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March 2020

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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.



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Kevin Powell
General Manager

ON THE COVER



Jessica Pullara
All Good Things Bakery
(Story on page 28)
Photo by Macy Cochran

FROM THE EDITOR



Spring. How we all love the sound of that word. It means things like warmer weather, flowers blooming and grass growing. Sleeping with the window open at night. The sound of crickets chirping. The wind blowing through the newly sprouted green leaves on the trees. It's a time that people put away the blankets and emerge from their hibernation over the last few months to venture outside.

March also signals the return of many of our wonderful outdoor festivals. Some of these include the Foothills Chamber of Commerce Mardi Gras Extravaganza on March 7, the St Patty's Day Street Party in Landrum on March 14 and the 42nd Annual Super Saturday in Tryon on March 21.

In this issue you will find a vast array of stories that will entertain everyone in some way. To kick things off we have Tryon's Renaissance Man, Garland Goodwin. As a 10-year-old boy, how many people can say their first job was working at the Tryon Daily Bulletin, personally hired by Seth Vining, Sr?

To tempt your sweet tooth, we visited with Jessica Pullara of All Good Things Bakery in Tryon. Just looking at the pictures of her creations will make you want to pick up the phone and order five or six cakes.

Have you heard the name Maxfield Parrish? If not, Harriett and Alan Peoples welcomes you into their home to show you who he is and what he's all about.

Lastly, the Stott name is famous in these parts. For the most part, it's because of racing, selling cars or construction. Did you know that remote controlled airplanes are further expanding this local household name internationally?

Have a story or topic you think our readers would like to hear about? Something off the beaten path most of us wouldn't know about? Let us know. Send me an email. If we run a feature on your suggestion, we will give you a six-month subscription to Life in Our Foothills magazine sent right to your mailbox.

Thanks, and enjoy the March issue!

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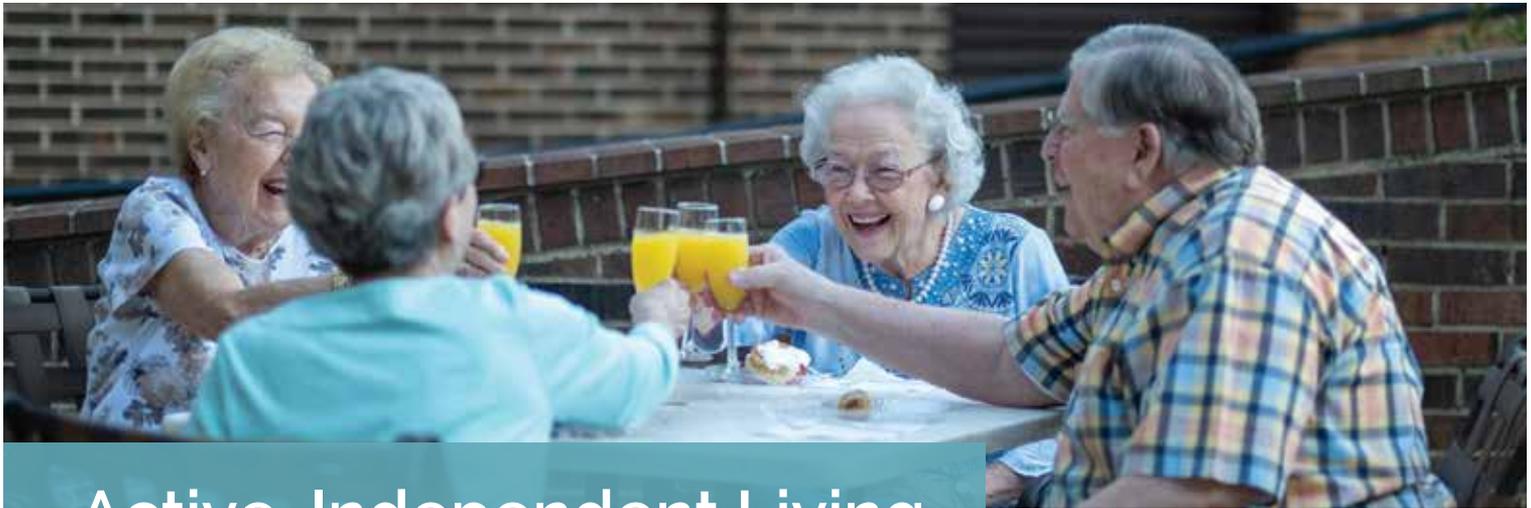
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life IN OUR FOOTHILLS

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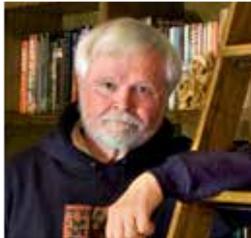


CONTRIBUTORS



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.

Wind Flower Farm

“A place as pretty as its name”



Wind Flower is part of Walnut Creek Preserve, a 2100-acre non-development, of which 1500 acres are protected in perpetuity. There are 50 miles of maintained trails for horseback riding and hiking.

Wind Flower Farm is a place that's just as pretty as its name. It lies within the incomparable Walnut Creek Preserve, where 1,500 acres, together with an abundance of waterways, are protected in perpetuity by conservation easements under the auspicious of Conserving Carolina. Only 25 families have privately held lands within The Preserve and share this incredible refuge with a vast array of flora and fauna. More than 50 miles of maintained trails for horseback riding and hiking meander throughout the common lands. Wind Flower Farm consists of 20 acres,

of which 8 are fenced pasture. With mountains looming over the treetops, the house was designed for its gorgeous, sequestered setting. The 3,775 square feet of living area spans two levels. The formal entry, kitchen, primary living areas, and master suite are on the main level, with additional bedrooms, serviced by an elevator, below. The living area extends to the out-of-doors with an additional 1,800 Sq. Ft. of covered porches and a patio with a wood-burning fireplace. The barn has two stalls with tack, feed, and hay storage, plus a half bath. \$1,399,500.

Tony Walters
Barbara Claussen
828 989-0423



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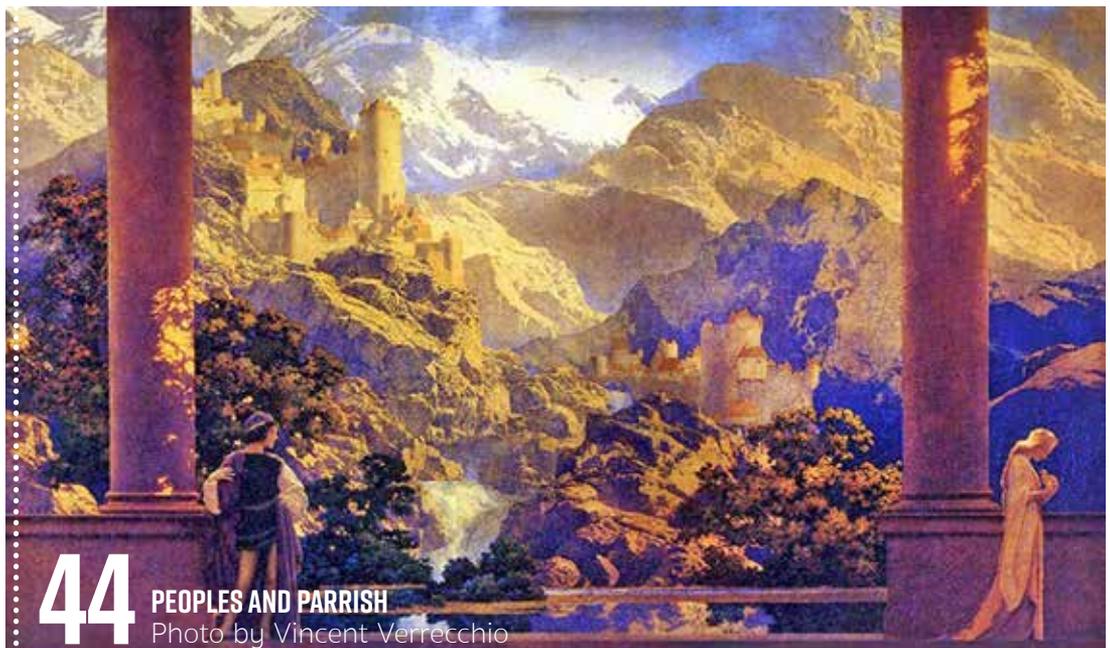
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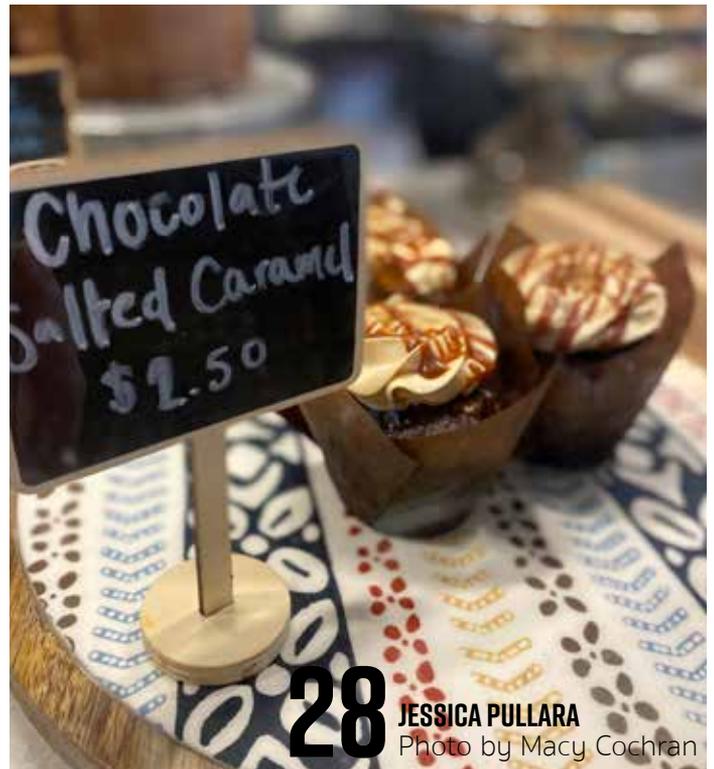
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Photo by Macy Cochran



Conserving Carolina Spring Hiking Series
March 6



Porcelain Molds & Mishima Workshop
March 7 at Tryon Arts & Crafts

AROUND TOWN

Mondays, March 2, 9, 16, 23 and 30

12:30 p.m.

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

Thursdays, March 5, 12, 19 and 26

4:00 p.m.

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

Thursday, March 5

6:00 p.m.

Live@Lanier: Pearson's Fall
Lanier Library,
72 Chestnut St, Tryon
www.thelanierlibrary.org

Thursday, March 5 through Saturday, March 7

7:30 p.m.

Tryon Little Theater presents
Bright Star
Tryon Fine Arts Center,
34 Melrose Ave., Tryon
tlinfo.org

Friday, March 6

8:30 a.m.

Spring Hiking Series:
Green River Game Lands
Green River Cove Trail
conservingcarolina.org

**Friday, March 6 and
Saturday, March 7**

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

Porcelain Molds & Mishima
Workshop

Tryon Arts & Crafts School
373 Harmon Field Rd., Tryon
tryonartsandcrafts.org

Fridays, March 6 and 20

4:00 p.m. to 7:00 p.m.

Landrum Farmers Market
Landrum Train Depot,
100 N Shamrock Ave, Landrum
cityoflandrumsc.com

**Saturdays, March 7,
14, 21 and 28**

9:00 a.m. to 12:00 p.m.

