

life IN OUR FOOTHILLS

September 2020

*The Nest
is best*

**The Nest
Artisan Market**

Art in Motion

Depot Garden

Gift Horse

\$4.95

Salamander Creek

120 Long Branch Lane, Tryon

\$385,000



Built circa 1935, this charming, antique home is situated on a delightful 1.4-acre parcel. While the land is mostly level, the brick house sits on a little rise overlooking the lawns and a small creek. Reminiscent of an English countryside postcard, the red-roofed, yellow shuttered, weathered brick and white-clad house is framed by stone walls and a lofty, green backdrop of towering trees. The old character of the exterior continues throughout the rambling, updated interior. There are hardwood floors, numerous original built-ins, and three fireplaces. The kitchen is modern and flanked by the dining room and a den that links the

living room. The living room has high, cathedral ceilings with exposed beams, French doors leading to a stone patio, and a fireplace. On the upper level, there is the master suite, which includes a nursery/sewing room; together with 2 guest bedrooms sharing a bath, and a fireplace study. Right of the house is a garage with a loft, and to the left in a far corner of the property is a rustic log-cabin cottage. The cottage was built in the 1990s using logs salvaged from a 100-year-old smokehouse, so we've been told. Long Branch Lane is a small, private lane serving only a few homes. It is less than a mile to Harmon Field, 2 miles to Tryon, 10 minutes to I-26.

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FROM THE EDITOR



Kevin Powell
General Manager

Finally, thanks to Mr. Greene and the Polk County Board of Education, my kids are out of the house and have returned to school. Their five month spring and summer vacation which included staying up late, sleeping in till noon, playing too much Xbox and starting a business (my daughter took up sewing and is now selling bandanas for dogs) has finally come to an end (she's still sewing the bandanas). Will in-person learning last the whole school year? By the time you read this, the transition back to remote learning may have already taken place...

In the meantime, welcome to September! Where has this year gone? Have you started your Christmas shopping yet? It's less than four months away...

September is one of the two transition months of the year (April is the other one). A month were summer is trying to hang on, but autumn is gaining strength and eventually will overcome its predecessor. During this month and continuing into October, we are losing roughly two minutes of sunlight each day as we approach the Autumnal Equinox.

For each of you that was a kid at some point (that should be most of us), do you remember laying on your back looking up at a mobile rotating around with animals, cars or Disney characters? In our own backyard, Skip Williams has taken them to a completely different level.

Going back to the earlier question about Christmas...if you are looking for a unique item not to be found anywhere else, then look no further than The Nest in Tryon. How did this shop come to be a part of the Tryon landscape?

Everyone loves a perfectly manicured yard or garden. You are the envy of anyone that sets their eyes on it. In a couple years, the Depot Garden in Tryon will be a century old. How has this plot of land next to the railroad tracks stood the test of time? Turn the pages to find out.

Are you still a little bit leery of spending much time in public but don't want to miss an issue of Life in Our Foothills? Not a problem; we can help with that. During the month of September 2020, call our office at 828-859-9151 and we will mail you a copy of Life in Our Foothills for a year for only \$15 a year. That's 75% off the cover price! Mention the promo code FALL SAVINGS to take advantage of this offer before it blows away in the Autumn breezes.

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

ON THE COVER



The Nest Artisan Market Ashley Menetre

(Story on page 20)

Photo by Macy Cochran

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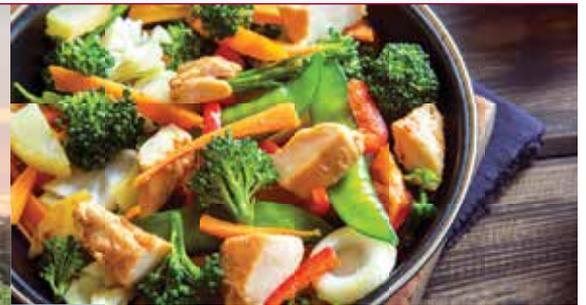
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life IN OUR FOOTHILLS

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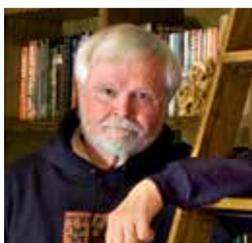


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Mark Levin, Writer and Photographer

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 Cochran 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 and Graphic Designer

Jullia has always had a 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.

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Foothills Lifestyle



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



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Finally...

Back in September of 2019, the Tryon Fine Arts Center began the much anticipated construction project that would add much needed space. Almost a year later, the finished product is just as beautiful as expected.

By Macy Cochran



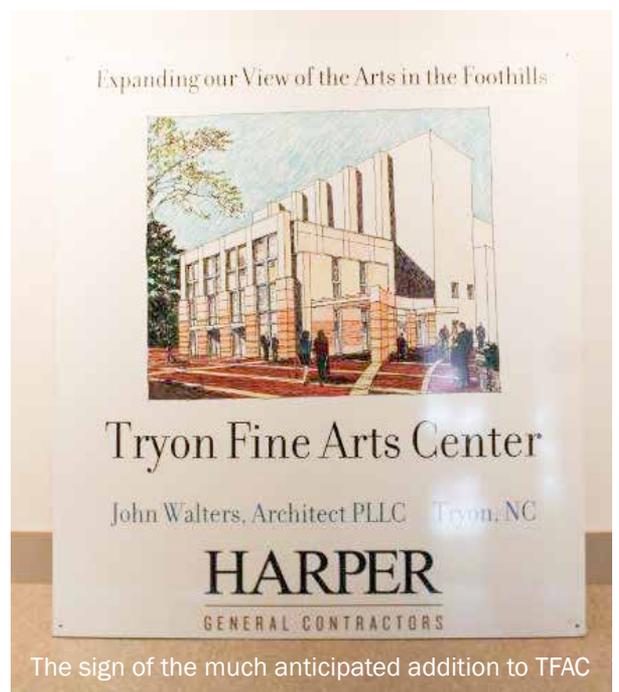
The view from the road



The wide windows from TFAC's new storage area



The catering kitchen



The sign of the much anticipated addition to TFAC



The lobby area of TFAC



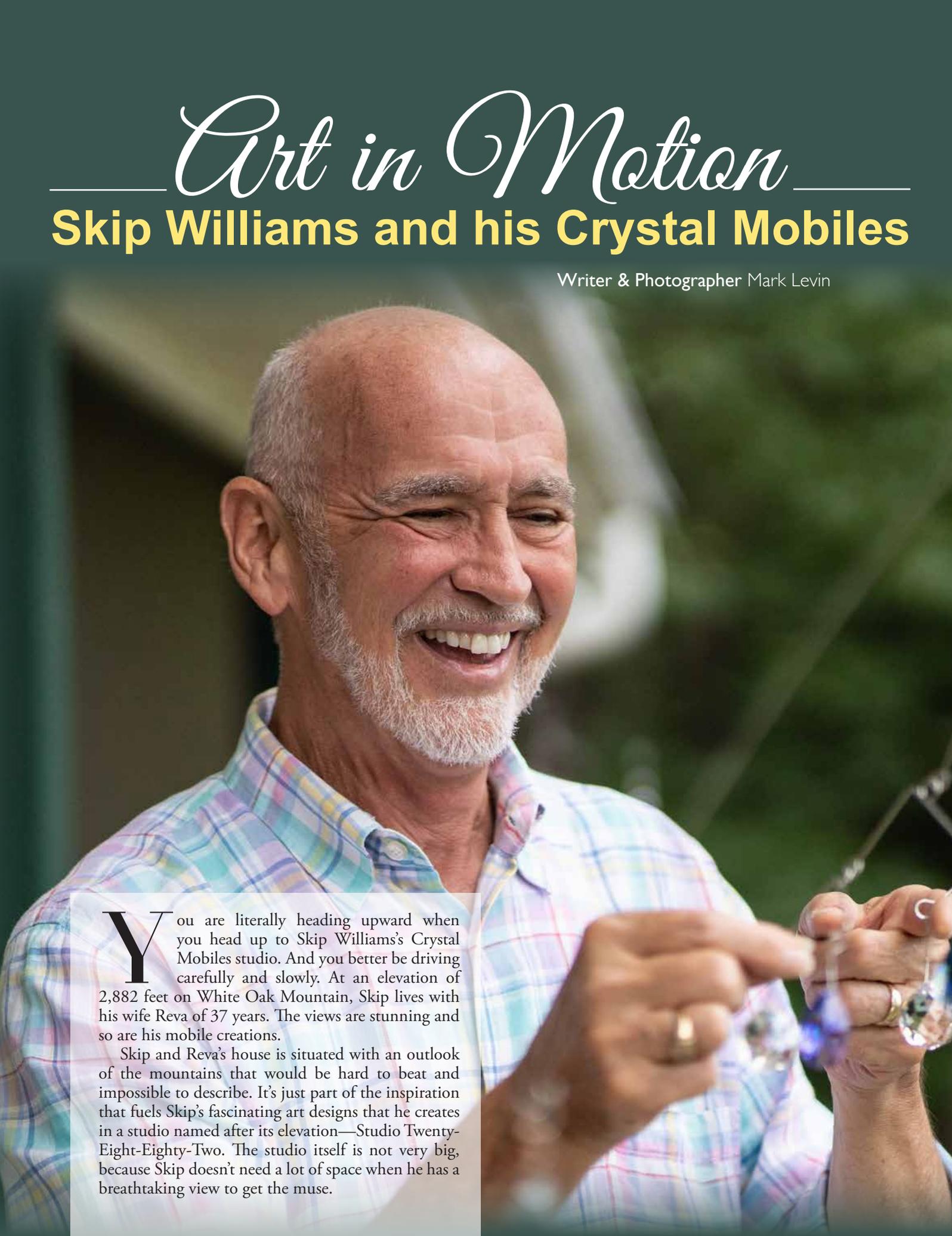
Marianne Carruth standing in the new storage area for instruments and other large props



