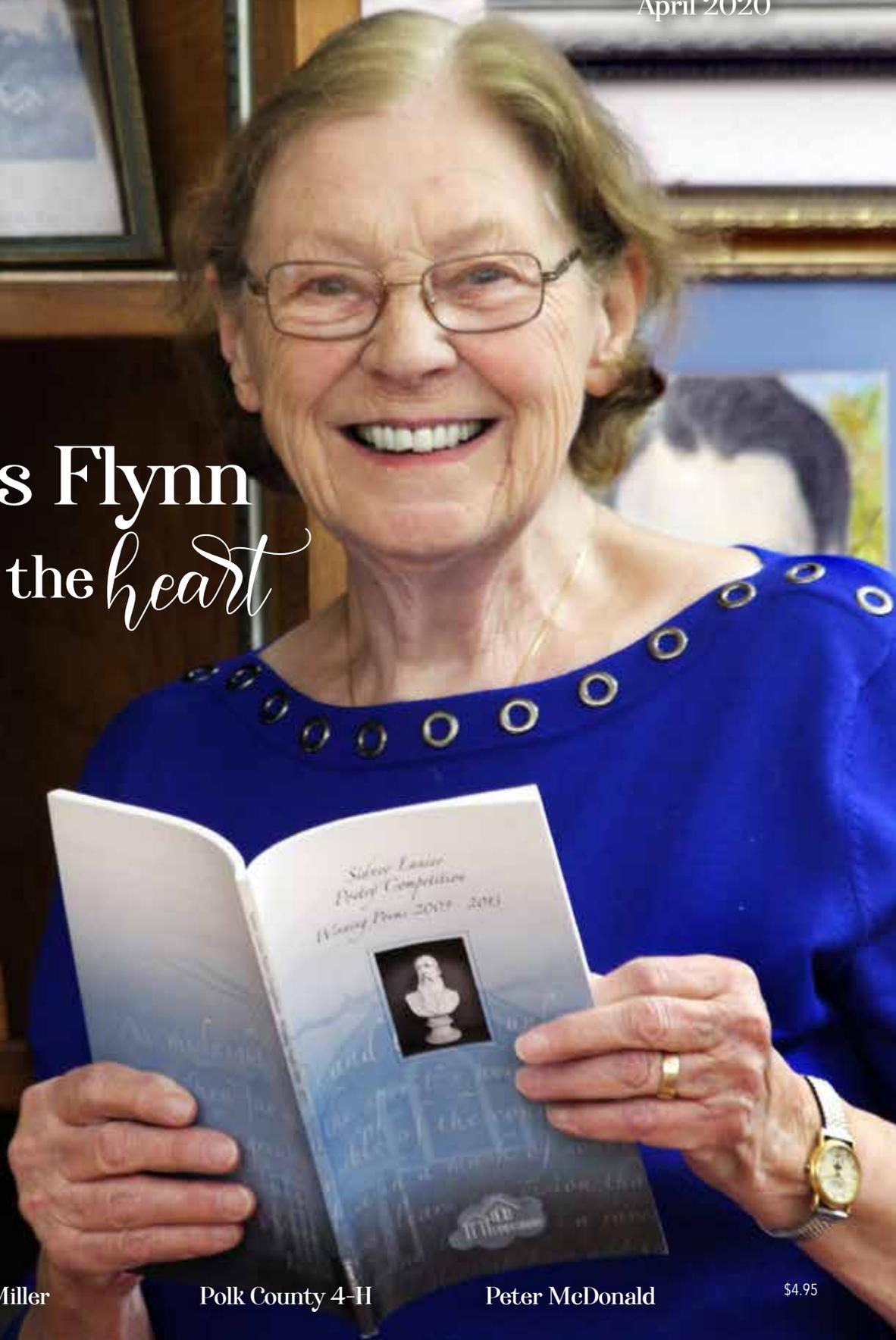


life IN OUR FOOTHILLS

April 2020

Frances Flynn Poetry in the heart



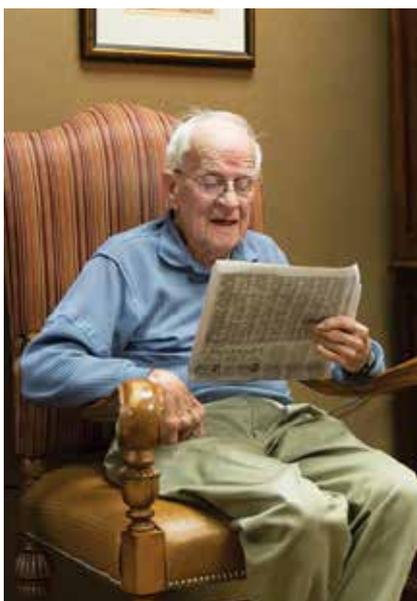
S OF GLYNN
by Lewis
Photographs by
Alicia Daniels

Live the Life You Choose

Lake Pointe Landing is Western North Carolina's premiere retirement destination. As the only full continuum of care retirement community in WNC with No Endowment Fee or Buy In you can Live the Life You Choose!

Enjoy Independent Apartments, Rental Patio Homes, or Ownership Villas, Assisted Services at The Bridge at Lake Pointe Landing or Skilled Nursing and Rehab on our beautifully manicured 50 acre campus in the heart of Hendersonville.

Experience amenities that include fine dining, a pool, theatre, exercise room, billiards room, libraries, housekeeping and laundry services, 24 hour nursing services, and more. True maintenance-free living!



333 Thompson Street, Hendersonville, NC 28792
828-693-7800 • www.lakepointeretirement.com

Take Control of Your Future.

Call Today to Schedule a private tour or receive additional information

Whinny Hill Farm
15 Glen Erin Lane, Campobello



**A handsome 10.7-acre equestrian property
in a dynamic setting within the Golden Hills of Fairview Farms**

While cliché adjectives like prestigious, luxurious, and gorgeous may well apply to Whinny Hill Farm, they don't do justice to its depth of character. As a whole, it is a handsome farm, with a residence of dignified demeanor in somewhat of a contrast to its dynamic setting within the Golden Hills of Fairview Farms. Earth-hued stucco finish anchors this tall home to its elevated site that faces the changeable mood of the mountains and overlooks a domain of verdant pastures. The earth-toned theme, enhanced by cherry wood floors, and enlivened by a vast

array of windows continues throughout the home. There are over 5,000 sq. ft. of living area, in addition to a stalwart pavilion and extended ironwood deck. The dressage arena with mirrors is regulation size; the 4-stall barn measures 48 x 60 and is equipped with all amenities, including a wash stall. The pastures are board-fenced. Golden Hills is a premium equestrian community comprised of more than 500 acres with a well-maintained trail system of approximately 8.4 miles. \$1,295,000

Tony Walters
Barbara Claussen
828 989-0423

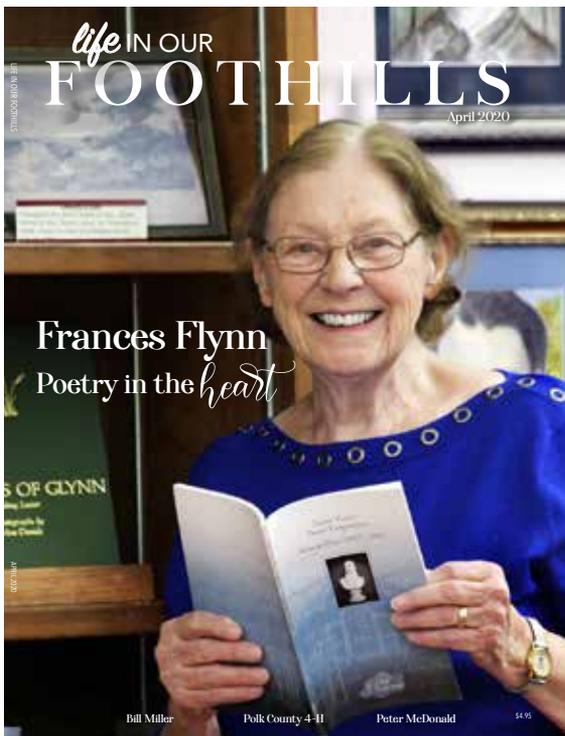


CLAUSSEN
WALTERS, LLC
www.claussenwalters.com



Kevin Powell
General Manager

ON THE COVER



Frances Flynn Poet

(Story on page 46)

Photo by Vincent Verrecchio

FROM THE EDITOR



Spring is finally here! Goodbye to a long winter filled with snow, ice and brutally cold temperatures. Wait. We didn't have any of that this year. It only snowed for about 15 minutes all winter. What a disappointment! Either way, hello to longer and warmer sunshine filled days.

In this edition, have we got something for everyone! We start out with the world famous (at least in Polk County) Bill Miller. Bill may have taught many of you may have taught many of you in school or coached you on the basketball court. What has he been doing since he retired as superintendent? Definitely not slow down.

A club that many of you may have been a part of growing up is 4-H. Years later, it is still going strong as ever. And with people like Helen Blackwell, Jimmi Buell and Kerry Jones leading the way, 4-H shows no signs of slowing down any time soon.

Every asked yourself, where am I going? For one individual, he has known without any doubt what path to take since he was in third grade. For Peter McDonald, the loss of something special at a young ad helped to pave the way to where he is today.

Lastly, everyone loves classical poetry. There is one lady takes it to heart, literally. Frances Flynn can recite countless works of poetry. Her love and knowledge of poetry allow her to have been a part of every annual Sydney Lanier Competition for the last eleven years.

While we strive to cover all the great events going on in our area, we rely on you, our wonderful readers, to help us not miss anything. So, if you know of an event or program or someone we should feature in the Life in Our Foothills magazine, please do not hesitate to email me at kevin.powell@tryondailybulletin.com.

Thank you and we hope you enjoy the April issue of Life in Our Foothills!

Kevin Powell, General Manager
kevin.powell@tryondailybulletin.com

STAFF

General Manager

Kevin Powell

Pagination

Jullia Zeleskey

Administration

Stacey Tully

Marketing

Magan Etheridge

Ben Bouser

Distribution

Jeff Allison

Jamie Lewis

Alex Greene

life IN OUR FOOTHILLS

Life in Our Foothills is published monthly by Tryon Newsmedia LLC. Life in Our Foothills is a registered trademark. All contents herein are the sole property of Tryon Newsmedia LLC. No part of this periodical may be reproduced without written permission from the publisher. Please address all correspondence (including, but not limited to, letters, story ideas and requests to reprint materials) to Editor, Life in Our Foothills, 16. N. Trade St., Tryon, NC 28782, or email to kevin.powell@tryondailybulletin.com. Life in Our Foothills is available free of charge at locations throughout Polk County and Upstate South Carolina, and online at www.tryondailybulletin.com. Subscriptions are available for \$30 per year by calling 828-859-9151. To advertise, call 828-859-9151.



WELLS
FARGO

ADVISORS

A lot has gone into earning your wealth. I'll make sure the same goes into helping you manage it.

As successful as you are, I understand there's still more you want to do. Wells Fargo Advisors has the experience to craft a plan to help you reach those goals. Find out why so many people trust me to help them manage their wealth with the care it deserves.

Wealth Management | Investment Planning | Retirement

Ashworth Financial Group of Wells Fargo Advisors



Michael Ashworth, CFP®

Managing Director – Investments
187 N Trade Street
Tryon, NC 28782
828-859-9499
mike.ashworth@wfadvisors.com



Steve Collie, CFP®

Vice President - Investment Officer
187 N Trade Street
Tryon, NC 28782
828-859-9499
steve.collie@wellsfargoadvisors.com



Katheryn L. Gordon

Financial Advisor
187 N Trade Street
Tryon, NC 28782
828-859-9499
katheryn.gordon@wfadvisors.com

Investment and Insurance Products: ▶ NOT FDIC Insured ▶ NO Bank Guarantee ▶ MAY Lose Value

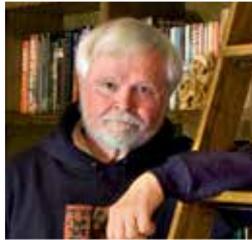
Wells Fargo Advisors is a trade name used by Wells Fargo Clearing Services, LLC, Member SIPC, a registered broker-dealer and non-bank affiliate of Wells Fargo & Company.
© 2015 Wells Fargo Clearing Services, LLC. All rights reserved. CAR-0219-3809 A1924 IHA-6658151

CONTRIBUTORS



Mark Levin, Writer and Photographer

Mark is retired from a career in education. In addition to the classroom he has had a lifetime of experiences earning a buck as a photographer, videographer, author, musician and camp director. You can follow his blog about people & places in the foothills at www.FoothillsFaces.com or check out his new podcast he enjoys with a friend of 50 years at www.garyandmark.com.



Vincent Verrecchio, Writer and Photographer

When not working in advertising as a copywriter, art director, photographer, creative director, and finally agency owner, Vince was on a horse with a camera on hand somewhere in North America, Europe, or Africa. Now lightly retired from advertising more than 40 years, he writes about whatever strikes his fancy, looks for interesting photos everywhere and wanders in the Foothills on a horse



Macy Cochran, Writer and Photographer

Macy is an English Writing student at North Greenville University. She is a lover of books, coffee and binge watching sitcoms from the 90's. As a creative writer, she often spends her time working on her novels, poetry and short stories.



Jimmi Buell, Writer

Jimmi is an extension agent for the Polk County Center of the North Carolina Cooperative Extension Service. She teaches cooking and nutrition classes with a focus on improving health with better food choices. She can be reached at jimmi_buell@ncsu.edu or 828-894-8218.



Pebbles, Writer

Pebbles is the “spokespony” for HERD, or Helping Equines Regain Dignity, a local nonprofit that saves equines from dire conditions and in many cases slaughter. She dictates her monthly columns about her adventures and what a rescue organization does to Heather Freeman. Pebbles and Heather can be reached through HerdRescue.org



Jullia Zeleskey, Photographer

Jullia has always had an passion for art and design. These two interests have blossomed into a career she can enjoy on a daily basis. As a photographer, her keen eye for that unique shot are showcased in the Tryon Daily Bulletin, Life in Our Foothills and Visitors Bulletin magazines. Most weekends, she can be found spending time outdoors hiking or mountain biking a trail off the beaten path or sipping a vanilla latte.

our agents are ready to help you enjoy a...