Columbus Winter
Farmers Market
Rural Seed Restaurant,
322 E Mills St., Columbus
polkcountyfarms.org

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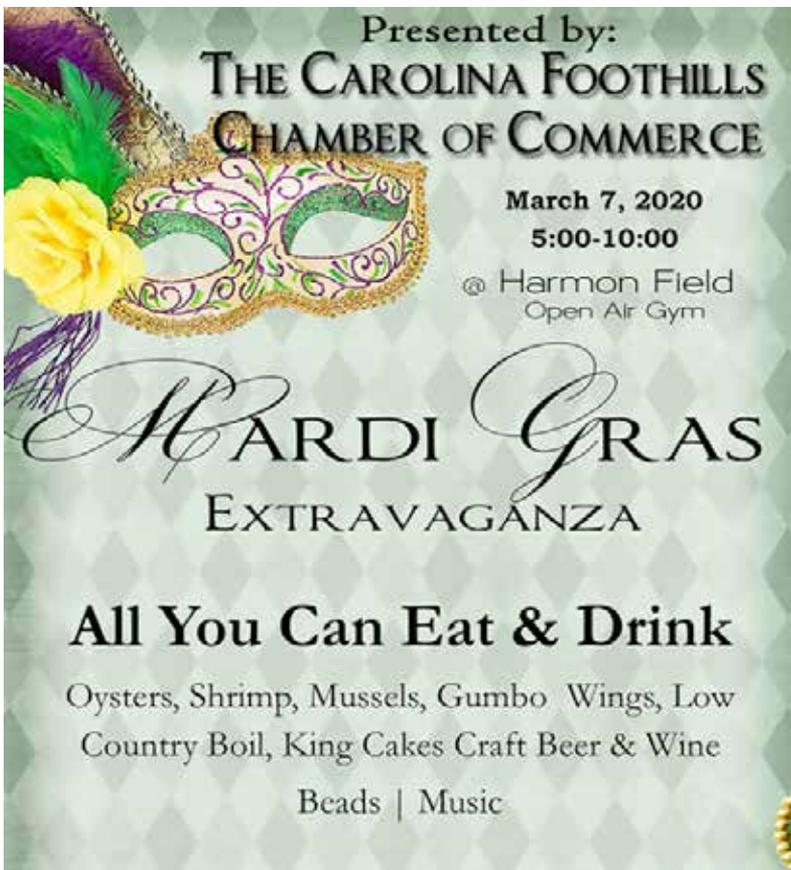




Wood-Inlay Trivets Workshop
March 7 & 14 at Tryon Arts and Crafts

Saturdays, March 7 and 14
10:00 a.m. to 4:00 p.m.
Wood-Inlay
Trivets Workshop
Tryon Arts & Crafts School,
373 Harmon
Field Rd., Tryon
tryonartsandcrafts.org

**Saturday, March 7
and Sunday, March 8**
2:30 p.m.
Tryon Little Theater
presents Bright Star
Tryon Fine Arts Center,
34 Melrose Ave., Tryon
tlinfo.org



Mardi Gras Extravaganza
March 7 at Harmon Field

Saturday, March 7
5:00 p.m. to 10:00 p.m.
Mardi Gras
Extravaganza presented by
Foothills Chamber
of Commerce
Harmon Field Open Air
Gym, Tryon
carolinafoothillschamber.com

**Monday, March 9
and Tuesday, March 10**
7:00 p.m.
Cat Video Fest 2020
Tryon Theatre,
45 S Trade St, Tryon
tryontheatre.com

Tuesday, March 10

7:00 p.m.

Film Series: Anne of
a Thousand Days
Tryon Fine Arts Center,
34 Melrose Ave., Tryon
tryonarts.org

Friday, March 13

6:00 p.m.

TGIF: Spartanburg
Philharmonic
Percussion Ensemble
Tryon Fine Arts Center,
34 Melrose Ave., Tryon
tryonarts.org

Saturday, March 14

8:00 a.m. to 5:00 p.m.

Foothills Riding Club:
Dressage and
Combined Test FENCE,
3381 Hunting Country Rd,
Tryon
fence.org

Saturday, March 14

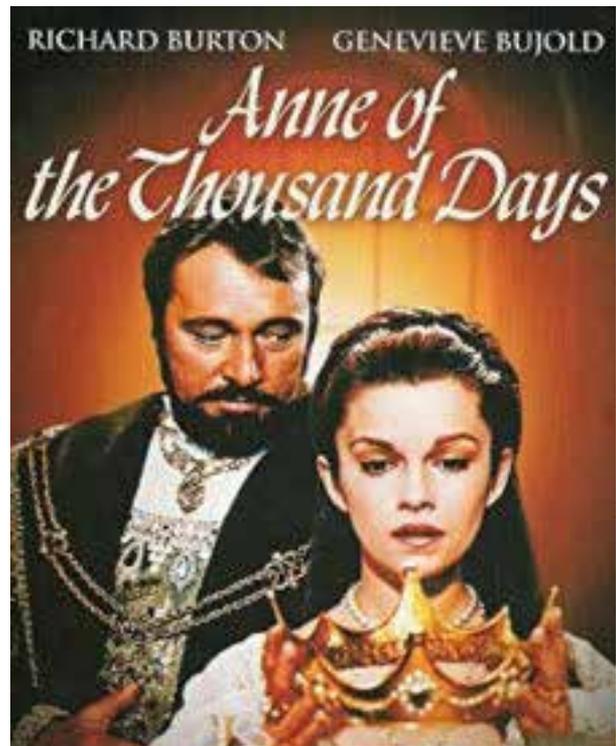
10:00 a.m. to 1:00 p.m.

Wirewrapped Rings
Coffee & Craft Workshop
Tryon Arts & Crafts School,
373 Harmon Field Rd., Tryon
tryonartsandcrafts.org

Saturday, March 14

12:00 p.m. to 4:00 p.m.

St. Patty's Day Street Party
N.Trade Ave. in Landrum



Anne of a Thousand Days
March 10 at Tryon Fine Arts Center



Spartanburg Philharmonic Percussion Ensemble
March 13 at Tryon Fine Arts Center



Wirewrapped Rings
March 14 at Tryon Arts & Craft Workshop



42nd Annual Super Saturday
March 21 at Downtown Tryon



Saturday, March 14

7:00 p.m.

Hawley Magic
Tryon Fine Arts Center,
34 Melrose Ave., Tryon
tryonarts.org

Sunday, March 15

8:00 a.m. to 2:00 p.m.

Foothills Riding Club: Cross
Country Schooling
FENCE, 3381 Hunting
Country Rd, Tryon
fence.org

Tuesday, March 17

12:00 p.m.

Live@Lanier:
The Electoral College
Lanier Library,
72 Chestnut St, Tryon
www.thelanierlibrary.org

Saturday, March 21

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

FENCE Yard Sale
FENCE, 3381 Hunting
Country Rd, Tryon
fence.org

Saturday, March 21

9:00 a.m. to 4:00 p.m.

Super Saturday
Multiple locations in Tryon
tryonsupersaturday.com

**Saturday, March 21
and Sunday, March 22**

9:00 a.m. to 3:00 p.m.

Beginning Wood Turning
Tryon Arts & Crafts School,
373 Harmon Field Rd., Tryon
tryonartsandcrafts.org

Sunday, March 22

4:00 p.m.

Family Concert featuring
“Old Men of the Woods”
FENCE, 3381 Hunting
Country Rd, Tryon
fence.org

Tuesday, March 24

10:30 p.m.

Speaker Series: Appreciating
Pollinator Diversity
Anne Elizabeth Suratt
Nature Center
conservingcarolina.org

Tuesday, March 24

7:30 p.m.

Speaker Series: Wildlife Ecology
with Tim Spira
Landrum Library,
111 Asbury Dr., Landrum
conservingcarolina.org

Friday, March 27

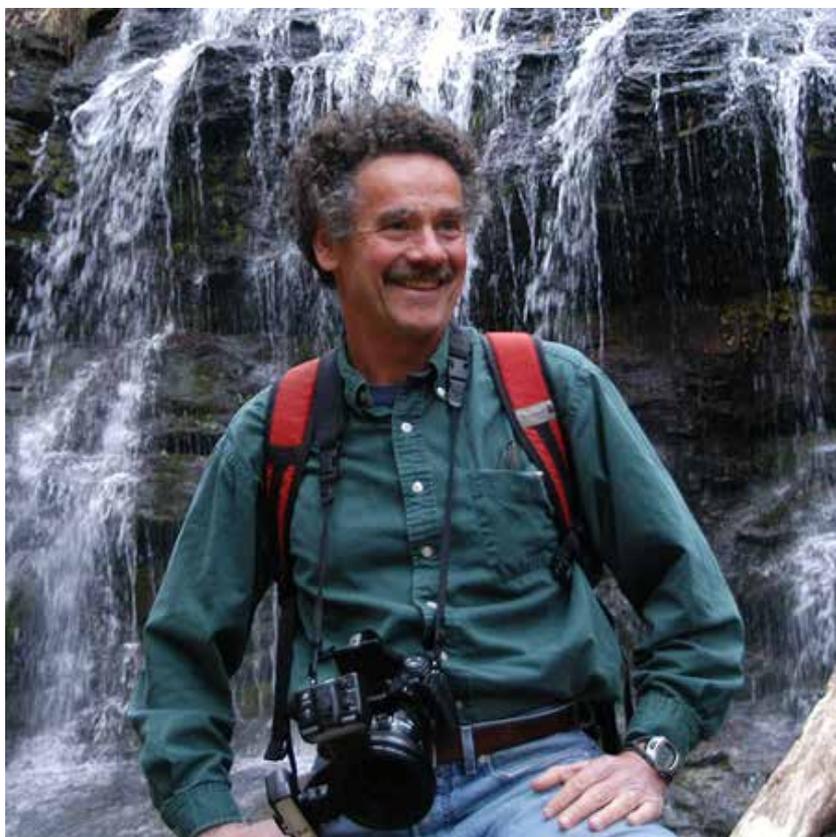
5:30 p.m.

Tryon 4th Fridays Events
Trade St. in Downtown Tryon
downtowntryon.org



Hawley Magic

March 14 at Tryon Fine Arts Center



Tim Spira

March 24 at Landrum Library

Polk Cares 4 Kids

On February 1st, folks gathered at the Tryon International Equestrian Center for a fun auction to raise money for Polk County Schools. Businesses of our local community sponsored this event for Polk Cares 4 Kids, each one always doing what they can to provide for Polk County students.

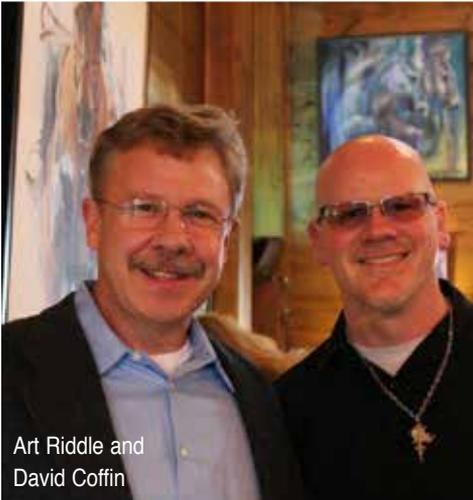
By Macy Cochran



Valerie Davis, Candice Edwards, Kim Scruggs and Tamara Scruggs



Nikki and Monica Pierce



Art Riddle and David Coffin



Bonnie Riddle and Niki Coffin



Natasha Womask



Jody and Denna Durham



Cato and Debbie Junge



Debby Covil and Dave Scherping



Jody and Denna Durham



Cindy Allen and Susan McHugh



Rhonda Rimer and Shannon Robinson



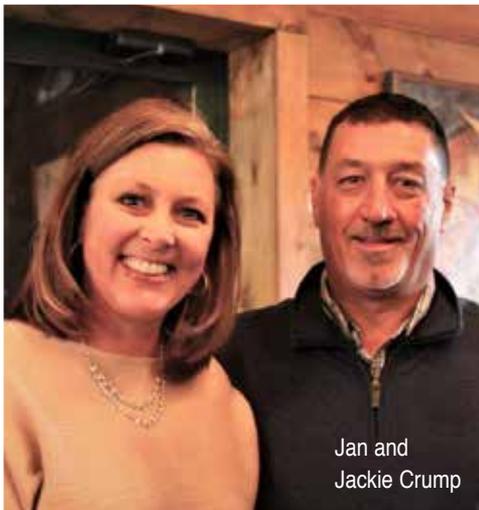
Ethan Waldman
and Mary Sasser



Jennifer and
Brandon Schweitzer



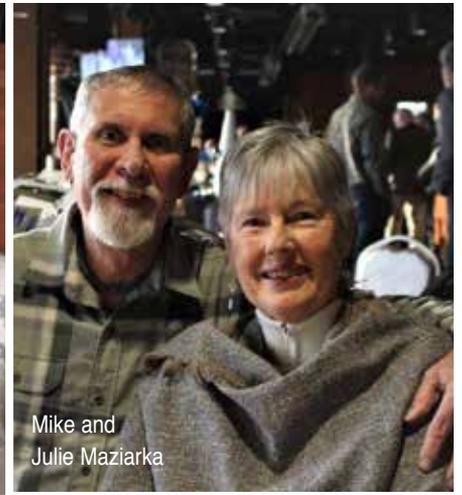
Lori Geddings and
Melinda Watkins



Jan and
Jackie Crump



Rick and
Kathy Hefner



Mike and
Julie Maziarka



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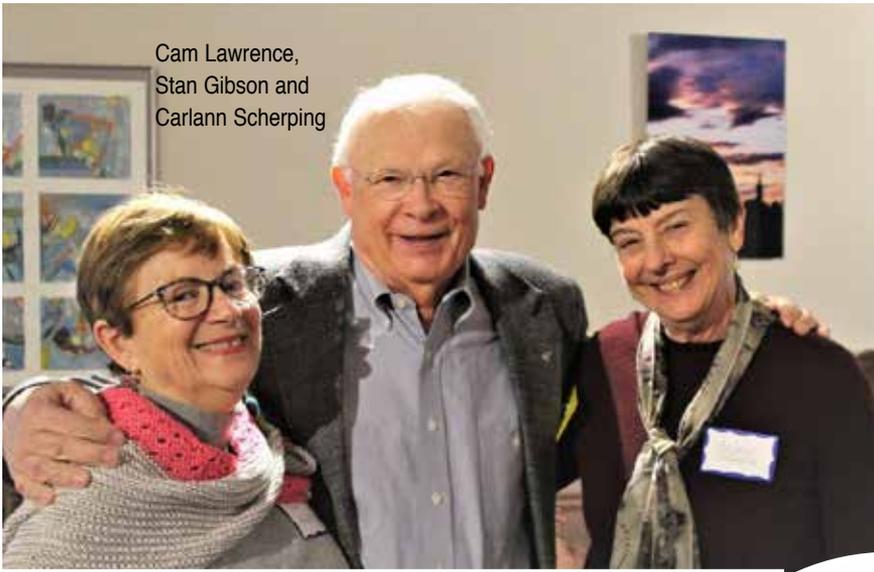
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Rotary / Kiwanis mixer

On Sunday, February 16, the Rural Seed Restaurant in Columbus hosted the 2nd annual Kiwanis Club of Tryon and Rotary Club of Tryon mixer. Members of both clubs had a great evening of music, dancing, dinner and drinks. In celebration of President's Day, the clubs competed against each other in a spirited game of Presidential trivia. It was a great night of fellowship between the two long standing Tryon service clubs.

