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June 2020



Chief Kris Ahler
Protecting the Foothills

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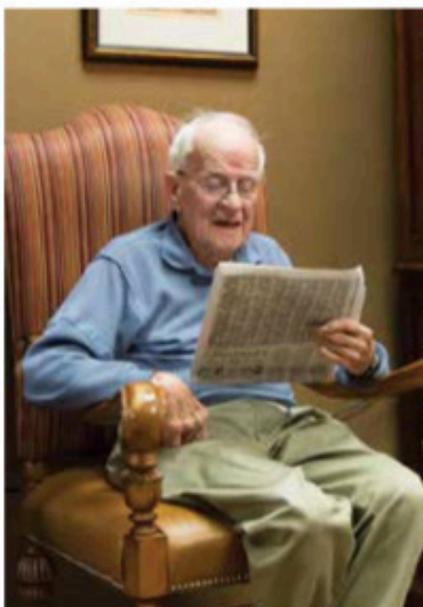
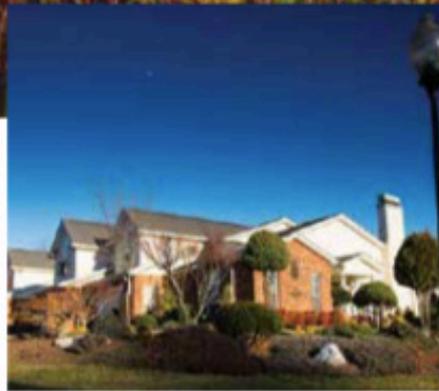
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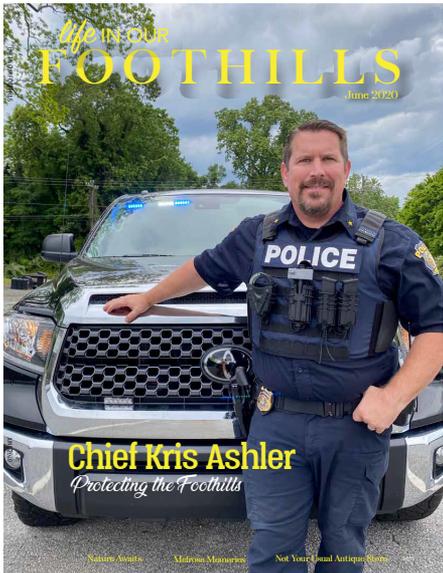
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General Manager

ON THE COVER



Kris Ahler
Landrum Police Chief
(Story on page 10)
Photo by Macy Cochran

FROM THE EDITOR



Hello Summertime! That’s what all the kids started saying in the middle of March, the last time they were in school.

What a strange time we are currently living in. Whenever I see someone when I am out, I’m so used to reaching my hand out to greet them. Now, I have to catch myself because it is the new normal. Even at family gatherings, we don’t hug, just to be safe.

There are many good things to come out the last couple months.

In my house, we have had “Family Fun Night” on Friday nights for years and years. We may watch a movie, play board games or kick the soccer ball around outside to name a few activities. One of my favorites is doing a blind taste test with the kids. My daughter still hasn’t forgiven me for giving her a piece of cat food. Watching her try to figure out what it was, simply hilarious.

With there being no school to wake up early for, just about every night has become a “Fun Night.” Believe me, I’m not complaining either.

Our travel volleyball and soccer seasons were cancelled, which created tons of free time on the weekends. I am amazed at the number of projects I have been able to cross off my to do list.

When the Bulletin office opens back up, I wonder if each employee will have to where a “Hello, my name is...” sticker. We all will feel like new employees.

So, what are some of the things each of you have been doing with your free time? Cut a path through the woods down to a creek? Remodel your bathroom? Dig a drainage ditch and lay some rip rap? Send us some pictures to show everyone what you’ve been up do.

In the meantime, while we are still at home, sit back and enjoy this month’s issue!

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To learn more, visit www.AshworthFG.com, call 828-552-4443 or visit their new office at 493 S. Trade St. in Tryon.



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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.



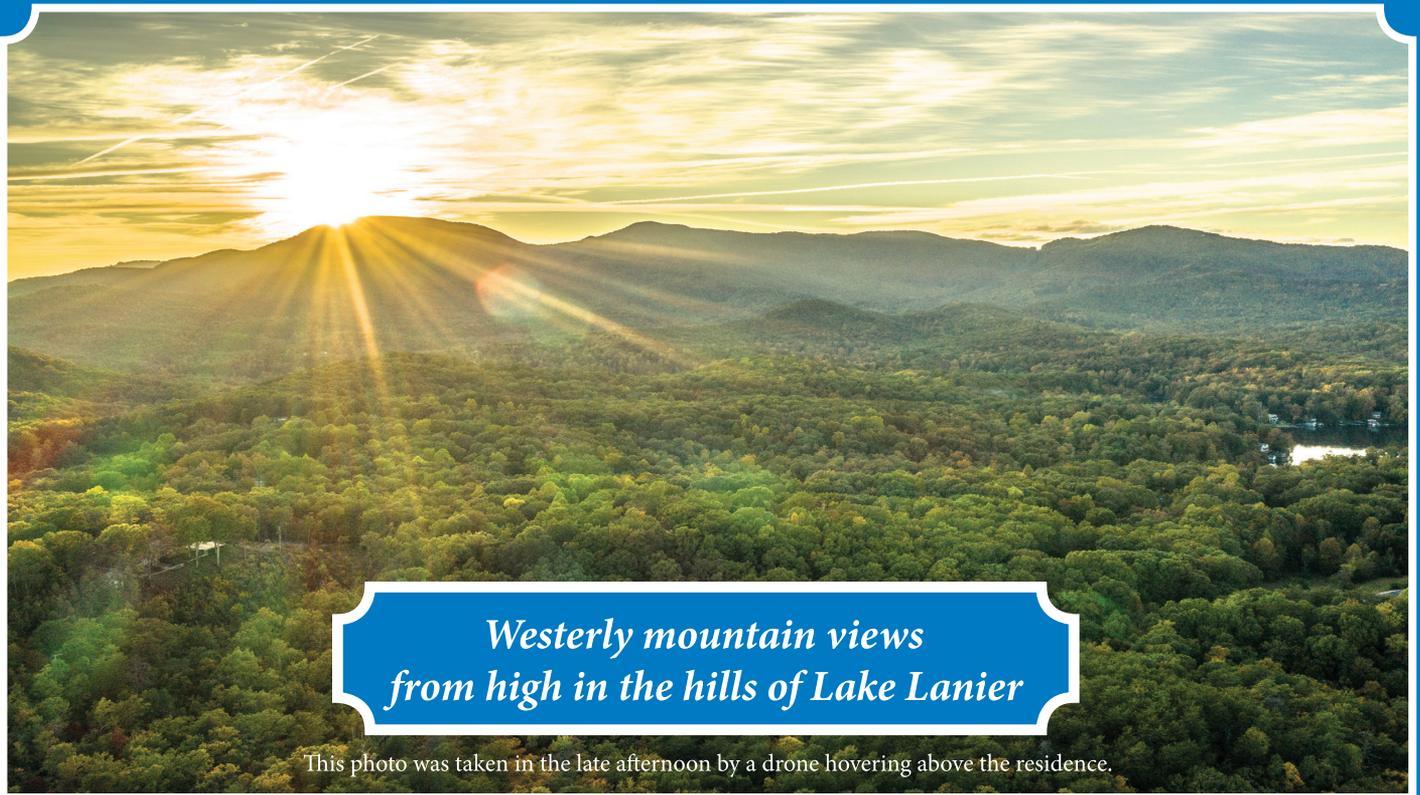
Pebbles, Writer

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.



*Westerly mountain views
from high in the hills of Lake Lanier*

This photo was taken in the late afternoon by a drone hovering above the residence.



1394 Butter Street is sequestered within 8.34 acres.

“Wow, I never knew it was here. What a grand surprise!” That’s the common comment.

Perched high above Butter Street, on the western edge of a plateau surrounded by a sylvan sanctuary, this residence enjoys absolutely splendid, westerly mountain views. Gently ascending from Butter Street, a rather lengthy, discreet driveway runs along the back edge of the plateau. The 2,894 square foot home is understated upon approach. Within, it is somewhat minimalistic and designed with the site and mountains in mind. The architecturally integrated pool spans the entire west side of the house, providing a visual interlude between the interior spaces and the bold mountain vistas. Overlooking the pool and its expansive

surroundings, the living room, dining room, den, and master bedroom each frame a mountain view and, of course, revel in sunsets. Single level on the approach, a second, lower level opens fully onto the pool area. Two building lots fronting on Butter Street are included in the 8.34-acre property. If you want to make it a family compound or have a guest house, 1400 Butter Street, together with 3.9 acres, is also available. With a comfortable separation and privacy, both houses occupy the plateau. 1394 Butter Street is offered for \$499,000.

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CONTENTS

10

Protecting the Foothills

Kris Ahler, Landrum
Police Chief

16

Nature Awaits

Area Trails and Waterfalls



24

Melrose Memories

Marianne Carruth

32

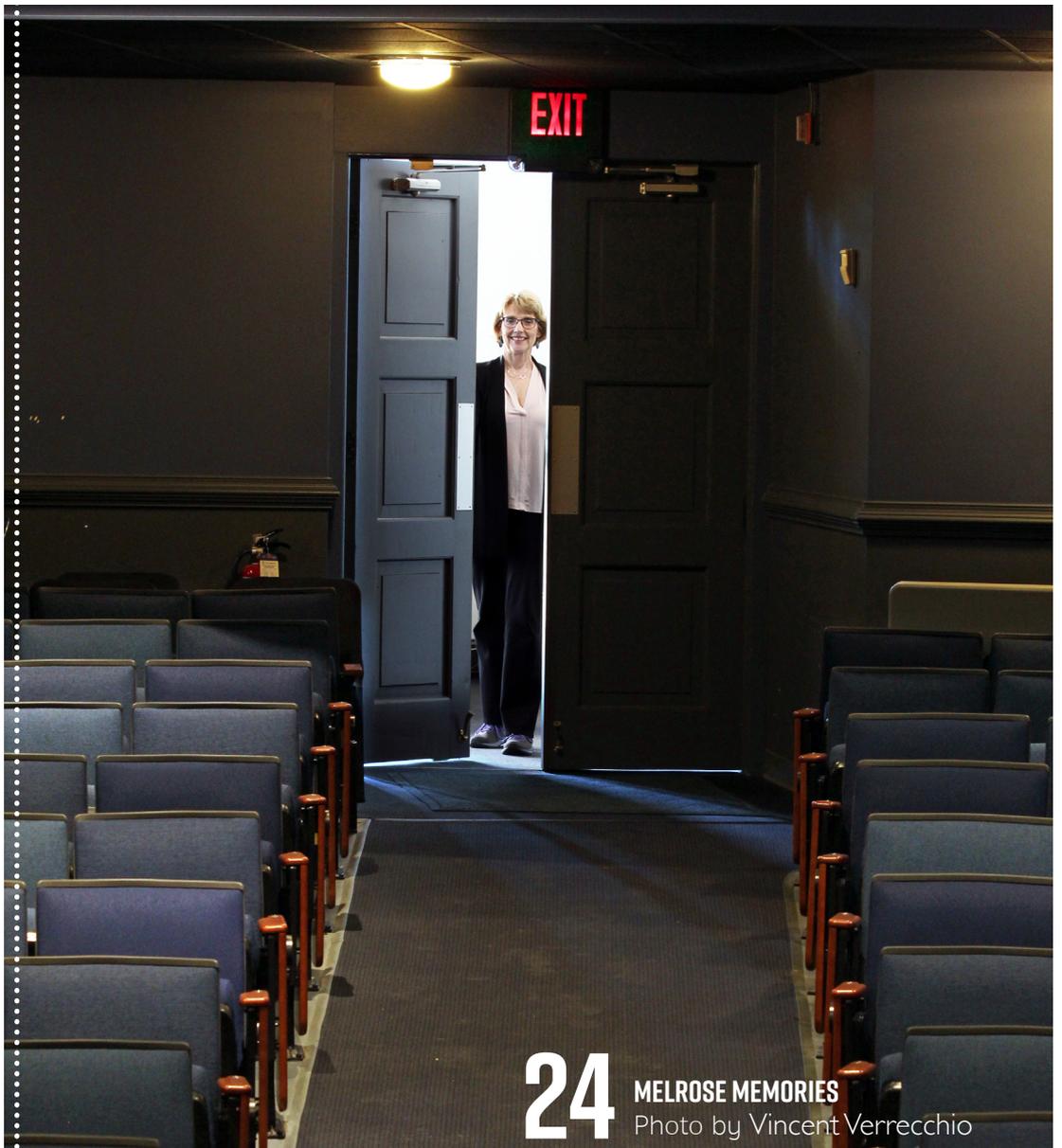
Not Your Usual Antique Store

Country Peddler

38

Pebbles

Shipwrecked Seaworthy





32 NOT YOUR USUAL ANTIQUE STORE
Photo by Mark Levin

42

Quick bites

Chili Lime Salad with Grapefruit,
Mango and Pineapple

44

Marketplace

46

Parting Glance

Polk County High School Spring Sports Seniors

50

Ad Index



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Protecting the Foothills

Kris Ahler, Landrum Police Chief



Writer & Photographer Macy Cochran

“I was going to school to be an ophthalmologist,” Kris Ahler, Chief of Landrum Police Department (LPD) says. But he soon realized that fitting people for glasses is not what he wanted.