Foothills Lifestyle



Our agency consists of agents who either grew up in the area and elected to stay here or agents who grew up somewhere else and selected to move here. Whether by election or selection, it is their love for this area that makes our agents excited about helping buyers or sellers experience that same feeling and enjoy a foothills lifestyle.



KATHY TOOMEY
BROKER/OWNER

285 N. Trade St., Tryon • 828-817-0942 • Kathy@KathyToomey.com
NewViewRealtyLLC.com

Experienced agents licensed in both NC & SC • Members of Canopy MLS & Greenville MLS

Active members of the community & sponsors of Tryon Beer Fest, Tryon International Film Festival, Big Brothers Big Sisters, Summer Tracks, Tryon Little Theater, Foothills Humane Society and Tryon Fine Arts Center

CONTENTS

10

Around Town

April Calendar
of Events

16

Polk County Middle School yearbook theme week

18

TDDA 4th Friday Chocolate stroll

20

Mardi Gras Extravaganza

22

Bill Miller

A life in education

30

Polk county 4-H

A best kept secret

40

Peter McDonald

From midway to midway,
from loss to life



36 PETER MCDONALD



36 POLK COUNTY 4-H, A BEST-KEPT SECRET
 Photo by Mark Levin

46
Frances Flynn
 Poetry in the heart across
 countries and years

52
Pebbles
 From the inside out

56
Five Questions
 Owning the Orchard Inn

60
Quick Bites
 Chili lime salad

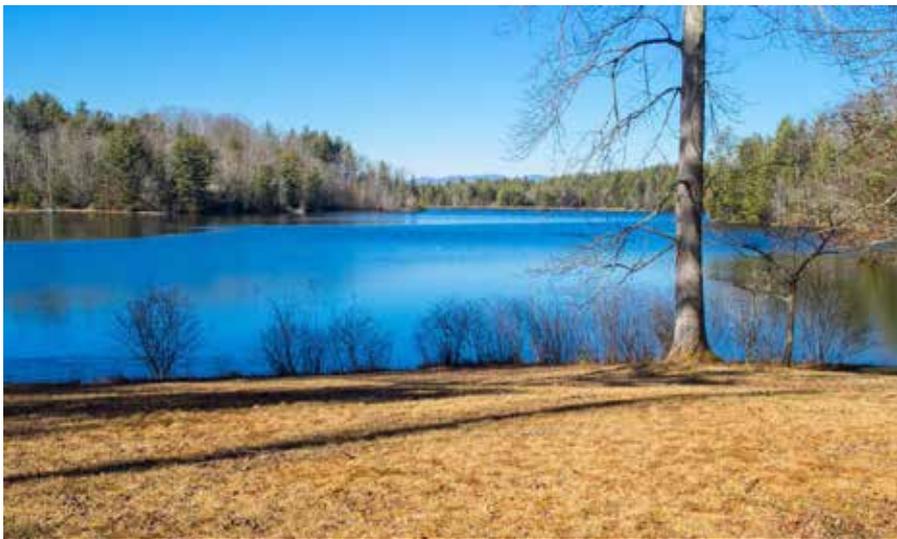
62
Marketplace

64
Quick Bites
 Breakfast

66
Ad Index



22 **BILL MILLER**
 Photo by Submitted



Conserving Carolina Reasonover Lake
April 3



Chestnut Ridge hike
April 4



Florence Nature Preserve
April 17

AROUND TOWN

Thursday, April 2

6:30 p.m.

Archaeology of South Carolina
Landrum Library
111 Asbury Dr., Landrum
www.spartanburglibraries.org/en/Locations/Landrum#/?i=2

Thursdays, April 2, 9, 16, 23 and 30

4:00 p.m.

Saluda Chess Club
Saluda Public Library
44 W Main St, Saluda
polklibrary.org/events

Friday, April 3

8:30 a.m.

Spring Hiking Series:
Reasonover Creek Trail
DuPont State Recreational
Forest
conservingcarolina.org

Saturdays, April 4, 11, 18 and 25

8:00 a.m. to 12:00 p.m.

Columbus Tailgate Market
Courthouse St., Columbus
polkcountyfarms.org

Saturday, April 4

10:00 a.m.

Spring Hiking Series:
Chestnut Ridge Heritage
Preserve with FHS
Gowansville, SC
conservingcarolina.org

Saturday, April 4

10:00 a.m. to 4:00 p.m.

Raku Workshop – All Levels
Tryon Arts & Crafts School
373 Harmon Field Rd., Tryon
tryonartsandcrafts.org

Sunday, April 5

1:00 p.m. to 4:00 p.m.

Go Fly A Kite Day
FENCE

3381 Hunting
Country Rd, Tryon
fence.org

**Mondays, April 6,
13, 20 and 27**

12:30 p.m.

Foothills Chess Club
Polk County Library, 1289 W
Mills St, Columbus
polklibrary.org/events/

Tuesday, April 7

7:00 p.m.

Film Series: Goodbye Columbus
Tryon Fine Arts Center
34 Melrose Ave., Tryon
tryonarts.org

Friday, April 10

6:00 p.m.

Polymer Clay Mandala
Wine & Craft Workshop
Tryon Arts & Crafts School
373 Harmon Field Rd., Tryon
tryonartsandcrafts.org



We're More Than Just A Lumberyard

**PROVIDING QUALITY MATERIALS AT
COMPETITIVE PRICES FOR OVER 75 YEARS**

**Construction Materials for All Phases
Doors & Windows • Cabinetry & Countertops
Roofing & Siding • Paints & Stains • Hardware Store**



22336 Asheville Hwy., Landrum, SC

864-457-4115

Tryon/Landrum



www.hensonbuildingmaterials.com

Get Your **FREE ESTIMATE**



WHERE COMFORT
is always in season



2374 Chesnee Rd, Columbus, North Carolina 28722

828-863-4966



Garden Stakes
April 11



Polymer clay mandalas
April 10

Saturday, April 11

10:00 a.m. to 1:00 p.m.
Fused Glass Garden Stakes
Coffee & Craft Workshop
Tryon Arts & Crafts School,
373 Harmon Field Rd., Tryon
tryonartsandcrafts.org

Saturday, April 17

8:30 a.m.
Spring Hiking Series:
Florence Nature Preserve
Little Mount Pisgah /
Hickory Nut Gorge
conservingcarolina.org

Friday, April 17

10:30 a.m.
Saluda Train Tales
Saluda Depot
32 W. Main St, Saluda
saludahistoricdepot.com/events

**Friday, April 17 and
Saturday, April 18**

Annual Craft and Yard Sale
Tryon Arts & Crafts School
373 Harmon Field Rd., Tryon
tryonartsandcrafts.org

Thursday, April 16

7:30 p.m.
Marc-Andre' Hamelin, Piano
Tryon Fine Arts Center
34 Melrose Ave., Tryon
tryonarts.org

Saturday, April 18

7:30 p.m.

Abby the Spoon Lady &
the Tater Boys: Storytellers

Tryon Fine Arts Center

34 Melrose Ave., Tryon

tryonarts.org

Saturday, April 18

10:30 a.m.

Speaker Series:

Hickory Nut Gorge –

Nature's Treasure Chest

Walnut Creek Preserve Nature

Center

conservingcarolina.org

Sunday, April 19

4:00 p.m.

Family Concert:

Basement Bunch

FENCE, 3381 Hunting

Country Rd, Tryon

fence.org

Friday, April 24

5:30 p.m.

Tryon 4th Fridays Events

Trade St. in Downtown Tryon

downtowntryon.org

Saturday, April 25

9:00 a.m. to 5:00 p.m.

Open Horse Trials

FENCE, 3381 Hunting

Country Rd, Tryon

fence.org



Hamelin Marc Andre

April 16



Goodbye, Columbus

April 7



Hickory Nut Gorge
April 18



Abby the Spoon Laday and The Tater Boys
April 18



British Invasion
April 25

Saturday, April 25

11:00 a.m.

Bearwise Presentation:
How to peacefully coexist
FENCE, 3381 Hunting
Country Rd, Tryon
fence.org

Saturday, April 25

7:30 p.m.

Crowd Pleasers:
British Invasion Years
Tryon Fine Arts Center
34 Melrose Ave., Tryon
tryonarts.org

Saturday, April 25

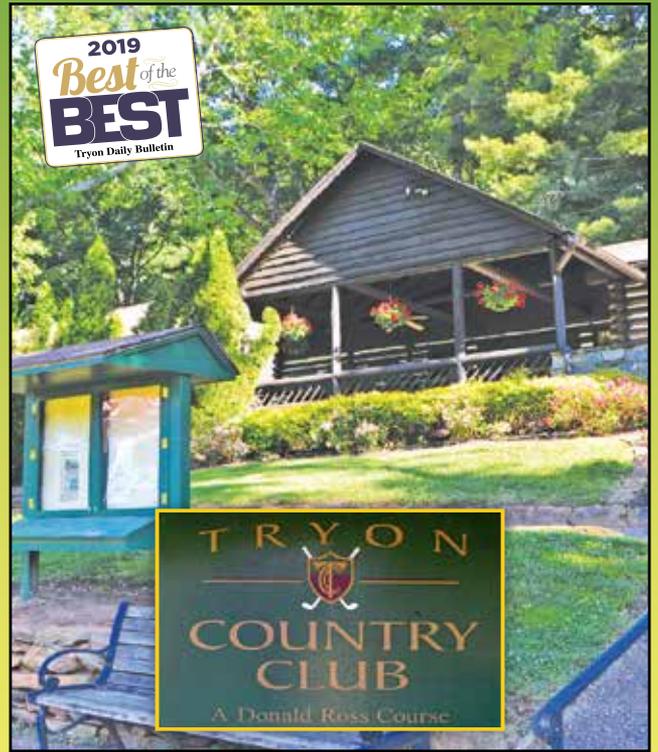
5:00 p.m.

Guests/Members Show Opening
Reception: Springtime Joy
Tryon Painters & Sculptors,
78 N Trade St, Tryon
tryonpaintersandsculptors.com



Rick Berman raku pot
April 4

Membership Drive



393 Country Club Rd., Tryon, NC 28782
(828) 859-9561 • www.tryoncountryclub.com



Vineyard and Sanctuary

Working Vineyard in the Foothills of North Carolina,
home to Piper the donkey and many other Special
Needs Equines



THE
SANCTUARY
AT RED BELL RUN™

385 Blackwood Road, Columbus, NC
828.863.2017 redbellrun.org

Polk County Middle School yearbook theme week

During late January of each year, Polk County Middle School has students, teachers and staff dress up each day in various themes. This year, some of the themes included Twin Day, Superhero Day, Disney Day and Favorite Sports Team Day. This was a good way for all to show school spirit, not to mention get some great pictures for the 2019-2020 yearbook.

Photos submitted by Rebecca Rhodes



Ms. Luedi & Mrs. Flynn



Maggie McCammon & Alisha Richardson



Aaron Dickey & Nathan Prince



John Quay-Wright



Emily Walters & Maia Walen



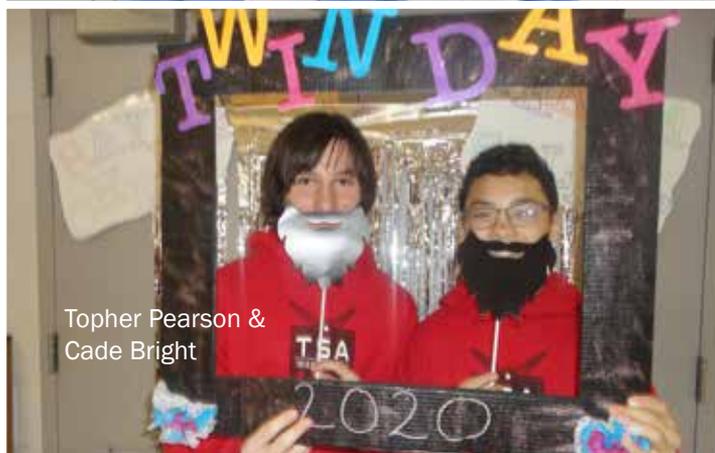
Mia Wolfe & Kylie Lewis



Evie Hill & Mya Wilkins



Mya Freeman, Gabby Townsend & Grey Bateman



Topher Pearson & Cade Bright

Ms. Luedi
& Caroline
Worthington



Avery Hensley, Hunter Gibbs,
Chris Jones & Ysabella Staley



Caedyn
McCraw
& Austin
Mace

Chloe Green
& Taylor
Clark



Jaiden Ringle
& Grace Clayton



Mrs. Kennedy &
Mrs. Becca



Eliza Then



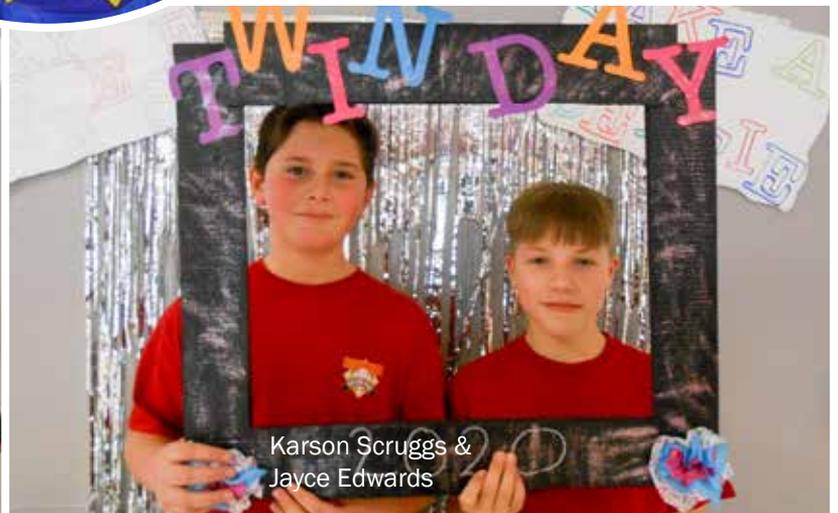
Maddie
Alexander



Dixie Siegfried &
Grace Hagan



Miya Jackson & Kynley Lawter



Karson Scruggs &
Jayce Edwards

TDDA 4th Friday Chocolate Stroll

For Tryon 's February Fourth Friday event, shops on Trade Street offered different types of chocolates that were provided by local restaurants and bakeries. The Chocolate Stroll brought visitors all the way up from Simpsonville and appropriately brought the Valentine's month to a sweet end.