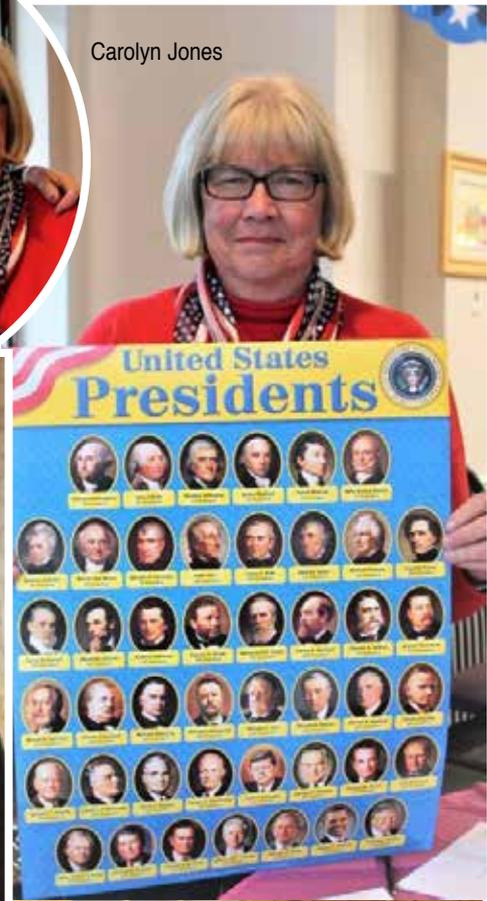
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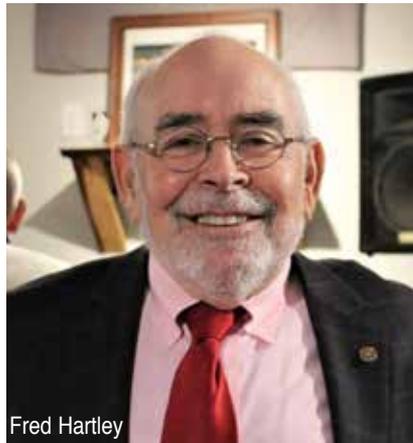
Deborah and
Doug Fowler



Mary Sasser and
Carolyn Jones



Carolyn Jones



Fred Hartley



Elaine Rizzo and
Marce Crowder



Skip Taylor and
Charles and Lib McKeller



Shyanne Dennison
and Andrea Harris



Stacy Lindsay, Rita Burch,
Carlann Scherping and
Mandy Smith



Jason Thompson and Stephen Brady



Alex Greene



Kam Kammerer and Bill Dill



Janey and
Dominick Sciacca

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Fran and Garland Goodwin

Tryon's Renaissance Man

Garland O. Goodwin



Writer & Photographer Mark Levin

There are plenty of amazing things about Garland Goodwin's life. It has been, by his assessment, a good life. At nearly 90 (that milestone happens next month), he's pretty much enjoying some of the best years right now. According to Garland, there are so many people 100 years old and older at White Oak in Tryon that he's "just a kid." And to sit down and listen to him tell some of his stories, I'd have to agree. He truly is a living legend.

Garland has hundreds of stories he can relate to anyone who has a few minutes or half a day to listen. Most local folks have read these as his regular

"Remember When" columns in the Tryon Daily Bulletin. These stories are tales of people Garland has been associated with over his decades spent in Polk County. Some of the folks featured are of people from his earliest memories as a child. Other stories are about individuals he has met throughout his years spent in Polk County.

Garland's columns, those grand stories, are thankfully archived as books that he's published. His first compilation of his first hundred Bulletin columns, *A Boy in the Amen Corner*, is certainly a Polk County best seller.

Garland was destined to be a writer. After all, how



Garland tuning a piano

many ten-year-old boys get a job working at the Tryon Daily Bulletin? Seth Vining, Sr. employed Garland to set type, by hand, one letter at a time, for the headlines for the Bulletin. He also let Garland do some other more mundane jobs like emptying the trash and cleaning up. But this humble beginning in journalism kindled a life of writing.

By age 13 Garland had worked his way up to journeyman printer for the newspaper. Throughout high school and college, his teachers urged him to keep writing. They recognized a gift in Garland's writing and today's readers would totally agree.

All of Garland's schooling through high school graduation was in Tryon. And as should be expected, he was the valedictorian of his class. Garland laments that his class was the first one at Tryon High that had to go through twelfth grade. Up until his class, students were finished after eleventh. Garland has stories about school as well.

He was a serious student, sometimes too serious. When he didn't have a date for the prom, one of his teachers suggested Christine Glover. He agreed and today the two of them can laugh together about that over seventy years later because she's also a resident at White Oak. Garland visits with Christine just about every Sunday as he does with everyone he knows living at White Oak. He just walks down the halls, reads the name plates to see who's in each room, and steps inside to chat with friends he's known over the years. His visits are much anticipated and always welcomed. Christine eventually tells him, "Ah, get out of here!"

While most of Garland's life has been spent in Polk County, there is a 40-year period where

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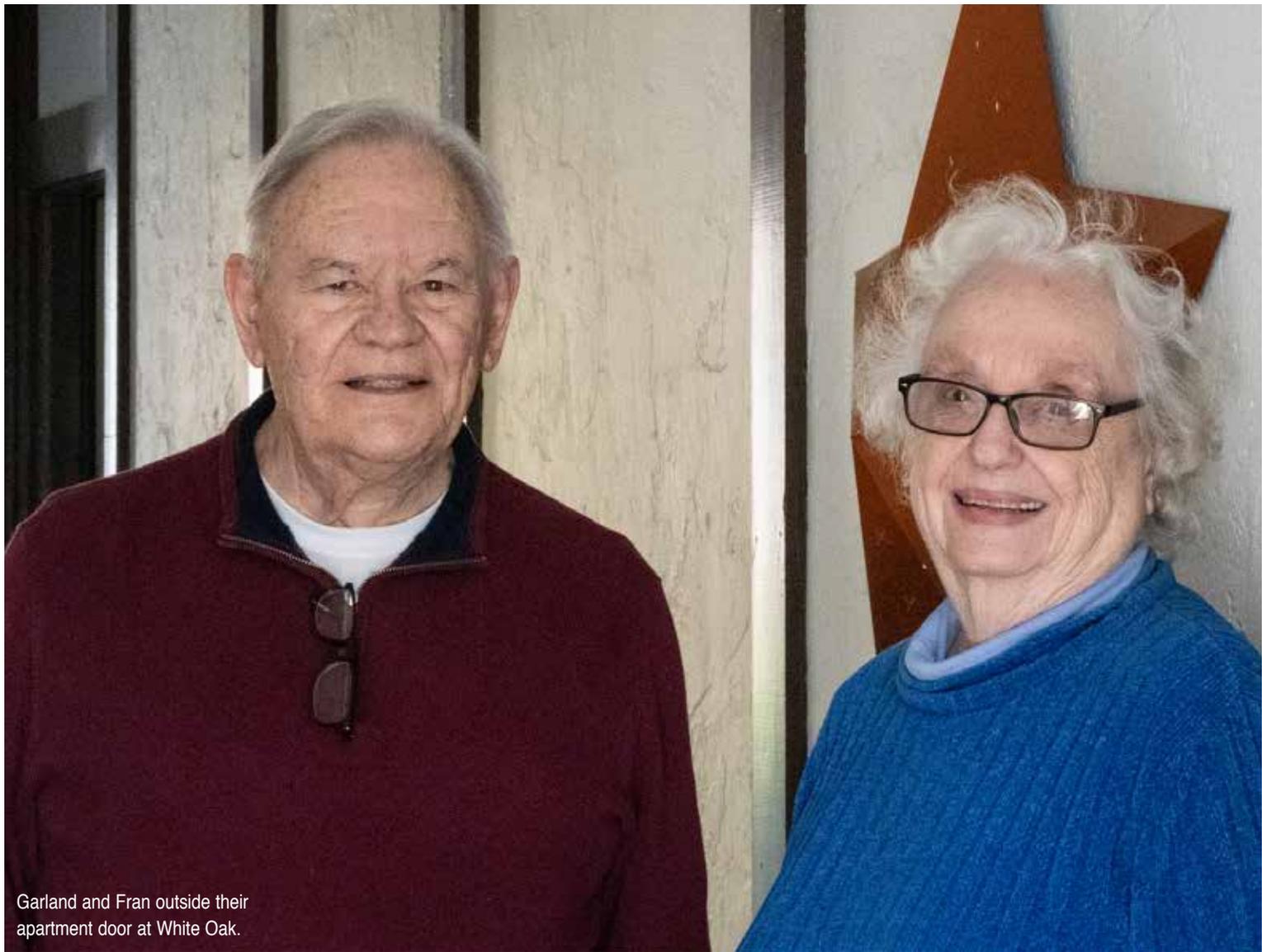
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Garland and Fran outside their apartment door at White Oak.

he enjoyed another set of life experiences starting with joining the United States Air Force in 1948. Just like writing and newspaper work, Garland also had an early interest in flight. He began pilot training at age 16... and that knowledge whetted his appetite for a whole new set of skills. In the Air Force he completed Engineering Drafting School and that led to his eventually earning a Bachelor of Science Degree in Aeronautical Engineering. He took his Honorable Discharge from the Air Force in 1954 and married Fran in December of that same year. When Garland starts something, he sticks with it and pretty much for life. And that includes his marriage to Fran. They just celebrated their 65th wedding anniversary!

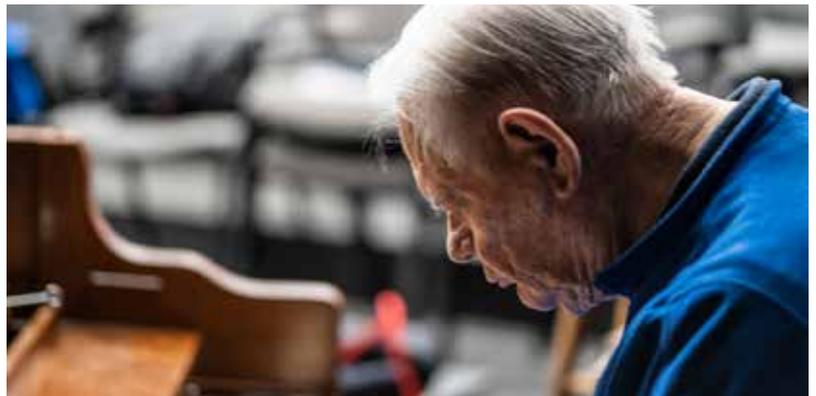
While Garland has worked most of his life (remember that job at age ten), his main career was in aeronautical engineering. His resume is a who's who of some of the biggest names in the industry and his jobs were just as impressive. Some of his employers were Boeing, McDonnell Douglas and NASA. The projects he worked on for these companies are mind-boggling involving

various fighter jets, passenger jets, helicopters and even spacecraft, like the Space Shuttle.

Garland's life is filled with chapters of amazingly interesting stories. Garland Goodwin doesn't do anything in a small way. It's not in him. After listening to his Aunt Mildred and others play classical music, he decided he wanted to play.

Most kids start music when they're still in grade school, but Garland didn't start until the end of high school. His first teacher was Muriel Mazzanovich, better known throughout the community as Ms. Mazzy. She happened to also be the teacher of Eunice Waymon. Even as a teenager, Garland could spot the special talent of Eunice and he hand-lettered 50 programs for a recital Ms. Mazzy orchestrated to help raise money to send Eunice to Juilliard.

Today, most people around here know that Eunice eventually changed her name to Nina Simone and her career as a singer, songwriter and pianist became renowned worldwide. Garland says hand-lettering those programs was his contribution to her stardom.