Art in Motion

Skip Williams and his Crystal Mobiles

Writer & Photographer Mark Levin



You are literally heading upward when you head up to Skip Williams's Crystal Mobiles studio. And you better be driving carefully and slowly. At an elevation of 2,882 feet on White Oak Mountain, Skip lives with his wife Reva of 37 years. The views are stunning and so are his mobile creations.

Skip and Reva's house is situated with an outlook of the mountains that would be hard to beat and impossible to describe. It's just part of the inspiration that fuels Skip's fascinating art designs that he creates in a studio named after its elevation—Studio Twenty-Eight-Eighty-Two. The studio itself is not very big, because Skip doesn't need a lot of space when he has a breathtaking view to get the muse.



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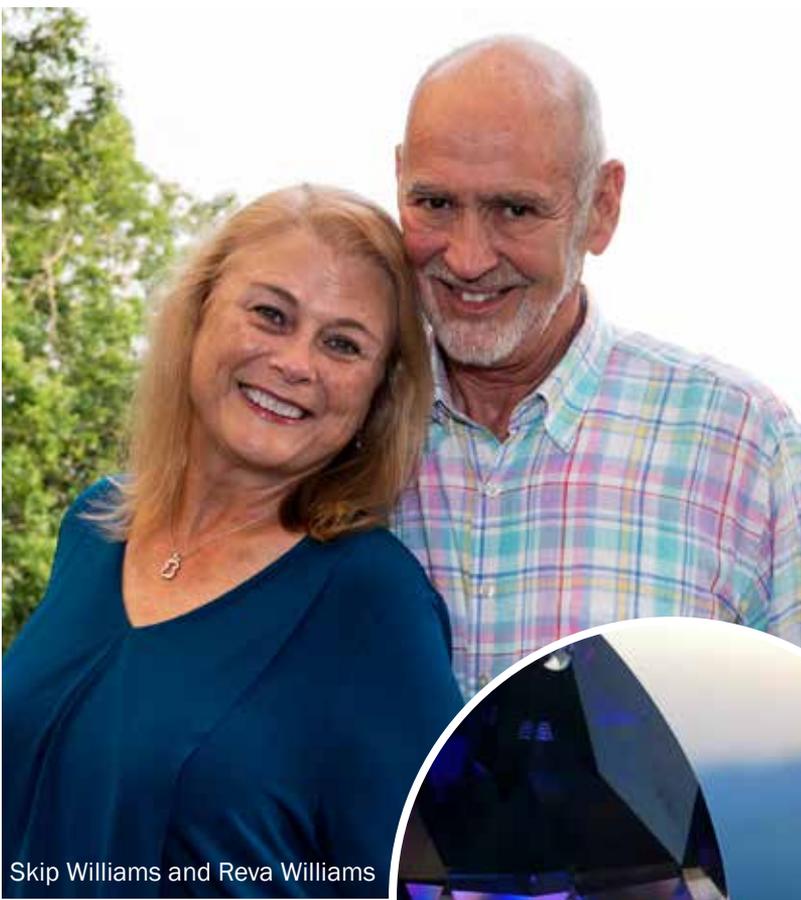
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Skip Williams and Reva Williams



Photo by Skip Williams

Skip grew up in Spartanburg with a family of artists. His father was the owner of the first advertising agency in the city. Becoming a professional artist didn't really cross his mind growing up. He was determined to serve and ended up spending 21 years in the United States Army. Skip received a commission as a second lieutenant from Gordon Military College in Barnesville, GA. It was a junior college at the time and is now Gordon State College.

Coming out with that new commission at the height of the Vietnam War meant he would eventually end up doing a stint in Vietnam. He worked his way through the ranks in a variety of jobs including serving as a rifle platoon leader for the 1st Cavalry Division, Delta Company. Skip left the service with the rank of Lieutenant Colonel.

He is very proud of his military career and a portrait in full uniform painted by his dad adorns a special place in their home. During his military service, Skip managed to earn a BS from Troy University (in Alabama) and a MS from Florida Institute of Technology. It shouldn't surprise anyone that he earned the rank of Eagle Scout as a youngster, as well.

After the Army, Skip spent the next 26 years in industry including sales in the defense and aerospace HVAC manufacturing business. During his last few working years, Skip was able to work out of his home office in Polk County where he and Reva moved fifteen years ago. It wasn't long after that move that he knew this new house needed a mobile.

His early interest in mobiles happened when he was stationed in the Sinai Desert. He collected some ancient glass and, with his sons, made a mobile (for fun) with the glass, coat hanger wire, and twine. That was his first attempt at creating a mobile and little did he know, that this first effort would lead to his producing works of art desired and displayed in homes and businesses around the United States.



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Skip eventually picked up an artist-built mobile during his travels that he still has to this day. But the wire on that mobile rusted years ago, and the color flowed down and discolored the crystals. Skip worked on that mobile to rebuild it which helped rekindle his interest in this art form. He knew he would need to study the science of mobiles to find the right wire that would never rust, and with that, he would get to use his skills as an artist to find a way to make each arm balance perfectly, swing like it should, and come back to the same spot at rest.

Retirement gave Skip the time to rethink the idea of creating mobiles. He was fascinated with the randomness and the predictiveness of them. Today one of his Crystal Mobiles hangs in a home in Walden Pond, MA, and another in Ventura, CA, and others are in cities across the United States.

For the past five years, Skip has designed and handcrafted crystal mobiles using lead crystal prisms, Swarovski Crystal and stainless steel wire. He is self-taught in the craft. Through a lot of trial and error, Skip has perfected the art of getting the mobile to balance perfectly. It's not an easy process. He has a box of "mistakes" for proof.

Just a couple of years after he started making the mobiles, Skip thought maybe it was time to see if anyone would buy one. With his knowledge of arts and marketing passed on by his family, Skip created a website. He said to Reva, "Let's give it eighteen months to see how it goes." There was no looking back. Now in his third year as a professional artist, Skip has a growing business on his hands. His Crystal Mobiles can be found locally (see the list below). Most people discover his work at his website (CrystalMobiles.com) and Skip ships them out complete with the hardware to hang them and instructions on how to situate them so they bring his joy in creating them into their homes for others to appreciate and cherish. It's a magical moment when the light hits the crystal prism just right and sends a bit of color dancing into the adjacent room.

Each Skip Williams Crystal Mobile is hand-made one at a time. And while there are "models" shown on his website, each is slightly different. Skip signs and numbers each of his mobiles before they head to their new homes. Each has to be flown out on his deck to make sure they move like classically trained ballerinas. They are built to stand up to the elements and are meant to be hung outside. The lead crystal he uses comes from Egypt. He also creates using Swarovski Crystal which is made in Austria and is almost 100% lead-free. The Swarovski comes in colors whereas the traditional lead crystal does not.

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Photo by Skip Williams

MORE TO KNOW:

You can see Skip Williams's Crystal Mobiles locally at several locations in Tryon and Landrum. All of his designs include video of mobiles in motion. More information can be found on his website at www.crystallmobiles.com or call 828-817-5696. There is a contact form on his website, as well.