Now, protecting Landrum is Ahler’s main priority. Not just because it’s his job, but because of what he feels deep inside that tells him this is what he’s meant to do.

Interestingly enough, the idea of being a policeman hit Ahler while he was in the middle

of mowing his lawn. Then, he realized the friends he connects best with are involved with law enforcement.

After accomplishing years in the army as a United States Army Ranger, earning his bachelor’s degree in Criminal Justice Administration and his master’s in Business Administration, and graduating from Sarasota Criminal Justice Academy, Ahler was ready to work as a police officer in his home state of Florida. But he didn’t stay there long.

Chief Kris Ahler standing before the front door of the Landrum Police Department. From where he is standing, he can see mountains in the distance, which helps him find his peace on a stressful day at work.





The South Carolina Foothills offered Ahler something Florida doesn't have: mountains. So, he moved to the Foothills where he has resided for twenty years with his family of five.

"When I have a bad day or run a bad call, I step outside the door of the Police Department and look at the mountains."

As a kid, he was always drawn to the mountains, so one evening when he was tired and hungry, exhausted from working hard in the Army, he hiked to the top of a mountain in Georgia. From there, his fatigue faded away, and the view overwhelmed him. The mountains, ever since, have been home to him.

Though he worked as a policeman at Greer Police Department, he patiently waited nearly eight years for a chief position to open in Landrum.

"I have no aspirations to live anywhere else but here. Landrum is a wonderful part of the world," he says. When Ahler used to visit the Foothills to spend time with family, he took his children to Brookwood Park and over the years, "I fell in love with this place."

Ahler ignites with passion daily to protect those who cannot protect themselves, especially to do it in a place

that is unlike any other.

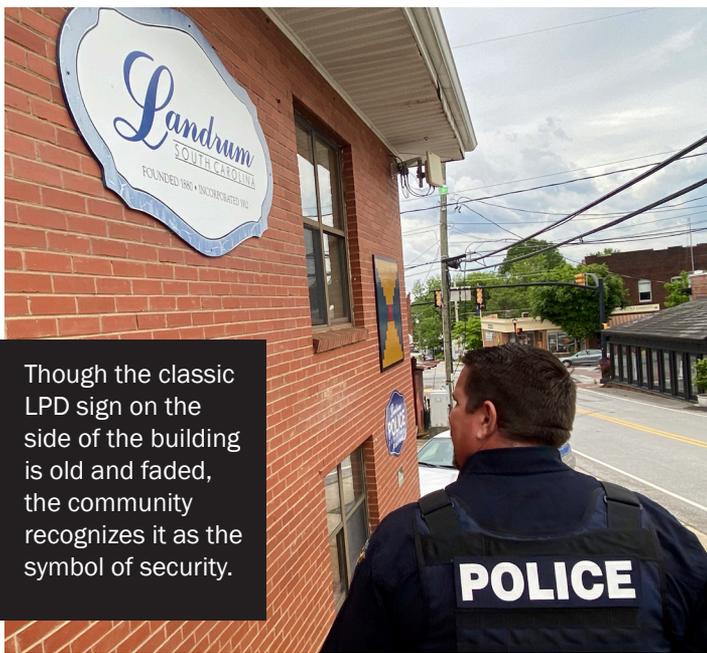
"People are kind here," he says. "They care about our community." Working with those who love their home makes this job easy, Ahler believes even though he has had some difficult experiences in the past.

"I've been shot at a bunch, stabbed in my vest and a hundred other things. Emergencies happen every day. What it takes to be a cop versus what people think it takes is completely different." His "crazy cop stories" are what he calls "immense accomplishments." Ahler claims that cops never stop learning, and in his experience, no matter how much he studies, the military taught him most of what he knows.

"Arresting a criminal isn't the end of that job or case. It's the beginning to helping them, or assisting them in their addiction to drugs," he says.

The very thing Ahler has learned during his time as a policeman is that everyone is the same. Ahler states, "Everyone has problems. Everyone is perfectly imperfect. People are people. I understand criminals, because they're just like you and me. The difference is that they went down the wrong path."

Considering his fulfilling years as a policeman, he



Though the classic LPD sign on the side of the building is old and faded, the community recognizes it as the symbol of security.

continues by saying that he used to consider criminals as “Us or ‘Them.’ Now, it’s ‘we.’” Overall, watching the tragedies that have unfortunately unfolded in past crimes, Ahler says, “Being a cop has made me kinder.”

The responsibilities as Chief of the LPD involves a lot of paper work, but his day-to-day routine means working on numerous cases and constantly training his police officers.

“We are always training ourselves for the worst possible situation so we can be prepared,” he says. His team trains for thousands of hours each year, last year topping out at 2,224 hours of training dispersed among sixteen people.

For Ahler, being Police Chief of Landrum means serving the community he adores wholeheartedly, and he will do whatever it takes to keep it safe. “We take good care of our people here at LPD so they can take good care of the public.”

A quote by Abraham Lincoln frequently inspires Ahler to be the best Chief he can: “Whatever you are, be a good one.”

Chief Ahler is just that.

He used to be afraid of getting shot or badly injured. But now, when a dangerous situation is staring him right in the face, the thing that terrifies him the most is one of his men getting hurt or, mostly, something bad happening to his family.

“I’ve been in a lot of shootings, and a lot of bad things happen, but that’s not what I’m afraid of anymore.”

Approaching fear, Ahler relies on his many years of intense training to protect the Foothills, his family and his work family.

Often, the community thanks the LPD team by providing catered food.

“The level of respect from those in Landrum and surrounding areas is wonderful,” Ahler says. Since he has been Chief of the Police Department, people often pull him aside to simply say “Thank you.”

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After a quick wash, Chief Ahler's truck is ready to patrol the streets of Landrum.



On nice afternoons, it isn't uncommon to find Kris strolling Main Street, chatting with guests at The Hare and Hound, or waving to friends from across the street.

Though he was born in Michigan, spent time in Georgia, and resided in Florida, the Foothills have become Ahler's one true home. His heart lies at the base of the mountains, defending the land where he was meant to be alongside his faithful team.

"The luxury that cops get that others don't is seeing the bad in people. It's a calling, to be a policeman," he says. Not everyone is able to understand the good part of criminals--the human part. But also, the bad side. The side that Ahler

graciously reaches out his hand in order to help save people of all kind. People who, Ahler firmly believes, are just like us.

"I look at my job as a cop who was assigned to be Chief," he says.

He is a policeman. But more than that, he is a lover of his people with a heart created for protecting our community.

With much appreciation about being where he is now, Ahler says with certainty, "God led me here to be Chief."



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Meanwhile, Nature Awaits



Writer & Photographer Vincent Verrecchio

As I write this, the world outside is closed. Inside here at my library desk, however, I am free as a writer to wander in my mind and to type whatever I think in fiction, fact or opinion. Poetry is not likely, having little experience. Not everything gets published, but I do routinely write and photograph factual 1000-word articles for this magazine, and in the process thoroughly enjoy getting to know interesting people doing interesting things. My problem for creating the next article is that social distancing and viral uncertainties are not conducive to an easy harmony in an interview and photography.

Browsing for inspiration through books and online to write a positive stay-at-home opinion piece, I came across poet Mary Oliver:

“Meanwhile the world goes on.
Meanwhile the sun and the clear pebbles of
the rain
are moving across the landscapes,
over the prairies and the deep trees,
the mountains and the rivers...
Whoever you are, no matter how lonely,
the world offers itself to your imagination...”

I interpret her words to mean that as I’m writing this article in April, and when you’re reading it in June, nature awaits our appreciation without reference to yesterday, today or tomorrow. Following the thread of the theme, I found John Muir who mused, “This grand show is eternal. It is always sunrise somewhere; the dew is never all dried at once; a shower is forever falling...”

The truth of their words is confirmed for

me as I click through my photo archives of nearby nature hikes and backyard memories. The truth has been in my viewfinder all along, but I had never perceived it in such poetic terms as the world offering itself in an eternal grand show.

Revisiting these images, I see that I need not have gone any further than what’s growing and stirring in my yard to appreciate a sentence from “The Diary of a Young Girl.” Isolated in an Amsterdam attic, Anne Frank wrote, “I firmly believe that nature brings solace in all troubles.” The words of Ralph Waldo Emerson also seem to relate to my current favorite nature photo of a snail on the edge of my wheelbarrow: “Adopt the pace of nature: her secret is patience.”

To further show how nature awaits us, I’ve selected pictures from hikes that my wife Gloria, daughter Vianne, grandchildren Sebastian and Paxton, and I have taken within 75 miles of the Landrum / Tryon / Columbus / Saluda metropolitan area. The following distances are approximate. Bridal Veil Falls at Dupont State Forest and Raven’s Head Falls near Caesar’s Head are each about 40 miles; Table Rock about 50 miles and Mount Mitchell 75 miles. For these hikes and many others, such as Linville Falls, I can apply the words of John Burroughs from “Leaf and Tendril.” He thought “to find the air and the water exhilarating; to be refreshed by a morning walk...to be elated over a bird’s nest or a wildflower in spring—these are some of the rewards of the simple life.”

Nature awaits us, so as soon as possible, enjoy the show.

"Adopt the pace of nature: her secret is patience."
Ralph Waldo Emerson



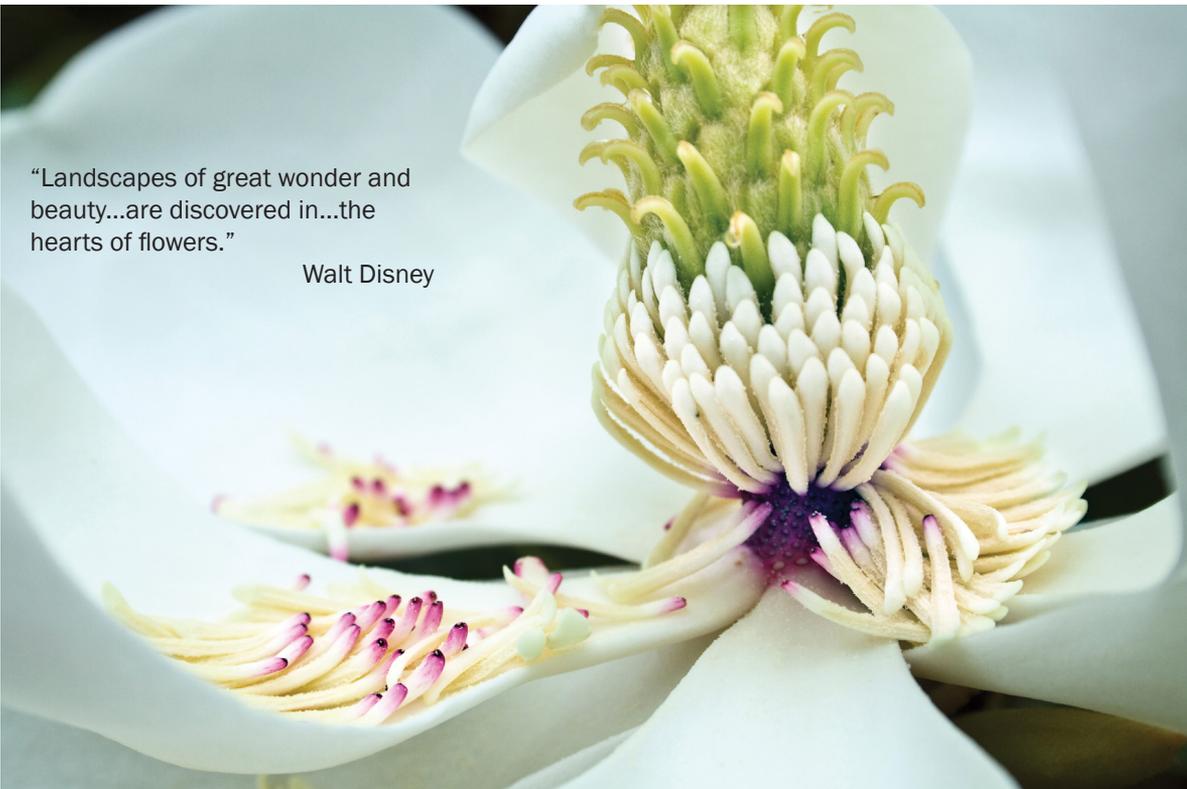
"This grand show is eternal. It is always sunrise somewhere; the dew is never all dried at once..."
John Muir



"Our task must be to free ourselves from this prison by widening the circle of our compassion to embrace...the whole of nature in its beauty."
Albert Einstein