By Macy Cochran



Ryan Bowman & Sarah Costine



Jessica Phillips



Kathy Bean & Jan Morin



Sherry Palmer



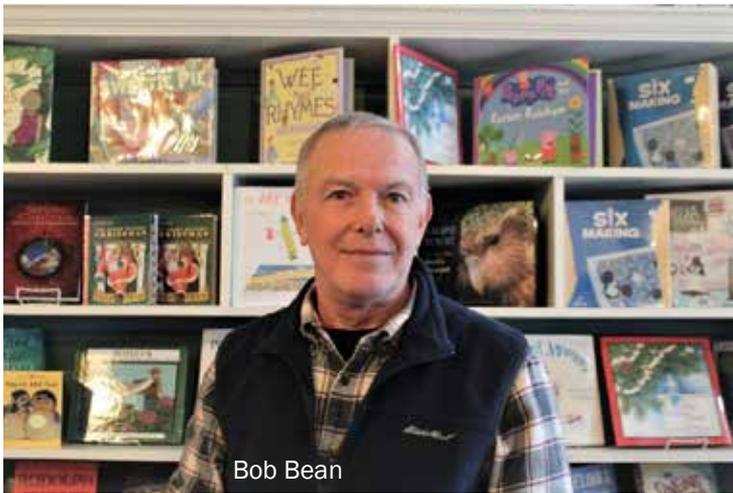
Sabrina Heise, Steven Piore, & Trisha Westbrook

Ashley Menetre



Design Build General Contractor
tryonbuilders.net

- Fine Custom Homes Reed McNutt
828-777-5688
- Equestrian Facilities reedmcnutt@gmail.com
98 Pacolet St.
- Timber Frame & Log Homes Tryon, NC 28782



Bob Bean



Laura Hicks
& Will Cheves

Caring, Experienced, Professional
We Specialize for You.



McFarland Funeral Chapel and Crematory

Your Loved one never leaves our care

54 McFarland Drive Hwy. 108 • Tryon, NC 28782
(828) 859-9341 • www.mcfarlandfuneralchapel.com

On site Crematory since 1979

Mardi Gras Extravaganza

This year's Mardi Gras took place at Harmon Field air gym on March 7th. Mardi Gras provided music, dancing and all you can eat, food and drink, consisting of oysters, shrimp, mussels, low country boil, chicken wings and craft beer.

The locals gathered around the table opening fresh oysters and enjoying good conversation.

Later that day, the winner of the mask competition was announced.

By Jullia Zeleskey



Micheal & Linda Leveskas



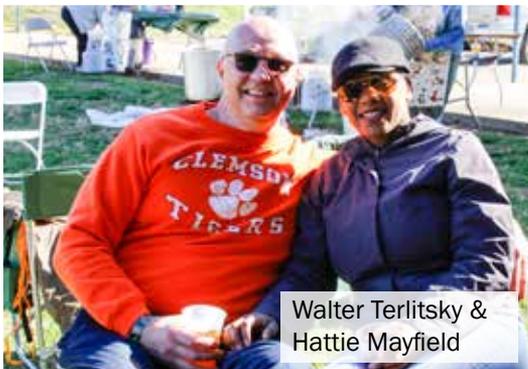
Diane & Charles Mauney,
Steve Nelson



Winner of the mask
contest Linda Leveskas
& Laura Weicker



Angie &
Rebecca Mitchell



Walter Terlitsky &
Hattie Mayfield



Paul Macary &
George Christie



Al Converse, Linda & Buck
Lovelace, Larua Converse



Tony & Sheila Maccherone, Suellen Skach



Susan Kelly, Bridget Macary, Karen Christie, Jane Doe & Kay Griffen



Emily Clark & April Sprinkle



Esperanza & Miguel Santibanez



Kate Simun, Kim Karaman & Mike Karaman



Megan Sumrall & Pam Skellas



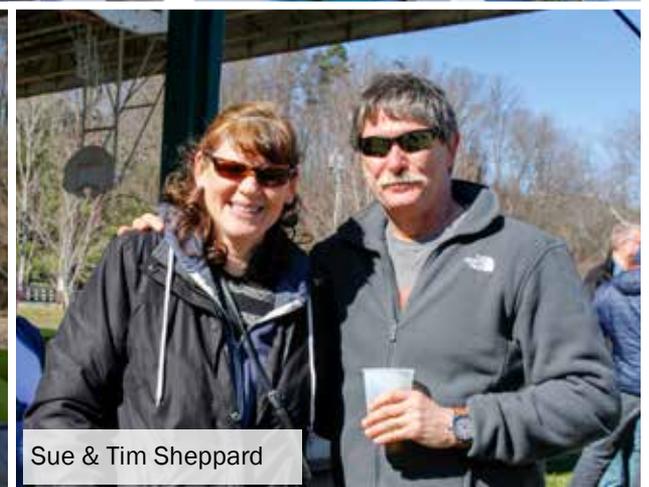
Jason Thompson & Cato Junge



Joe Pullara & Zach Ollis



Larry and Kristina Hylland & Debbie Junge



Sue & Tim Sheppard



Bill Miller

A Life in Education



Writer & Photographer Mark Levin

Bill Miller didn't say a word about all the plaques and certificates hanging on the walls and in the display cabinet in his home office. He wouldn't have mentioned them, but it was one of the first things I noticed.

Some were honoring Bill for his work as superintendent of Polk County Schools. Others for his work as a principal, or a coach, or two years as president of the North Carolina High School Athletic Association, or as a member of local civic organization. It was an impressive display facing the desk where Bill could look at them and think back to his years in public education. But yet, he didn't mention them.

He's that kind of person.

Bill isn't exactly a Polk County native but adds that he's been firmly planted here since third grade. His family moved here from Chapel Hill when his dad took a job in a local law office.

Bill started school locally at Tryon Elementary and finished at Tryon High School. He mentioned that Woody Cowan was a classmate and they even went to Brevard College together. Buddying up with the Cowan family and spending all that time in the local schools was enough to convince most folks that Bill should be considered one of their own. And Bill is proud to call Polk County his home.



Bill loves sports and coach. Here he's pictured with head coach John Vining and his youth girls' basketball team of third and fourth graders.

Most people have no clue what their life's work will entail. Bill was the same way. He had great role models during his school years – teachers, coaches, principals, town leaders and his parents. In the back of his mind he knew he would enjoy coaching and teaching.

From Brevard College, which was a two-year institution at the time, he went to Wingate College to finish his undergraduate work. His first teaching job was at Forest Hills High School in Marshville. During that time he had the opportunity to help coach basketball at Wingate (now Wingate University). Other degrees followed as he earned his Masters at UNC-Charlotte and then advanced degrees from the University of South Carolina.

From his coaching at Wingate, Bill was offered a high school teaching and basketball coaching job at Tryon High School. This was the beginning of his career in education in Polk County.

He worked for Tryon High School for five years. A stint in Charleston working in a family business followed but he was eventually lured back where he has stayed firmly rooted in education.

When Bill returned from Charleston, he taught part-time back at Tryon High School and spent the rest of his work schedule taking on a variety of roles in the central office.

Bill decided to stay in education but took on another role for five years and worked with Western Regional Educational Service Alliance (RESA) which offers quality staff development and technical assistance to the public schools in thirteen counties of Western North Carolina. He ended up becoming the Assistant Director.

But it was time to come home to Polk County. He was offered the position of principal at Polk County High School and from that point on the rest of his full-time work in education was in the county. This eventually led to serving as the Superintendent of Polk County Schools for thirteen years. Bill retired from his life in education three years ago after a career total of thirty years.

Bill is still active in education but is enjoying not working the 70 hours a week it often took in the superintendent's role. For 14 weeks a year, he works with the North Carolina Center for the Advancement of Teaching –



Bill was on hand to celebrate the opening of the outside garden and science area at Polk Central School. (2006)



Bill, spending quality time with his wife, Valerie.



Bill, as Polk County Schools Superintendent, is presenting a state championship ring to Mary Catherine Hemphill during a football game. The Polk County High School Women's Soccer team had won the North Carolina 1A State Soccer Championship the year before (2009).

mostly facilitating workshops in teacher leadership. NCCAT has facilities in Cullowhee and at Ocracoke and Bill rotates between the two. He also works as interim superintendent for various county school systems as needed. Bill says the average tenure for school superintendents in North Carolina is just two years. With being able to see other school systems, he marvels at the quality of the schools and the programs in place in Polk County. The superintendents here far beat the odds for longevity. It speaks to the quality of the school program, to the quality of life in the area and to the support of the local citizens.

Bill doesn't take credit for all the good things happening locally, but he's definitely part of the reason the schools in Polk County earn so much respect. He has a lot to be proud of. Polk County Schools continue to be ranked by all measures in the top five of all districts in North Carolina. He's proud that the school system has a comprehensive approach. Being a small system helps because kids just aren't forgotten or overlooked. The schools have programs that have grown under his watch, including the pre-school and after-school programs. He knows these programs help students in ways most people will never quite understand.

Bill is proud that the county has partnered with Isothermal Community College and other institutions to enable students to earn college credits while in high school. The community embraces the schools is very gratifying as well. Even retirees who have moved here (some of whom have never had students in the local schools) offer support. The Polk County Commissioners continually find ways to help fund school programs and the Polk County Community Foundation is extremely supportive.

Bill has seen some troubling changes through the years. So many more students and families are in crisis than when he first started teaching. These could be

DOING REAL ESTATE DIFFERENT



#JamieJoKnowsRealEstate

JAMIE JO NOBLE

- "We really loved her energy and willingness to make herself available." - Matt O.
- "She listened to our needs and helped us find the perfect home for our family." - Chris O.



JAMIE JO NOBLE, REALTOR®

Call **864-510-4721** or

jnoble@cdanjoyner.com





Bill (second from left) enjoys a round of golf for a good cause with Aaron Greene, Freddie Edwards and Geoff Tennant. The Polk Scholars Fund tournament was held at Bright's Creek in 2012.



Jeff Miller, Valerie and Bill Miller, Geoff Tennant and Aaron Greene at a Polk County High School football game.



Bill Miller addressing all of the principals and athletic directors in the state in the Dean Smith Center at UNC-Chapel Hill. Bill served twice as president of the association. This photo is from 2015.

families living in extreme poverty, families struggling with substance abuse, mental health issues or a myriad of other social problems. This isn't something relegated to rural schools but is all too common across the country. At times there is a need for schools to step in and help where they can.

Polk Middle School pioneered a "health clinic" on-site so that students wouldn't have to leave school for an appointment. The center also has offices for guidance counselors and social workers. These are the kinds of changes that schools need to make in order to serve their students and families.

In the early days, schools only served lunch and many students brought theirs from home. Today it's not uncommon for a large percentage of students to depend on the school cafeterias for the nourishment of breakfast and lunch.

Going forward, Bill has concerns about the future of the district. In the county as well as the state and across the country, the majority of new high school graduates in rural areas are choosing to move to large cities. A dwindling student population means less money for the schools. Bill says some of these students might be convinced to come home, but it's not an easy pitch. This drain will be an issue and he's not sure if it can be stopped. You might think that Bill wouldn't worry about this kind of thing at this point, but he does. He says it has kept him up at night. That's

Trusted in the Industry.
Rooted in the Community.
• SINCE 1931 •

EQUINE | FARM + RANCH | LIFE
AUTO | HEALTH | BUSINESS



PENNY INSURANCE
TRYON 2536 LYNN RD, STE A | 828-859-6700
HENDERSONVILLE 225 6TH AVE W | 828-692-9171
pennyinsuranceagency.com

S G POWER EQUIPMENT

Sales • Service • Parts • Commercial • Residential



HONDA
Power Equipment

Walker
shindaiwa
SCAG
ECHO
.Jonsered

(828) 692-4246
1031 Spartanburg Hwy., Hendersonville, NC 28792

William J. Miller is, and will always be, one of the finest human beings I have ever known or will know in my lifetime. I have been fortunate to work with Mr. Miller for many years. He is a mentor and trusted friend, and I owe much of my own success as an educator to him, his guidance, and his support. Mr. Miller does things for the right reasons - serving others. He has done so much for so many, often behind the scenes. He does not seek or want any credit, and he has provided this philanthropic example for us all as long as I have known him. Mr. Miller was an incredible teacher, coach, school and district administrator. He has always been one of Polk County Schools' biggest advocates and cheerleaders. He still believes fiercely in the promise of public education and dedicated his professional career to bettering the lives of the students and staff members he served. Much of the student-centered culture of Polk County Schools can be attributed to his work as Superintendent, and Mr. Miller is absolutely one of the main reasons the district and its students perform so well. In my opinion you will not find a better educational leader anywhere else. Simply put, Bill Miller is a great man and I feel very fortunate to have had the opportunity to work with him as a mentor, colleague, and friend.

-Aaron Greene, current Polk County Schools Superintendent

Bill is a phenomenal educator. His passion for education and leadership are evident every time he works with teachers from across North Carolina. What is amazing with Bill is that he has this rare ability to combine experience, background knowledge, and teaching strategies to truly enact change for the teachers he works with. Teachers return to their schools with a deep understanding of and passion about teacher leadership and know they can make a difference.

-Dr. Karen Sumner, Chief Academic Officer, North Carolina Center for the Advancement of Teaching



how much he cares for and continues to feel connected to Polk County Schools.

Bill has a deep love for Polk County and looks back with pride on his years as teacher, coach and administrator. He's looking forward to slowing down, at some point, and getting the chance to travel more with his wife, Valerie. And of course, his grandkids as well. Golf is another passion and in fact, Bill is on the North Carolina Golf Panel. With a grin he says he "has" to get around and play at least 25 North Carolina courses a year to help in the ranking of the top 100.

Even with traveling, grandkids, golf... Bill is still very much involved in the community. He's currently on the boards of both St. Luke's Hospital and Isothermal Community College. He is still planning on another year with the NCCAT. But he says it is time to slow down so that he and Valerie can enjoy more time together.