Photo by Skip Williams



Photo by Skip Williams



Skip Williams next to a portrait painting of his dad

One of Skip's newest creations is his Brilliant Conversations mobile. It's a wire line drawing of a character profile with two almond crystals as the eyes of the character. As with all of his works, these are destined to become cherished. But these Brilliant Conversations mobiles add in the element of humor and whimsy.

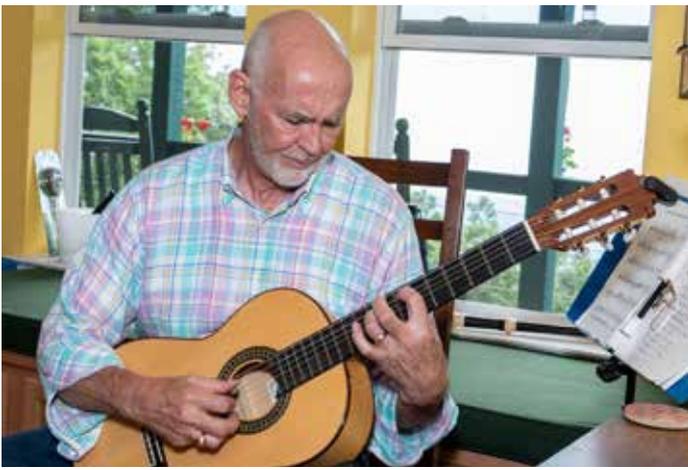
Skip doesn't need other hobbies to keep him busy, but he and Reva do enjoy having the time in retirement for other activities. Reva loves her book club, and the couple enjoy playing guitar. At age 65, Skip decided he would like to learn to play the guitar "like a piano." He wanted to do more than just strum. He wanted to learn the skills to pick the notes and add the chords in the classical style. He sought out a teacher and started to learn both classical and Flamenco guitar from scratch. Last year the couple traveled to Spain to study for six weeks. They start each morning with practice time.

For the past four summers, they have hosted GrandMa and GrandDaddy Camp where their six grandchildren, currently

ranging from 7 to 21 years old, descend on their mountain home for a week of a well-planned out camp complete with daily schedule, field trips, and "in-camp" activities. It is a highlight for the grandkids as well as for Skip and Reva. Large sized photo books cover a table where the kids and the grandparents can look back on past summers. It's obvious that family means a lot. Church means a lot, as well. Skip volunteers at the First Baptist Church in Tryon where he helps lead the children's church including adding in a bit of magic. Right now, that's mostly on hold with regular services being held via Zoom.

"I love that my art brings joy to people's lives. It's silent, it's passive, but then all of a sudden. A little glint of light comes into the room, and that brightens the mood. It's mesmerizing."

Skip says he's a pretty simple guy. He likes that retirement has enabled him to stretch his mind, learn new things, spend time with family...and bring joy to others with his work.



Skip and Reva Williams



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“This Nest is Best”

The Nest Artisan Market



Writer & Photographer Macy Cochran

Ashley Menetre wasn't always a small-town art shop owner. She is formerly an Atlanta resident who accidentally spent a weekend in the place where she would later call home.

“We moved our family up to Tryon because of the quality of life,” she says.

Now, when Ashley isn't chasing around her son Miles or spending time with her husband Beau, she proudly owns The Nest in the center of downtown Tryon.

It began with the bud of creativity that blossoms in most of her family members, which is where Ashley gets her artistic genes. After attending the

Art Institution of Atlanta for culinary, she realized that along the way, she fell in love with art more than she did with cooking.

“I love art and glass work, but I'm not a painter,” she says. Rather, she is a lover of observing all things creative and feeling that certain comfort and uniqueness of being in an artistic place.

Years later, she and her husband began searching for someplace in Black Mountain to settle with their kids. On their way up to house hunt, a snowstorm came through the area, trapping them in a rental house on Melrose Mountain in Tryon. One weekend was all it took for Ashley and her family to call Tryon their new home.



Beautifully displayed interior of The Nest



Unique and fashionable clothing is available at The Nest

“By the end of the week,” Ashley says, “we knew this was where we wanted to be. Now it’s like *Cheers*—where everyone knows your name.”

When Ashley came to the Foothills, she was working from home. “It got boring,” she claims, “and I sometimes traveled with art shows which became chaotic with taking care of my children. I simply got too busy to travel and set up tents, take tents down, and having to deal with art and glass pieces blowing over at shows.”

What she loved, though, was coming to downtown Tryon where there weren’t all that many retail shops at the time. So, she opened her own in 2014 with the mindset of “Hey, what do I have to lose?”

“I spent a lot of time in art galleries while I lived in Atlanta, but I wanted a place with a different atmosphere,” Ashley says. “I wanted a place where

artists could feel like I did—something playful, not like a gallery.”

What she wanted was artwork displayed in a homey, comfortable way so people can better envision the piece in their homes. “Sometimes,” she states, “when you see art in an art gallery, it’s hard to picture it on your wall, so The Nest is a place where you can see it hanging there.”

The Nest attracts many artists due to its artisan theme. Ashley sells homemade or refurbished furniture, locally homemade clay and jewelry, bath products, and most importantly, she sells art painted by local artists. September through mid-January is The Nest’s busiest time of the year because of the special seasonal items.

“The week of the Christmas stroll is my favorite time of year at The Nest,” she says. “We carry a lot of cute gift items for the holidays.”





The Nest displays many local art pieces



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But Fall is her very busiest time, because artists bring in their seasonal paintings, and other local creators bring in their warmer, knitted items.

Overall, Ashley's favorite part of owning The Nest is getting to know her visitors and sitting on her big sofa to chat and hang out with friends. The people, the community—it's all part of the joy of owning her artisan shop. Many people who walk through the eclectic French doors aren't even locals, actually.

"A lot of my customers come from Columbia, Charleston, Charlotte, and Greenville," she says. "Tryon is within driving distance from all those places, and it makes a wonderful day trip with a beautiful drive."

Ashley claims that there is no daily process of running her carefree shop of art and imaginative pieces. In fact, she says, "I just open the door, turn on the lights and see where the day takes me." Her positive attitude and welcoming spirit invites all who walk into The Nest, sharing with the community her love and adoration of local art.

Her secret to success? "Just go with the flow. Be open to change."

Without this mindset, her accidental snow-trapped weekend might not have led her to some of the best years of her life.

And most of all, Ashley's message to the community during this difficult time for business owners is that she supports the town she loves.

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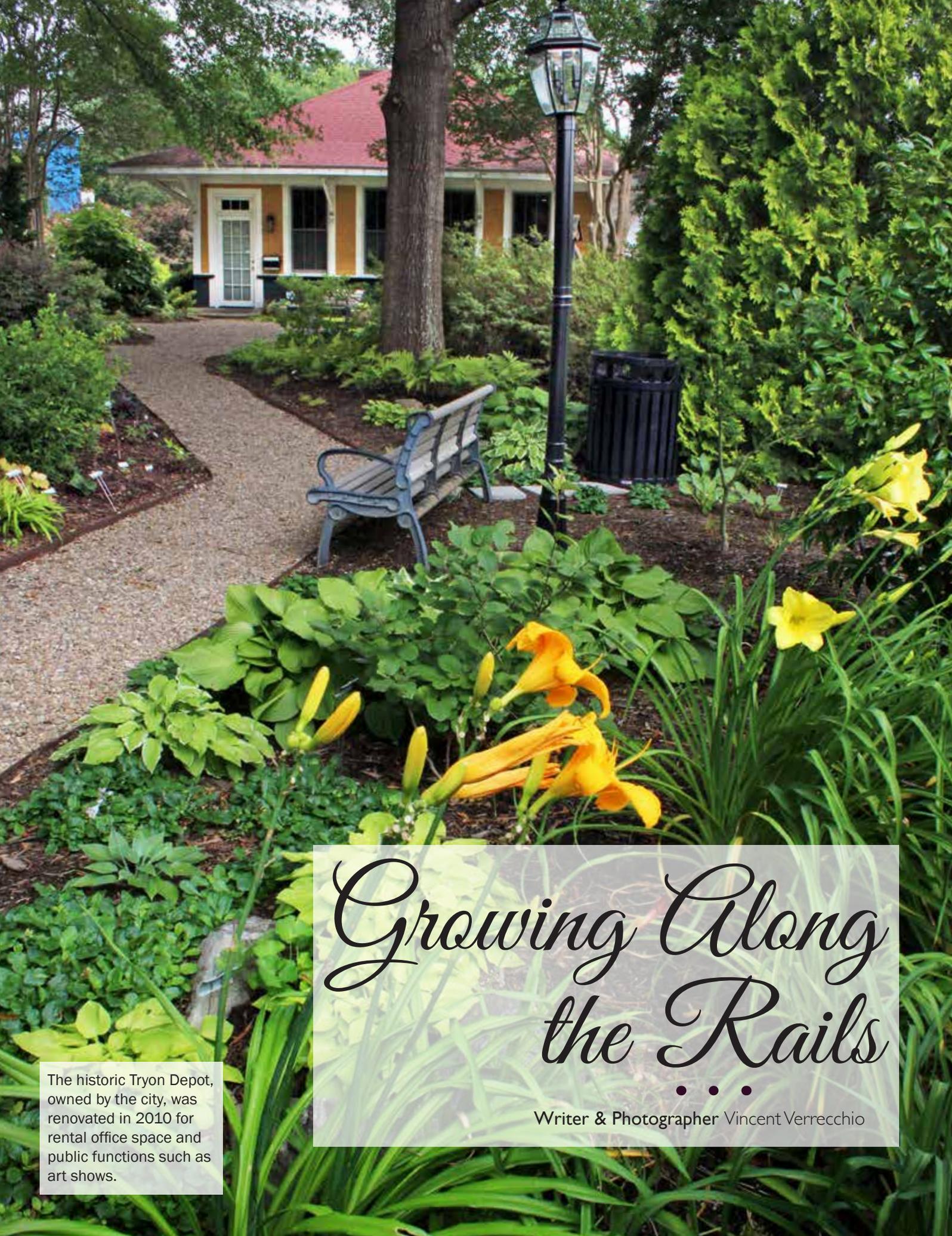
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Growing Along the Rails