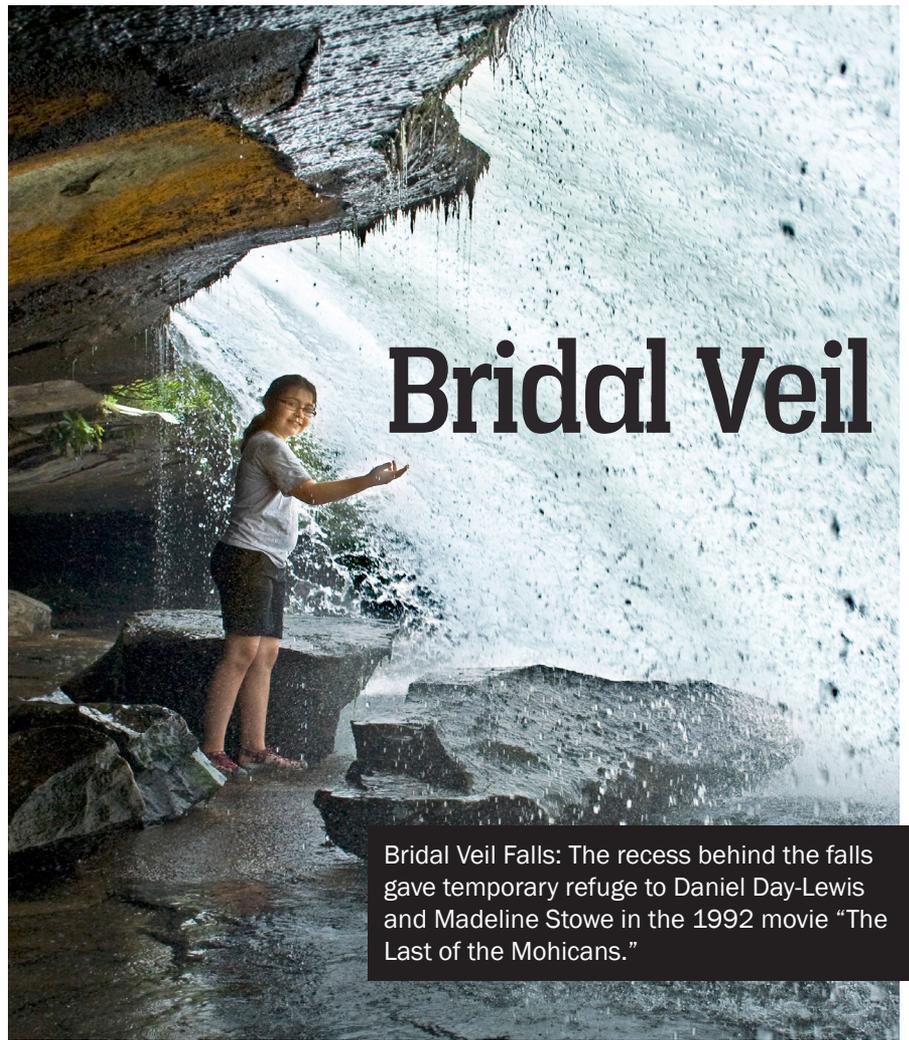
"Landscapes of great wonder and beauty...are discovered in...the hearts of flowers."
Walt Disney



Backyard

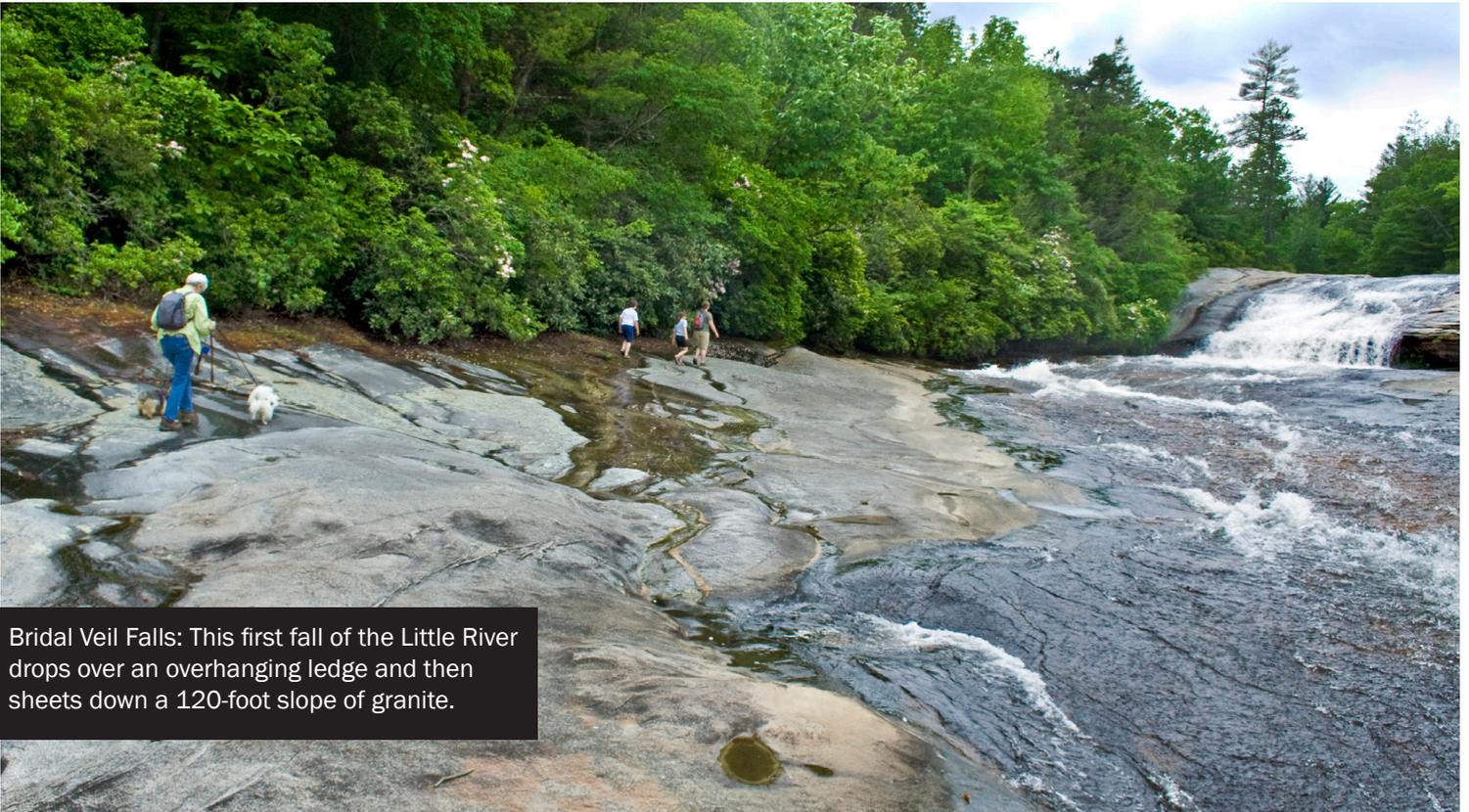


Bridal Veil Falls: The trail took us through fern-carpeted woodland.

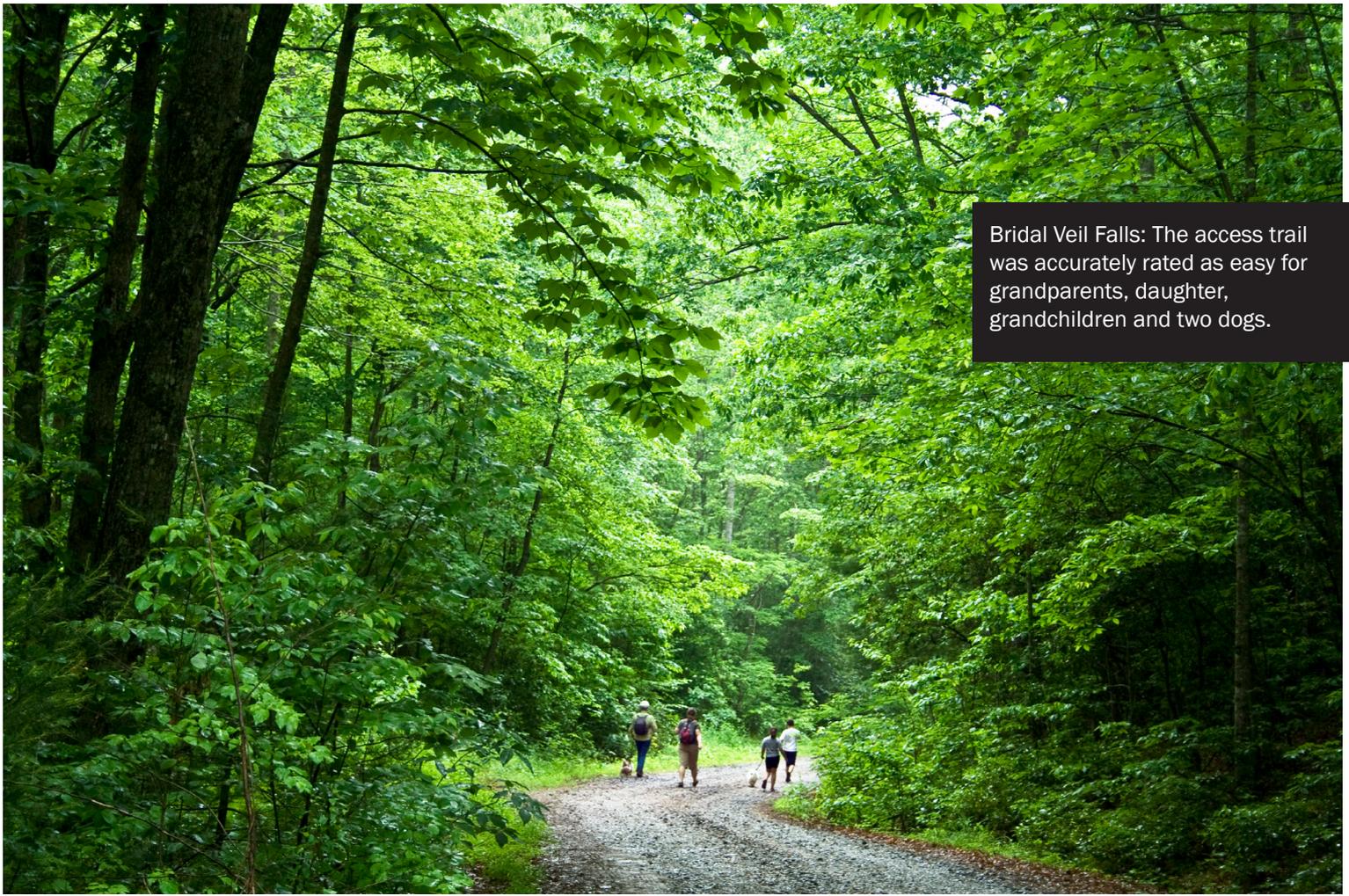


Bridal Veil

Bridal Veil Falls: The recess behind the falls gave temporary refuge to Daniel Day-Lewis and Madeline Stowe in the 1992 movie "The Last of the Mohicans."



Bridal Veil Falls: This first fall of the Little River drops over an overhanging ledge and then sheets down a 120-foot slope of granite.



Bridal Veil Falls: The access trail was accurately rated as easy for grandparents, daughter, grandchildren and two dogs.

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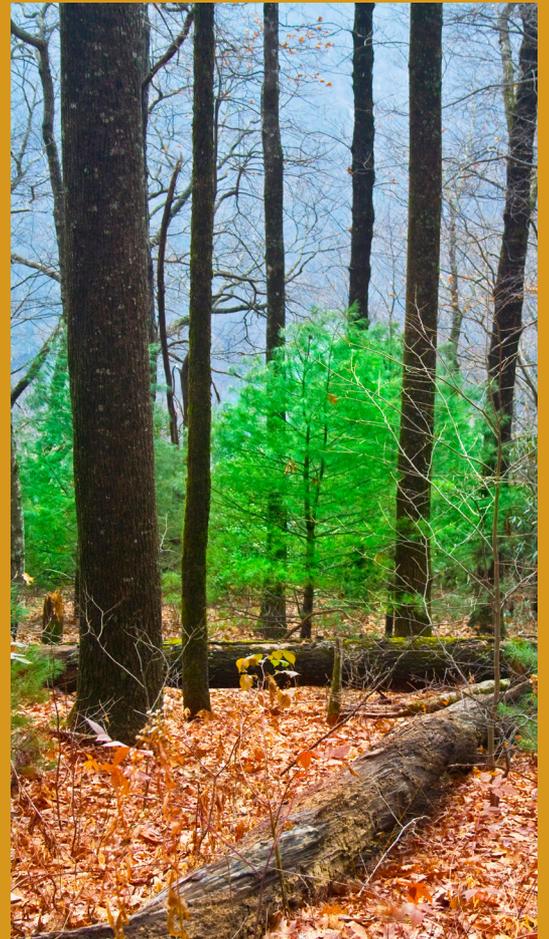
Caesar's Head



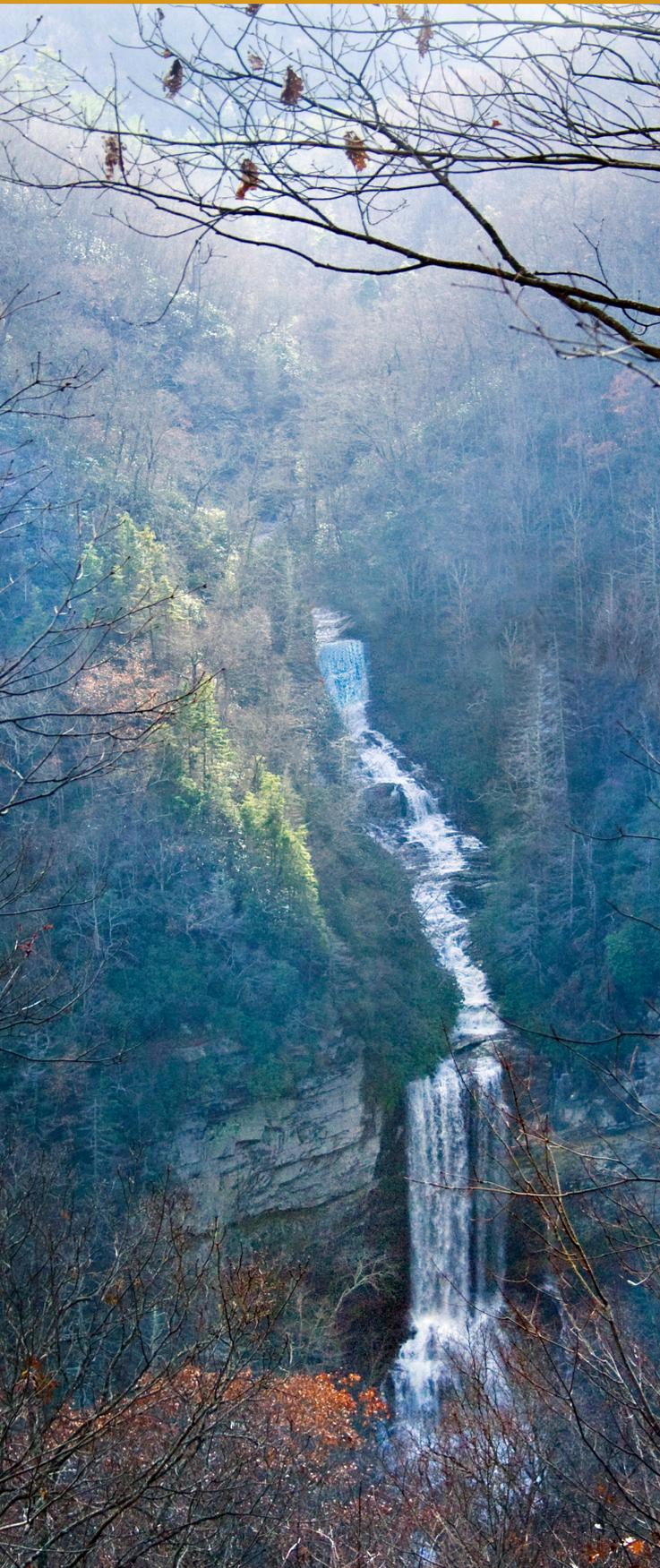
Raven Cliff Falls Trail: Rated as easy, the trail difficulty realistically depends on a hiker's age, fitness, and number and length of legs. It should be rated strenuous for small dogs.