I asked Bill if he would recommend a career in teaching to high school students getting ready to enter college based on knowing the current status of education. Without hesitation he says, "Absolutely. We need good teachers like we never have in this country right now. It's a calling and you have to have a great passion for it. It's a rewarding career. It's a chance to make a real impact on a child's life now and well into the future. Students always remember their teachers."

For sure, Bill Miller has had a lasting impact and the kids he's taught and coached as well as the teachers he's led as superintendent.

"I'm so appreciative of this fabulous opportunity to be a part of the community and to be able to give something back."

Polk County will be seeing the results of Bill's career and dedication for many years to come.



Bill and Valerie enjoy traveling and spending time with the grandkids, Wyatt and Layton Silver.

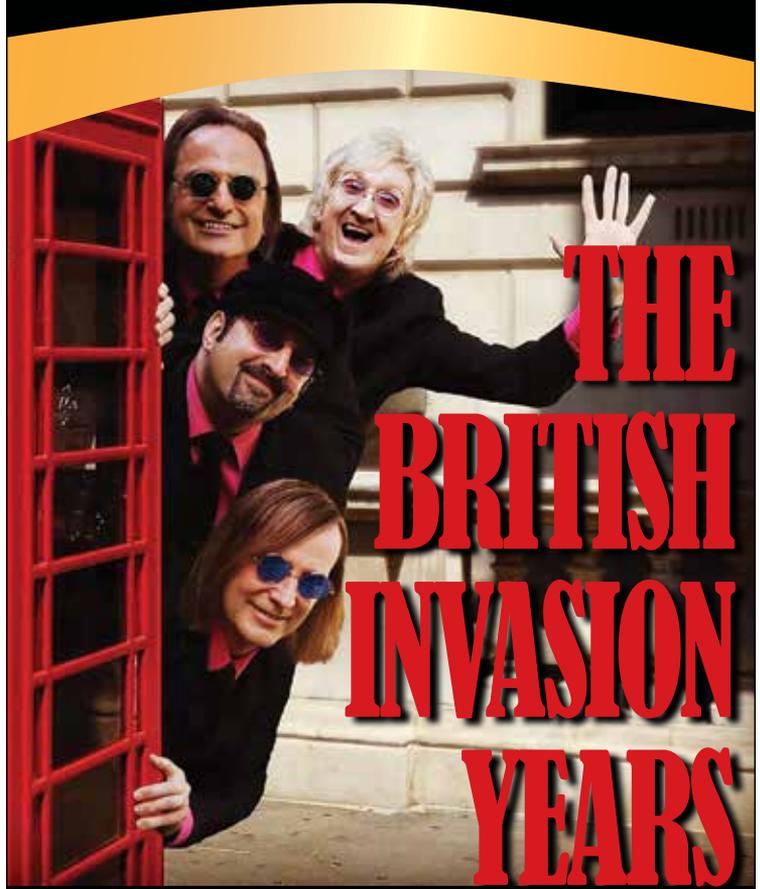


A principal wears many hats. Here Bill is teaching a cooking class for Ms. Bowman's Foods Class. (2002)



Tryon Fine Arts Center

CROWD PLEASERS SERIES



"ALL THAT NOISE WITH JUST FOUR BOYS!"

The group has shared the stage with legendary artists such as The Beach Boys, Ringo Starr and his All-Starr Band, Leon Russell, and many, many more.

Sat, April 25 · 7:30 pm

TICKETS*: \$35 Standard, \$40 Premium

SEASON SPONSOR

ParsecFinancial
WEALTH MANAGEMENT

EVENT SPONSOR — ANONYMOUS

34 Melrose Ave, Tryon 828-859-8322 tryonarts.org

*PLUS NC TAXES AND FEES



Helen Blackwell

Polk County 4-H, a best-kept secret



Writer & Photographer Mark Levin

Never in a hundred years did Helen Blackwell imagine that she would be living in rural Polk County and serving as director of the local 4-H program.

Growing up on Long Island, NY, Helen had heard of 4-H but didn't have any distinct idea of what it was all about. She did have the notion the program had to do with animals, and while she loved animals – there was no reason to explore the possibilities. After all,

she was living in the shadows of New York City.

As an adult she earned a living as a dental hygienist, but then Helen's parents retired to Polk County. After some visits down South, the thought of trading in her windowless dental office for the wide-open spaces of North Carolina seemed very appealing. That was 34 years ago, and she's never looked back.

Helen first served as a volunteer as her children



Helen Blackwell (left) and Kerry Jones. Kerry is the Administrative Assistant for the entire Polk County Extension Office.



Kerry Jones, Helen Blackwell and Katelyn Ruff get ready to greet the Cool Cloverbuds Club group for today's set of adventures.







were growing up and involved in the local 4-H program. Getting her feet wet as a volunteer made Helen a natural when the position of 4-H director came open. Twenty years later she's still at it and loves the job. Helen says she's planning on staying with this until she retires. Officially, her title is "Extension Agent / 4-H Youth Development." It's obvious from the programs she offers how much the title fits with what she is doing and what the kids are accomplishing. "We are Polk County's best kept secret," says Helen.

It might seem like a secret, but hundreds of local children participate each year. Some are in long-term clubs that meet throughout the year and others are involved in SPIN clubs that are short-term Special INterest groups that might meet just a few times. Helen also visits area schools to offer a variety of programs to support the classroom needs such as embryology with second graders and leading an entire set of STEM programs (Science, Technology, Engineering, Math) with third graders at Polk Central. While most 4-H participants are local, the program is open to all area children including those from other counties and from neighboring counties in South Carolina. There's also a

Homeschool Discovery Club that attracts a dedicated group of kids.

While Helen oversees all youth development programs, she does have helpers. Volunteers are always needed. It's not always easy to find an adult to match up with a club's needs, but Helen manages to find a way to make it work for the kids. She says it's easy to find volunteers for the sewing club and students are lucky to find themselves matched one-on-one with a patient volunteer. When Helen can't find a volunteer with a particular skill set, she'll take it on herself.

Leadership skills develop as a byproduct of many of the clubs. Many students grow up in 4-H, getting a chance to do things they've never had the opportunity to do before. Some teens become leaders of clubs for the younger kids, bringing with them their own 4-H experiences and talents they've picked up over the years. The day I visited, 15-year-old Katelyn Ruff was aptly leading the "Cool Cloverbuds Club" group. Their lesson that day had to do with snow and weather and the kids were greeted with their own snowstorm as they entered the building. The kids were hooked to find out what was next. Helen stays close to offer guided



Carruth

FURNITURE

COMPLETE HOME FURNISHINGS
APPLIANCE & MATTRESS



104 South Howard Avenue,
 Landrum, SC 29356
864-457-3344

FREE DELIVERY

www.carruthfurnitureco.com
 carruthfurniture@carruthfurniture.com



ServiceMASTER
 Restore

ServiceMaster of Polk County
828 - 859 - 7046



CARPET CLEANING 3 Rooms & Hall **\$97**

24/7/365 Emergency Service
 • Water Removal & Drying
 • Smoke & Odor Removal



assistance as needed and Katelyn’s mom, Kim, was there to assist her daughter – the leader!

Students who stick with 4-H for years (and many do) find themselves getting the opportunities to travel (camp, field trips, and other experiences), enter competitions, and even earn scholarship money. Students learn record keeping, perseverance, and public speaking as well as the hard skills of the activity at hand. Being a member of a 4-H club can be a kid’s big “break” into getting ahead of those life skills needed to be a successful adult. Helen has been with the program long enough to see a couple of her former 4-H members become veterinarians and another become a physician.

The four “H’s” stand for Head, Heart, Hands and Health. And of course, there is a pledge that club members recite at the beginning of each eagerly anticipated meeting. Nationally, 4-H is a program of each state’s land grant universities. In North Carolina that includes North Carolina State University and North Carolina A & T University. The universities provide program support and materials. 4-H is the oldest youth organization in America, founded in 1902 in Clark County, OH. Polk County started its

4-H program in 1926.

There are other County Extension Agents based out of their attractive building on Carmel Drive in Columbus. Jimmi Buell is the Extension Agent for Family & Consumer Sciences. Jimmi leads the “Kids in the Kitchen” club. Scott Welborn is the County Extension Director and also serves as Horticultural Agent. Helen can press him into service when she might have a club working in the research garden outdoors. Noah Henson comes down from the Buncombe office once a week and serves as Livestock Agent. He gets tapped when a group of 4-H kids might be working with the small herd of Nigerian Dwarf goats that live in the fenced pasture on the property. And they are all assisted by Kerry Jones, the County Extension Administrative Assistant and media relations guru.

Helen reports that the local 4-H program has a bright future ahead. In the late 1940s, Paul Culberson, the county Extension Agent at that time, had the foresight to establish the Polk County 4-H Foundation, the first 4-H foundation in North Carolina. This was nearly 30 years before he helped form the Polk County Community Foundation. The



ParsecFinancial

WEALTH MANAGEMENT

Celebrating 40 Years of Helping Guide Clients to Financial Security

From one man's dream in 1980 to 65 employees and more than 1,600 clients in 2020, we are honored and humbled by each life we have been able to impact.

We are celebrating by:

- Announcing a new socially responsible investing offering for our clients
- Dedicating our 2020 Parsec Prize grants to educational non-profits across North Carolina
- Hosting year-round events in the communities we serve and with our clients who put their trust in us



Happy birthday to us, thanks to our clients!



Learn more:
[parsecfinancial.com](https://www.parsecfinancial.com)



Katelyn Ruff, 15 years old, reads a story to the Cool Cloverbuds Club.



FOR MORE INFO:

The Polk County 4-H program is open to students ages 5 – 18. Club offerings change with the needs and wants of members. Some programs are free and for others there is a small charge for materials. More info can be found on their website at: <https://polk.ces.ncsu.edu>. The County Center phone is 828-894-8218.

Polk County 4-H Foundation provides scholarship money for 4-H students as well as provides funds to help provide the organization with its ongoing needs – such as purchasing those goats.

Helen is a dreamer. She sees a new building on the horizon and pulled out some architectural renderings of what some of the rooms might look like. The Foundation recently sold their old facility which had been vacant for some time and this money will help fund a new building.

Helen and 4-H is constantly working to fine tune the program to meet the needs of a changing society. Of course, “farm” kinds of offerings are a staple such as working with plants and animals. But that’s just for starters. Today’s 4-H kids might be immersed in woodworking, cooking, sewing, filmmaking, STEM,

and career exploration. Some years they’ll have equestrian clubs and hiking clubs and there’s almost always a teen council.

Helen is in 4-H for the long haul. Just like taking pride in her members who have gone from being unable to speak in front of peers to winning a gold medal at the state-level competition, Helen takes just as much pleasure in seeing a student run a power tool for the very first time or kick a sewing machine into motion. Being the Extension Agent in charge of Youth Development is a dream job for Helen Blackwell. And her dreams get spread to the kids who are fortunate to come up through the program. Polk County is privileged to have 4-H as just one more reason that this area is so loved.




PARKSIDE
 -DENTAL-
WELCOME TO
Our Dental Family




How Can We Help You Smile?



John Moneyhun, DMD

Accepting New Patients

- Cosmetic & General Dentistry
- Crown & Veneers
- Bridges
- Root Canal Therapy
- Implant Restoration
- Cosmetic Whitening Systems

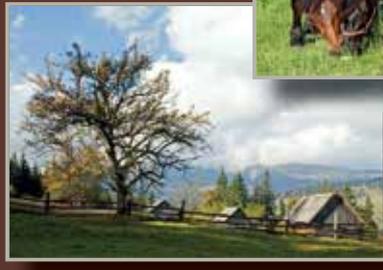
(864) 457-3901 502 E RUTHERFORD ST,
 LANDRUM, SC



A snow-making machine greeted the Cool Cloverbuds Club as they arrived for their meeting.



Almost as important as where you will live is choosing who will help you find that special place...

Our focus is to make buying and selling your home or property as efficient and stress-free as possible.

Contact one of our agents to see the difference in a Truly Service Oriented Realtor.

Odean Keever & Associates, Inc.

REAL ESTATE

140 US Hwy. 64 • Rutherfordton, NC
 828.286.1311 • www.keeverrealestate.com






Peter McDonald

From Midway to Midway, From Loss to Life



“I didn’t always know I was supposed to be a preacher,” said Peter McDonald, pastor of Midway Baptist Church. But the catalyst that launched him toward ministry happened at a very young age. The childhood friendship between two boys became a sad circumstance that later led to an incredible salvation.

A few months ago, Peter drove through Samson County and back to his hometown of farms and cotton fields. The entire way in, he cried thinking about the short time he spent there. The mother of Peter’s childhood best friend, Rodney, had passed away. While standing by her graveside after her funeral, her grandchildren approached Peter.

“Are you him?” they asked.

Remembering Rodney and the stories that had been passed to these children, Peter answered,



In February of this year, Peter lead a group from Midway Baptist to Jerusalem, Israel.

“Yes, I’m him.”

Peter and Rodney became instant friends in the third grade at, coincidentally, Midway Elementary School. “He was the new kid,” Peter said. “After we were friends, we did everything together.” During football season, the young boys teamed up to play Quarter Back and Center positions in the game, a relationship that is closest and most important on a football field. The cost of playing a sport comes with bruising which both Peter and Rodney experienced. It was Rodney whose bruises didn’t fade away.

“Rodney was diagnosed with Aplastic Anemia,” Peter recalled. This condition is rare—his hospital had seen only one-hundred cases in its history. In the case of Rodney’s serious condition, his damaged bone marrow needed a transplant, something he received from his mother, but failed. The rout to healing would be difficult, especially considering Rodney’s body rejected all transplants and transfusions.

“When I was with my family in Florida for vacation that summer, we got a message that Rodney wasn’t going to

make it much longer,” Peter explained. “It’s like he waited for us to get home to pass away. He waited for us to say goodbye.”

Once Peter made it to his friend’s bedside, Rodney’s grandfather prayed: We release him into your care. Under the sound of his grandfather’s “Amen,” eleven-year-old Rodney passed away.