• • •

Writer & Photographer Vincent Verrecchio

The historic Tryon Depot, owned by the city, was renovated in 2010 for rental office space and public functions such as art shows.




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Relax on a bench one evening at the Depot Garden Park in the midst of downtown Tryon. By day or by evening, patterns of sunlight or soft incandescence welcome you. Find a quiet retreat beneath the canopy of oaks among the Arborvitae, Lenten Rose, Threadleaf Cypress, Daylilies, Mountain Mint and other plants and flowers. Let your thoughts drift and imagine what had been here with trains coming and going. Try to sense the history along the rails that defined a community. Try to hear bursts of steam or the deep hum of diesel, steel wheels rolling on iron, the bustle of passengers and the summons of “all aboard.”

The history can be read in such sources as “Polk County North Carolina History” published by the Polk County Historical Association, or “Tryon: An Artist’s & Writer’s Sketchbook” by Ronald Mosseller and Anna Pack Conner. It can also be heard from those who lived it as children and from those who are working to preserve the memories and keep a tradition moving forward.

The first depot was built in 1877 when Tryon City was the end of the line. The opening of the Saluda Grade was still a year away. From the loading dock, townsfolk could look across the street directly at the site of the Tryon Theater fifty-five years distant. A building for moving pictures was an unimaginable future for a town of twenty-four homes and three stores.

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





The second Tryon Depot opened with star-spangled fanfare at the present site on July 4, 1896, to serve six passenger trains daily on the Spartanburg-Asheville line.

In 1922, the third depot was finished to operate under the fall of cinders and in clouds of steam and smoke. These were years when young hucksters sold “Tryon grapes, fresh Tryon grapes” to passengers leaning out of windows while the train stopped for a leisurely loading and unloading of travelers, freight, and mail.

Only a photo preserves the 1920s memory of a fenced scruffy grass plot where today’s Depot Garden grows. Joy Soderquist, Tryon Garden Club historian, knows that the club was founded in 1928. Among several of their civic projects was the clean up of litter around the town and depot. It was not until the early 40s that the club became more active in hands-on planting in town, for example, dogwoods along the sidewalks. A 1950s photo of the depot shows litter-free but still mostly bare ground at the site of the 2020 garden.

As a young child growing up in Tryon, John Vining listened at night to the heavy rumble and alerting whistle. He remembers his 11th birthday party celebrated with friends on a train ride from Tryon to Hendersonville when there were two tracks on the Trade Street side of the depot and a spur on the present site of Depot Plaza.

“When a train stopped at the depot, the cars would block traffic at two points on Trade Street,” says John. “It was a diesel engine by that time, no longer steam.” He and his friends were eager for the caboose to pass so they could exchange waves with the brakeman.

He remembers sitting in the Tryon Theater. “When the train came, the seats would shake like an earthquake.”

Even though he had always loved plants and remembers watering his parent’s garden as a four-year old, he remembers only vaguely the garden area at the depot as a “manicured place.” After earning a degree from Clemson in plant sciences, he returned to his hometown for a thirty-two year career as the county extension agent.



Thanks to the generosity of the Polk County Appearance Commission and the Kirby Fund of the Polk County Community Foundation in 2019, soft incandescence now welcomes visitors to the garden in the evening.

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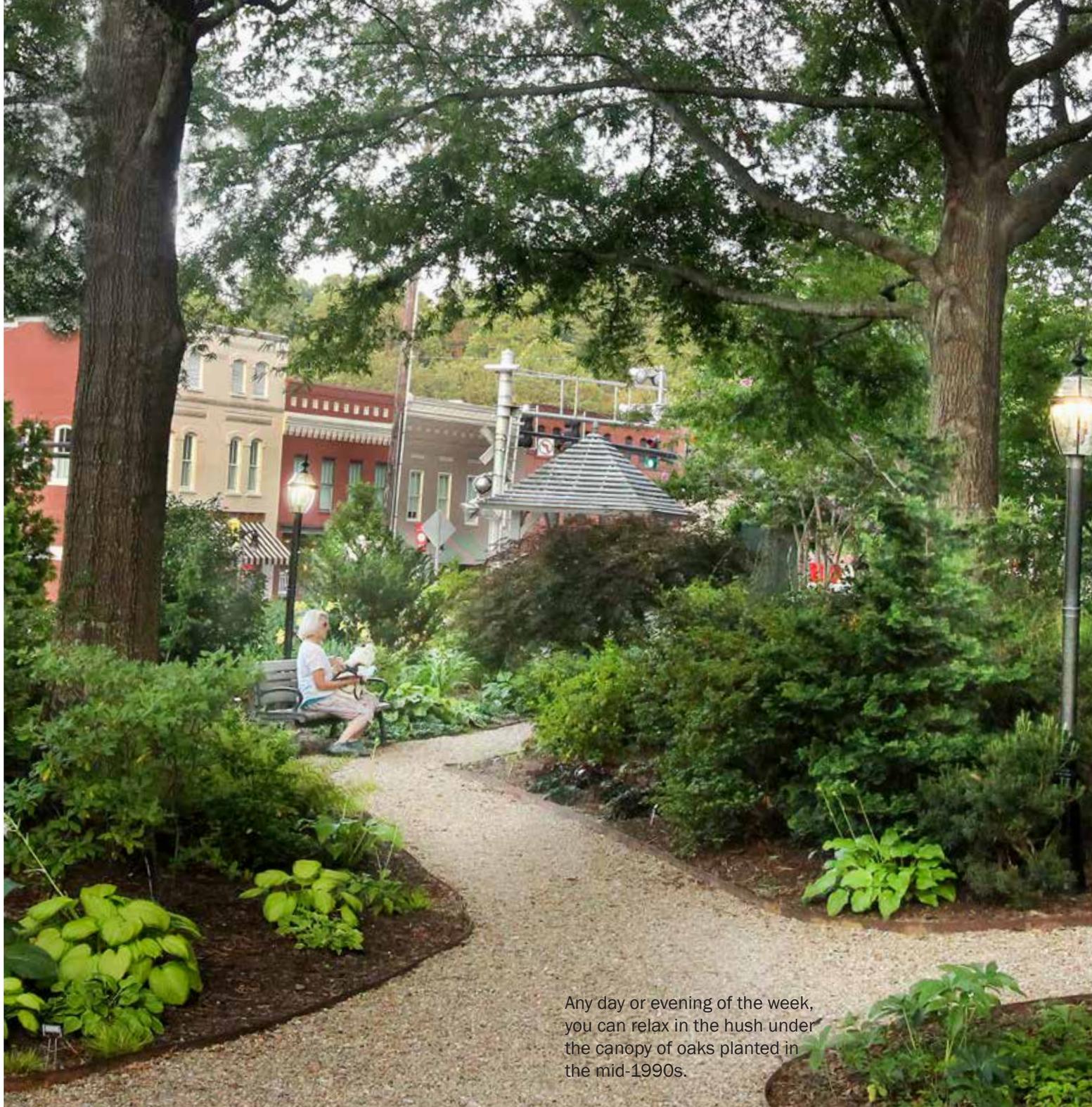
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G minor, Op. 15



Any day or evening of the week, you can relax in the hush under the canopy of oaks planted in the mid-1990s.