Raven Cliff Falls Trail: Worf, our Norwich Terrier, while large of heart but with stubby legs, was content to be carried on the final push to the overlook.



Raven Cliff Falls Trail: The far side of the valley appears blue with distance.



Raven Cliff Falls Trail: From the overlook, you can watch Matthews Creek plunging down Raven Cliff Mountain. The trail continues down to the foot of the falls but we were uncertain how much time and energy it would take to get down and back, so turned around.



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Table Rock Trail: Lunch carried to 3,124 feet tastes great no matter the menu. A quick snooze in the sun follows after the initial awe of the view.



Table Rock Trail: Rated as a very strenuous ascent, the trail gets no easier going down.

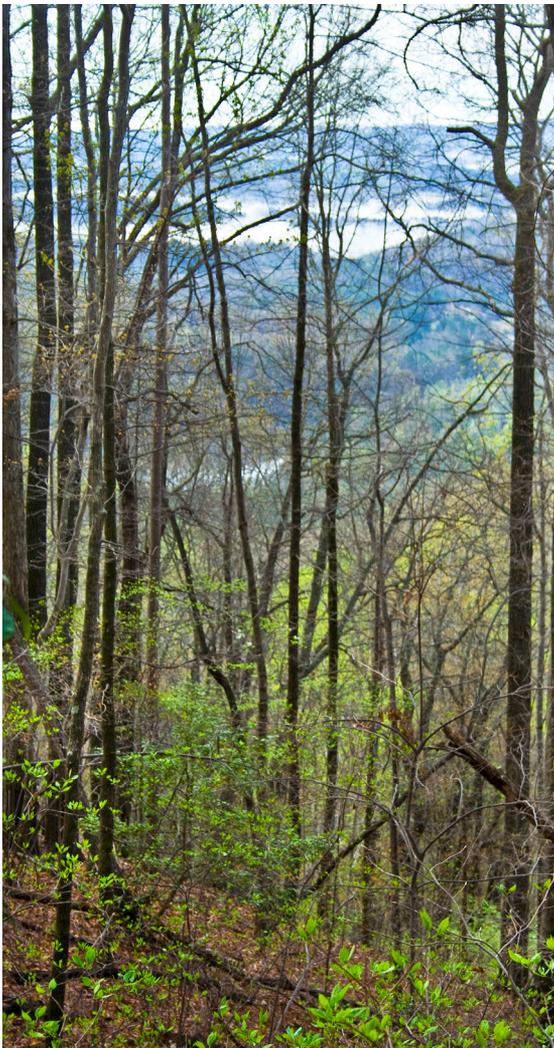
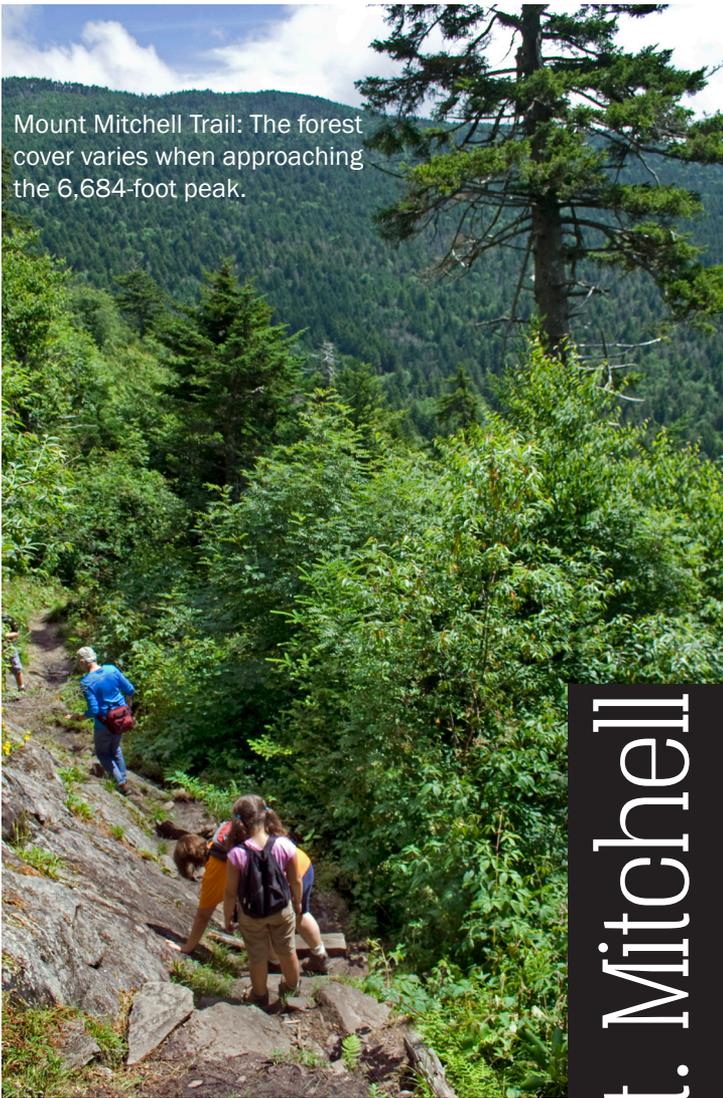


Table Rock Trail: With an early start, we rose through oak and hickory and scattered pine and hemlock, until we could see through the trees a misted morning terrain in the distance.

Table Rock

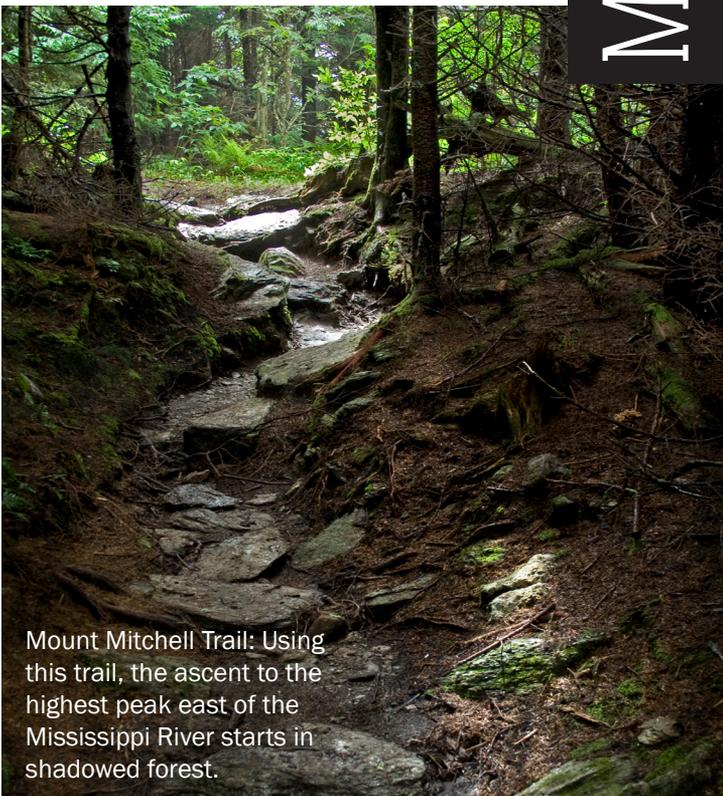


Table Rock Trail: Having come this far, we mistakenly thought we were almost there.



Mount Mitchell Trail: The forest cover varies when approaching the 6,684-foot peak.

Mt. Mitchell



Mount Mitchell Trail: Using this trail, the ascent to the highest peak east of the Mississippi River starts in shadowed forest.



Mount Mitchell Trail: Wildflowers offer incentives to stop regularly for a needed breather.



Mount Mitchell Trail: There are easier routes to the top but without the same nature experience.

As an actor, director, and performing arts teacher on the Veh Stage on the Melrose side of TFAC, Marianne would never have guessed that some day as Executive Director she would be monitoring construction on the other side.



Marianne Carruth:

Melrose Memories of a Girl on a Bike



Writer & Photographer Vincent Verrecchio

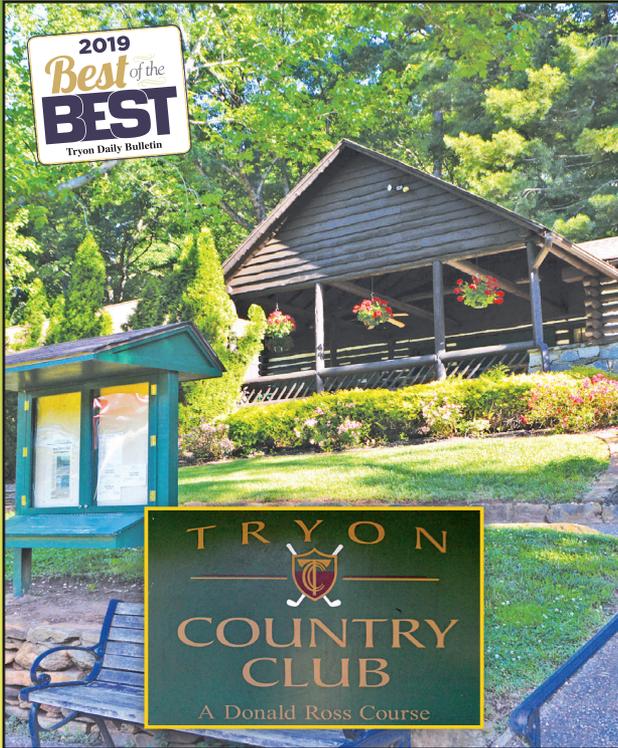
In a brilliant rectangle under the stage lights, two white folding tables have been pushed together into a square surrounded with six chairs. The stage is otherwise bare of props or setting and the wings are dark. In the auditorium, houselights dimly brighten seemingly random groups of empty seats. The house is quiet. A former actress sits at the table remembering when she had sat in the audience as a 10-year-old dressed for theater, and then over years taking this stage to perform, direct and teach performing arts. Tryon

Fine Arts Center (TFAC) had been in and out of her life with enough regularity that perhaps it was destined that Marianne Carruth be ultimately responsible as Executive Director for filling the 315 seats and helping bring excitement to the stage.

“I’ve heard that TFAC was built on the site of a house where my parents and oldest siblings lived before I was born,” says Carruth.

She was born in old St. Luke’s Hospital founded by her mother’s father, Dr. Marion Palmer. “When

Membership Drive



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With removable seating for up to 100, the new pavilion will showcase recitals, readings, and educational activities.

ground was broken for the Center in 1967, we were living on Hogback Mountain Road. I was 10, but have no recollection of this site before or during construction. I do remember the Kell Apartments in what's now Sassoon Park, and the Davis Apartments in the current Greene Corner, because my Aunt lived there. I've seen the house my parents rented only in a photo, taken before their time, when Melrose Avenue was dirt."

Among her earliest memories of Melrose Avenue, she was pedaling a banana seat bike with pink tassels streaming from the handle grips. She and her best friend, Kathy Cloud, would ride the ups and downs and curves on Hogback, enjoying the speed turning onto Laurel Avenue, then accelerating on the straightaway of Melrose past Holy Cross Episcopal Church until slowing at Lanier Library. Not wanting to pedal back up the steep Chestnut Street grade, they usually didn't bicycle into town.

"We'd sit on a bench where the Lanier Library

giraffe is now and drink Coca-Cola. That was before the library's main hall had been added facing Melrose. Across Chestnut Street we could see the Oak Hall Hotel where the Oak Hall Condominiums are today. I know now that F. Scott Fitzgerald, a patient of my Grandfather, lived there for two years when his wife Zelda was in an Asheville hospital. As a child, I only knew that the lobby smelled of good cooking from the buffet. The dining room tablecloths were spotlessly white and Miss Clara, the proud owner, was happy to see every guest. I have an impression of the warmth of wood...floors, banister, railings, crown moldings and a square pillar."