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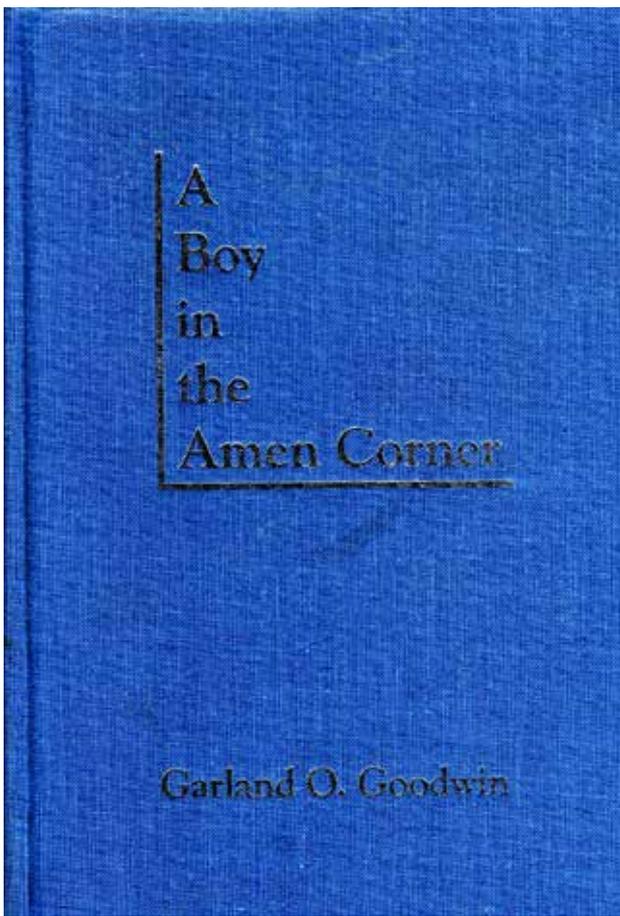
Garland and Fran enjoying time with friends at White Oak Maner

It only seems natural that his love of the piano led him to another on-going “career” tuning pianos. He started to learn those skills out of necessity and eventually apprenticed to perfect his technique. For 45 years Garland has been a member of the Piano Technicians Guild. To this day he has clients who wouldn’t trust their Steinway to anyone else. It takes a lot of patience to tune a piano. It takes attention to every detail and a good ear. That could be a metaphor for how Garland approaches life.

Garland and Fran have been “home” since 1988. When it was time to “retire,” (I use that word very loosely in Garland’s case) it was Fran who directed the decision of where to live.

They figured they had three choices. One was Seattle, which they loved and where Garland had worked for many years. Another was Texas, which is where Fran was from and where just about all the family lives now. And the third choice was North Carolina. Fran said Seattle was too far from everyone and the people in Texas are too strong-minded. That left North Carolina and that’s where they’ve been for the past thirty plus years.

Garland really doesn’t have plans to fully retire. He and Fran are still very active in the community. Both have been members of various civic organizations, but at this point Garland isn’t taking on any “positions.” The Columbus Lions Club and the Polk County Historical Association are two of



the organizations where Garland served as president... as well as other positions from time to time. He's still active on the "lecture circuit," and gets calls from various organizations to deliver talks based on his long, informative and interesting history in the county. It's no wonder Garland was elected into the Second Wind Hall of Fame, the organization that recognizes people who retire but continue being productive members of the community.

Thankfully, Garland has never stopped writing. It was Jeff Byrd, the former publisher and editor of the Tryon Daily Bulletin, who urged Garland to start archiving his knowledge of local history by storytelling. Garland is still writing, and his columns are highly anticipated glimpses into a life as it was and as he sees it now. He has several books that are compilations of his past columns in the Bulletin as well as from Prime Time, a now defunct publication. His books are available at Tryon's Book Shelf.

Garland O. Goodwin's life is way too big to fit into one short magazine story. I can assure you I've left out details and additional life stories that would have you begging for more. He's bigger than life and is a genuine Polk County treasure.

I asked what advice he might have about living such a good life. Garland didn't hesitate to say, "I'm an optimist." That's about the shortest answer he gave. It was truly my pleasure and an honor to get to sit down with this local character.

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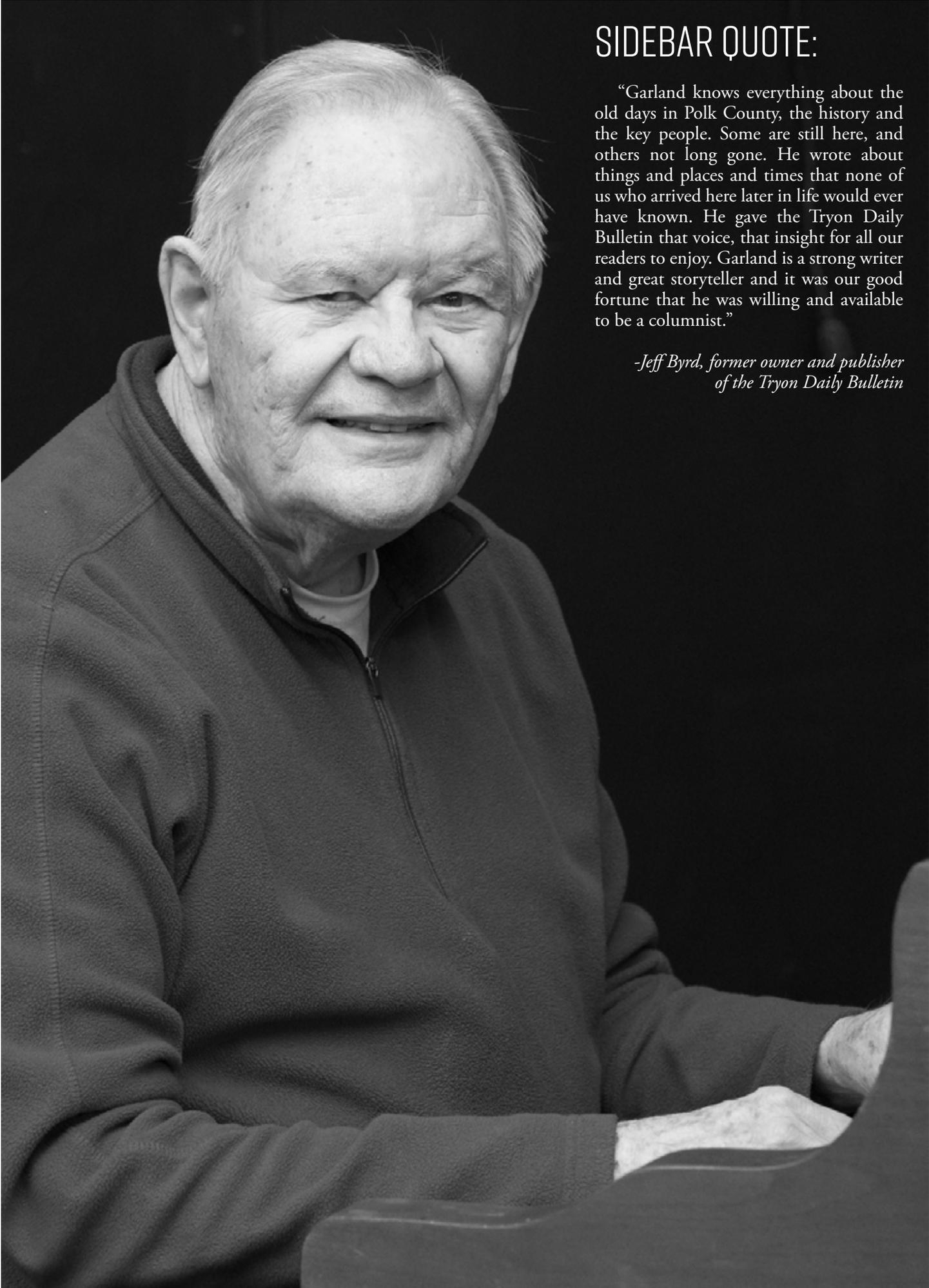
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SIDEBAR QUOTE:

“Garland knows everything about the old days in Polk County, the history and the key people. Some are still here, and others not long gone. He wrote about things and places and times that none of us who arrived here later in life would ever have known. He gave the Tryon Daily Bulletin that voice, that insight for all our readers to enjoy. Garland is a strong writer and great storyteller and it was our good fortune that he was willing and available to be a columnist.”

*-Jeff Byrd, former owner and publisher
of the Tryon Daily Bulletin*



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All Good Things Come from the Heart





All Good Things come from the Heart

Jessica Pullara: Friend, Baker, Entrepreneur



Writer & Photographer Macy Cochran

Jessica Pullara is driven by passion. Unlike some, she didn't stumble upon her path easily as a child playing with her Easy Bake Oven. Through unsatisfying work and classes, she dug deeper and discovered something she could do from her heart. Something she would later call All Good Things Bakery.

As a student at Appalachian State University, Jessica studied science, a field that was unfulfilling to her. She desired something that would reward her with smiles. A job that would allow her to stay in Tryon where she was born and raised.

Her story really began at age 19, when a friend of hers was celebrating his 21st birthday.

"I thought, I should surprise him with a carrot cake," she said.

She posted a picture of her masterpiece on social media where other friends kept asking her if she was going to start selling her baked goods. After some consideration, she said, "I can see myself owning a bakery."

Now, carrot cake is Jessica's specialty item and her favorite cake to bake.

So, Jessica began getting her hands into flour and icing, decorating and baking to see what she could do with her newfound skill. A year later, she started taking classes at AB Tech. It didn't take long for her to receive a degree in Baking and Pastry Arts.



*All
good things
come from the
heart*





Jessica is a natural entrepreneur, but at her young age of 26, she sometimes experiences distrust from newcomers.

“When some people call me to put in their order, they don’t know who I am,” Jessica shared. “Later when they come in to pick up their cake, though, they see me and kind of stumble when they see how young I am.” Her confidence in baking and her extremely busy schedule says loud and clear that she can handle any obstacles thrown her way.

“I get to my bakery at six every morning,” explained Jessica. “Then I make muffins and scones for the coffee shops that I bake for. After my deliveries, I’ll come back, drink some coffee and chat with my mom. After all that’s over, the baking begins.”

Jessica bakes cakes to order, often for holiday events, birthdays, weddings or just for fun. She also bakes cupcakes, cookies, cheesecake, macaroons, pies, lemon bars and the list goes on! Most pastries can be made gluten free, as well. Wedding season in the springtime is busy for her, but the festive weeks between Thanksgiving and Christmas are her busiest time.

While Jessica keeps busy in the kitchen, her mother stays occupied as owner of The Bottle, a space that is conveniently shared with All Good Things Bakery.

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Jessica prepares an order of chocolate salted caramel cupcakes

“She used to be a stay-at-home mom, baking cakes for the kids and me years ago,” said Jessica about her mother. “But once my dad passed away a few years ago, she wanted to do something to keep her busy.” That’s when Della Pullara purchased a building on Trade Street and opened The Bottle. “Then we didn’t know what to do with the kitchen in the back. I had been working out of my house, so I moved my bakery in here with her.”

The mother-daughter team works together on Trade Street, a destination that Jessica will never leave. Her future plans are to soon find her own space in downtown Tryon simply because she has outgrown The Bottle.

For Jessica, Tryon is home. She planted All Good Things in the heart of her town because she just couldn’t see herself anywhere else.

“I’ve lived here my entire life,” she said, “but being here on Main Street, I’m amazed at how many people I don’t know who walk through my door. I get to meet people I’ve never even seen around. When they come pick up a cake or tell me how much they love it—that’s my absolute favorite part.” Customers being excited about her product is what All Good Things Bakery is built off of.

Following the rules is an essential part of baking, but Jessica likes to spice things up and truly make it her own.

At first, though, starting off wasn’t so exhilarating. Jessica said, “It was terrifying to open my own business. I was going from having a steady income to not knowing what sort of field I was stepping into.” Between moving All Good Things Bakery to Trade Street and her last



Photo from All Good Things Bakery Facebook page

two weeks at the insurance company where she had been working, Jessica felt a mixture of excitement and anxiety all at once. But her certainty of this talent assured her that she would be a success.

And she was right.

“It takes patience, but most of all, rest.”

Since her day begins long before the sun rises and because she is a naturally hard worker, rest is her key to

success. “You have to know when to step away and take a break from the job. That way, I can go back the next day with fresh eyes and hands to bake.”

All Good Things Bakery is true to its name all thanks to Jessica Pullara’s love for baking, for making people happy and for getting to be a part of joyous events.

Her love, her heart and her passion truly make all things good.



Photo from All Good Things Bakery Facebook page



Photo from All Good Things Bakery Facebook page



Photo from All Good Things Bakery Facebook page



Photo from All Good Things Bakery Facebook page

Pumpkin Spice Latte cupcakes

Mitch with son Donovan's car, "White Trash." It's a 1948 Ford Anglia. Donovan races this historic car in the Southeastern Gassers Association events.



A Life in the Fast Lane

Mitch Stott



Writer & Photographer Mark Levin

By all counts, Mitch Stott has had a good life. He thanks a lot of people for that including his parents, his wife, and his "Father," Jesus. He's also blessed to have two children (now grown) and a grandbaby.

It's a good life with lots of future still ahead. Mitch has already done a lot of amazing things. I mean truly AMAZING!