“I had never seen a mother hurt so much,” Peter stated. He had never seen someone die, had never been exposed to death. But in the moment his best friend died, he realized how real Heaven is. He was taught many things when Rodney left this world. Salvation. Faith. The power of the Gospel. But most importantly of all, he witnessed people giving their life to Christ. Peter’s father gave him the first real hug he had ever received from his dad when Rodney died. “Rodney’s death taught me about fatherhood,” he said, which matters in Peter’s role as a preacher and parent.

Later that summer, Peter left Midway Elementary because his family moved to Roxboro, NC. Over the years, he returned to his hometown only a few times. It was the



Peter, with his wife Tara and sons Micah and Malachi.

most recent visit, though, that brought him to tears as he said goodbye to his best friend's mom.

In high school, Peter realized that he was quiet about his faith when he'd had countless opportunities to share his beliefs. He needed to be loud about the things that mattered, he found out. Then one single question asked by a believer of Christ changed his life: "What are you going to do in your life to make much of Jesus?"

Since then, Peter has earned his BA, MAR, and is currently earning his PhD, each indirectly in Christian Leadership. "Since I was a child, I felt Jesus calling me to lead people as effectively as I can to Christ," Peter said.

Though Peter was raised by a preacher, attended the same schools as his father and brother, and became a preacher himself, he wanted his own story. A story that God would control. A story that would unexpectedly lead

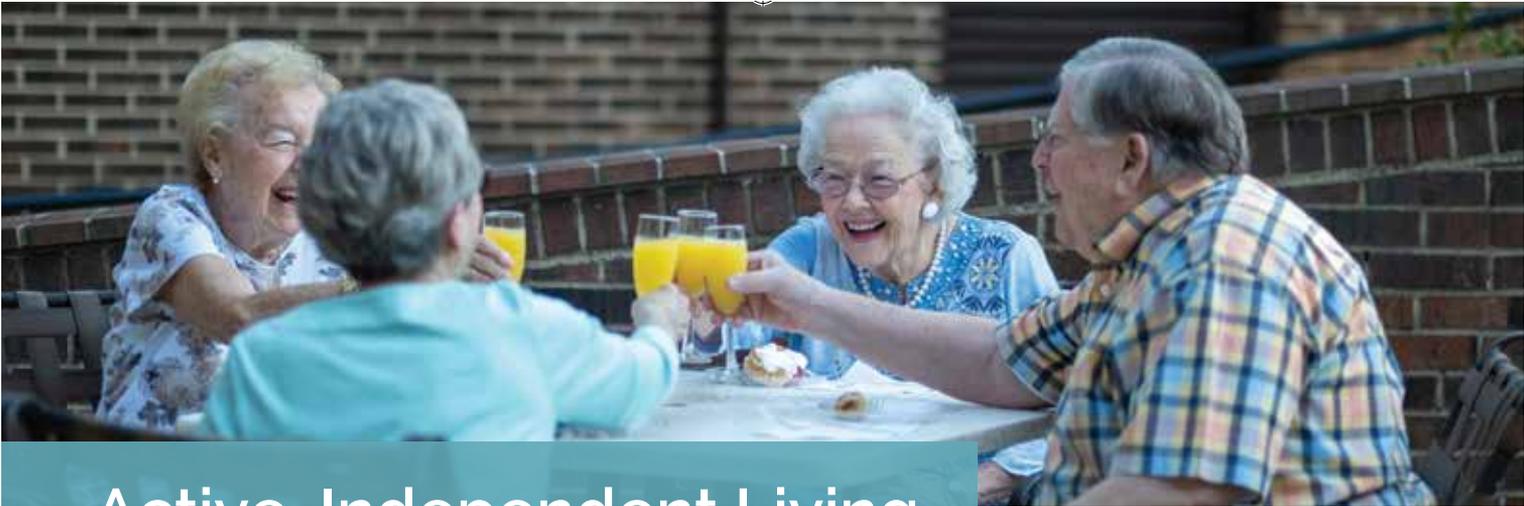
Peter to Midway Baptist.

"Until I was fourteen years old," said Peter, "I thought I could be good enough to earn salvation." He was a good kid, raised by a church-going family. Moreover, he was a child of a preacher. Even after his interest in the process of salvation because of Rodney's death, it wasn't until he heard that life-changing question that he began considering Jesus as his savior. Faith, he learned, was not something to be inherited. It was something he had to gain for himself through Christ.

"We live in a world that pushes people who are obsessed with their success," declared Peter. "If you see good in my life, that's because Jesus did it." His original plan was to go to medical school, "but God said no. He wanted to lead me His way." So, God sent Peter to Fruitland Bible College for two years, which were the two best academic



Each summer for the last several years, Peter leads a mission trip to East Baltimore, MD.



Active, Independent Living

White Oak Village provides the setting, security and peace of mind for those who wish to realize their retirement dreams. Our goal is to provide healthy and active lifestyle solutions.

Enjoy spacious 1 and 2 bedroom apartments – each with a private sunroom and access to numerous amenities and services the Village provides.

SCHEDULE A TOUR TODAY!

WhiteOakIndependentLiving.com/village
(828) 859-9161 | 70 Oak Street | Tryon, NC





years of his life, he said. It wasn't until he was a student at North Greenville University that God set him on the road to Midway Baptist Church.

A fellow friend of Peter had received the position at Midway to preach for their summer camp. His acquaintance, however, couldn't make the dates work, so he offered the position to Peter. "Of course, I said yes!" Peter exclaimed. "I built so many friendships. Then at the end of camp, Midway told me they were looking for a youth pastor."

A year later, Peter McDonald became part of Midway Baptist.

Nine years after that, Peter is their kind-hearted, loving pastor.

Inquiring about why God placed him where he is, Peter doesn't know. It's an honor just to be there, he believes. At Midway, he has great freedom to preach the Word. He has been allowed to grow as a pastor and has enjoyed seeing people walk with Jesus and what they do with His Word outside the church doors. "Polk County in general just feels like home. It's not just a beautiful place, but the people here are genuine. They're special, and that's the most rewarding thing," Peter said with a broad smile. "Midway attempts big things for God. We strive to reach people for Christ."

And that's what it's all about, Peter promises.

To be a pastor, you have to have a servant's heart, unselfish ways, and a love for community. More than that, you have to love people. Peter's responsibility as a pastor and desire as a human is to deeply, unconditionally love all people. He said devotedly, "I care about their soul, but I also care about them as a person. Relationships are key. "And if I have the opportunity for people to hear me, then I want to share that Jesus is the way, the truth, and the life." Even if their souls are lost, Peter will never give up on them. He will forever be a friend just as he was to Rodney.

Peter lives life for Christ, makes everything for Him and shares Him at every opportunity. "If I'm going to live, I'm going to do it for Christ, and if I'm going to die, I'm going to do it for Christ," he proclaimed. "I want to leave doing what I'm called to do."

From childhood to now, from Midway to Midway, and from learning to grow as a result of the hardest summer of his life, Peter McDonald learned the hard way the challenges of following through with his calling as a preacher.

At the end of the day, he will smile in the bittersweet moment of the children's questions about him and Rodney. Forever, he is proud to say, "Yes, I'm him."

Spring is in Full Swing!



Celebrating our 34th Year

The Area's Best Selection of
Unique Flowering Trees and Shrubs
Annuals Ornamental Dwarf Conifers & Maples • Perennials
Pottery Iron Hookery & Trellises • Container Gardens & Garden Baskets



A GROWING CONCERN GARDEN CENTER

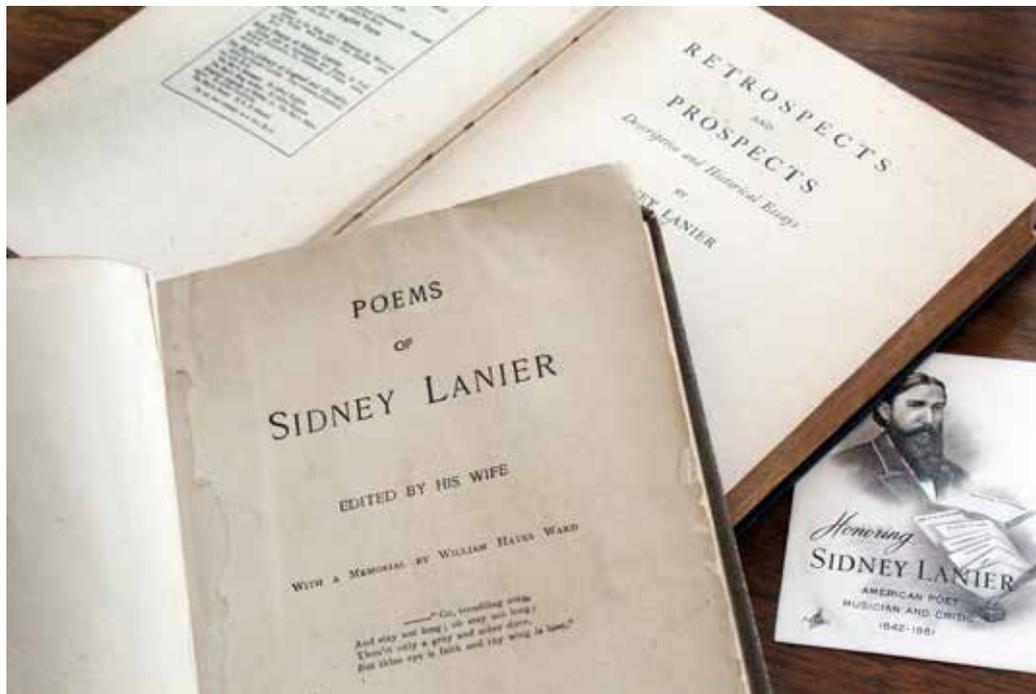
1707 Spartanburg Highway,
Hendersonville, NC
(828) 697-2772
agrowingconcerngc@gmail.com



Landscape Design
Consultations &
Estimates



In 2013, Lanier Library published a book of the adult and student winning entries from the first five years of its poetry competition. Frances Flynn notes, "It's still in print and I still rediscover verses that move me."



After Frances and Shields Flynn retired to his hometown, he insisted they get a family membership to the Lanier Library. The oldest civic organization in Tryon was started in 1890 with two books of poems by Sidney Lanier donated by his widow.

Poetry in the heart across countries and years

Frances Flynn



Writer & Photographer Vincent Verrecchio

“Faster than fairies, faster than witches,
Bridges and houses, hedges and ditches...”

Eight-year-old Frances recited the poem in time with the rhythm of steel wheels clamoring across rail joints. To the initial amusement of the adults in the train compartment, her voice carried above the clinkety-clack with assurance. Standing at the window, thin legs below the dress hem at her knees, a ghost of her face reflected in the glass with brown eyes looking outward. Brown braids danced along her cheeks to the beat of her words. It was beyond her imagination that she was in the beginning of a ride from England to a

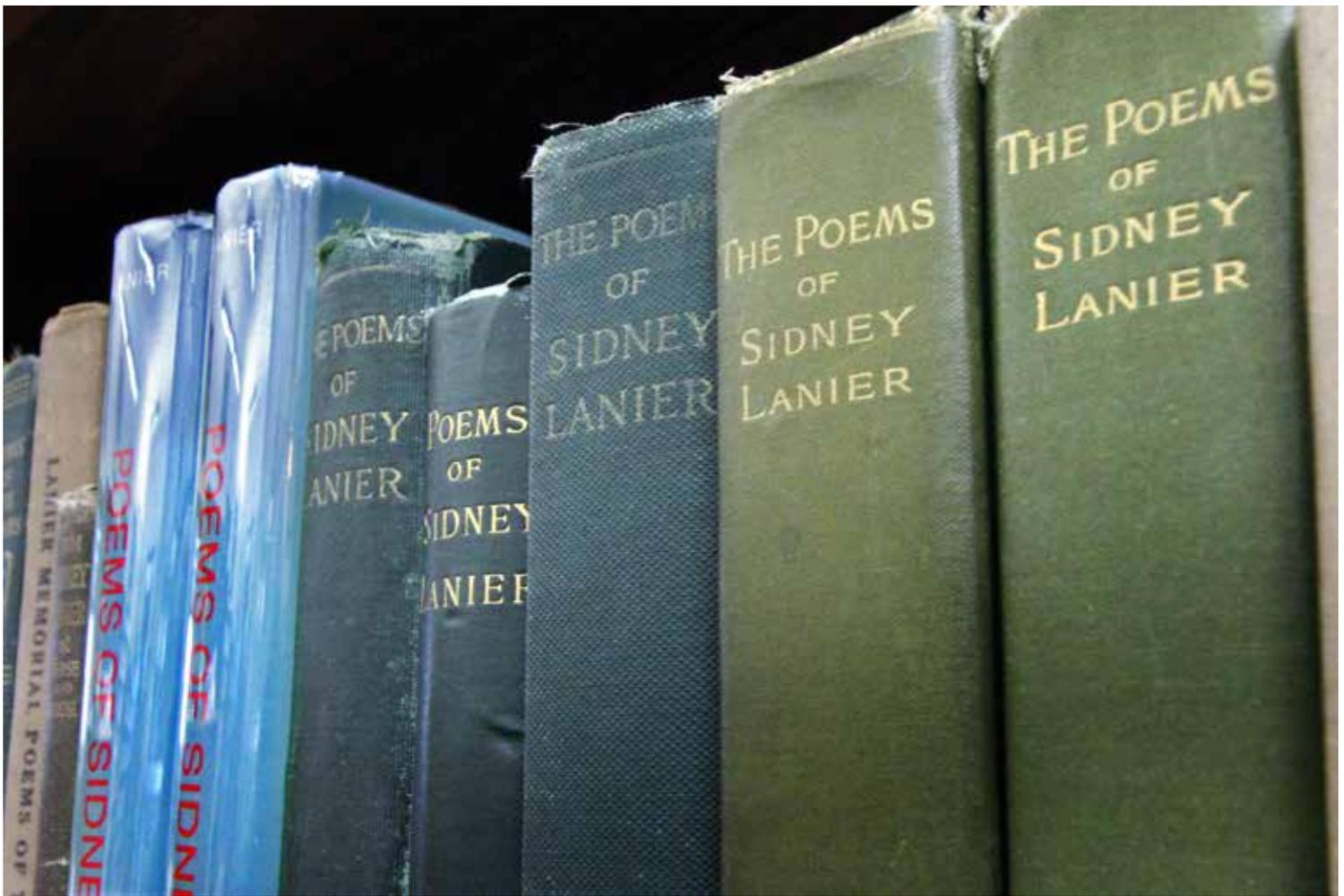
Poetry Festival in Tryon, 73 years in the future.