While Marianne was gone for seven years, first to college in Texas and then to New York City to pursue an acting career, the hotel was demolished. She was sad when learning that it was gone; the beautiful Southern porch wrapping around the sprawling white building and the seemingly countless windows bracketed with wood shutters. She was sorry to

Marianne reflects, "With increasing excitement, came the approval of a new capital campaign and the design for the expansion...next reaching our funding goals; and now watching Harper General Contractors finishing..."



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have missed Sunbonnet Sunday: the bittersweet community gathering on closing day to thank and wish Clara Edwards well.

Holy Cross Episcopal Church features in many other of her earliest memories: sledding in the parking lot, sitting on the stone retaining wall in the heat waiting to get dressed for her oldest sister's wedding and Father Hindle's smiles when greeting the congregation at weekly services. Most prominent is Bill Bradley, a Juilliard graduate, who played organ and directed junior choir.

"I learned much from him musically and enjoy singing choral music because of him."

Her first clear memory of TFAC is the night of the first show, *The Madwoman of Chailot*, on Wednesday, February 12, 1969. "Not because I was particularly looking forward to a famous poetic satire. And not because of my parents' anticipation. My parents, Ben and Mary Douglas, had been eager for the grand opening. What I remember is our

steep driveway covered with snow and not getting to use our tickets."

Ben and Mary were patrons and regularly took the family to the Center. "I liked the excitement and chatter in the lobby before shows. The theater seemed bigger, awesome to a young child, but once I got used to seeing the colorful sets with family friends as actors, I got restless during some plays. Then one day, I decided it would be more exciting to be up there rather than watching."

She was twelve when she took the stage in the 1970 Tryon Youth Center summer production of *Oliver!* and was there every summer through 1974. She definitely wanted to be an actor, but when in New York City, she had far more time auditioning than on stage and couldn't see herself with the ongoing worry about when there'd be another role. She returned for a wedding in Tryon where she met Mike Carruth, her future husband, and has been here since.



The Tryon Fine arts Center has been the site of many of the changes on Melrose since 1968, and now in 2020, it's once again refreshing the Avenue.



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"I've heard that TFAC was built on the site of a house where my parents and oldest siblings lived before I was born," says Marianne. "I've seen the house...only in a photo, taken before their time.



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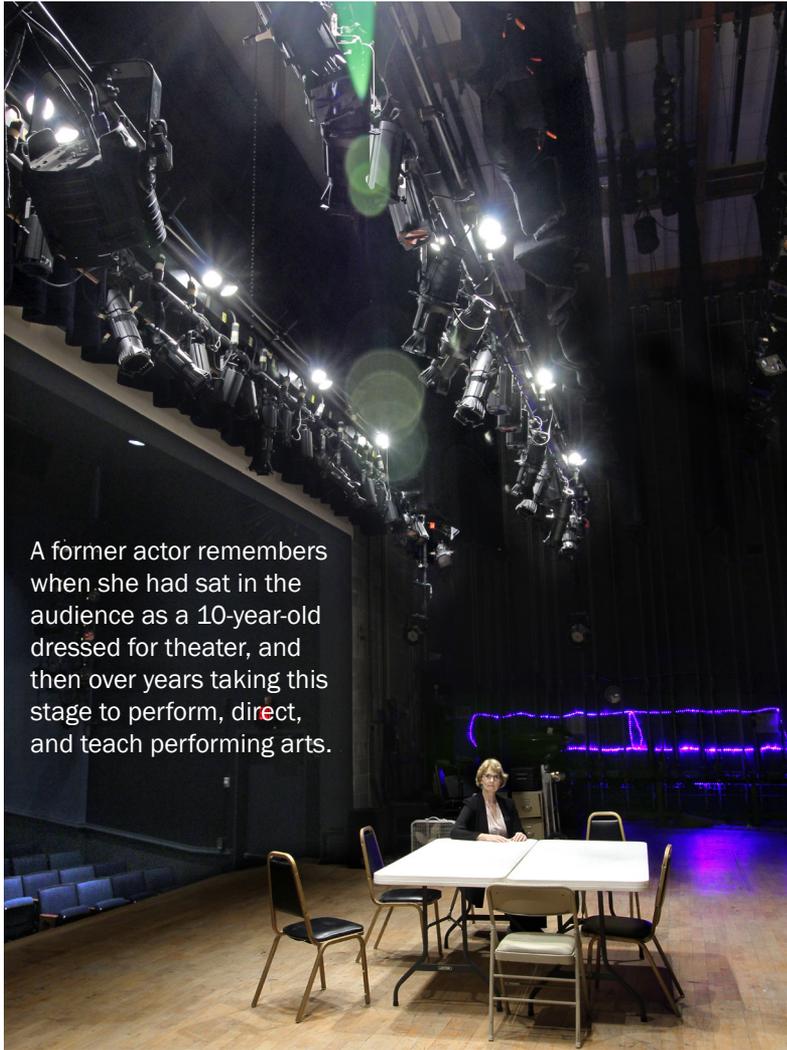
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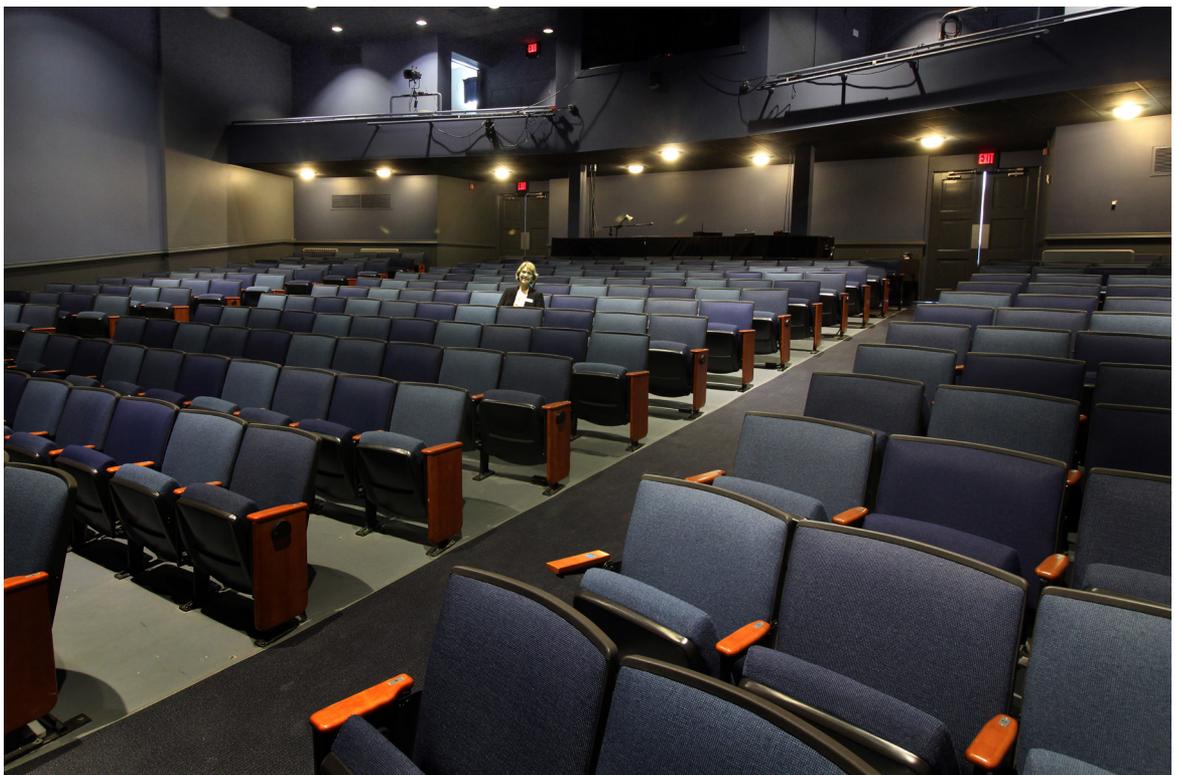


A former actor remembers when she had sat in the audience as a 10-year-old dressed for theater, and then over years taking this stage to perform, direct, and teach performing arts.

In the early 2000's, she taught theater at TFAC for the Home School Co-op. Her roles in the building evolved thereafter to various creative projects with Eric Kerchner, the first Executive Director; working with Chris Farrell, the second ED, on the 2008 capital campaign; and collaborating on a Tryon Little Theater children's summer show, *Alice in Wonderland*, with the third ED, Beth Child.

"I was on staff as Director of Marketing and Arts in Education when Beth resigned in 2014. Both her and I have a passion for arts education, and I remember that one of the most exciting moments in my tenure here was when the Board added Arts in Education as a budget line item. And then, with increasing excitement, came the approval of a new capital campaign and the design for the expansion from Tryon architect John Walters; next reaching our funding goals; and now watching Harper General Contractors finishing the pavilion and Jeanne Parker Gallery. Jeanne was a long-time TFAC Board Secretary, donor and a fine artist."

With removable seating for up to 100, the pavilion will showcase recitals, readings, and, of course, educational activities. "We will now have more space for visual and performing arts education," says Marianne. "TFAC has stood proudly on Melrose Avenue for more than 50 years, and my goal as Executive Director is to help keep us relevant for another 50."



"The theater seemed bigger, awesome to a young child," recalls Marianne. "It still is amazing to me that we have this gem in Tryon, and I now also think of theater size in terms of filling the seats."



“The Welcome” by Phillip Dusenbury in paper mache greets visitors on the Melrose side of the Center. The new pavilion on the other side of the building facing Tryon awaits a welcoming presence to be determined.

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*Photo of Frodo taken by
Jennifer Sattler*



Debbie Denton and
Jeaneen Cobourn



Country Peddler Not Your Usual Antique Store



Writer & Photographer Mark Levin

It takes a bit of luck to find the Country Peddler Antiques & General Store in downtown Campobello. It's a couple of blocks off of the main drag and that makes it in the country by Campobello standards.

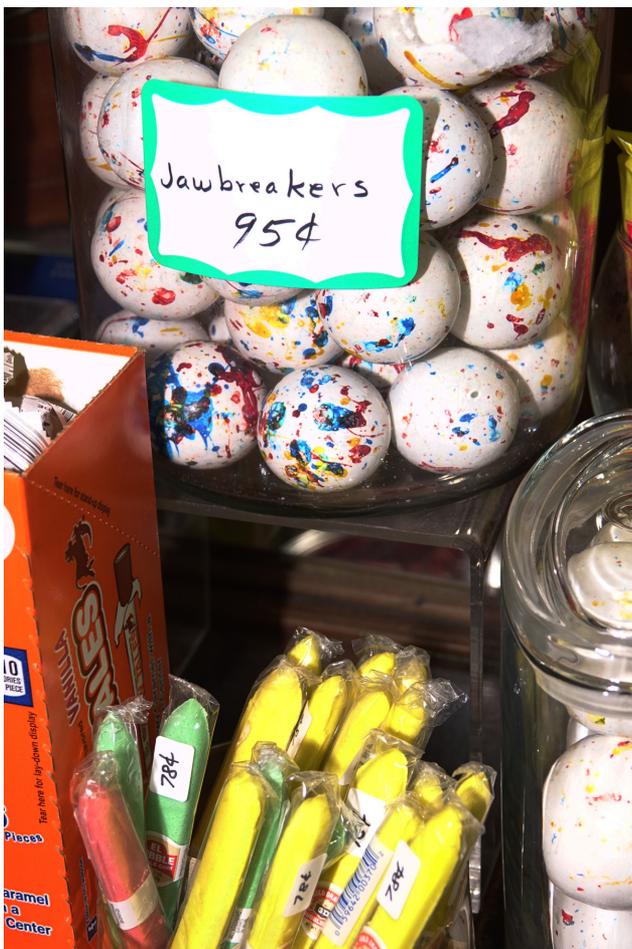
The morning I visited a customer walked in for her second visit in two days. Heather, the customer from Greer, had just discovered the store the day before because of a bridge detour which took her right past the shop. She liked what she saw so much she made a second trip to pick up some items she had eyed, and then discovered even more treasures. That's what makes a shop like this so much fun—you'll never know what you're going to find.

The shop is owned and operated by business partners Jeaneen Cobourn and Debbie Denton. Jeaneen is there

all the time and Debbie comes in on most Saturdays.

The two ladies started the store in 1995 and do it all. They always have. Jeaneen's husband comes by to cut the grass and take care of other chores from time to time, but it's Jeaneen and Debbie's pride and joy and they make up the entire staff.

Over the years, so many customers have become cherished friends. Children who used to run in clutching some coins for their favorite piece of candy now bring their own kids to do the same. Neighborhood kids stop by to play store and learn to use the cash register. Grandchildren of customers remember playing dress-up in the back of the laidback store. The Country Peddler is definitely a place to relax. There's no feeling rushed here.



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The store overflows into three buildings within just a few feet of each other. Each of these buildings is crammed full of interesting treasures. “The General Store” building used to be Campbell’s Groceries and Feed in the 1950s. It’s now the epicenter of the complex’s activity. In addition to antiques (and there are a lot of them), The Country Peddler also sells other items one might expect from a “general store.” So next to antiques you’ll find Watkins liniment, Rawleigh salves, Happy Home Flavors, candy, toys and Nora Mill grits.

Jeaneen says she has regulars who drop by just to pick up some salve, or oilcloth or a bag of grits. The Country Peddler is so much more than just another antiques store.