“My happiest memory of the depot was in 1978,” says John. “I learned that the building was going to be saved from demolition.”

The last passenger train came through in 1968 and since then, the depot has been silent. Its doors locked, but it would have new life. The Polk County Community Foundation, Polk County Red Cross, Polk County Historical Association and the Tryon Riding and Hunt Club raised funds for restoration and renovation. The Tryon Garden Club and

Green Blades Garden Club volunteered the landscaping.

John chuckles when telling how the town council named the depot garden space after Mary Reese. “She protested not wanting the recognition for planting the Azaleas, Nandina, and Sasanqua Camellia, but a large sign went up anyway acknowledging her hard work. Her death in the late 1990s was a loss to gardening and the community.”

John continues, “As long as the freight trains were running, I would frequently take my children to chase the



caboose, driving to Saluda and stopping for ice cream. I am still sad that I missed the last freight.”

Barry Flood, former owner of the Tryon Theater and projectionist reminisces, “I purposely stopped the movie only once. In 2001, I brought up the house lights and asked if anyone wanted to see the last train that would ever come by...the theater emptied.” The audience exited across the street from the site of where the first depot had once stood.

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The view from the third depot has changed since it first opened in the early 1920s.



Daylily



Hosta



Hydrangea



Lacecap Hydrangea



Drift Rose



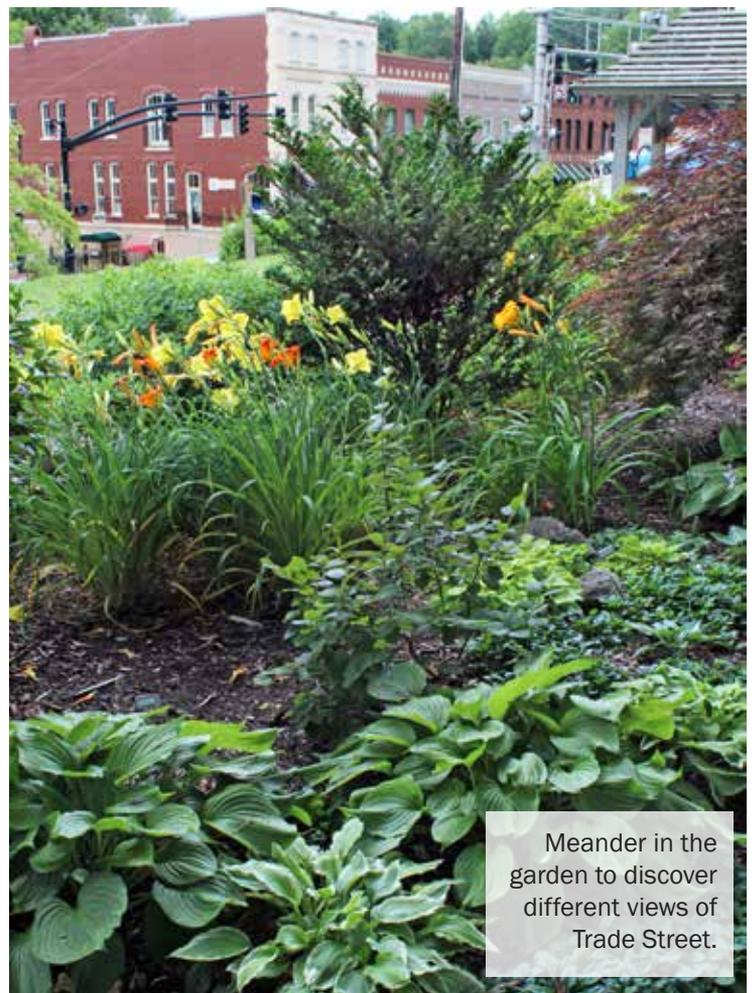
Joy explains how the town, Tryon Garden Club, Green Blades, Daffy Jills and other civic organizations helped move the depot story forward from groomed lawns to easier care landscaping, through evolving aesthetics of landscapers, to the current trend of native plantings and pollinators. Both she and John praise the work of the Tryon Garden Club's current Civic Beautification Committee.

"Gardening has been a lifelong passion," says Denise Barthold, Committee Chair. "When I moved here in 2014, I immediately joined the club. Now in my fourth year as chair, our committee works to continue adding native plants, educating visitors with such programs as plant ID markers, attracting more visitors and creating butterfly pollinator areas."

In 2019, thanks to the generosity of the Polk County Appearance Commission and the Kirby Fund of the Polk County Community Foundation, more visitors can now visit in the evening, strolling from one pool of soft lighting to another. Recently, the garden has also been listed in the International Monarch Butterfly Way Station Registry.

Working from books and interviews, I could have written thousands of words more. I have learned and written enough, however, to sit among the plants, flowers, and new lights at dusk and conclude that the depot and its garden is a testament to generations of people making history, preserving it and always taking another step forward.

For more information, e-mail donnas.garden@aol.com



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*Photo of Titto taken by
Haley McSwain*



1877

The first depot was built in 1877 when Tryon City was the end of the line. From the loading dock, townsfolk could look across the street directly at the site of the Tryon Theater 55 years in the future. (Photo courtesy Polk County Historical Association Museum.)



1896

The second Tryon Depot opened at the present site on July 4, 1896, to serve six passenger trains daily on the Spartanburg-Asheville line. (Photo courtesy Polk County Historical Association Museum.)



1922

The third depot was finished before 1922 to operate under the fall of cinders and in clouds of steam and smoke. Today's garden park exceeds the area of the Roaring Twenties fenced plot. (Photo courtesy Polk County Historical Association Museum.)



1950

During the fifties, tracks bracketed the depot: two sets on the Trade Street side and a spur on what is now Depot Street. The Depot Garden Park would be in the foreground of the car. (Photo courtesy Polk County Historical Association Museum.)



1968

That last passenger train paused in 1968 before tackling the Saluda Grade one last time. The overhanging eaves of the depot are visible at the right. Freight trains rumbled through for another 33 years (Photo courtesy Polk County Historical Association Museum.)



1970's

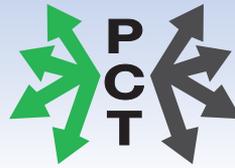
The site in the 1970s of what would be the Depot Garden Park. (Photo courtesy Polk County Extension Service.)

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Comanche at arrival gets much needed TLC with carrots to recover from his young nurse.

Always look a gift horse in the mouth

By Pebbles

Whomever coined the phrase “Never look a gift horse in the month,” clearly was never the recipient of such a present. Our rescue, Helping Equines Regain Dignity (HERD), received an urgent phone message. A voice with the sweetest inflection explained that they had a big young draft cross horse whom they could no longer keep. The caller was the new bride of a gentleman. The horse had belonged to his former wife. It was time for him to move and find a more productive life. All he did was stand around 365 days a year eating grass. “Oh, our Comanche is a good boy. He is no trouble and we consider him a pet, but he needs a new home, so will your rescue come get him? We will gladly donate him to you.”