“And charging along like troops in a battle,
All through the meadows the horses and cattle...”

Beyond the pane, livestock grazed here and there, but no battles, no bombs exploding and no longer the fear of such, but her country was still shoveling out from the war.

“All of the sights of the hill and the plain
Fly as thick as driving rain...”

She knew all of the words of Robert Lewis Stevenson’s “From a Railway Carriage.” It was one of the 65 poems in “A Child’s Garden of Verses” that she



Frances Flynn recalls, "I had never heard of him [Sidney Lanier] but soon found a favorite in the...collection of his works.

had mostly memorized since receiving it when she was four. A gift from her grandmother, it was well thumbed and cherished and its memory would travel with her from London across decades and the sea. It's now in the hands of her granddaughter.

"I learned rhythm and to keep time from my father," recalls Frances Flynn. "We would often sit in the kitchen and he would count the beat with his hands on the table and taught me how to do it. He was a jazz musician, songwriter, and singer in The Rhythm Brothers, entertaining in the West End when WWII began. After he and his brother enlisted in the London Welsh Regiment, they received a call from their general, who was a fan of their music, telling them that they were doing a great job keeping up morale and he would call them when he needed. Soon after, my father was playing piano in remote and dark places. My mother and I moved out of London when the bombs started falling. We would see little of him for the next six years.

"The head teacher at the girl's school was an imposing 6-foot woman who impressed on her students an 'I can do anything' attitude. She helped foster my love of writing."

When Frances moved back to London on her own at 18, she went with confidence in her aptitude and ability and worked in fashion and magazine publishing for six years before emigrating alone to the United States.

"After working in New York City for about a year I met a young fellow from Tryon who was looking for a job after receiving a BS in geology and serving three years in the army. Shields and I were married a few months after."

For Frances, her meant-to-be romance still brings to mind Shakespeare's 116th sonnet that she had learned at 13:

"Let me not to the marriage of true minds
Admit impediments. Love is not love
Which alters when it alteration finds..."

"I became a music major at Wheaton, with emphasis on music theory hoping to continue working in music publishing. To extend my writing skills, I added a minor in writing. I really enjoyed the mathematical analysis of music and writing poems...some were published. If you have ever heard Richard Burton narrating Dylan Thomas's 'Under Milk Wood' you might well say that poetry and music are the same thing."



Eight-year-old Frances recited “From a Railway Carriage” in time with the rhythm of steel wheels clamoring across rail joints. Brown braids danced along her cheeks to the beat of her words: “Faster than fairies, faster than witches...” (Photo submitted).

After graduation, with the music publishing industry shrinking, she employed her math and writing skills as a technical writer in the flourishing high tech industry in Massachusetts. She still wrote poetry but primarily for friends and family. For example, she has recently written “Hush Sings the Wave” as a thank you to her children on her 50th wedding anniversary. The closing lines read:

“Hush sings the wave as it continues to shape the rocky edge

Of the ageless living continent.”

In 2004, after Frances and Shields retired to his hometown, he insisted that they get a family membership to the Lanier Library. The oldest civic organization in town, it was started in 1890 with two books of poems by Sidney Lanier donated by his widow. Frances recalls, “I had never heard of him but soon found a favorite in the greatly increased collection of his works. ‘The Crystal’ is an ode to poets and philosophers.”

“From steep-wall’d heavens, holy malcontents,
Sweet seers, and stellar visionaries, all
That brood about the skies of posey...”

“I was on the Lanier board, working on PR, and proposed a poetry competition in the name of Sidney Lanier as a means of reaching a broader community. The first competition was in 2009 and we were fortunate that Cathy Smith Bowers, a NC Poet Laureate, judged the first five years. She spent

Public Transportation to the AIRPORTS Trains and Bus Stations

Connect to long distance travel in safety and comfort



Call ahead 3 business days
Asheville,
Greenville/Spartanburg
Charlotte



Polk County Transportation
828-894-8203
Office Hours:
Mon – Fri 8am to 4:30pm



At Home... Indoor or Out

From Wicker to La Z Boy, we have Western NC's
Largest Selection of Casual Furniture.

Visit our
Sleep Center:
Sealy • Restonic
Jamison • Flex-A-Bed

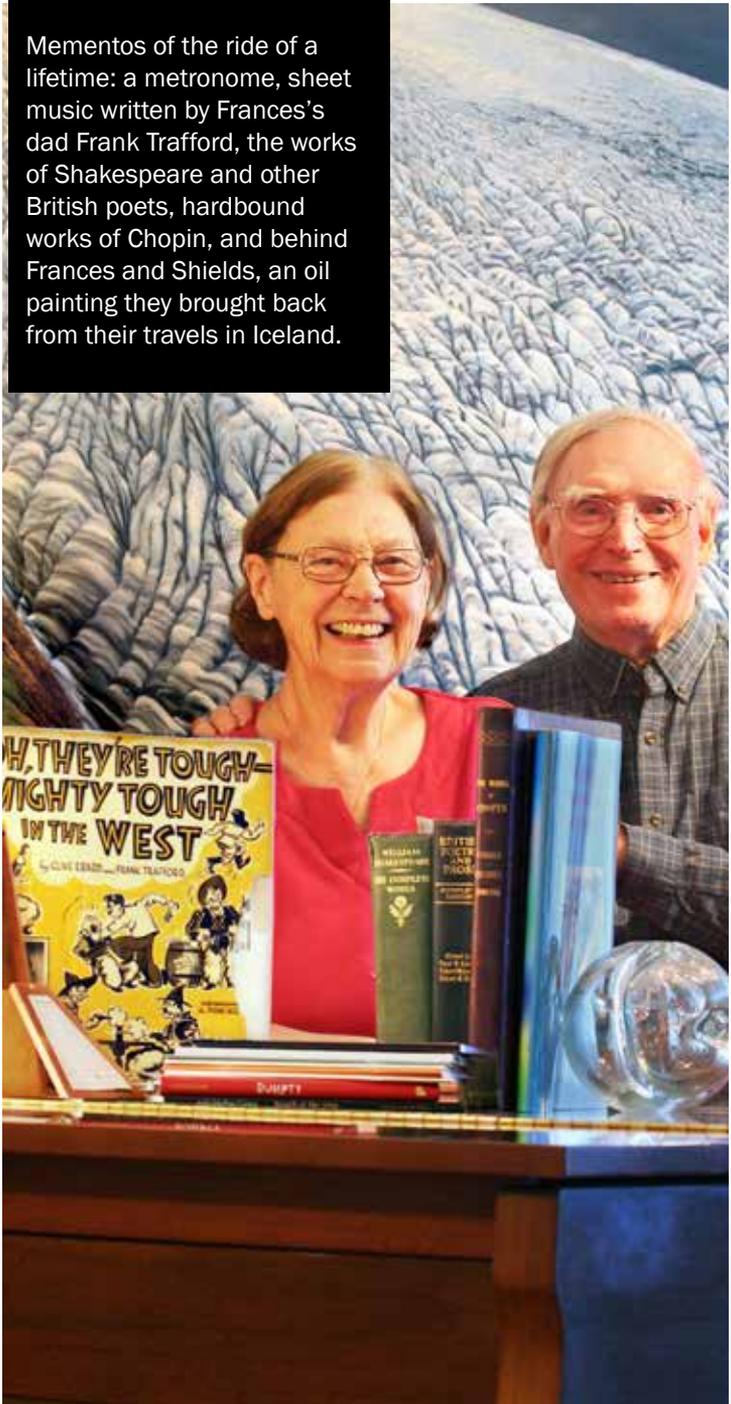


400 N King St &
241 4th Avenue East,
Hendersonville
828.692.1471
828.692.5771





“Without thinking about it too much,” says Frances Flynn, “I think that Shakespeare’s 116th sonnet might be my favorite poem and I have recited it at several weddings.”



Mementos of the ride of a lifetime: a metronome, sheet music written by Frances’s dad Frank Trafford, the works of Shakespeare and other British poets, hardbound works of Chopin, and behind Frances and Shields, an oil painting they brought back from their travels in Iceland.

countless hours reading more than 700 poems during that time.

“I really enjoyed calling finalists and inviting them to the awards ceremony to learn if they had won. One year, I had the pleasure of informing a mother that two of her daughters were finalists. In 2013, we published a book of the adult and student winning entries since the start of the competition. It’s still in print and I still rediscover verses that move me.”

Frances has been involved in every competition since the beginning and is one of five preliminary judges for the 11th Annual Sidney Lanier Competition celebrated

throughout April. On Tuesday, April 14, the 2020 event judge, NC Poet Laureate Jaki Shelton Green will announce the winners at the Lanier Library ceremony from among the 107 adult and 28 student participants, and present cash awards for first, second, and third places.

“It’s hard to imagine it’s been 11 years,” muses Frances and then adds two lines from Stevenson:

“And ever again, in the wink of an eye,
Painted stations whistle by.”

Frances agrees with author John A. Passaro when he wrote, “Life is like a train ride...[it’s] about the journey AND the destination. Enjoy the ride.”



“I learned rhythm and to keep time from my father,” recalls Frances Flynn. “He was a jazz musician, songwriter and singer in The Rhythm Brothers, entertaining in the West End. Left to right: Uncle Jack Trafford, Frances’s father Frank Trafford, and family friend Clive Erard. (Photo submitted).”

See our products displayed in Columbus, NC!

We offer modular and portable horse barns, shed row barns, run-in sheds, storage sheds, garages, and carports

Carolina Storage Solutions

www.DeliveredBarnsAndSheds.com ~ Call: 877-305-4277

From the inside out

By Pebbles



Little Hercules, I declare, you still have fear in your eyes when interacting with humans. Sent to auction with your mother at the tender age of four months old, I certainly understand why. Our lives share a similar twist of fate. I was run through a livestock auction with my mate, Lion. At the time, I was pregnant with his foal.

Not being halter broke can be a death sentence for equines at these frightening, loud places. Chased around in small pens to show us off, it is the bidders who determine our fate. Next, we wait corralled in large groups among strangers three times our size. Which truck we will be loaded onto and with whom? I never saw my Lion again.

Yes Hercules, you and your mother Golden Honey, a slightly larger pony than I am, ended up being sold for meat. Lucky for all three of us HERD bought us from the kill buyer, before he headed south of the border with a load. However young boy, you would not have been shipped to slaughter. You would have been abandoned in a field to die. Only your mother would have been shipped on the huge livestock truck holding 30 plus horses. You see nursing foals under the age of six months cannot be shipped to Mexico. They cannot endure the long journey standing for days with no rest, water or food on the truck.

Instead your journey continued in a nice comfortable horse trailer which brought you both to quarantine in North Carolina. Your body score was so low, 1.5 with six being ideal, that it was feared you would not survive. Honey was not much better, with her ribs and backbone protruded prominently. Within 48 hours

of your arrival, you both showed signs of fever. Mucous was streaming out your noses and the coughing commenced. This is par for the course as I suffered just the same way. We had not been vaccinated and were exposed to so much sickness at the auction house and then at the kill lot.

The vet diagnosed you with strangles, a very threatening illness for one so young. Your throat and neck had to be lanced to allow for drainage so you could swallow and nurse. Honey was sick as well, but at age five, she was stronger and kept eating her hay and grain to provide you with milk. Weeks went by with slow but steady improvement. It truly is an incredible feat of strength that you pulled through this sickness.

For two more months, you remained in isolated quarantine with your mother. Then finally the vet cleared you to join my mistress Heather at our farm. Tim Riffe delivered you along with another skittish mare and her unhandled foal, Arizona and baby Sedona. These two had not suffered the illness you and Honey experienced as they were saved in far better weight and likely Arizona had been vaccinated. The pair of smaller ponies took the paddock just across from your pasture. You four could talk across the driveway, but not get too close to each other for the first month. By month two, Heather put all four of you in the big pasture together and the playing commenced. You and Sedona kicked up your heels and frolicked with glee. It was a fine moment to see you two having so much fun together. Honey was the boss of the field. Arizona was content to have company and share the maternal oversight.



Golden Honey with Hercules



Golden Honey with Sedona

The next step was to wean you Hercules. You were old enough and eating well. Poor Honey was not blossoming in our care despite good food. Your slow recovery required continuous nursing pulling her down. Heather moved Honey to a lovely big pasture to live with two young mares, Harmony and Athena. Oh yes, you hollered up a storm and Honey called back for a day and paced her fence line. However, the fresh grass and new-found freedom won her over quickly. You in turn bonded closely with Sedona. What a sight to see the two of you eating happily together from the same feed pan. When you settled down for a nap, she stood over you as a watch friend. Next, it was time for Arizona to leave your pasture. While not loving to you, she had been a good leader. She joined Heather's personal horses, a group of beautiful mares, who welcomed her into their fold.

Arizona's belly grows bigger daily in HERD. She had been bred back to a stallion before entering the slaughter pipeline. A new foal is anticipated to be born in our rescue this summer, so it is nice for Arizona to have a break from motherhood before her next baby arrives. Lately she stays

off to herself for the most part, eating and resting, keeping her distance from the larger horses in this established herd as her sides balloon.

Back in your pasture, halter breaking has been a challenging step with you Hercules. You and Sedona sport matching breakaway halters. How to lead classes take place daily, heading to and from the barn. You have come to love the comforts of deep shavings in your large stall to sleep in each night. It is clear to me you enjoy the feeling of safety the barn affords us, not having to be on high alert for wandering coyotes that patrol the farm's perimeters seeking opportunities. Like me, both you and Sedona are always covered in pine shavings each morning. Correct me if I am wrong, but you sure seem to like Heather brushing you clean, before turning you out into the paddock.

The arrival of springtime will hopefully soften your opinion of humans. With patience, gentle handling and groundwork training, it is our wish for you to see your world through calm, trusting eyes. True healing always begins from the inside out, and you dear Hercules are on your way!