Kids love looking around. Here they can pick up their share of waxed lips, chocolate Band-Aids, a jack-in-the-box, a sheriff’s badge, a hillbilly joke gift and a bunch of hard-to-find candy. And who doesn’t love thinking back

to Mayberry days and grabbing a cold drink from their old-timey Coke machine? Can’t you picture yourself sitting out front on the bench with Goober on one side of you and Barney and Andy on the other?

The other two buildings have their own histories. “The Corn Mill” is where Mr. Splawn used to grind corn and today is packed with farmhouse antiques and the unusual. Jeaneen says on cold days there is often a fire in the pot-belly stove. Debbie invites folks to “Stop and play a game of checkers when you come by for a visit.”

The third building, “The Diggin’ Barn” in past years has housed auto parts, a rug making workshop, and a warehouse. Now it’s full of old tools, wood, doors, mantels, furniture, knobs and pulls. The day I was visiting an out-of-towner was thrilled to find just the perfect set of cabinet door pulls that she had been searching for over the past several months. That day she became a new convert to “The Country Peddler.”



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If you're not from this part of the foothills, you might not know that the area has become an antique-lovers paradise. It's a destination for antique seekers from Greenville, Spartanburg, Asheville and places in-between and farther afield. It takes a bit of knowledge to find this one because it's off the beaten path and that's what drew Jeaneen to this location. She and Debbie had batted around the idea of starting some kind of business together and this was their choice. Jeaneen said, the "location spoke to me. It's quiet and rural and I didn't want to be in the middle of a city somewhere. This location was perfect."

The Country Peddler has joined the modern world just a bit. They now have a Facebook page. You can search for the store at <https://www.facebook.com/Country-Peddler-Antiques-General-Store-Campobello>.

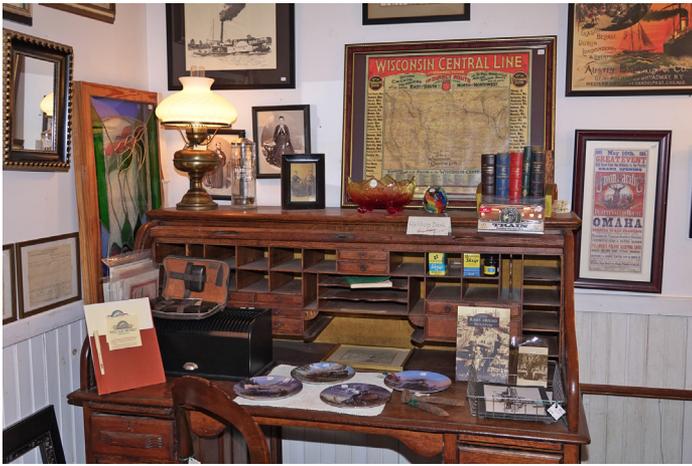
"Do what you love" is Jeaneen's advice to anyone looking to start any kind of endeavor. It's obvious she and Debbie love what they're doing.



Jeaneen Coburn

More To Know

You will find the Country Peddler at 305 Depot Street in Campobello, South Carolina. It's open 10 a.m. to 5 p.m. Tuesday through Saturday. Their website is www.countrypeddlersc.com. But if you really want to know what they have, you're going to need to get yourself there. Phone: 864-468-5200.



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Seaworthy currently with her new pasture mate, Comet, who is a gentle giant

Shipwrecked Seaworthy

By Pebbles

To say I was troubled by her condition when she walked off the horse trailer is an understatement.

Formerly fabulous young Seaworthy looked a wreck. Scars now flawed her lovely shoulder and hind legs. Her silky red coat was dull with rain rot. She had left HERD in flawless condition only nine months earlier, to go into professional training to help her find a new home.

North Carolina-based Will Kupec thought she had considerable talent. She learned so quickly. His girlfriend fell in love with the classy three-year-old and contemplated adopting Seaworthy. Unfortunately, she had no more room or budget to take on another horse.

Seaworthy knows she is beautiful. She floats across the ground, trotting effortlessly with her tail

and head held high. Call her commanding, possibly demanding, Seaworthy suffers no fools and loves taking charge. She is a born leader with fantastic potential. This diva has a softer side, too.

Following her month of training under saddle, a talented young rider who lives near Asheville, decided she would like to take on Seaworthy to foster and adopt as an event prospect.

She came with her horse trailer to take Seaworthy to the farm where she would stable and train her. All looked very promising. Seaworthy hopped right into the trailer, confident and obedient, ready to begin her new life's journey. Nice update photos came in monthly for the first four months showing her impressive progress. Seaworthy was performing well for her new partner.



Seaworthy after six months in HERD care at Conway farm strutting her stuff



Seaworthy also six months after arrival day giving you an additional choice compare with photo 4 same backdrop



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Then, the photos ceased. Upon follow up, we were told that Seaworthy had changed. She was moody, hard to catch and resentful under saddle. Something had gone terribly wrong and she was being returned to HERD. She was now a temperamental mare who possibly had developed ulcers with her bad attitude.

First, we had her evaluated by a vet for possible illness. Then another rider worked with her a few days to see what was going on with Seaworthy. It was decided by all parties that she should return to us for months of rest and rehabilitation in HERD.

On arrival day, Seaworthy was accompanied by some more recent HERD rescue acquisitions, Torino, Tuxedo, Comet and Gema. She was thin and shabby, in no better condition than they were. This was distressing. It was clear to me she was unhappy. I watched her with a heavy heart, and believe it is important to share her story and monitor her slow, steady recovery. The blossoming return to good health is what we all experience in HERD over time, with attentive care.

Within three weeks, Seaworthy was showing outward signs of improvement. She had gained weight and the luster was returning to her copper coat. On the flip side, the fancy young mare was initially defiant about handling her. If she did not want to walk into the barn for grooming, she would plant her feet and rear. This behavior is not what we remembered about her growing up in HERD. She was always seeking attention, carrots and loved to be rubbed on by Mary Lynn Conway, who cared for her with beautiful young mare Maritime for many months in Campobello.

Seaworthy must start over with the basics of groundwork training 101.

Expert Rick Millward had given her a wonderful start. He had taught her good manners and respect for humans while she lived with the Conway family. He was her first mentor and was sad to learn she had been returned. He also believed, as I do, that the Seaworthy that we nurtured back to health after saving her from slaughter in 2018, had gotten off to a good start with us. She can return to her former pleasing ways.

We are now at week four, and Seaworthy is performing

beautifully in the round pen for both the lead trainer at our farm, Scott Homstead, and our new volunteer Valerie Lowe.

Establishing leadership in each session is the critical first step in her recovery progress. Horses need a leader. If their human partner does not step up to the role, they will assume it immediately. Out in the pasture, the dynamics mirror this as well. Seaworthy has always been able to step up to the dominant position, but she can also fall into the number two position in the herd when a stronger more willful horse takes charge.

For a short period of time, we placed Seaworthy in a paddock with three-year-old Merlin. Merlin had arrived into HERD on New Year's Eve back in 2019 in horrific condition as a starved stallion. Once his body score reached a safe weight, he was gelded. As he recovered, so did

his cocky and sometime's dangerous behavior.

Merlin was clearly used to getting his which is what most likely landed him in a kill pen situation. However, with the introduction of more confident Seaworthy, he was happy to follow her lead and play second fiddle.

Today we moved Seaworthy and Merlin into a larger pasture with 17-hand giant thoroughbred Comet. This five-year-old-gelding is easy going but there was no doubt as to who is going to be boss horse. In this case size says it all, without any contesting from either of the younger companions.

Seaworthy slipped to the number two spot and Merlin sank to number three. He is now the last to drink from the water trough or get his fill from the large bale of compressed alfalfa in the run-in shed.

It will be a few more months before Seaworthy will be started under saddle with a rider again. For now, she is building strong relationships with both her pasture mates and the daily volunteer crew that makes up HERD. She is the first horse to the gate to say hello. She relishes a rubdown with a nice soft brush. We are rebuilding a solid foundation for this lovely, proud mare. Saving Seaworthy a second time from being shipwrecked and lost forever is our important mission.

May we encounter smooth sailing over calm seas!



First photo

Recent after a month with us again with Volunteer Valerie Lowe working with her.

Second photo

Seaworthy on arrival day from the kill pen at Conway farm so you see her condition

Sea Scallop Ceviche

Pebbles says let the citrus juices do the cooking for you in this refreshing dish!

Ingredients

- 1-pound fresh raw bay scallops, quartered
- 1 cup (about 12 whole) cherry tomatoes, roughly chopped
- 2 green or red serrano chiles, seeded and minced (about 1/2 teaspoon)
- 3/4 cup chopped fresh cilantro, plus additional for garnish
- 1 cup finely diced red onion (1/2 medium red onion)
- 1 cup fresh orange juice
- 1/3 cup fresh lemon juice
- 1/3 cup fresh lime juice
- Salt to taste
- 1 ripe avocado cubed into pieces

Preparation

Step 1

Mix the scallops pieces, lime juice, lemon juice and orange juice in a glass or stainless-steel bowl. Chill in refrigerator, and at 15 minutes stir the scallops in their citrus bath bowl and return to the chill another 15 minutes, until the scallops turn opaque from the juices. Total time should be about 30 minutes before they are cooked by the citrus juices.

Step 2

Add all remaining ingredients, mix well together then cover and refrigerate for at least two more hours. This ceviche can hold for up to 16 hours in the refrigerator. Spoon chilled ceviche into small (4-ounce) glasses and garnish with a few cilantro leaves. Serve with tortilla chips.

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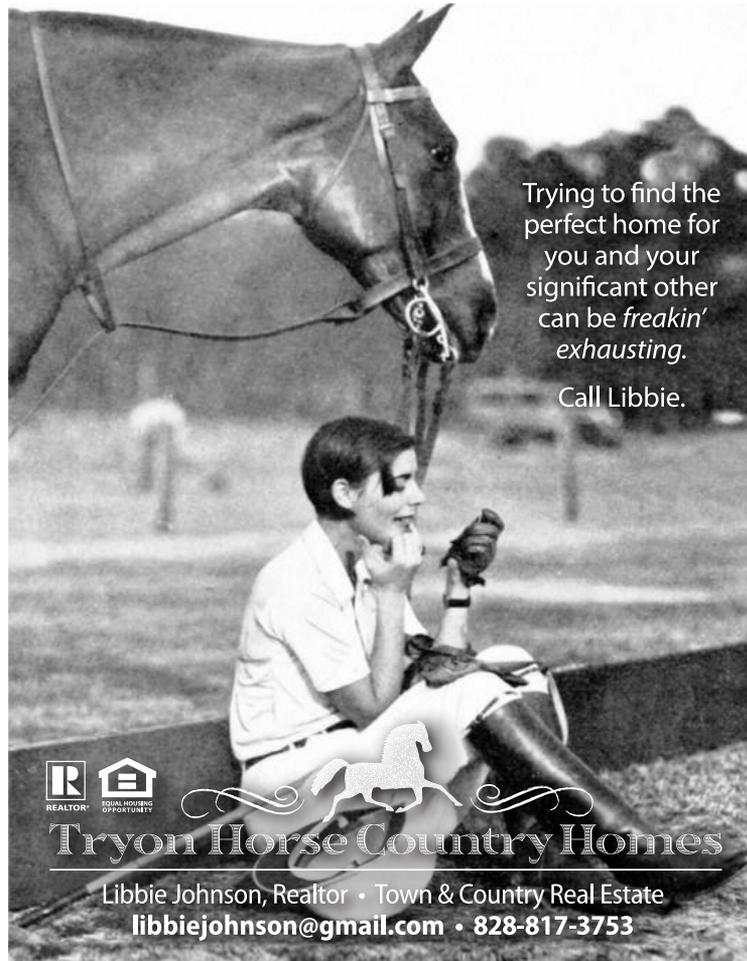


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June is National Fresh Fruits and Vegetables

By Jimmi Buell

We have all been told “Eat your vegetables...they are good for you.” We just didn’t know how good they taste if you add some spices.

Fruits and vegetables provide vitamin A (and beta carotene) and C. Some are also good sources of folate, potassium, calcium, magnesium and iron. Each of these nutrients helps your body function, while reducing the risks of some cancers, heart disease, and other health problems. The latest research shows by including more fruits and vegetables in your diet Americans can decrease risk of many chronic diseases.

The key for adding more of those good fruits and vegetables is to go for the taste and eat an assortment of fruits and vegetables. A good rule of thumb is to eat at least three different colors each day.

A great way to increase fruit and vegetable servings for you and your family is to make them readily available to eat. That’s especially true for kids and teenagers. To make eating fruits and vegetables fun, try these ideas:

- Clean carrots and celery, then cut into bite-size snacking pieces or buy bags of baby carrots and chopped, ready-to-eat vegetables.
- Keep a bowl of colorful assorted fruit on the

counter to remind the family to help themselves.

- Offer crisp broccoli and cauliflower florets for dipping and in salads. They taste best and keep longer when blanched for a minute in boiling water and then refreshed in ice water. Drain well and chill.
- Have dried fruit, such as raisins or apricots on hand for snacks, or lunch boxes.
- Let the kids “decorate” pizza with fresh, cut-up vegetables, such as sliced tomatoes, zucchini or mushrooms.
- For warm weather treats, try freezing fresh fruit like seedless green and red grapes. Dip slices of banana into lemon juice and stick in a toothpick before freezing.
- Add pureed vegetables to sauces and casseroles.
- Mix chopped or grated vegetables, such as broccoli, carrots and zucchini, into your pasta sauces.