Mitch is a Polk County native, and he's proud of it. He knows just about everyone and pretty much everyone in the county knows Mitch, or at the very least one of his relatives. Think about Stott's Garage, Stott's Corner and Stott's

Ford. His dad, Bobby Joe Stott, owned Stott's Chevrolet, which for years sat on the NC-SC state line.

By age 13, Mitch was working after school and during the summers as an auto mechanic at Stott's Garage on Landrum Road. But even before that he was training as a mechanic. Some of his earliest memories are of assembling plastic models and taking apart, then putting back together. Pretty much just about anything he could get his hands on. And all of these years later, Mitch is a professional mechanical engineer and he rightfully boasts that he's self-trained.

There are a lot of stories you could get from

In the Fast Lane





Mitch with an example of one of his landing gear for a large remote-control plane.



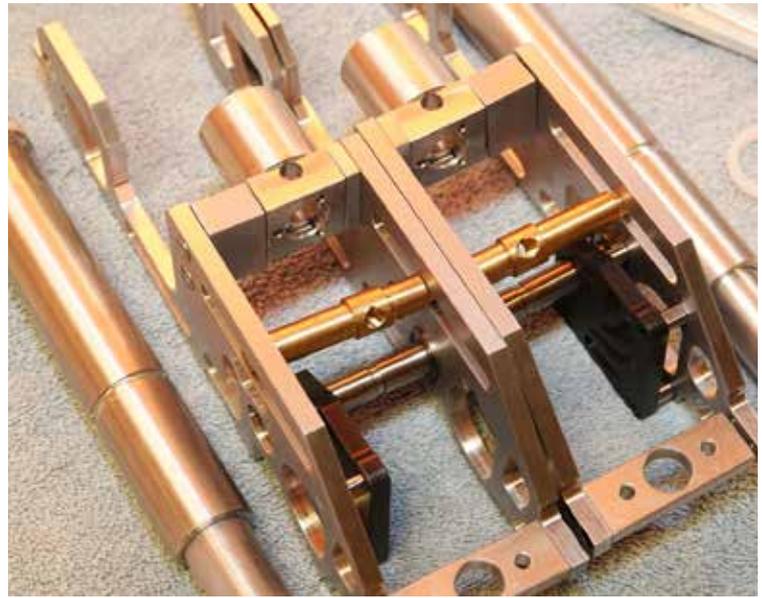
Mitch, but this short story will touch on just two.

For six years, Mitch was a professional drag racer. He was named one of the Top 100 drivers of all time by Drag Illustrated magazine in 2015. He was picked for this honor for being the first to break the 6-second threshold of racing a drag car on a quarter-mile track. This historic feat happened at Darlington in 2003.

With Mitch in the driver's seat and crew chief Ted Chavarria on hand, their car reached a speed of 231 miles per hour to make the quarter mile in 5.985 seconds. This time is still hailed as a milestone and the record itself held for several more years. It's hard to put that achievement in words, but Mitch and Ted still remember that event as a life milestone.

In less time than it will take you to read this sentence, Mitch had to maneuver a dragster down the track, change gears three times, keep the car pointed toward the finish line, and then engage the parachute to help slow the car that was just traveling 231 mph, and then brake. There's no time to think. It all happens too fast.

Mitch is still involved in drag racing, but in a variety of different capacities. He's out of the driver's seat but serves as a consultant from time to time as well as some work in design and fabrication. Currently he provides color commentary for race





videos for a wildly successful series of drag races in a “retro” drag racing league called Southeast Gassers Association (SEGA). Quain, Mitch’s brother, started this series to take drag racing back to where it was in 1967. The response has been tremendous.

As Mitch was transitioning out of the racing world full time into other things, he found he had more free time to enjoy other hobbies. One of those was flying remote-control planes.

In 2008 while Mitch was flying one of his RC planes, he found himself a bit frustrated with how the pneumatic landing gears were not working. The “gears” started turning in Mitch’s head. All of that mechanical engineering, and his incredible sense of how things work, gave Mitch an idea. He felt he could design and engineer electrically operated landing gears that would be reliable every time.

The commonly used landing gears remote control planes use are pneumatic and depend on air pressure. They’re prone to leaks and other issues. The air tank has to constantly be replenished. What often happens is the landing gear might deploy but there’s not enough air to keep it locked in place. The remote-control plane, not an inexpensive item at all, comes in for a crash landing.

Mitch set out to see if he could turn his hobby into his next profession. He solicited the help of a former crewmember, Ron Word, to help him come up with the electronic module he needed to run electric landing gears.

The magazine spread from Drag Illustrated which named Mitch as one of the Top 100 racers of all time.

Mitch has his own 1,700 feet grass landing strip next to his shop for remote-control planes.

Ron said he was pretty sure he could do this. In 2008, the two of them started “Down and Locked,” the business that would make a difference for model plane pilots across the world.

Mitch has since bought out Ron’s share of the business and operates it today out of the end of a real airplane hangar tucked away in Green Creek that sits adjacent to where Mitch and his wife

Joyce live. Yes, Mitch does fly real planes himself and has held a private pilot’s license for years. There aren’t many people who have a 1,700-foot airstrip in their backyard.

Down and Locked is an amazing small business that remote control pilots all over the world depend on for safe landings. It’s fair to say most people in Polk County have no clue this



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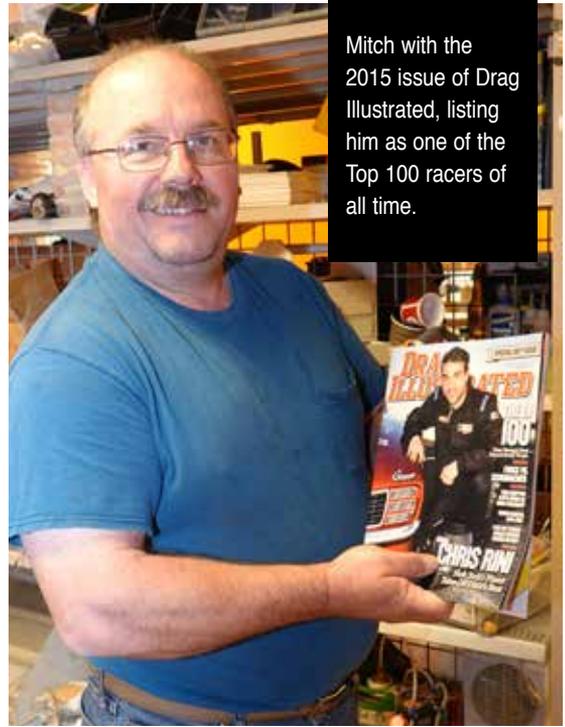


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Mitch with Joyce, his wife of 35 years, and granddaughter Noravae.



Mitch with the 2015 issue of Drag Illustrated, listing him as one of the Top 100 racers of all time.

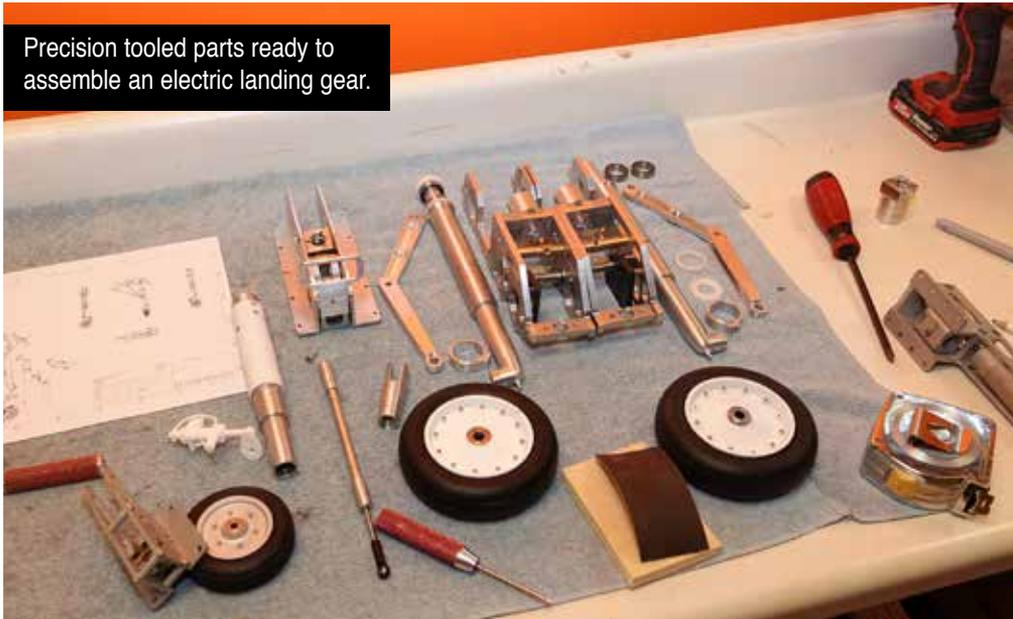


Part of the "Down and Locked" display that goes to occasional trade shows.

BUSINESS INFO



Check out Down and Locked at:
www.DownAndLocked.com
To learn more about the Southeast Gassers Association, check out:
www.SoutheastGassers.com



Precision tooled parts ready to assemble an electric landing gear.

Bobby Joe Stott, Mitch's father, was his inspiration and the main reason Mitch stepped into racing.





Ted Chavarria (left) was crew chief when Mitch broke the six-second record in 2003. It was Ted who gave to word to Mitch via headphones as he was trying to brake the dragster.

business even exists. Mitch's product is installed in remote-control planes all across the world. His shop is filled with UPS boxes of all sizes ready to ship out his invention. It is an engineering marvel, but there's also a constant battle to stay on top of competition.

Cheap products from China are an issue just like it is for thousands of other US companies. Mitch cautions people that you get what you pay for with those cheaper imports. He stands behind his landing gears and other custom designed model plane parts. Mitch talks about the importance of customer service and that's something a would-be user is not going to get when ordering a cheap part from overseas.

During the interview I could see Mitch's customer service in action. While I was taking photos, Mitch was making multiple phone calls on behalf of a customer who was in Florida to fly in a competition. The customer needed a replacement part and needed it that day. Normally, Down and Locked would have picked and shipped the part overnight even if they had to do a custom machining of it. But the pilot needed the part now, not tomorrow. So, Mitch was calling one Florida shop after another to see if he could get a machine shop in the area of the competition to machine this small \$3 part to Mitch's specifications so the pilot could get his plane back in the air and back in

competition.

Mitch is expanding what he does. His latest venture is a new company called Aviatix, which builds the entire remote-control plane. (The name combines the words aviation with fanatics, a perfect description of Mitch and his love of flying.) But in addition to his businesses, he sees spending more time with his granddaughter, Noravae, as a priority. Mitch Stott says he's a blessed man, and it's easy to see that he works hard to make things successful.

Does he miss the life behind the wheel of a dragster going over 230 miles per hour? The answer would be, a little. There are parts of the racing life he misses, but it is overshadowed by the love he has of having the time home with his family. Helping his brother Quain bring back the excitement of 1967-era drag racing to a whole new base of fans gives him all the taste he needs of the racing life.

Mitch has some advice for parents these days. "Involve your children in things that require them to think, to read and to learn. With all of the toys today that are play-ready right out of the box, they might be occupied with it but that doesn't mean they're learning anything. Let your kids build models where they have to read and follow instructions. It will give them, like it gave me, the knowledge about how things work. It can make a difference."



Collecting Enchantment



Collecting Enchantment

Peoples & Parrish



Writer & Photographer Vincent Verrecchio

Home at dinner, sitting across from his wife Harriet, Alan Peoples noted to her, “I have a student named Fred Parrish.” This conversation was around 1986 when Alan was the principal, taught journalism and coached cross-country at Tryon High. “His middle name is Maxfield and he says his great grandfather was a famous artist.”

Harriet’s eyebrows rose. She was an art collector of many years, always looking to add to her collection of works representing the 28 countries she had visited. Along the way she had become familiar with the name.

Maxfield Parrish, 1870-1966, had been the best selling American artist of the Golden Age of Illustration. In 1910 alone, he earned \$100,000. During the early Twentieth Century, his prints could be found in one of every four homes in the United States. “Daybreak,” 1922, is reported as the most popular.

Alan recalls that some time after, when they were antiquing, Harriet suddenly stopped and pointed out, “That’s ‘Daybreak’ by Maxfield Parrish.” He looked closer and blurted, “Grandma had that in her bedroom.”

There and then, his passion for collecting Parrish began with a spiral of memories triggered by the 12 x 20-inch reproduction.

“Grandma and grandpa were tenet farmers in Franklin County, growing mostly tobacco and some cotton and corn. I was probably 6-years old following barefoot behind grandpa and his mule as they plowed. My job was clearing dirt



The 1926 Tryon home of Alan and Harriet is now their private gallery with Maxfield Parrish art and artifacts in many rooms.



"Part of the joy of collecting is reminiscing about what we each felt when making a find," says Harriet Peoples.



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from the corn sprouts. Then there were the giant belts and wheels of the gristmill, deafening and vibrating. 100-pound cotton bags were filled with cracked corn and when empty were cut and sewn into clothing.