JB
TREES & SCAPES
864-497-8511
www.JBTreesLLC.com
 TOTAL TREE CARE • LANDSCAPING • IRRIGATION • MAINTENANCE

FULLY INSURED
FREE ESTIMATES

Baked Parmesan Spinach

A tip from Hercules and Pebbles: chemicals in spinach help to build muscles by speeding up the body's conversion of protein into muscle mass so let's enjoy some in this month's recipe!

Ingredients:

- 2 pounds fresh baby spinach
- 5 tablespoons butter
- 3 tablespoons olive oil
- 3 garlic cloves, minced
- 1 tablespoon Italian seasoning
- 3/4 teaspoon salt
- 1 cup grated Parmesan cheese

Directions:

Preheat oven to 400°. In a stockpot, bring 5 cups water to a boil. Add spinach; cook, covered, 1 minute or just until wilted. Drain well.

In a small skillet, heat butter and oil over medium-low heat. Add garlic, Italian seasoning and salt; cook and stir until garlic is tender, 1-2 minutes.

Spread spinach in a greased 1-1/2-qt. or 8-in. square baking dish. Drizzle with butter mixture; sprinkle with cheese. Bake, uncovered, until cheese is lightly browned, 10-15 minutes. Serves 6 as a nice side dish.

Beverly-Hanks REALTORS®

Working together to serve Western North Carolina and the Carolina Foothills for all your residential real estate needs.

Contact us if we can assist you!



Ana Lilburn & Dori Ray
BROKER ASSOCIATES

Ana: (828) 290-0533

Dori: (828) 808-8334

ana_dori@beverly-hanks.com

beverly-hanks.com/saluda

Leading REAL ESTATE COMPANIES OF THE WORLD®



BEVERLY-HANKS.COM



Questions and Answers

Owning the Orchard Inn



Writer & Photographer Macy Cochran



Marc and Marianne Blazer were travel photographers for the majority of their adventurous marriage. Thirty-six years ago after Marianne had finished school in Austria and Marc had sailed his boat to the Virgin Islands, the young couple fell in love and have been together exploring the world ever since.

It wasn't until their photography business slowed down that they decided they needed to perhaps slow down themselves. Thus, began their three-year journey across America to find the perfect Inn to purchase so they could allow others to experience the luxury that they had overseas. Now, the Orchard Inn in Saluda rests nicely in their caring hands.



Marianne: How did the Orchard Inn fall into your and Marc's hands?

Marc and I have forever launched into things headfirst. So, after our photography business slowed down and we got to the age when traveling got exhausting, we decided to buy ourselves a job. We wanted to pamper people, cook for them and give them a place to relax, so we searched for an Inn somewhere. After looking all over the country—from Napa Valley to Vermont—our real estate broker suggested we look at what he called “this amazing Inn in Saluda.” Because we loved Asheville, we thought we’d check it out.

On our way up the stairs to the front porch on the Inn, I believe I stopped on the second stair and looked at my husband and said, “This could be it.”

Originally, the Inn was built in 1926 and called “The Mountain Home of Railway Clerks.” Once Marc and I bought it, we renovated the upstairs, so it now has eight bedrooms, each with their own bathroom.

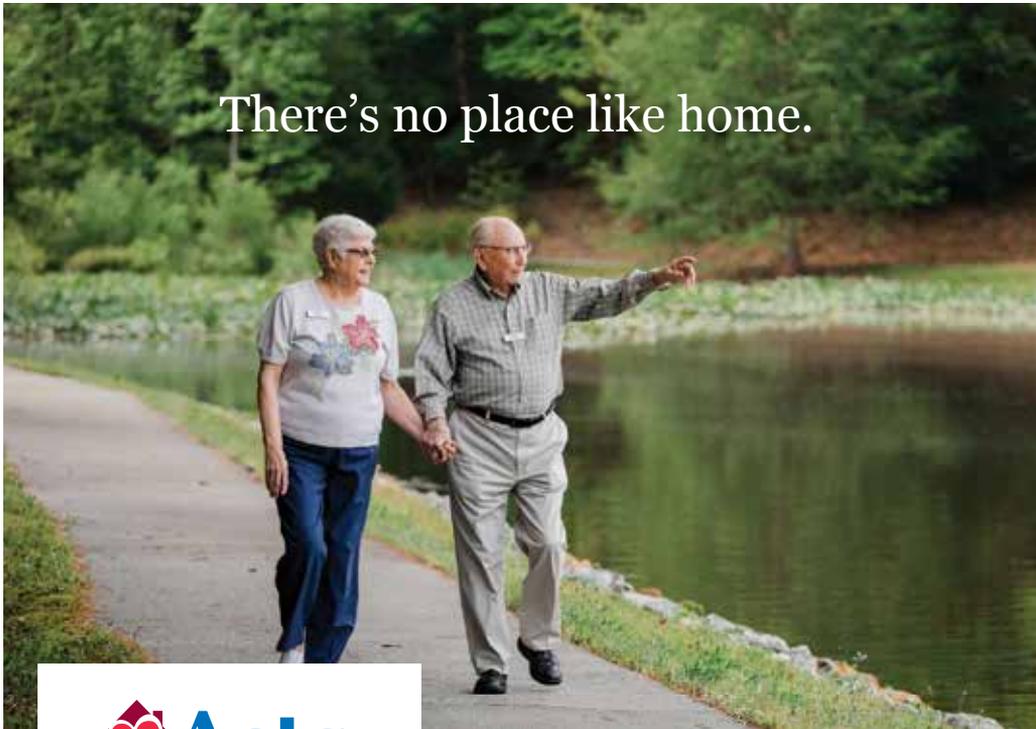
It was so refreshing to find this place—this open, windowed, unique building. The Orchard Inn was meant to be ours. Everything just fell into place.

Marc: What about Saluda do you love?

The thing I love so much is the people. When Marianne and I began looking for an Inn to buy, we just kept coming back to the Asheville area. The first time I came to Saluda, I instantly fell in love with the place and the Inn. Saluda’s environment is great. The air quality, the water quality and all of the natural beauty is what I love.

I’ve never experienced a welcome like I got from the people here. My wife and I felt so invited when we first joined the community. The Orchard Inn brought us here, originally, but now I never want to leave. After all the traveling I did, it’s nice to get to settle here in the mountains in such a friendly place where the seasons are all so great and the view is always changing.

There’s no place like home.



Tryon Estates

Where Loving-Kindness Lives

COLUMBUS, NC

If you’re looking for exceptional friends, beautiful living options, and outstanding amenities in a place touched by the magic of nature, then you need to see Tryon Estates. A premier Acts Retirement-Life Community, Tryon Estates offers continuing care at predictable monthly fees. Come on over for coffee and discover just what home feels like in our very special neighborhood in the North Carolina foothills.

(866) 531-6613 | AboutActs.com/Foothills





Marianne: What is your daily routine of running the Inn?

Let me put it this way: my short days are twelve hours and my long days are sixteen hours.

I begin breakfast at quarter till six each morning and I also work at the front desk, do some accounting, then host dinner in the evening. Two of our children work here with Marc and me. One is assistant innkeeper and the other is our computer guy. They're both such a huge help.

Marc and I have been married for thirty-six years, so everything we've ever done has been together. He's my best friend. Don't want to be apart from him for a second. When we work together, he sees the big picture and I take care of the little details. We're a good team.

Marc: What made you want to buy an Inn in the first place?

For so long, I traveled all over the world, staying in five-star hotels, so Marianne and I started to think about having our own place like that. We wanted our own Inn. We've got a good place for guests to rest, relax, and recharge their batteries. Most of them come from a three-hour drive radius—places like Charlotte, Charleston, Atlanta. They love coming up here to hike around the area, visit waterfalls, and just take advantage of Saluda's outdoor activities.

Marianne and I have actually just added a spa to the Inn a little over a year ago. It includes two luxury suites, a spa, and a yoga room.

The beauty of this area is stunning. We're lucky to have a place where I can walk through the trails in the woods each morning with my dogs. Saluda is such a healthy place to live.

Marianne: What is your favorite part about running the Orchard Inn?

Meeting the nicest people ever. Our guests are so amazing. It's like having a second family, plus we're here with our sons and dogs and cats. I've lived on three continents, but I've never had a welcome like I did when I came to Saluda.

We're very busy from May through December, so our secret to success here at the Orchard Inn is to work hard, stick with it, have a vision and go for it.



Distinctive Quality | **BOLDLY** SOPHISTICATED



CASON
Brick • Rock • Block
Landscape Supply

Outdoor Fireplaces
Ponds • Pavers
Waterfall Supplies
Mulches • Do-It-Yourself
Outdoor Living Kits

East Flat Rock, 203 W. King Street
828-692-5716

casonbuildersupply.com

AN-0100790277



love your
neighbor.
no exceptions.

Worship 10:30 AM Sunday



**THE CONGREGATIONAL
CHURCH, UCC**

open & affirming

210 MELROSE AVE, TRYON, NC | UCCTRYON.ORG



Cooking with Fresh Herbs

By Jimmi Buell



At the NC Cooperative Extension we talk a lot about gardens. We answer questions about gardens, we grow a garden and I cook produce from our garden. One of things that I find that is helpful in cooking great tasting healthy food is the use of herbs.

When it comes to the theme for this month's food, I could choose many different kinds of food. There's Fresh Tomato Day (April 6), Grill Cheese Day (April 12) and Day of the Mushroom (April 16). Since I would like to focus on the healthy side of food, I will talk about Garden Month and use of fresh herbs in cooking.

Here are some tips from enjoying herbs in YOUR kitchen:

- You only need to remove twiggy, wiry or woody parts of herbs. It's OK to chop up soft stems.
- Avoid over-chopping herbs. A "chopped" herb would measure between 1/8- and 1/4-inch across.
- Use stiff rosemary branches as skewers. Remove the leaves at the lower portion and cut the lower tip at an angle to aid piercing the food.
- Toss cooked pasta with a couple of tablespoons of chopped flat-leaf parsley.

- If you're planting just one type of mint, consider spearmint. It complements both sweet and savory flavors.

- Try sprinkling cooked or roasted cauliflower with coarsely chopped dill.

- If you only have room for planting one type of thyme, I suggest English thyme. Lemon thyme works well with spring vegetables and seafood.

- Use a very sharp knife when cutting basil to avoid bruising it. Stir fresh basil in at the end when adding it to a cooked dish.

- Unless a recipe specifies otherwise, it means sweet basil when it calls for basil.

Whether you plant herbs or pick them up at the grocery store or farmers' market, adding fresh herbs is a quick way to transform ordinary meals into extraordinary meals.

Here's a great recipe from the Med Way that has lots of flavor and is easy to prepare.

Chili Lime Salad with Grapefruit, Mango and Pineapple

By Jimmi Buell

Ingredients:

Salad:

- 2 grapefruit, cut into sections
- 2 mangos, chopped
- pineapple, chopped (can use canned – discard juice)

Dressing:

- 2 tablespoons vegetable oil (canola, grapeseed, or sunflower seed)
- 2 tablespoons white-wine vinegar
- 1 tablespoon finely chopped jalapeno
- ½ cup finely chopped fresh mint leaves
- Juice and zest of 1 lime
- 1 tablespoon sugar (or less)
- Pinch cayenne pepper
- Salt and pepper to taste

Directions:

1. Place the fruit in a large bowl, cover, and refrigerate.
2. Make the dressing using a screw top jar or plastic container with a tight fitting lid.
3. Place all dressing ingredients in the jar or container and shake to combine.
4. Pour over the fruit and stir.
5. Serve immediately or chill until serving.

Makes six servings: One serving 1 ¼ Cup

Source: medinsteadofmeds.com

Waterfall and Botanical Preserve

Pearson's Falls

Hike up the cool 1/4 mile trail along rushing Colt Creek to the 90' waterfall. Picnic tables, covered shelters and green restrooms.



Open Daily 10am — 6pm.
Last admittance 5pm.

Service dogs only. No wading or swimming.

2748 Pearson Falls Road,
Saluda, NC 28773
828-749-3031

Facebook/pearsonfalls
www.pearsonfalls.org

The Tryon Garden Club, a 501(c)(3) organization



Protect Your Assets for Your Legacy



THE CAROLINAS ESTATE
PLANNING ATTORNEYS

S&A
STRAUSS ATTORNEYS PLLC

Hendersonville Office

104 N. Washington Street, Hendersonville, NC 28739
828-696-1811 • www.strauslaw.com

Marketplace

C.N.A \$1,000 Sign-On Bonus 2nd \$2 shift diff 3rd shift \$1 shift diff RN/LPN \$2000 Sign-On Bonus 7p-7a FT PT 3p-11p and 11p-7a C.N.A II PT Weekends. Please apply in person at Autumn Care of Saluda 501 Esseola St. Saluda, NC 28773.

Bathliners of the Carolinas Bathtub Refinishing Porcelain, Fiberglass & Ceramic Tile Guaranteed 35 Years Experience Call us NOW!!! 864-915-7297 www.bathliners.com

Bill the Painter for all of your painting needs. Also do drywall repair and wood repair! 32 years experience. Like Bill the Painter on FaceBook. 828-899-2647

•Builders' Hardware
•Postal Specialties. Visit us at: www.bommer.com. Bommer Industries, 19810 Asheville Hwy, Landrum, SC, or online: www.bommer.com

Social Worker Big Brothers Big Sisters is seeking a part-time, M-Th staff support person. Bachelor's Degree required. Email resume and cover letter to: info@bbbs-sjc.org

NOW HIRING Experienced Inhouse Carpenters • Pay based on experience Carolina Gutter Helmet & Roofing 21 yr Multi-Million Local Family Owned Home Improvement Company Call/Text Robie 864-303-5955

David's Roofing and Remodeling We have shingles, metal, and rubber roofing! Painting also! call David at 828-713-4154

DIXON AC & HEATING • Your HVAC Service & Repair Expert • Serving the Tryon area for 30+ years. Call (828)863-0555

EcoClean Property Maintenance Management • Pressure Washing (Homes, Driveways, Decks, etc.) • Gutter Cleaning • Lawn Mowing • Leaf Removal • Property clean-up Call 828-483-6561 or 828-989-9909

Epperson's Tree Service • Complete Tree Service • Dangerous removals • View Cutting • Lot Clearing • Tree Trimming • Crane Removals Serving NC for 25yrs Fully Insured ISA Certified Arborist (828)606-4980

ERIKA BRADLEY, REALTOR® 828.702.5970 YOUR LOCAL REALTOR HELPING YOU BUY/SELL IN WNC! ERIKAB@C21ML.COM CENTURY 21 MOUNTAIN LIFESTYLES 640 GREENVILLE HWY, HENDERSONVILLE, NC 28792

Gary W. Corn CHHPS Realtor/Broker 828-817-2580 garywcorn@gmail.com First Real Estate, Inc 2512 Lynn Road Tryon, NC 28782 www.TryonRealEstate.com

Fox Mountain Landscaping. Lawn maintenance, water features, patios & walkways, decks, irrigation systems. FREE ESTIMATES. 15yrs Experience. Call Miguel: 828-817-5847 Office: 828-471-6934 Find us on Google!