We know from research that including more fruits and vegetables in our diet keeps us health. This tasty recipe is a way to “spice up” a fruit salad in a healthy and delicious way. While the recipe calls for grapefruit, mango and pineapple, but you can use most any combination of fruit.

Chili Lime Salad with Grapefruit, Mango and Pineapple

Ingredients

Salad:

- 2 grapefruit, cut into sections
- 2 mangos, chopped
- ½ 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.

Serving Size: 1¼ cup

For more great recipes go to the new Mediterranean way of eating website: <http://medinsteadofmeds.com/>



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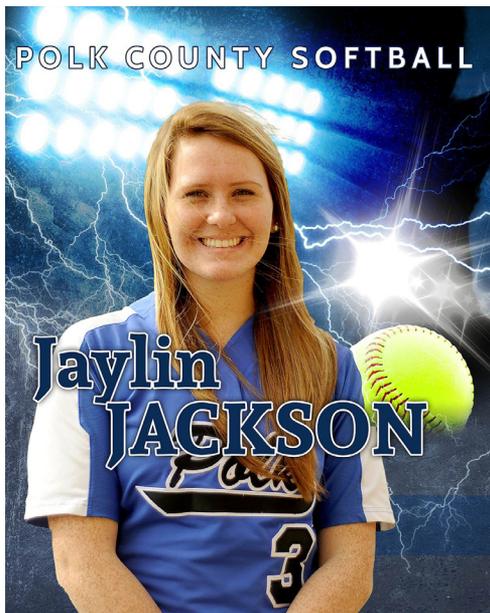
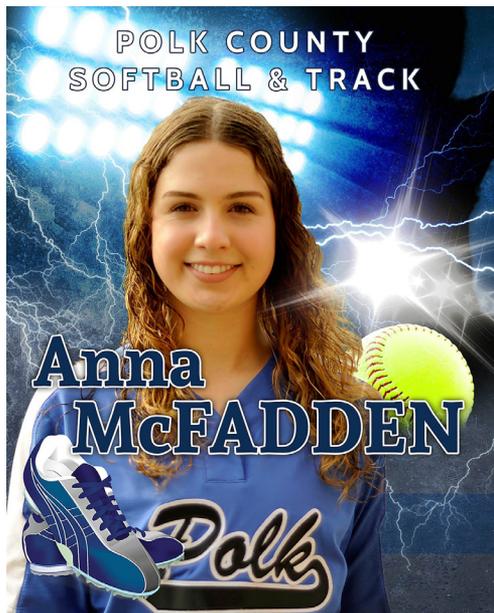
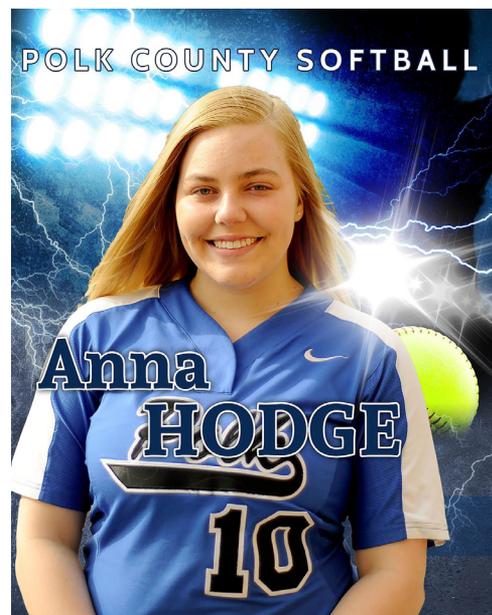
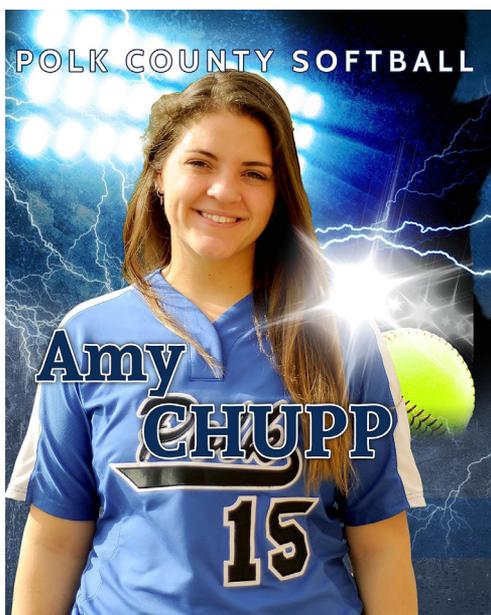
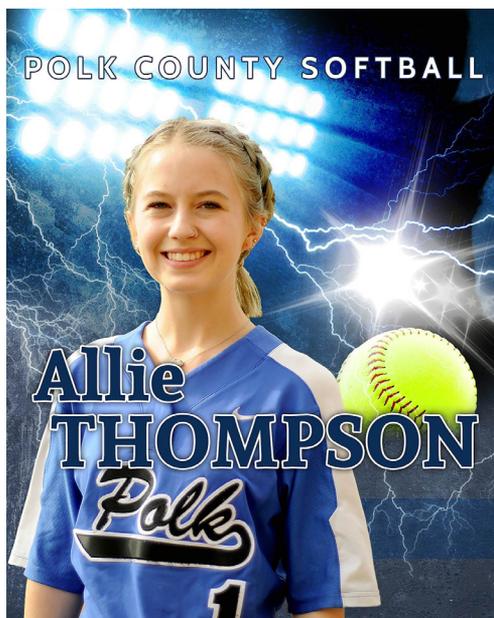
•Spring Clean-up •Tree Trimming •Landscaping •Mulch Services FREE ESTIMATES!!! Horacio Rojas 864-518-6793

Honoring Polk's Athletes

The current environment we are in has denied senior student athletes of their final season at Polk County High School. Teams were able to play only a handful of games before the schedule came to an end on March 13, allowing them just only a small portion of their last spring in Wolverine blue and white.

While memories unmade cannot be replaced, the administration and staff at PCHS wanted to celebrate the school's 31 spring senior athletes with individual community recognition.

Banners were made saluting each athlete and then displayed in along Trade Street in Tryon, Mills Street in Columbus and on the tennis courts