“When grandpa died, grandma couldn’t run the farm, so the owner told her to leave. Our entire family got together and bought an abandoned store for her and moved it eight miles to property owned by her sister. It was in that home, lying on grandma’s corn shuck mattress, that I saw on the wall a picture that looked like a stage setting with pillars and actors in the foreground and mountains in colored mist beyond...a distance that invites you in to be part of the story. As a 10-year old I enjoyed imagining what I could find there. I’m still enchanted by it.”

“Daybreak” still retains its appeal elsewhere in the country. In 2010, the 26.5 by 45-inch original was sold at auction for \$5.2 million.

“It wasn’t me,” jokes Alan. “I don’t know what happened to the print at grandma’s, but I do have reproductions in several sizes to remind me of her.”

Parrish referred to “Daybreak” as the epitome of his work. Alan, however, prefers “Stars,” 1926. As with several other Parrish works, the human body is natural

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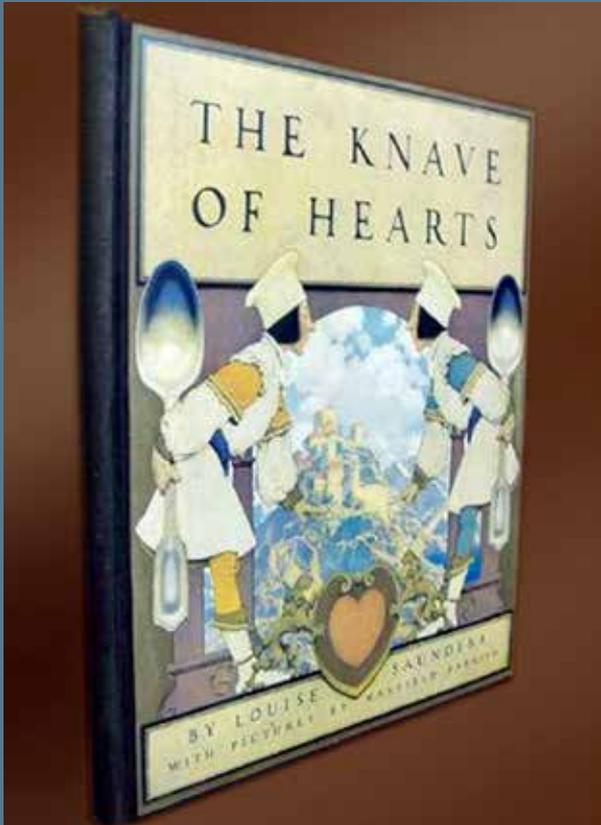


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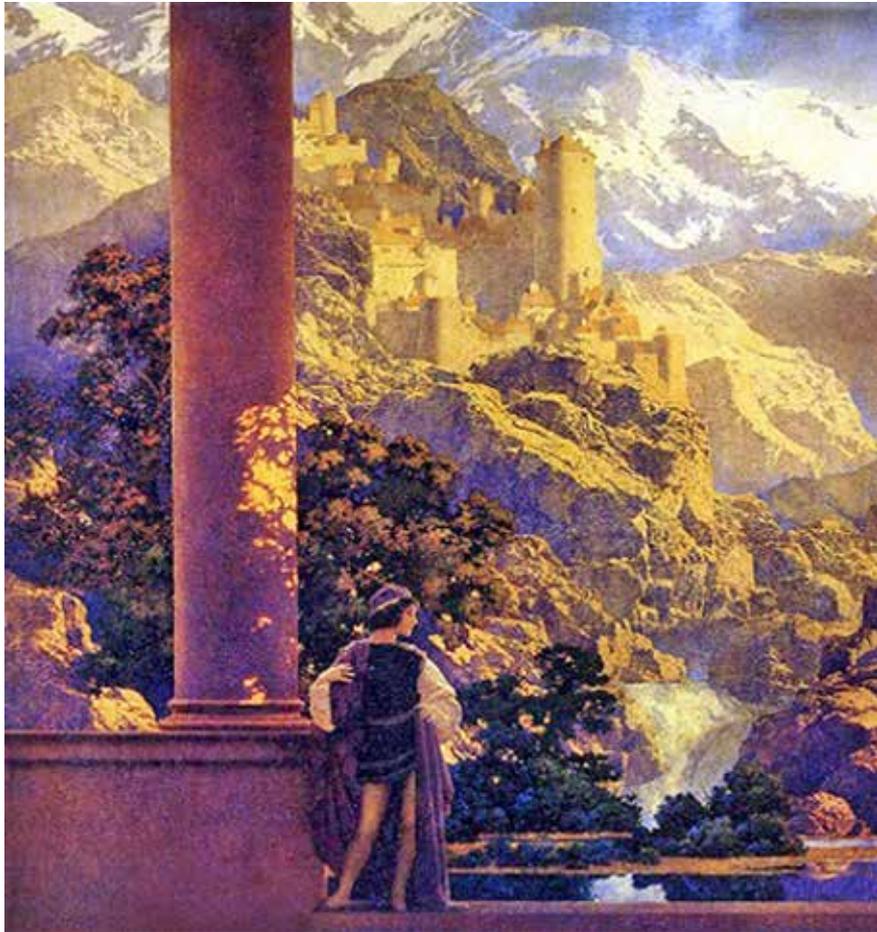




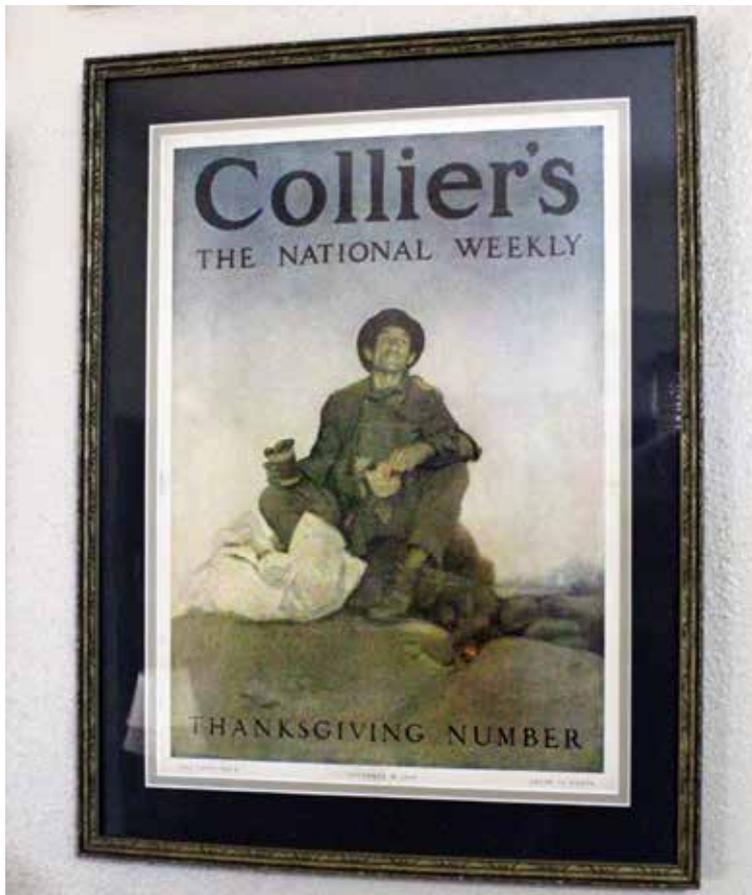
In the front hall, a visitor is greeted by "Daybreak" at lower left, one of several reproductions in different sizes in the home.



The Holy Grail for Alan and Harriet as Parrish collectors is a first hardback edition of "The Knave of Hearts" in a slipcase. They are optimistically hoping to find it in Fine Condition at a yard sale.



"Romance," 1925, is Harriet's favorite when pressed to make a choice.



Maxfield Parrish was a frequent illustrator for magazine covers. Alan says the man on this Collier's cover looks like his father.



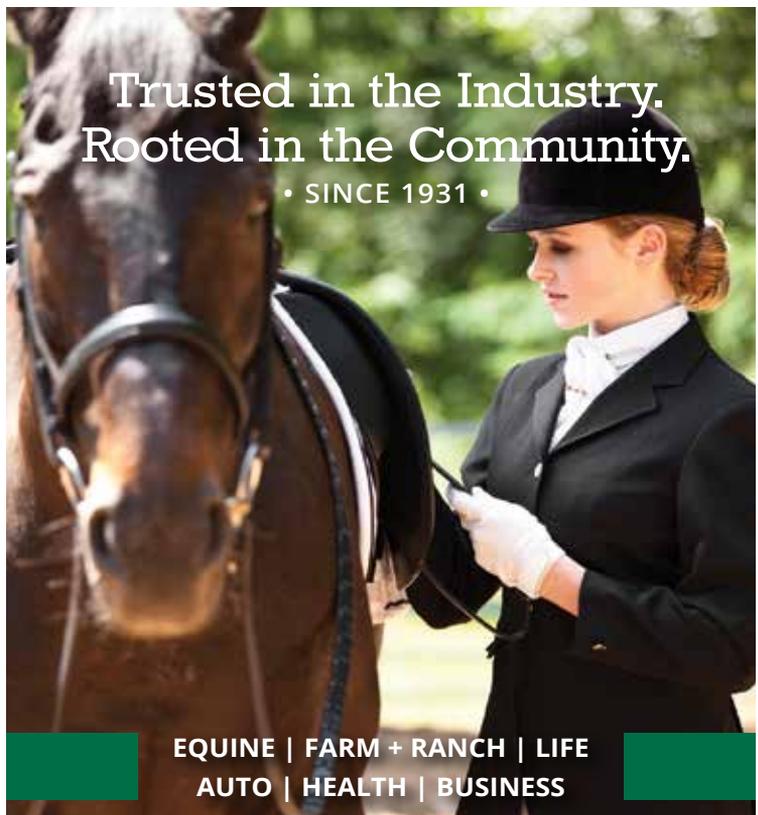
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“Daybreak,” 1922, reported as the most popular art print of the 20th century, triggered Alan’s passion for the works of Parrish.

and almost abstracted by the colors.

“I’ve got ‘Stars’ in all the sizes of the original issue,” says Alan. “Parrish eventually got bored painting women on rocks and moved on to landscapes. But, no matter how many times I look at ‘Stars,’ I am intrigued about what the woman sees and is thinking. What’s up there? I find the picture to be an expression of optimism and anticipation. Tomorrow is up there and it’s up to me to make something of it.”

Alan practices what he believes. For example, 17 times Conference Outdoor Track Coach of the Year, 10 times Cross-Country Coach of the Year and 53 state championships; 11 Army reserve awards before retiring as a Lieutenant Colonel; former Polk County Commission Chairman and current Tryon mayor.

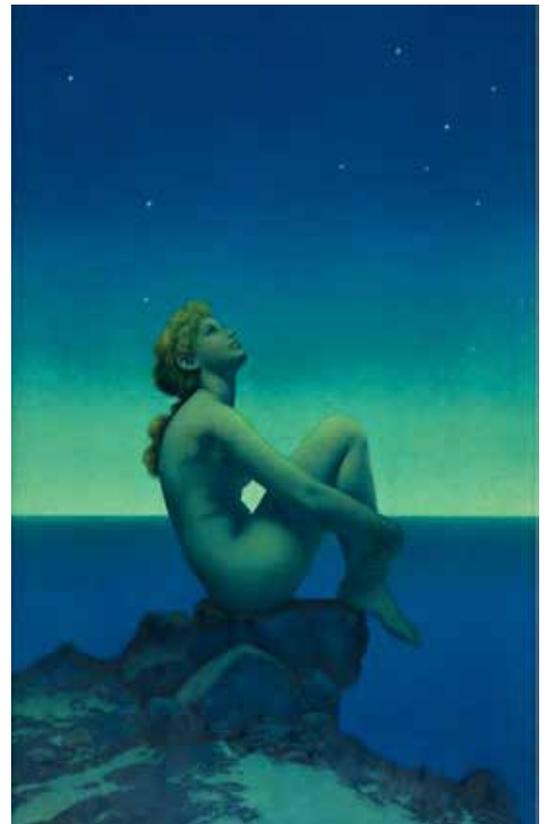
“There’s so much Parrish Blue in ‘Stars’ and that color is fascinating... challenging description. That doesn’t mean I dislike his works with the rust cast or works without his blue, but there’s a depth to Parrish Blue that pulls you in. You may see something like it on occasion in a fall sky, but not quite. I used to think it could not be found in nature.”

“We finally found it,” continues Harriet. “We were on an antiquing trip that literally circled America.”

In June 1998, Alan installed divider racks in their Dodge Grand Caravan for the art and frames they would hopefully collect during 25 days to California and back. They packed five changes of clothes and two coolers. First night they made Columbia, MO, and an all-you-can eat buffet.

Heading north, then west and many days and tanks of gas later, the van rolled into Oregon. They stopped at the deepest lake in the United States, where the 1,949 feet of clear water absorb the longer light rays of the spectrum and reflect only the shorter violet and blue rays out of the depths.