Now Accepting Applications for Several Positions • Class A CDL Drivers • Heavy Equipment Operators • Landscape Supply Yard Associates www.hensonsinc.net Click on Employment Opportunities 828-859-5836

Hospice of the Carolina Foothills is seeking an RN Case Manager Full-Time Salaried position with benefits. For more information, or to apply, please see our ad on Indeed.com or visit our website at www.hocf.org

14.25 Acres in Tryon/Green Creek • Cozy/very build-able property • 8 acres; established pasture, w/ woods, small spring-fed creek • Near TIEC Location is minutes from I-26 and Hwy-74 \$254,000 Contact: 386-717-2485

Private House Cleaning. Weekly, Bi-Weekly, Monthly or 1 Time. 15 yrs exp. References upon request. Free In-home Estimates! Marjorie 828-817-6350

Mitch Contracting Serving your demolition needs since 1918. We offer roll-off waste containers for home and commercial use. Call 828-252-0694 or visit us at www.mitchcontracting.com.

Sunlighten Select Series II \$3,800 New In excellent condition \$2,200 OBO 59" w-43.5" h-75" d Julie 704-453-3471

Join our growing team! FT/PT opportunities in Weekday/Weekend positions available. Apply in person: 85 Pinecrest Ln, Tryon or email resume to jobs19@pinecrestinn.com

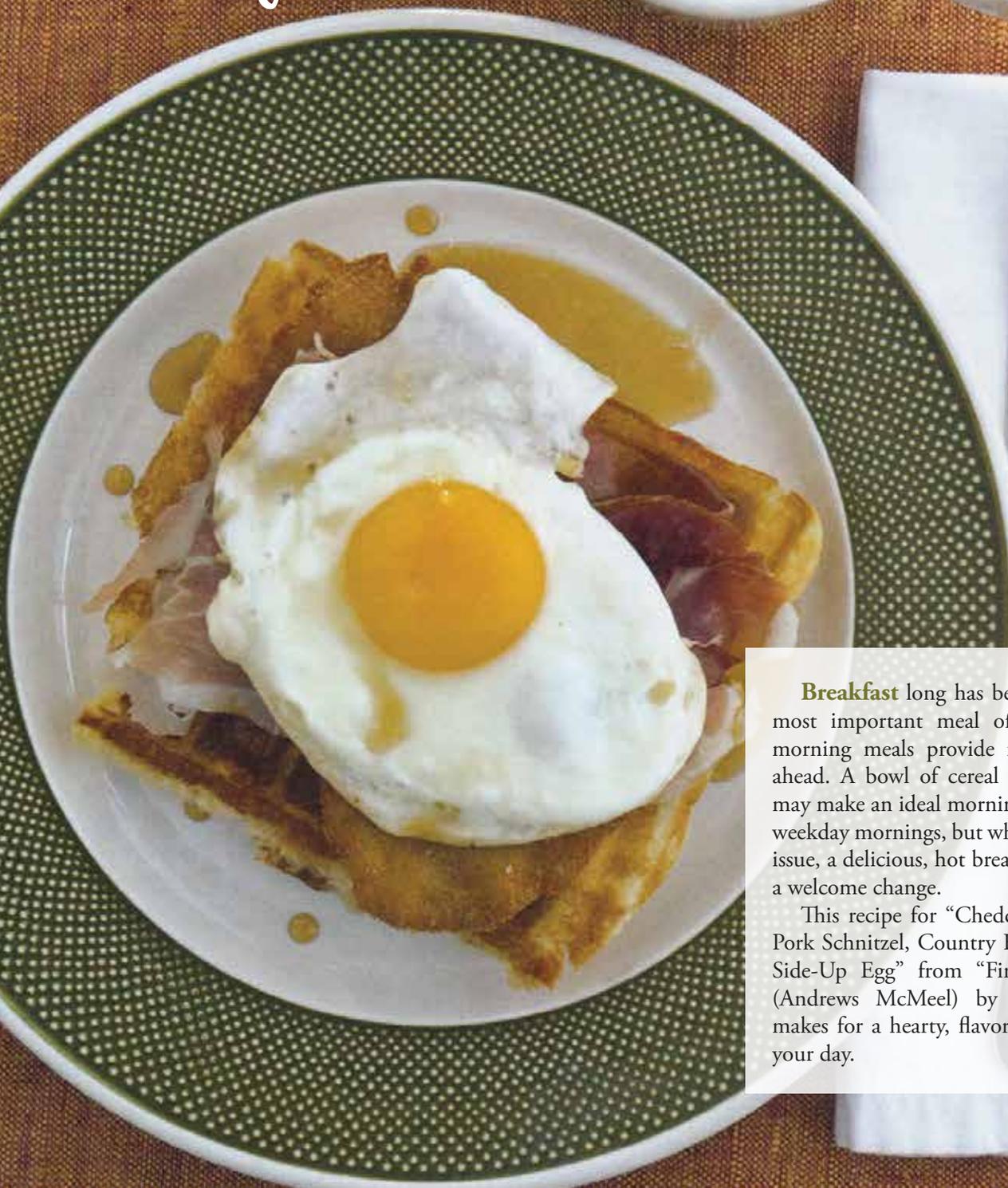
Landrum/Campobello 2BR/2BA, Appliances, with scenic views and convenient to interstate, two levels. \$850/month + security deposit Call: 864-590-7444

POLK COUNTY SCHOOLS • Full-Time Custodian/Bus Driver Tryon Elementary School • Afterschool Group Leaders/All Schools-\$10.00/hour • Bus Drivers-\$13.74/hour-\$14/hour • Substitute Bus Monitors-\$11/hour • Food Service Aide Substitute \$8.28/hour Visit: www.polkschools.org/employment Call: 828-894-1001

\$10 Off Winter Preventative Maintenance (Reg \$75) Rutherford Heating and Air 828-287-2240

QUICK BITES

*Warm up
with a hearty
breakfast!*



Breakfast long has been touted as the most important meal of the day. Early morning meals provide fuel for the day ahead. A bowl of cereal or a granola bar may make an ideal morning meal on hectic weekday mornings, but when time is not an issue, a delicious, hot breakfast can serve as a welcome change.

This recipe for “Cheddar Waffles With Pork Schnitzel, Country Ham and Sunny-Side-Up Egg” from “Fire in My Belly” (Andrews McMeel) by Kevin Gillespie makes for a hearty, flavorful way to begin your day.

Cheddar Waffles With Pork Schnitzel, Country Ham, and Sunny-Side-Up Egg



Directions:

1. To make the waffles: Heat an electric Belgian-style waffle maker on the medium setting. Wait at least 10 minutes to make sure it's nice and hot.

2. In a large bowl, whisk together the flour, salt, and baking powder. In a separate bowl, whisk the eggs and milk. In a third, deep bowl, using a handheld mixer, beat the egg whites until frothy. With the mixer running, gradually add the sugar to the whites and continue beating until the whites form soft peaks when the mixer is lifted. Pour the milk mixture into the dry ingredients and stir with a large spoon just until no giant flour clumps remain; there will be some small lumps. Start whisking and slowly add the melted butter, whisking gently yet nonstop until incorporated. Gently fold the egg whites into the batter; you'll have a few small clumps of whites remaining — that's okay.

3. Generously coat the waffle maker with nonstick spray. Ladle about 1/2 cup batter onto the center of the waffle maker and sprinkle with a generous amount of the cheese. Close the top and cook according to the manufacturer's instructions. Repeat until all waffles are cooked.

4. Pour 2 inches of oil into a large cast-iron skillet.

5. Place the pork loin slices between two sheets of plastic wrap and gently and evenly pound them to a 1/4-inch thickness. Pat the pork dry with a paper towel and season with salt. Bread the pork using flour, dredge in 2 of the eggs, and then the panko. Fry the pork in the hot oil until golden brown, about 2 minutes on the first side and 1 minute on the other. Line a plate with a double layer of paper towels. Transfer the pork schnitzel to the paper towels to drain.

6. In a small skillet over low heat, bring the maple syrup to a low simmer. Pull the pan from the heat and whisk in 2 tablespoons of the butter until melted. Set to the side but keep warm.

7. Melt the remaining 2 tablespoons butter in a 12-inch skillet over medium-low heat and swirl to coat the bottom of the pan. Crack one egg into a small bowl and gently slide the egg into one side of the warmed skillet; repeat the process with the remaining eggs, each in its own section of the skillet. Season the eggs with a pinch of salt and cover the skillet. Reduce the heat to low and cook until the whites are fully cooked and opaque, about 4 minutes.

8. For each plate, set a waffle in the center and generously spoon some syrup over the waffle. Add a slice of schnitzel and spoon on a little more syrup. Top with a slice of ham, and crown with a sunny-side-up egg and, yes, a little more syrup.

Ingredients:

- 1/2 cup canola oil for frying
- 4 trimmed slices pork loin, about 1 1/2 ounces
- Salt
- 1 cup all-purpose flour
- 6 large eggs
- 1 cup finely ground panko bread crumbs
- 1/2 cup pure maple syrup
- 4 tablespoons butter
- 4 thin slices country ham
- Cheddar waffles (recipe follows)

Cheddar Waffles

- 2/3 cup all-purpose flour
- 1/8 teaspoon salt
- 1 teaspoon baking powder
- 2 large eggs
- 1 cup whole milk
- 2 egg whites
- 1 tablespoon plus 1 teaspoon sugar
- 5 tablespoons plus 1 teaspoon melted butter, kept warm
- 2/3 cup grated cheddar cheese

ADVERTISER INDEX

Acts Retirement Life Communities/Tryon Estates	57	Parkside Dental	39
A Growing Concern	45	Parsec Financial	37
Berkshire Hathaway - Jamie Jo Noble	25	Penny Insurance	27
Beverly Hanks Real Estate – Saluda	55	Polk County Transportation	49
Brunson's Furniture	49	Price Heating & Air	11
Carolina Storage Solutions	51	ServiceMaster of Polk County	35
Carruths Furniture	35	SG Power & Equipment	27
Cason Builders Supply	59	Southside Smokehouse	25
Claussen Walters Realty	3	St Luke's Hospital	Back page
Congregational Church of Tryon	59	Strauss Attorneys	61
Dr. Jonathan Lowry, DDS	66	The Sanctuary at Red Bell Run	15
Hensons Building Supply	11	Tryon Builders	19
Hospice Carolina Foothills	67	Tryon Country Club	15
JB Trees	55	Tryon Garden Club	61
Lake Pointe Landing	2	Tryon Fine Arts Center	29
McFarlands Funeral Home	19	Wells Fargo Advisors	5
New View Realty	7	White Oak Village	43
Odean Keever & Associates Real Estate	39		

Free Consultation For Implant and Invisalign Cases!



JONATHAN L LOWRY, DDS

905 OAKLAND STREET, HENDERSONVILLE, NC



WWW.HENDERSONVILLEDDS.COM

Accepting New Patients!

We File any Insurance!

- IMPLANT PLACEMENT
- IMPLANT RESTORATION
- COSMETIC PROCEDURES
 - WHITENING
 - VENEERS
 - INLAYS & ONLAYS
- CUSTOM NIGHT GUARDS
- NITROUS OXIDE SEDATION
- CROWN & BRIDGE
- ROOT CANALS
- INVISALIGN
(CLEAR BRACES)
- EXTRACTIONS
- COMPLETE & PARTIAL DENTURES
- CLEANINGS & EXAMS
- CHILDREN
- SOFT TISSUE MANAGEMENT

PHONE: (828) 693-6465 | TEXT: (919) 448-4063 | FAX: (828) 693-0978

EMAIL: DRLOWRY@HENDERSONVILLEDDS.COM



THE HOSPICE YOU CHOOSE MAKES A DIFFERENCE.

Choose the one with

- Local staff
- Hospice and palliative care trained staff
- Admissions 24 hours a day every day
- Same day admissions
- Hospice inpatient unit
- Palliative care in all settings
- Grief counseling for any adult in three locations
- Kids Path™
- Kids Path™ Day Camp



**GIVE US A CALL TODAY!
YOU WILL BE GLAD YOU DID!**
(828) 245-0095 | (800) 218-CARE (2273)



St. Luke's Hospital

WE'VE GOT YOU COVERED

in the Carolina Foothills

Emergency Services

24/7 Emergency Department
828.894.3311

St. Luke's Hospital

Exceptional Care, Close to Home
828.894.3311

Senior Life Solutions

Outpatient Geriatric Psychiatry
Columbus, NC
828.894.9890

Rosenberg Bone and Joint

World-class Orthopedics
Columbus, NC
828.894.3718

Steps to Home

Inpatient Short-term Rehab
Columbus, NC
828.894.0916

St. Luke's Hospital Rehabilitation Center

World-class Rehab Services
Columbus, NC
828.894.8419

Radiology Department

A Variety of Services Including
Mammography, Bone Density
and Echocardiography
828.894.0990

Foothills Medical Associates

Primary Care Providers and
Surgical Services
Columbus, NC
828.894.5627

Saluda Family Medicine

Primary Care Providers
Saluda, NC
828.749.0149

St. Luke's Hospital Pain Center

Pain Management
Columbus, NC
828.894.0978

St. Luke's Hospital Infusion Center

Chemo and Infusion Services
Columbus, NC
828.894.0111

Community Alternatives Program

Home Assistance for the Disabled
or Elderly
828.894.0564



St. Luke's HOSPITAL

101 Hospital Drive
Columbus, NC 28722

SaintLukesHospital.com

Dr. Gerhardt Winkel
General Surgeon, Foothills Medical Associates