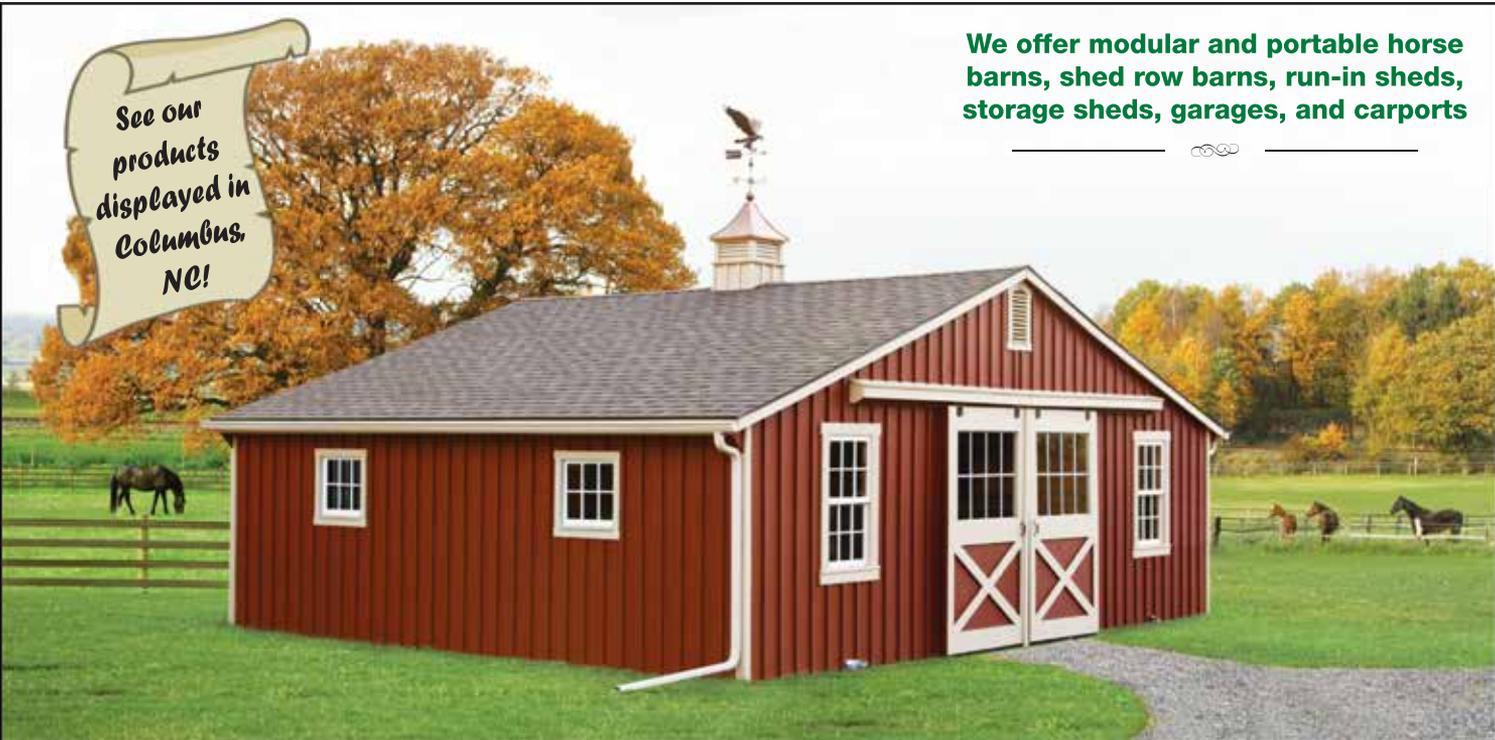
I scribbled down a list of important questions for our punctual reply and passed them over to my mistress of HERD, Heather. First and foremost, how old is this big horse? Does he have a Coggins test to show he is negative of this fatal disease as it is the law to have one when moving a horse to a new location? Is he a stallion or a gelding? Has he had his vaccines and has the farrier ever trimmed his feet? When was he last wormed for parasites?

The answers were as straightforward: my husband says he’s around the age of five more or less; he was gelded at age two, and no other vaccines other than a

tetanus during the operation had been given to him, nor have his feet been trimmed. Never wormed to anyone’s knowledge. He is basically a lawnmower.

Comanche had lived alone in a field for his adult life. How he came to be in this situation was a short, sad tale. The former wife had a draft horse mare and a paint stallion across the fence, from a neighboring farm, had gotten to her through the fence. The stallion was so seriously wounded from this dirty deed that he had to be destroyed. Comanche was the last foal sired by the handsome paint stud. The mare had been taken to auction and sold when Comanche was a yearling. So, there he stood, out to pasture with no cow or horse in sight, for apparently another four or so years.

HERD agreed to take him in as age five is really a perfect age to start a big draft cross for riding. These types of horses are more docile and become excellent horses in the fox hunting field or pleasure riding and Comanche was supposedly a good size. We often have families looking for a husband horse that is gentle and easy to ride. Step one was securing a Coggins test. Step two was asking the husband to get the horse loading as he had never been in a trailer. To do this, the couple agreed to buy some horse feed and borrow a neighbor’s stock trailer. Every evening they would put a small bit of feed in a bucket and move it further and further back in the trailer. Comanche taught himself how to load and stand in a trailer.



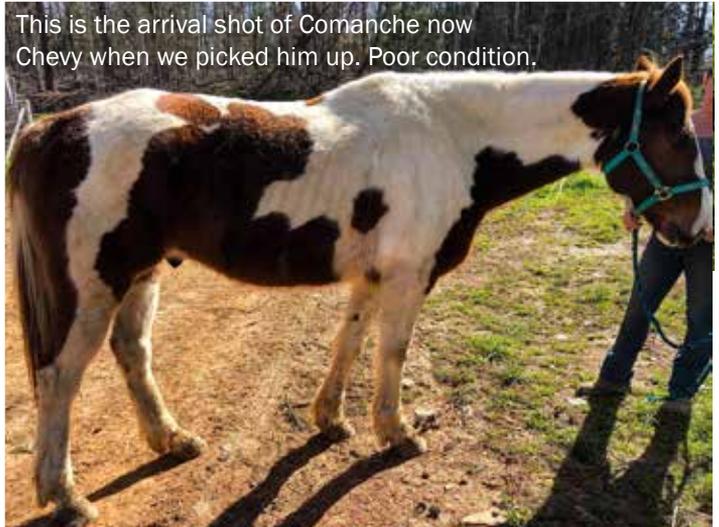
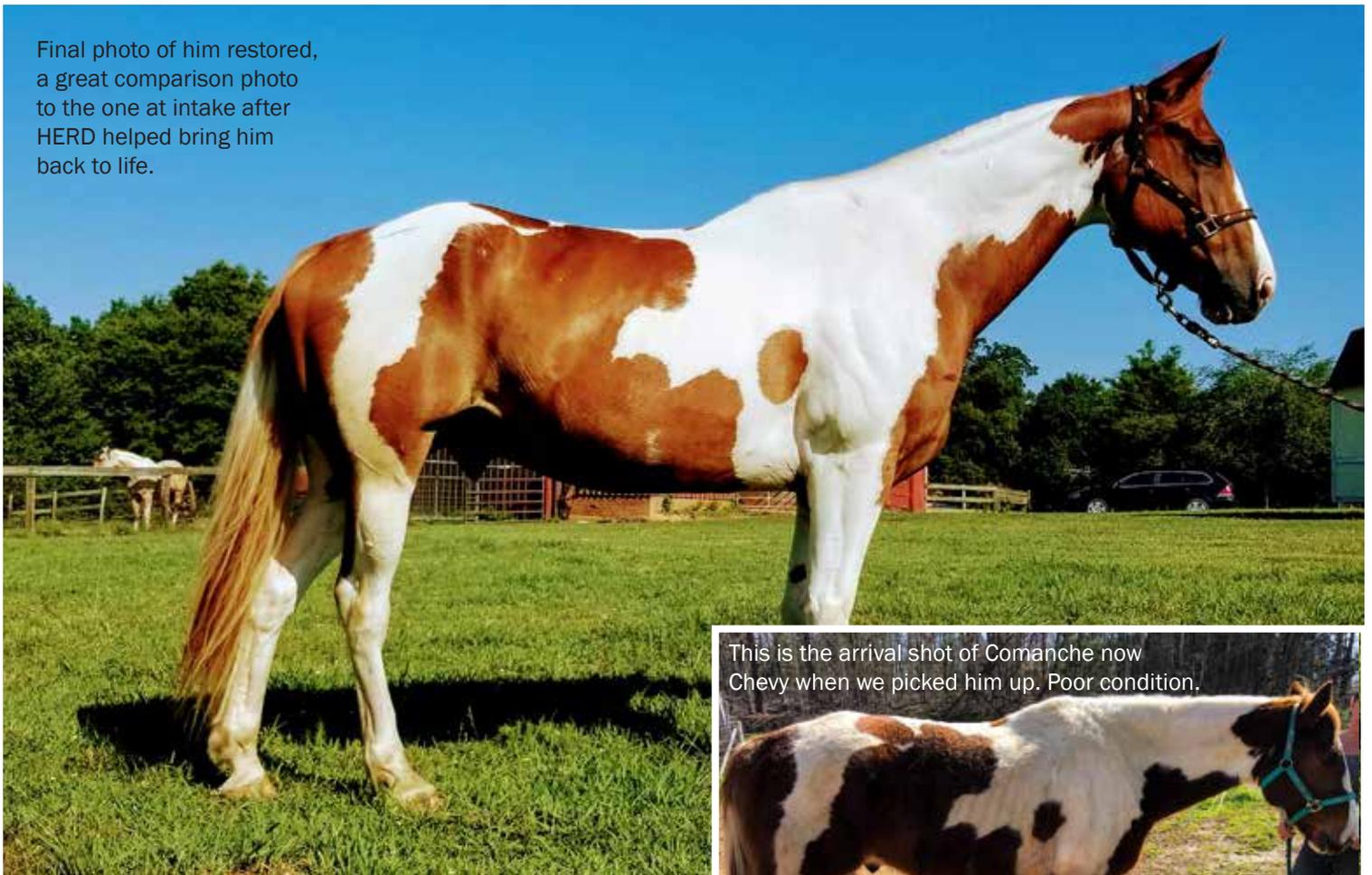
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Final photo of him restored, a great comparison photo to the one at intake after HERD helped bring him back to life.