POLK COUNTY BASEBALL



DANIEL RUFF
#99

POLK COUNTY BASEBALL



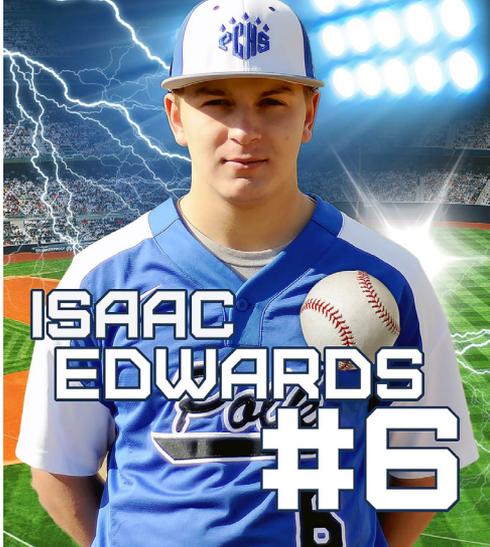
GRANT WOOTEN
#2

POLK COUNTY BASEBALL



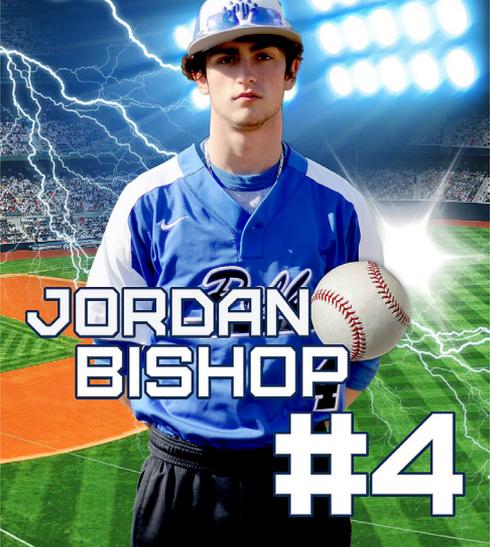
GRAYSON JONES
#8

POLK COUNTY BASEBALL



ISAAC EDWARDS
#6

POLK COUNTY BASEBALL



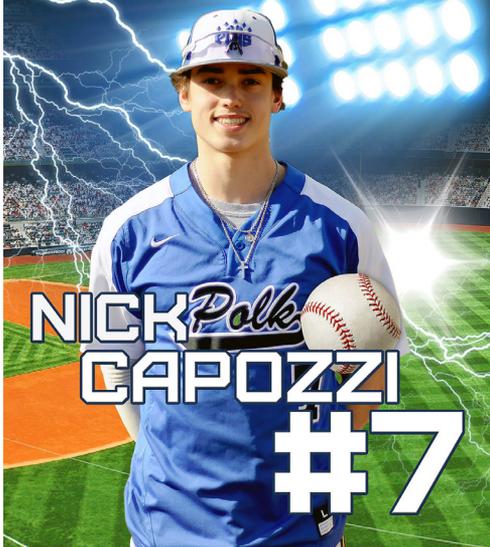
JORDAN BISHOP
#4

POLK COUNTY BASEBALL



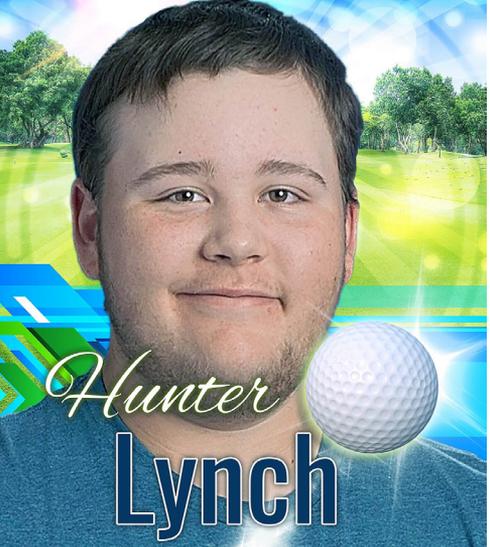
JORDAN SEARCY
#11

POLK COUNTY BASEBALL



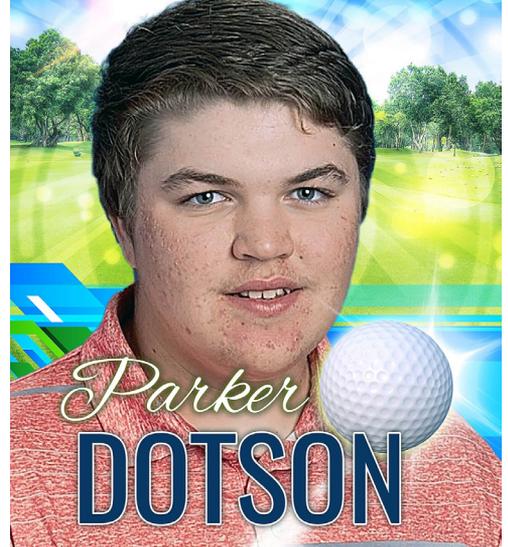
NICK CAPOZZI
#7

POLK COUNTY GOLF



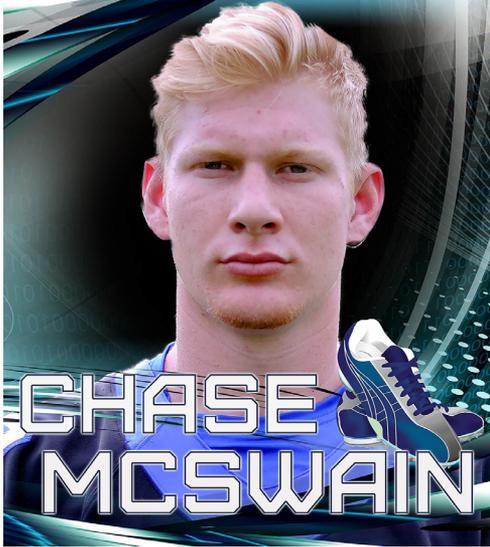
Hunter
Lynch

POLK COUNTY GOLF



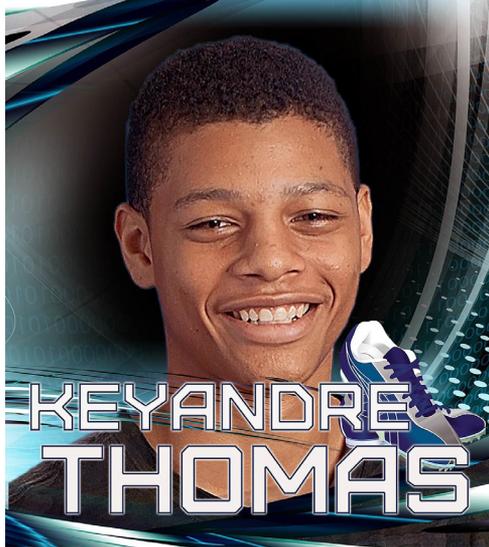
Parker
DOTSON

POLK COUNTY TRACK & FIELD



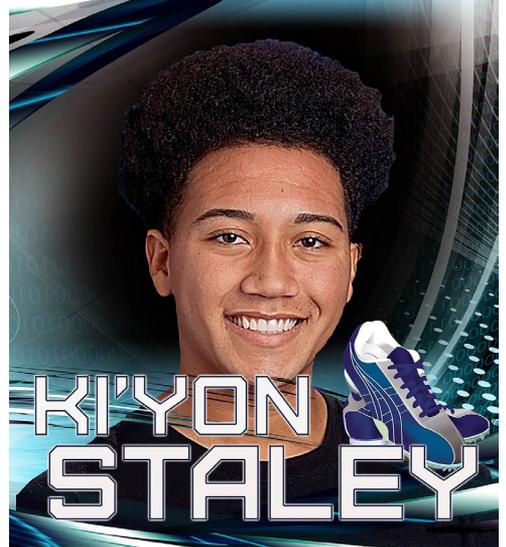
CHASE
MCSWAIN

POLK COUNTY TRACK & FIELD



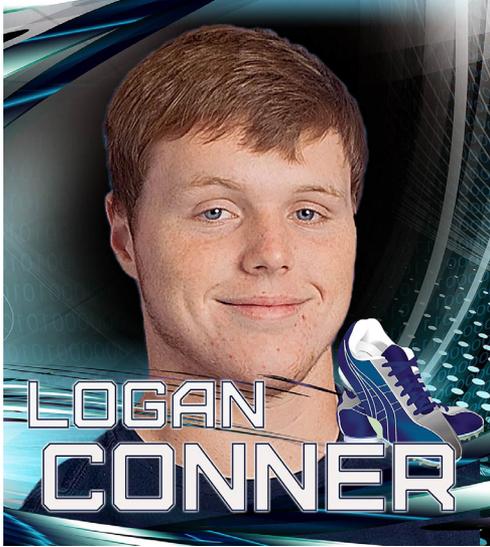
KEYANDRE
THOMAS

POLK COUNTY TRACK & FIELD



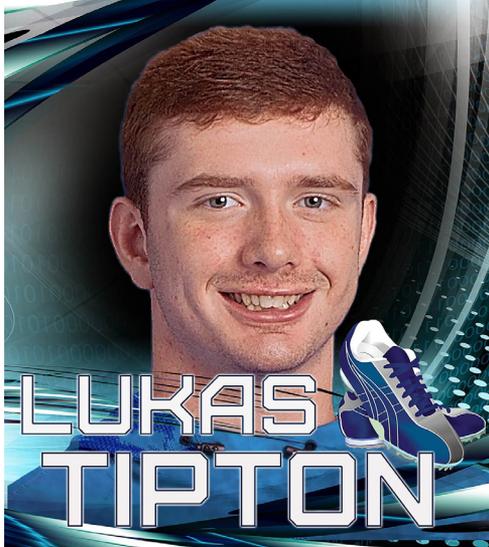
KI'YON
STALEY

POLK COUNTY TRACK & FIELD



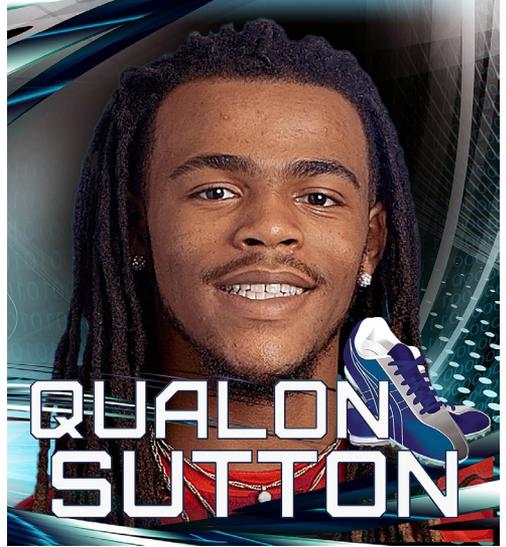
LOGAN
CONNER

POLK COUNTY TRACK & FIELD



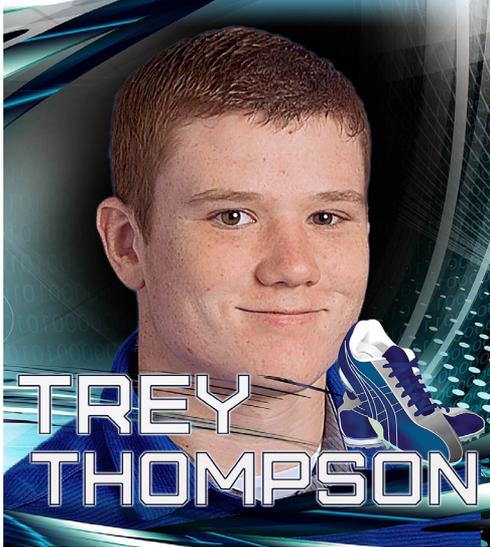
LUKAS
TIPTON

POLK COUNTY TRACK & FIELD



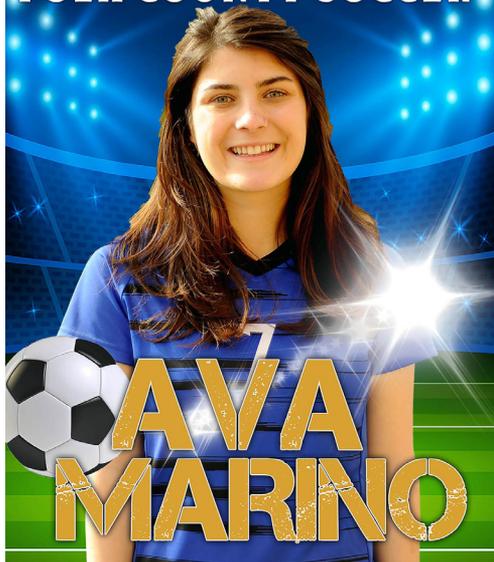
QUALON
SUTTON

POLK COUNTY TRACK & FIELD



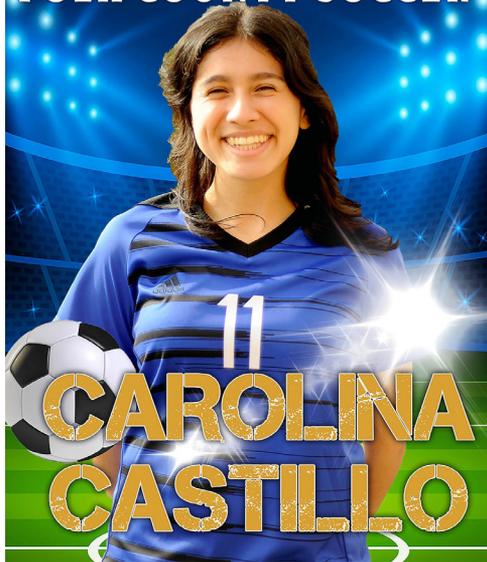
TREY
THOMPSON

POLK COUNTY SOCCER



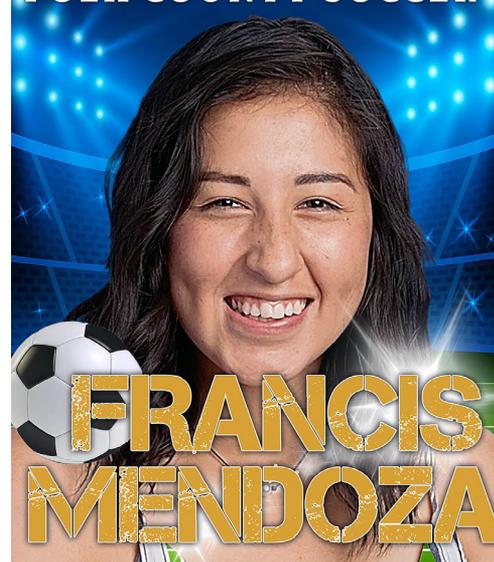
7
**AVA
MARINO**

POLK COUNTY SOCCER



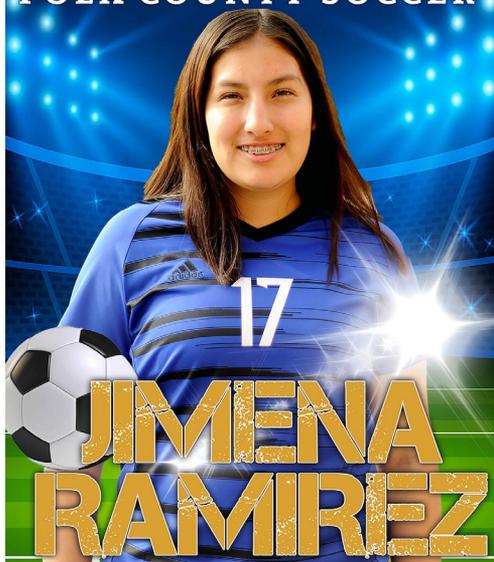
11
**CAROLINA
CASTILLO**

POLK COUNTY SOCCER



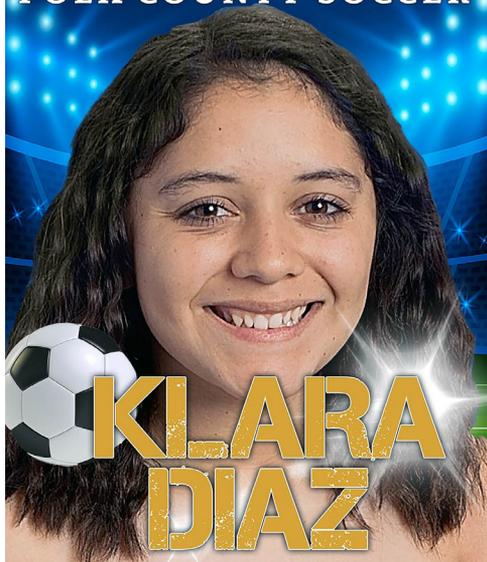
**FRANCIS
MENDOZA**

POLK COUNTY SOCCER



17
**JIMENA
RAMIREZ**

POLK COUNTY SOCCER



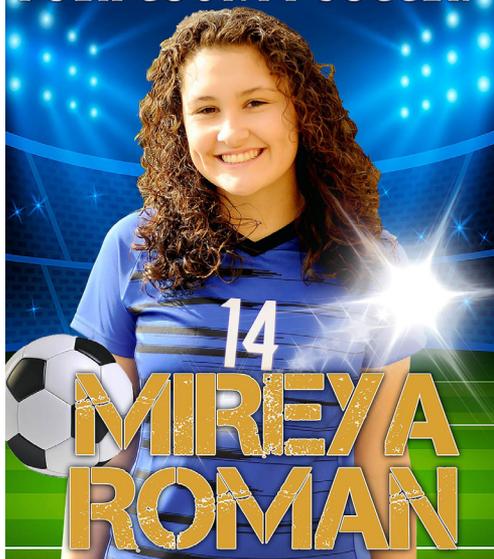
**KLARA
DIAZ**

POLK COUNTY SOCCER



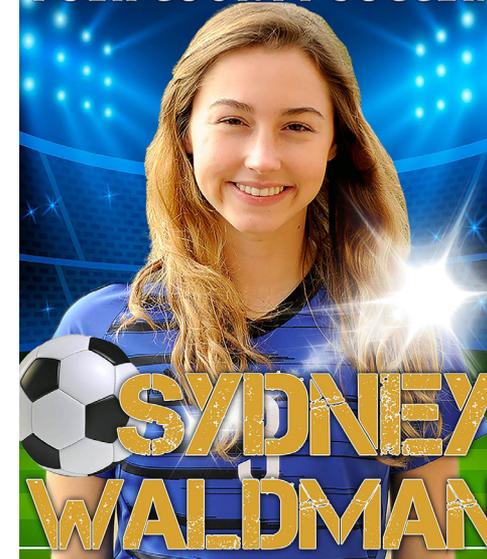
10
**LEA
KOEPPPI**

POLK COUNTY SOCCER



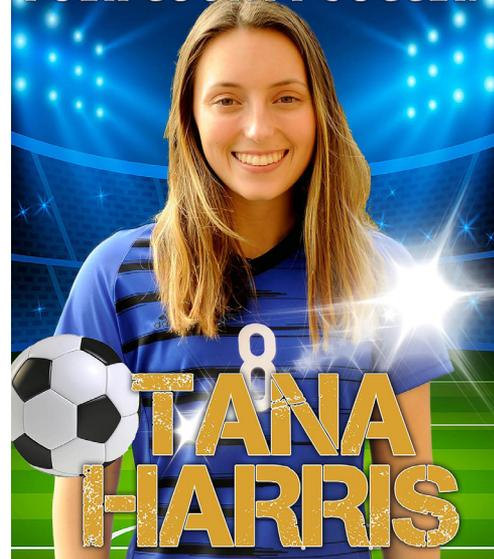
14
**MIREYA
ROMAN**

POLK COUNTY SOCCER



**SYDNEY
WALDMAN**

POLK COUNTY SOCCER



8
**TANA
HARRIS**

ADVERTISER INDEX

A Growing Concern	27	Odean Keever & Associates Real Estate	19
Acts Retirement Life Communities/Tryon Estates	15	Parkside Dental	21
Ashworth Financial	5	Penny Insurance	29
Carolina Storage Solutions	43	Polk County Transportation	35
Carruths Furniture	9	ServiceMaster of Polk County	9
Cason Builders Supply	25	SG Power & Equipment	37
Claussen Walters	7	Southside Smokehouse	19
Congregational Church of Tryon	37	St Luke's Hospital	Back page
Densantis Real Estate	24	Strauss Attorneys	41
Dr. Jonathan Lowry, DDS	25	The Sanctuary at Red Bell Run	31
Hensons Building Supply	13	Tryon Builders	35
Hospice Carolina Foothills	51	Tryon Country Club	25
JB Trees	13	Tryon Horse Country Homes	41
Lake Pointe Landing	3	Tryon Garden Club	41
McFarlands Funeral Home	21	Tryon Fine Arts Center	33
Nelon-Cole	39	White Oak Village	50
New View Realty	2		



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