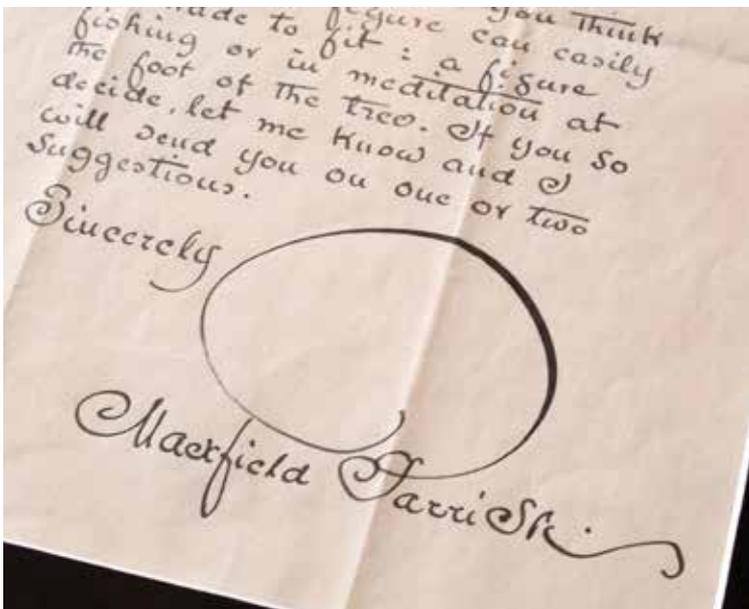
Parrish had developed a process combining cobalt blue oxide, white undercoating and alternating coats of oil and varnish to achieve his distinctive color. Alan found it at Crater Lake.



“Stars,” with its predominance of Parrish Blue, is Alan’s favorite without him giving it a second thought.



Alan claims that the Internet makes it easier to browse, find, and bid on an item such as Parrish's brushes. The ease is both a blessing and a curse.



Even though Alan was at the Greenville, SC, Army Reserve Center, and could only accept calls, he managed to acquire this example of Parrish's penmanship and decorative signature for Harriet during a bidding war over the phone at 2 AM.

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Alan explains that Parrish got bored with painting women on rocks (upper center) and moved on to landscapes (right).



The collection of Alan and Harriet includes a 1916 Crane's Chocolates box top decorated with Parrish's "The Rubaiyat."

Received by Harriet as a gift, a puzzle gets added to the Peoples' collection of more than 500 Parrish prints, calendars, magazine covers, and artifacts such as playing cards, a vintage pencil, and a light bulb box featuring his art.



“What a great trip, we felt young and on an adventure,” Alan reminisces. “Harriet and I met when I was principal of a 200-student school and she was an assistant principal for 1,350 students. We both had taught English and I liked hearing about her travels. It was romance then and still romantic looking for Parrish together.”

There’s a shared excitement when either one of us makes a find. Harriet was quite happy finding a sealed deck of Parrish playing cards at a Tryon yard sale.”

Harriet agrees and notes that her favorite Parrish is “Romance.” It’s not important to her that this 1925 work is one of the big three that includes “Daybreak” and “Garden of Allah.” In the distant castles and whimsically colored mountains, she finds enchantment similar to Alan’s feel for “Daybreak.” “It’s magical, promising me places I want to visit or revisit.”

Currently, Alan and Harriet are tickled at having found Parrish on the cover of Outing Magazine at a price less than the value of the frame. They’ve added it to their collection of more than 500 Parrish prints, calendars and artifacts ranging from a signed letter and four of his brushes to a candy box lid and light bulb box featuring his art.

The Holy Grail for them is an affordable copy of the hardbound first edition of “The Knave of Hearts” in a slipcase. Some Parrish scholars consider the 1925 book to be the artist’s greatest collection.

Alan grins, “We know they’re out there for anywhere from \$1,500 to \$5,000 depending on condition and seller. We’re on a quest to find one at a yard sale.”

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Story by Pebbles

A Trio of Interventions



By Pebbles

It's common knowledge that life's hurdles come in threes. Therefore, it is no surprise to me that I would have a trio of challenges to address.

Three is often a precarious number. Two is a couple, three's a crowd. However, my life here with Lee and John Major is dandy. I am the third wheel in their fine stable. My two donkey pals, Lily and Claree, sure don't mind me being the odd pony in their herd. Not all circumstances work out so easily. I also always keep in mind that things happen

for a reason. Life is here to test our moxie.

Then again, sometimes people just bite off more than they can chew. For example, they see a horse they just had to have and then circumstances materialize that prevented them for following through with their big plans. I've heard it all.

"I don't have time now for the horse."

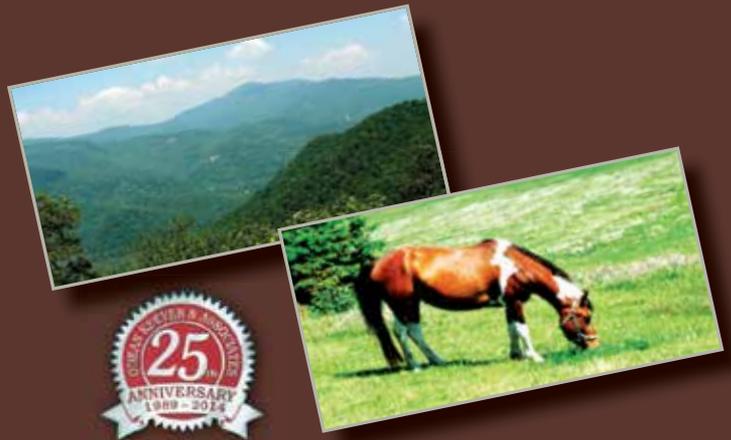
or

"This equine is too much for me, not what I anticipated when I saved her from the kill pen."

Justin Caveand Stocking Stuffer



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or
“I wrecked my trunk and need to buy a new one so the horse must be sold to pay for it!”

or
“I just cannot afford next month’s board bill and have to rehome this horse quickly.”

One thing is unanimous, the horses need our immediate help!

The first call came in about a stunning young bay mare we currently have in HERD named Vixen. She had been listed in a kill pen in Tennessee. My mistress Heather shared her on social media in hopes of helping her find a home.

This five-year old, 16-hand-mare was simply stunning. She had a wonderful trot, clean legs and the beauty that puts one at the edge of their seat in the hunter world witnessing her float across the ring. Heather was delighted to see someone stepped up to save her life who lived in the Carolinas. She connected with the new owner and offered guidance on how to get her transported home and what steps to follow to be sure she quarantined the horse away from others during a five-week period.

Updates came into Heather frequently on how beautiful and sweet this mare was. However, the new owner did not know a lot about the basics. This was a bit more horse than she had calculated when saving her to be her trail horse. Heather advised her

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on trainer recommendations in the area that HERD has used successfully, but the woman chose a different course of action.

She instead chose to send the mare to a reigning horse expert. It turned out that Vixen was a very sensitive horse who could not handle a lot of pressure being applied quickly in the round pen. This large athletic mare jumped out of the round pen on two occasions. She was not going to work out as a trail partner at this juncture.

The owner decided to do a wonderful thing. She donated Vixen to our 501c3 HERD.

Heather sent her appropriate paperwork and made the arrangements to have the mare picked up and delivered to trainer Justin Cave in Monroe, NC. Justin is a very gentle man and horses just relax in his facility. They learn to trust him completely.

Today, Vixen is making terrific progress. She stays in the round pen for her sessions. She is going to make someone a spectacular horse in her own time. In this case, it was the perfect outcome and the right thing for the owner. a win-win for all involved.

With one intervention happily solved, a second emergency presented itself.

TRIPLE FUDGE BROWNIES

Recipe makes 24 decadent brownies

Ingredients

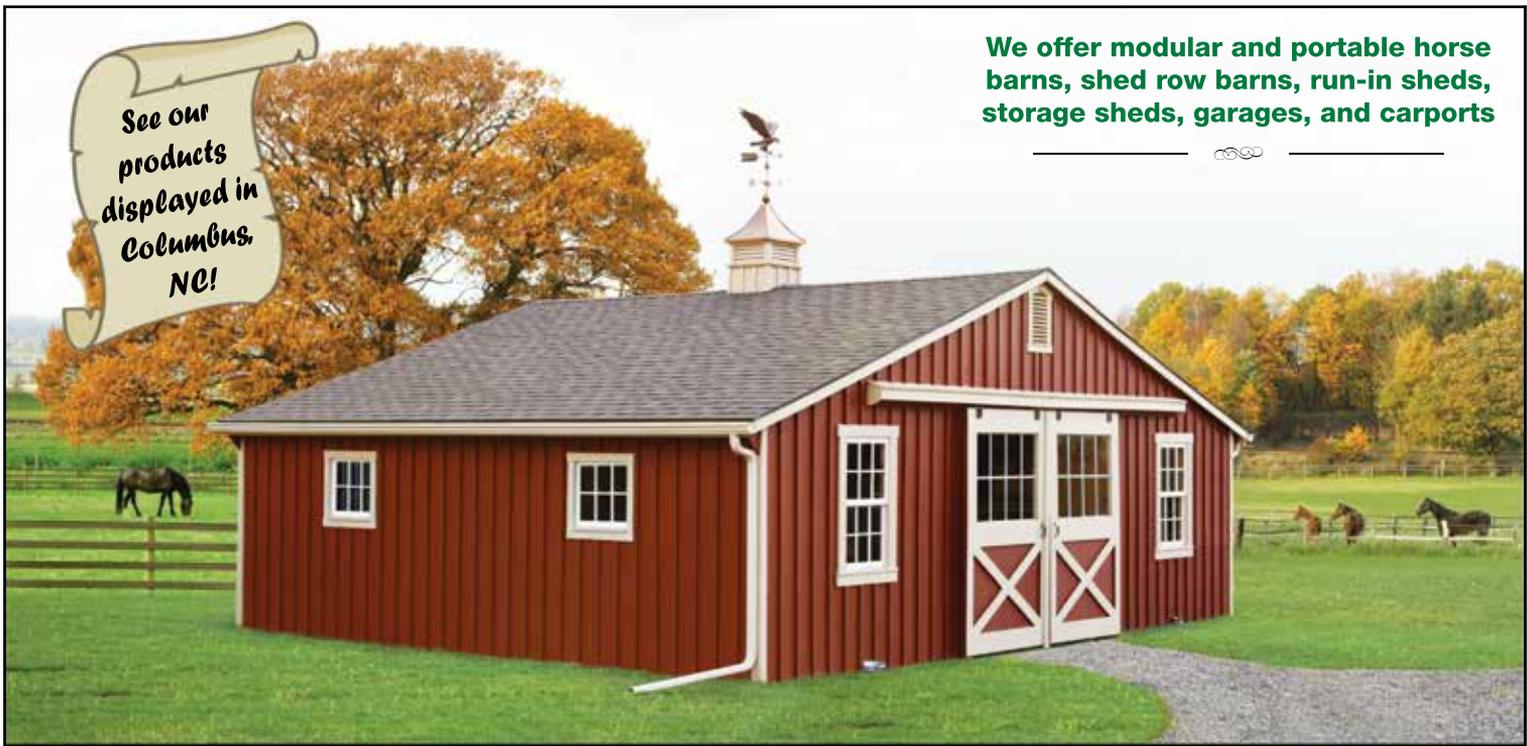
- 6 ounces fine-quality bittersweet chocolate, chopped
- 2 ounces unsweetened chocolate, chopped
- 3/4 cup unsalted butter
- 1 1/2 cups sugar
- 2 teaspoons vanilla
- 4 large eggs
- 1 teaspoon salt
- 1 cup all-purpose flour
- 1 cup semisweet chocolate chips
- 1 cup chopped pecans (optional but I love to add them.)

Directions

In a double boiler or a metal bowl, set over a pan of barely simmering water, melt the bittersweet chocolate and the unsweetened chocolate with the butter, stirring until the mixture is smooth, remove the bowl from the heat, and let the mixture cool until it is lukewarm. Stir in the sugar and the vanilla and add the eggs, 1 at a time, stirring well after each addition. Stir in the salt and the flour, stirring until the mixture is just combined, and stir in the chocolate chips and nuts. Pour the batter into a well-buttered and floured 13- by 9-inch baking pan, smooth the top, and bake the mixture in the middle of a preheated 350°F oven for 25 to 30 minutes, or until a tester comes out with crumbs adhering to it. Let the mixture cool completely in the pan on a rack and cut it into 24 bars.

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It was dear Bob who grew up in HERD. In fact, I shared my pasture with him when we weaned him from his mother who had the paddock next to mine.

I had met Bob when he was only slightly bigger than I am. He was a nursing foal under five months saved with his mother from a kill pen. At age three, he had left us to go to training to find a home. A lovely capable young lady adopted him. She did an amazing job training him and captured blue ribbons at area shows. Unfortunately, circumstances changed in her life and board for Bob was impossible. With HERD's adoption contract, Bob could come back to us to find him a safe new home. It was a tearful parting for them both, but Bob will go on to delight another deserving rider looking for a very talented young horse thanks to the help of Beth Harrill.

Last but never least is the saga of Stocking Stuffer.