This is the arrival shot of Comanche now Chevy when we picked him up. Poor condition.

Heather next arranged a pickup transport to bring the horse into our program. Comanche loaded fine and made the trip safely. However, within two days he had started coughing and had discharge from his nose. The vet had been scheduled to come out to give him his annual vaccines, but instead he was taking his temperature with concern. On the trip he had developed shipping fever. It is not totally unheard of the vet assured us as this horse has never been off the farm where he was born and possessed no immunity as he never received any vaccinations. The sad looking equine was also depressed. He would only pick at his hay and leave his grain in the bucket. He was very shaggy and thin on arrival to us.

It took several months, but Comanche's eyes grew brighter as a lovely little girl who lived at the farm where he was recovering fell hard for him. He enjoyed her brushing his stout legs, eating carrots, and he would lie down in the sun next to her for naps. The two formed quite a bond and the horse finally started to eat. When well enough, Dr. Perry Parks came out and gave him his vaccines. Chevy then went to training with Justin Cave to start him under saddle, and once ready, journeyed onward and upward for his refined riding lessons under the tutelage of Beth Harrill.

Comanche's body transformed developing into a dashing horse. A new name was required for this chestnut and white paint big steed. Beth christened him Chevy. He was so handsome that he got noticed quickly. The first candidate

who rode him was so impressed that she signed the papers to adopt him. She had a vet come for a pre-purchase examine and he passed the soundness test and was noted in excellent health. However, this vet said he was older horse and dated him at age twenty. She returned Chevy to Beth immediately. Beth in turn called Heather who phoned the previous Coggins that came with him stated he was age seven. The vet who wrote the Coggins stated that he was sorry and meant to put age nine on the form. HERD then had three other vets examine the horse's teeth, including an equine dentist. Chevy was verified to be age eleven, not so ancient as feared. The upside is he also had no wear and tear from his earlier years serving only as a lawn mower. With that mystery solved, the perfect partner came to adopt Chevy. He has now moved to Athens, Georgia to enjoy fall into winter days fox hunting with his mistress Jenny Lee Lamb.

A lesson was learned from this experience for all of us in HERD. Always look a gift horse in the mouth immediately!



Chevy was so sick a few days upon arrival and so thin; he was on the ground way too much. This is Delores Riffe, who transported and cared for him during his recovery for two months.

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CORN & CRAB SOUP

By Pebbles

Ingredients

- 1 medium onion, chopped
- 2 tablespoons butter
- 3 cups chicken broth
- 3 cups frozen corn (defrost for making the soup)
- 3 medium potatoes, peeled and diced
- 1 can of (6 ounces) crabmeat, drained, flaked and cartilage removed
- 1 cup whole milk
- 1/4 teaspoon pepper, plus more for optional topping
- Minced chives and crushed red pepper flakes, optional

Directions

• In a large soup pot, sauté onion in butter until tender. Add the chicken broth and potatoes; bring to a boil. Reduce heat; cover and simmer for 15 minutes. Remove from the heat; cool slightly.

• In a blender, place the defrosted corn with the cup of milk and blend until smooth. Then place this mixture into the pot with the broth and potatoes. Stir in the crab, add pepper; cook over low heat until heated through approximately 10 to 15 minutes (do not boil). If desired, top with fresh cracked pepper, chives and crushed red pepper flakes. Serves 6.

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September Is National Whole Grains Month

Did you know that people who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases? Grains provide many nutrients vital for health, and it is recommended that at least half of all the grains eaten be whole grains. On average most Americans eat enough grains, but few are whole grains. Because September is National Whole Grains month, let's cover some tips to help increase your intake of whole grains.

Make More of Your Grains Whole

What are grains? Any food made from wheat, rice, oats, cornmeal, barley or another cereal is a grain product. Examples include bread, pasta, oatmeal, breakfast cereals, tortillas, and grits. Whole grains contain the entire grain kernel - the bran, germ, and endosperm. Whole-wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal, and brown rice are all whole grains.

What are the health benefits? Consuming whole grains as part of a healthy diet may reduce the risk of heart disease, help with weight management, and reduce constipation. Grains are important sources of many nutrients, including dietary fiber, several B vitamins (thiamin, riboflavin, niacin and folate) and minerals (iron, magnesium and selenium).

Whole grains at meals. Incorporating whole grains isn't as hard as you think. Use whole-grain breads for sandwiches, try brown rice stuffing in baked green

peppers or tomatoes, or put whole-wheat macaroni in macaroni and cheese. Try rolled oats or a crushed, unsweetened whole-grain cereal as breading for baked chicken, fish or veal cutlets. Try an unsweetened, whole-grain ready-to-eat cereal as croutons in a salad.

Whole grains as snacks. Snack on ready-to-eat, whole-grain cereals. Add whole-grain flour or oatmeal to baked treats. Try 100% whole-grain snack crackers. Popcorn, a whole grain, can be a healthy snack if made with little or no added salt and butter.

What to look for on food labels. Choose foods that list a whole grain (such as brown rice, oatmeal, bulgur, wild rice, whole-grain corn, whole oats, whole rye or whole wheat) first on the ingredient list. Multi-grain, stone-ground, seven-grain or bran are usually not whole-grain foods. Food color is not always a good indicator of whole grain. Bread can be brown due to molasses or other added ingredients. Also, choose products with a higher percent daily value (%DV) for fiber.

To broaden your food horizons with whole grain work on substituting a whole grain product for a refined one as often as possible. Learn more about the world of whole grains and expand your recipes by visiting <http://www.wholegrainscouncil.org/recipes>

Here's a delicious whole grain recipe that once you've tried, you'll return to again and again.



Artichoke Heart Kale and Farro Salad

For the salad:

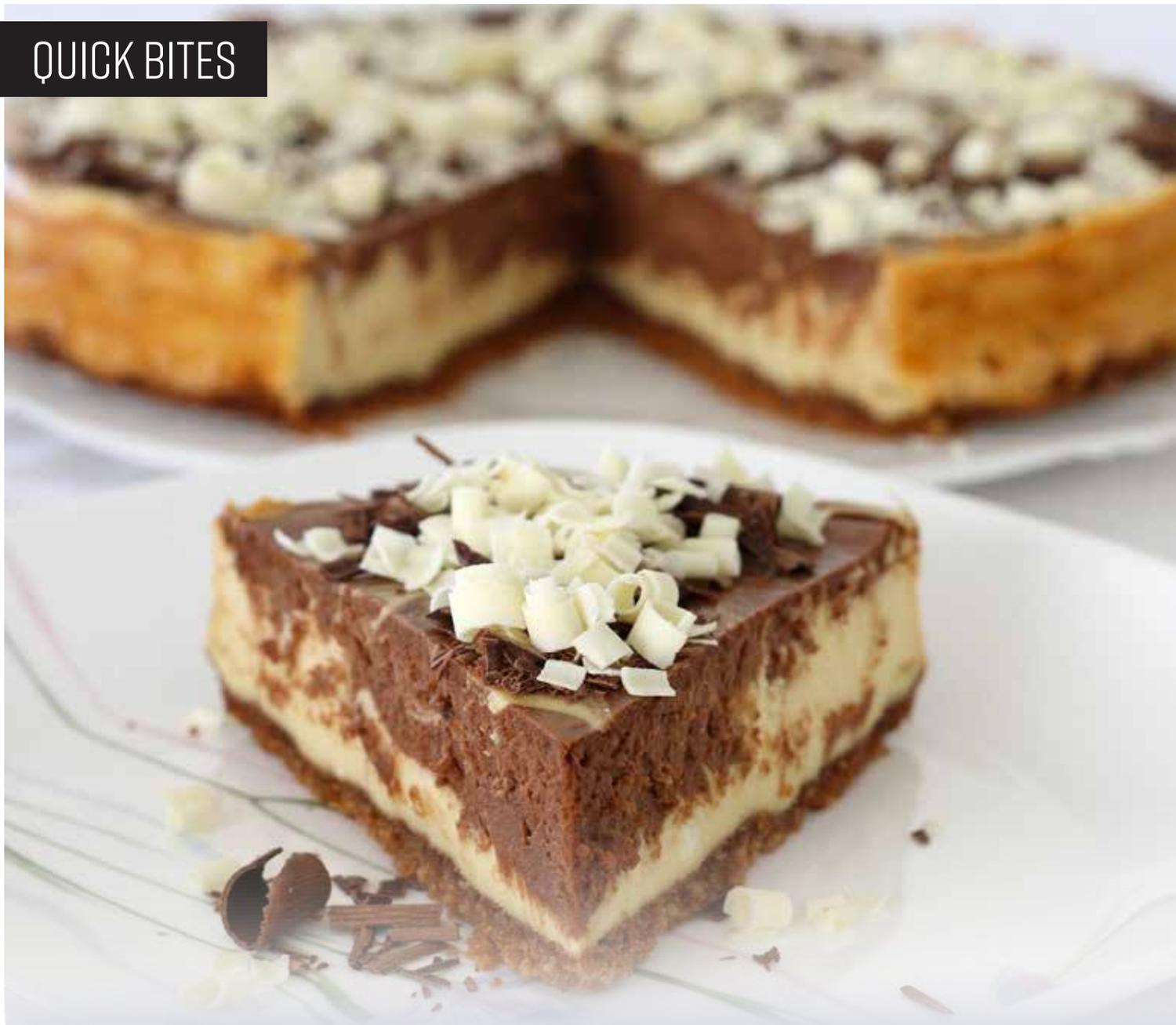
- 2 cups whole grain emmer or einkorn farro, dry
- 2 tablespoon olive oil
- 1 large shallot, cut into long, thin slices
- 1 teaspoon Italian dried herbs
- Sea salt, to taste
- 16 to 18 stems of kale, stems removed, coarsely chopped
- 1/8 cup dry white wine
- 1 (14-ounce) can artichoke hearts, rinsed, quartered, and drained (marinated artichokes work well but are not necessary)
- 1/2 cup feta cheese

For the dressing:

- 1 (14-ounce) can artichoke hearts, rinsed and drained
- 1/2 cup olive oil
- 3 tablespoons white balsamic vinegar
- 2 tablespoons lemon juice, freshly squeezed
- 1 small shallot, minced
- 2 cloves garlic, minced
- 1 teaspoon Italian dried herbs
- 2 tablespoons honey mustard
- Salt and pepper, to taste

Instructions:

1. On stove top, in medium-sized saucepan, add farro to 6 cups of salted boiling water. Simmer on low as instructed on farro packaging (emmer can take 50 to 60 minutes, while einkorn may only take 20 to 25 minutes). Drain and set aside to cool. (Note: This step may be done up to 5 days in advance).
2. In a large saucepan over medium heat, add 2 tablespoon olive oil. Add sliced shallot and simmer on low until shallots are translucent, about 8 to 10 minutes. Add Italian herbs and a salt to taste. Sauté for 2 minutes.
3. Add chopped kale and white wine to pan. With burner still on low, cover the saucepan with a lid to steam kale for 2 to 3 minutes, or until it's slightly wilted but maintains its structure. Uncover, turn off heat, and transfer immediately to a large bowl to cool.
4. Once kale mixture is cool, add cooked farro and mix in quartered artichoke hearts.
5. In a blender, combine all the dressing ingredients and blend until the dressing is smooth.
6. Toss dressing with kale and farro about 10 minutes prior to serving and top the salad with feta cheese.



Baileys Marbled Cheesecake

Crust

85 grams butter
125 grams crushed digestive
biscuits or graham crackers
4 tablespoons granulated sugar
1 tablespoon cocoa

(Serves 8)

Filling

1³/₄ cups granulated sugar
1 teaspoon vanilla extract
5 large eggs
3 egg yolks
1/2 teaspoon salt
2¹/₂ pounds cream cheese
4 tablespoons all-purpose flour
1/4 cup heavy cream
1/4 cup Baileys Irish Cream liqueur
1 teaspoon instant coffee crystals
1 tablespoon cocoa
2 tablespoons warm water

Butter an 8-inch or 9-inch springform pan and then line its bottom and sides with parchment paper. Butter the paper lining the sides of the springform. Set aside while the ingredients come to room temperature.

Melt the butter and crush the graham crackers or digestive biscuits very finely. Put them in a heatproof bowl and stir in the cocoa and granulated sugar. Melt the butter on the stove or in the microwave and add to the mixture. Stir well together with a fork and allow to cool.

When the crust mixture is cooled, press it into the bottom of the springform pan and half an inch or so up the sides. Preheat the oven to 375 F and bake in the preheated oven for 7 minutes. When finished, set aside to cool completely.

In a large electric mixer's bowl put in half the cream cheese, half the sugar, and two tablespoons of the flour.

Beat well, then add the rest of the cream cheese, the rest of the sugar, vanilla, cream, and one tablespoon of the flour. (Reserve the remaining tablespoon.)

One at a time, beat in each of the eggs. Make sure each one is beaten in very well before adding the next. Do the same with two of the egg yolks; reserve one.

When completely mixed, pour half the cheesecake batter into a second bowl. In a third, smaller bowl, add hot water to the instant coffee crystals; mix well until dissolved. Add the cocoa and whisk until well blended into the coffee mixture. Add the final tablespoon of flour and the final egg yolk and whisk well again until completely blended. Finally, add the Baileys and once again whisk lightly until completely blended.

Add this mixture to one of the bowls of cheesecake batter, and stir well until it is completely mixed into the second bowl.

By large spoonfuls, take turns spooning the two mixtures into the springform pan. When the pan is full, carefully draw a knife through the mixture a number of times, both vertically and horizontally, to produce the marbling effect.

Preheat the oven to 475 F. Place the cheesecake carefully on the center rack of the oven and bake at this temperature for 15 minutes. Then reduce the heat to 400 F and bake for another 60 minutes. Open the oven, and quickly (wearing an oven mitt) jiggle the springform pan a little to check the cake's texture. If it is still "wiggly" or loose, it needs a little more time. Allow it to bake for another 10 minutes; then turn the oven off. Allow the cheesecake to sit in the residual heat for another half hour. Then remove and cool on a rack.

When completely cool, refrigerate the cheesecake overnight. Remove the cheesecake from the fridge, carefully unclamp and remove the springform's ring, and peel off the baking parchment. Slice to serve.

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Teachers, families meet and greet at drive-through events

Students and families throughout Polk County had an opportunity Thursday to meet their teachers – in pandemic-inspired fashion – for the upcoming academic year.

All four Polk County elementary schools held drive-through events for students and families, allowing them to pass through welcoming lines of staff and faculty and exchange hellos as well as drop off and receive paperwork.

The first day of classes is set for Monday for Polk County Schools.

Tryon Elementary photos are courtesy Jane Ollis while Saluda Elementary provided photos via its Facebook page. From Polkstudents.com



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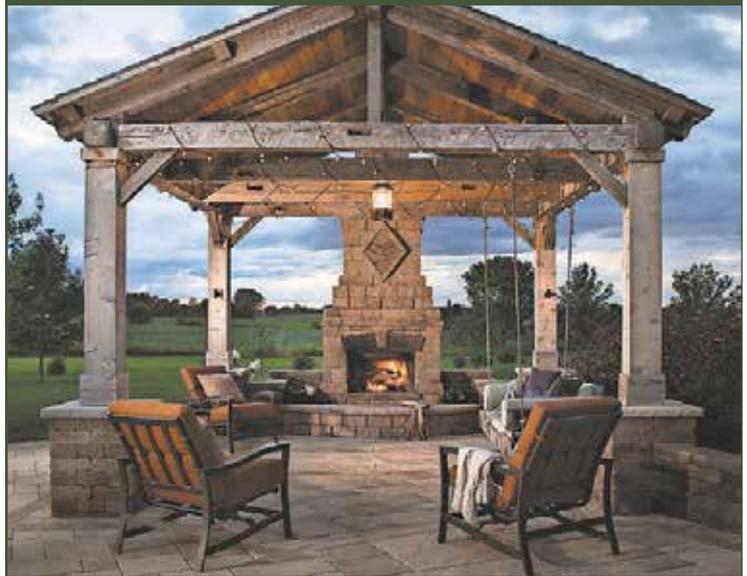
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