HERD had mounted a campaign to save her life in Oklahoma as Beth Harrill had spied her walking around in a pen with another thoroughbred. She called Heather to say this big mare is special we must save her life.

A warmblood, five-year-old filly with so much chrome,

she seemed sweet and so overlooked. HERD had planned to buy her from the kill pen and bring her to North Carolina. However, another home stepped up and purchased her. They had her hauled to their farm. She was there only a few weeks when a crisis ensued.

They totaled their truck and needed cash to buy new transportation for their horse business. Poor Stocking Stuffer and their other horses had to be sold quickly. A quick Facebook post noted she was taking horses to a nearby auction. HERD could not let this fabulous mare go back to the threat of slaughter.

Heather contacted the new owner and made the arrangements to buy her. Beth volunteered to go pick her up and drive her to safety for training at Justin Cave's as the mare was not rideable yet. Hence another reason for her plight being so very dangerous to rehome.

One thing I know for certain. This will not be the last intervention we will have to manage for our equine rescue. What is clear to me is I can take it all in my mighty pony stride.

A photograph of Mayor Bob Briggs, an older man with white hair and a beard, wearing a brown corduroy jacket over a white button-down shirt and blue jeans. He is sitting and smiling slightly. The background is a blurred indoor setting with warm lighting and a wooden wall.

Mayor Bob Briggs has lived in Landrum for over 40 years, and he still loves his town as if he's just moved here. "Our roots are here," he said after considering a move.

Briggs and his wife desired a life of quaintness after living in Atlanta. Landrum is where they found perfection. After a disturbance in his neighborhood about twenty years ago, Briggs decided to take control and make changes for Landrum. Now, he considers being mayor for long term a pleasant surprise.

Five Questions & Answers



Questions
and
Answers

Bob Briggs

‘Getting to know the Mayor of Landrum’



Writer & Photographer Macy Cochran

Why did you decide to run for mayor of Landrum?

My initial interest in politics began when there was a situation in my neighborhood some twenty years ago. I ended up complaining to Council, but nothing really happened, so I decided to run for mayor in 1994.

Landrum means a lot to me. It reminds me of the average small-town America. That small-town feel is what we try to keep and protect by making new buildings resemble the look of the town because whatever we build will definitely stay for the next hundred years.

What does it take to be the mayor of Landrum?

In Landrum, our Council is our form of government, the body of it. I’m one of six members of Council, so I—and others—have options to hire and fire. Once I became mayor, I started to hire people to run the town. We have excellent employees that handle the day-to-day necessities.

To be an elected official, you have to be a good listener. Speaking not just for myself but in general, it’s important to listen to the folks that you represent. Listening ensures that their needs are met and it keeps you engaged in the needs of the community.

I retired in 2014 from forty years of working at AT&T, so my routine changed after I got my position as mayor. Now, everything is more informal. I check in with Council several times a week and meet with people often. At the moment we’ve got two projects going on, the farmers’ market and the rail car history museum. Things are positively moving forward.

What do you think makes Landrum the jewel it is?

There are a few things, actually.

The people in the Foothills are friendly, they work hard, get involved, and overall, they’re just great.

After I married my high school sweetheart, we moved up

here from Atlanta. The quality of life is what we were after. We didn’t want to raise a family in a city, so we came to experience a slow-paced life. The location is amazing. We’re so fortunate to have such a great small-town atmosphere. We’re also just an hour from Charlotte, minutes from Greenville and a skip away from Atlanta, so the big city feel is within reaching distance. The best part is getting to always come back to this place. Here, we have mountains, hiking, camping, horse country... It’s all right here.

Who are you when you’re not our mayor?

My wife and I are very outdoorsy people. I’m an avid hiker and plan on doing some more camping in the future. I do a little paddle boarding and used to be a runner.

Now, I enjoy taking walks around my neighborhood or even just around my yard. Usually in my free time, I’m outside. My favorite time of year is spring and autumn—I can’t nearly enjoy weather that’s too hot or too cold...

There’s something about going outside when the grass looks awful, but then when you cut it and it looks lovely again, there’s gratification in being able to say, “That looks nice.”

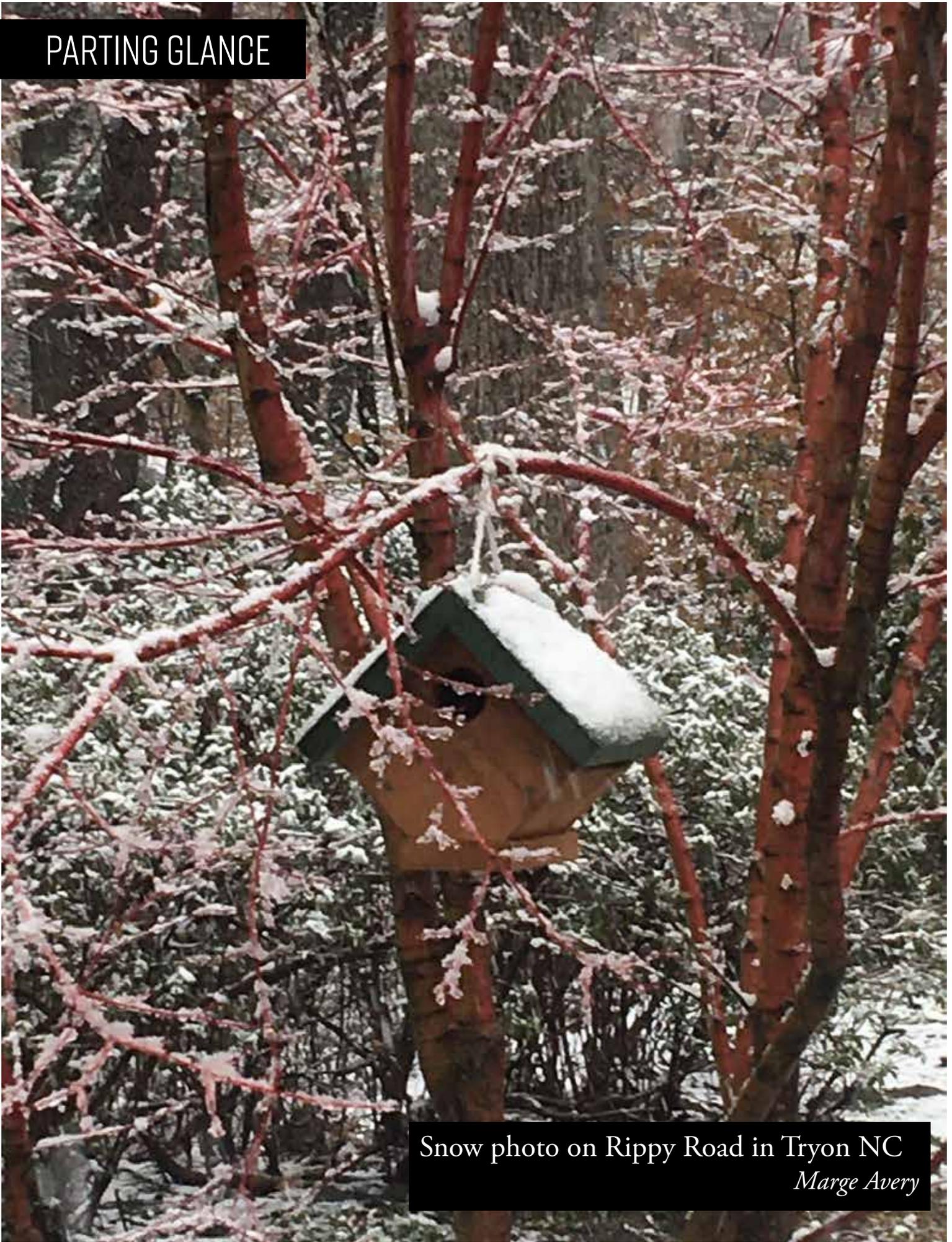
Any future changes for Landrum?

We continue to grow all the time. We’re always thinking, how can we develop properties? How can we encourage people to build new homes for those in need?

Right now, our major project is the new farmers’ market. We’ve purchased the two parcels of land in front of Burkes Outlet to build the new, large farmers’ market. It’ll seat three-hundred people. It will also be able to be used as a wedding venue or for music events.

The rail car and history museum are still a work-in-progress. Right now, we have a basic idea for the interior layout and design of the rail car.

PARTING GLANCE



Snow photo on Rippy Road in Tryon NC

Marge Avery



Mushroom Beef Burger

By Jimmi Buell

Ingredients:

- 2 pounds (approximately 10 cups) mushrooms – white, shiitake, crimini or a combination
- 2 pounds lean ground beef
- ½ cup finely chopped onion
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- 2 egg whites

Directions:

1. Chop the mushrooms into small pieces. This can be done in a food processor. You want them small but not a paste.
2. Cook the mushrooms in a skillet or wok over medium-high heat until no more moisture remains. Approximately 6 minutes.
3. Cool the mushrooms for 30 minutes off the heat. You can put them in the refrigerator for 15 minutes.
4. Combine the remaining ingredients in a large bowl, and then add the mushrooms.
5. Form into 8 patties. Refrigerate for an hour or overnight.
6. Cook the burgers in a skillet with vegetable oil over medium-high heat, or grill them over medium-high heat, approximately 5-6 minutes on each side. Cook to an internal temperature of at least 160° F.

Impossible and Beyond: How healthy are these meatless burgers?

By Jimmi Buell

Plant-based burgers are not a novel concept. But new products designed to taste like meat are now being marketed to vegetarians and meat-eaters alike. Impossible Burger™ and Beyond Meat's Beyond Burger™ are two such options. Eating these burgers is touted as a strategy to save the earth, casting meat as a prehistoric concept. Both brands also offer up their products as nutritious alternatives to animal protein.

But how do they stack up? It turns out the answer may depend on whether your priorities lie --with your personal health or the health of the planet. The good news: meatless burgers are a good source of protein, vitamins and minerals.

The protein content of these newer plant-based burgers has been created to compete with beef and poultry gram for gram. Both the Impossible Burger™ and Beyond Burger™ have comparable amounts, the former deriving protein mainly from soy, and the latter from peas and mung beans.

Impossible Burger™ also adds vitamins and minerals found in animal proteins — like vitamin B12 and zinc. In some cases, the amounts equal to greater than both red meat and poultry. This is a plus for vegetarians, because these nutrients are typically harder to come by when relying solely on foods from the plant kingdom. Vitamin B12, for instance, is found primarily in animal sources, and strict vegetarians and vegans must get their intake from fortified sources. For those who eat at least some animal protein, the vitamin and mineral fortification is less of a selling point.

This doesn't mean a plant-focused diet is lacking in nutrients. Beans, for instance, are a good source of both zinc and iron. They are also an important protein resource. Black bean burgers are never going to be mistaken for hamburgers, but they are typically a solid choice when it comes to health.

The bad news: meatless burgers are heavily processed and high in saturated fat. These new beef substitute has been created to mimic what many people love about a burger — the red juicy center and meaty taste. Along with the ambition to replicate hamburgers comes a comparable amount of saturated fat. Since diets higher in saturated fat are associated with increased rates of both heart disease and premature death, they may not be the type to opt for if your ambitions are purely health-related. They are also a significant source of sodium, particularly important for those on salt-restricted diets.

Poultry-based burger alternatives, such as turkey burgers, also do not contain significant amounts of protective plant compounds. On the other hand, they offer less saturated fat.

If a lower risk of diseases like cancer and heart disease is your ultimate goal, aim for the kind of veggie burgers that showcase their beans, grains, and seeds front and center. Choose legume-based varieties studded with seeds and whole grains, like brown rice and quinoa.

The bottom line: meatless burgers are good for the planet, but not always the best choice for our health

If you love the taste of a burger, but want a healthier choice, try replace half the hamburger meat with vegetables so that you consume less fat. Try this Mushroom Beef Burger from the Mediterranean Way website on medinsteadofmeds.com

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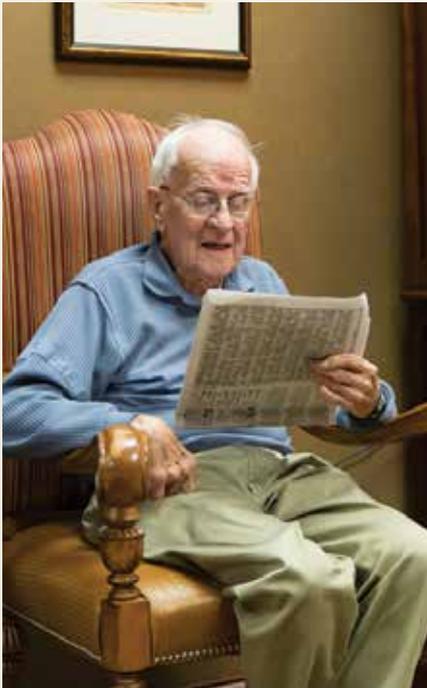
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St. Luke's HOSPITAL

101 Hospital Drive
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SaintLukesHospital.com

Dr. Gerhardt Winkel
General Surgeon