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Dates to Remember

Saluda Downtown Foundation (formerly Small Town Main Street) meets Tuesday, January 6 at 4:30pm at the Saluda Library.

Saluda Business Association meets Tuesday, January 6 at 5:30 at Saluda Library.

Saluda Community Land Trust meeting at 3pm, January 7 at Saluda Presbyterian Church office.

Town Council meets the second Monday of the month at 7:00pm at the Saluda Library.

CHANGE IN JANUARY! The **Historic Saluda Committee** will meet Friday, January 16 from 2 to 4pm at the Saluda Library.

Women's Club meets 2nd Tuesday of month at 10am at Saluda Presbyterian Church.

Saluda single women potluck dinner on Thurs., January 15 at 6:00 pm at the Saluda Center.

The **Saluda branch of Tree City USA** meets at 5:30pm on 4th Thursday of the month in the Saluda Community Library.

Make A Joyful Noise Community Music at St. Matthews Church on Irwin St. 2nd and 4th Sunday of each month at 3pm. Park at West Main St.

Saluda Welcome Table, every Tuesday, with dinner served from 5:30 to 7:00PM in the fellowship hall of Saluda United Methodist Church. All are welcomed. Donations accepted.

Al-Anon Family Group meets every Tuesday, 6:30pm at the Saluda Center, 64 Greenville St.

Polk County Extension Club
The Polk County Extension Club, an extension of NC State University, meets at 2:00pm the fourth Tuesday of each month. 828-702-9691.

Saluda Solstice



Just like the winter solstice turning point, Saluda's solstice started right after Christmas when the talk around town changed from holiday gatherings and shopping to predictions about the winter weather.

Locals converge inside and take advantage of quieter times, enjoying Saluda's restaurants and having a glass of wine or craft beer with elbow room to spare. Downtown becomes a hub for evening entertainment to enjoy live music and dinners with neighbors and friends.

After Christmas sales begin as weary shop owners, after long holiday hours, prepare to make room for new inventory for a busy spring and summer season.

Clear, cold days of winter are invigorating, rousing the outdoor enthusiasts to hike Saluda mountain trails and bike its windy roads, and then settling down by a crackling fire on a cold winter night.

Saludians take pleasure in the solitude of winter as they start the count down to longer days and shorter nights.

*Happy New Year!
May you prosper in
good health, peace, and
lots of laughter in
2015.*



Subscribe to Saluda Lifestyles online at www.saludalifestyles.com or scan this code to sign up on your smartphone.



E-Blasts Sign Up

From time to time, activities and events happen in Saluda spontaneously or need a reminder so you don't miss it. When this occurs, Saluda Lifestyles would like to let you know about it. If you want to receive E-Blasts from Saluda Lifestyles, please send an email to info@saludalifestyles.com and ask to be added.

Time didn't pass Saluda by; we asked it to go around." Author unknown

Find us on Facebook 

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What's Happening in Music and Art



**What's
Happening at
the Purple
Onion in
January**

The Purple Onion will be closed from January 1 through January 7 for cleaning and maintenance.

Live Music in January

Every Friday at 7:00 Fred Whiskin on piano playing blues to Brubeck.

January 8 - Calvin Edwards Trio

This extraordinarily talented jazz and blues guitarist returns. Prepare for a smokin' good time.

January 10 - Scot Pittman

Scot had to cancel his appearance in December. We were able to get him in January.

January 15 - Fayssoux McLean & Brandon Turner

Two of our favorites return to help us chase away any January blues.

January 17 - Gigi Dover & Big Love

Gigi and Eric will rock the house. Make your plans now to come.

January 22 - Mare Wakefield & Nomad

"A little bit old country, a lot contemporary folk. Lovely voice and even lovelier songs." NY Times

January 24 - Spontaneous Blueprint

We could not wait to have this fabulous jazz group back after their 2014 appearance.

January 29 - Michael Reno Harrell

"He invites you into his soul rather than merely allowing you to peek through barred windows..." Amazon.com

January 31 - West End String Band

A bluegrass band from South Carolina new to us but terrific players.

Music scheduled by Robert Seiler.

The Purple Onion is located at 16 Main Street, Saluda, NC 28774.



January 10 the Blue Ridge Contra Dance will begin the 2015 schedule with a great line-up of bands and callers.

During the past year we have focused our bookings entirely on private events except for the 2nd Sat. of each month is reserved for Contra Dancing. Contra has built up a devoted base of dancers and continues to grow and change. We hope you will come learn and enjoy this fun filled evening of dance. So hold the date of 2nd Saturday each month, there are some new plans and contra events coming together for this year.

Happy New Year! And It Is Our Wish For Everyone To Have A Successful And Healthful Year!

Check our events schedule on the website, partyplaceandeventcenter.com or contact us at (828) 749-3676.

The Party Place & Event Center, aka Saluda Jamboree is located on Friendship Church Rd., Saluda, NC 28773.



Saluda Grade Café Music on Friday Nights

Saluda Grade will be closed on Tuesday's until Spring.

It is perfect to enjoy while dining, and it keeps even the youngest enthralled! Music makes us dance, inspires us to learn and just to be the best that we can be. Thank you friends for Friday night Old Timey Music! Music starts @ 7...See you there!

We are open: Tuesday thru Saturday, 11-3, lunch; Wednesday thru Saturday, 5-9, dinner; "Music on Friday Nights" at 7pm; Sunday 11-7. Visit us on the web at saludagradercafe.com or on [Facebook](https://www.facebook.com).

Call 828-749-5854 or email us at saludagrader@hotmail.com. Located at 40 East Main Street.

Happy New Year to our Blue Ridge Contra Community



We are so excited to start another year of Contra dancing! Please join us **Saturday, January 10** at our favorite Party and Event Place. Lessons at 7:30 and dancing from 8pm until 10:30pm. If you are a beginner please come for the lesson as it will raise your confidence and level of fun!

Our caller for January is **Margaret Mathews** who has been calling for 15 years everywhere from Canada to Asheville. She loves both beginners and experienced dancers so come on and enjoy the dance! The band **Unlikely Suspects** with Chris Liakos on fiddle and Bob Buckingham on guitar. They will rock the rafters with great music that you will not want to miss!

We continue dances at the Party and Event Place in Saluda and if you have not been then please come and check it out. It is the perfect dance venue and of course it is also used for private events'; see their website at partyplaceandeventcenter.com.

There will be theme dances throughout the year and we are also considering a Contrathon later in 2015. Given that this is winter and the weather can be hazardous we would like for you to check 828-749-3676 (the Party and Event phone) if the skies are raining down heavily or flakes start accumulating. Check out our **Facebook** page Blue Ridge Contra Dancers. Make sure you are on our email list; we always have a sign-up sheet at the dance!

Mark your calendars for February 14 for a great Valentine's Dance and March 14 for the St. Patrick's Day dance. We have Charlotte Crittenden calling with musicians "Eric the Cat" in February and Terry Doyle calling with Fyrefly in March. Make your new year's resolution to support your Blue Ridge Contra dance family!


\$9 for adults and \$5 for students with ID or those under 18. Family rate available. Remember, all dances are the second Saturday of the month with lessons at 7:30 and dancing from 8-10:30pm.



Dancer's Extension

The Dancer's Extension will be closed for the holidays from Friday, December 19 through Sunday, January 4. All classes will resume on a regular schedule on Monday, January 5.

Our studio is located in Saluda, at I-26, in the Don Mintz center. Please contact the studio at 828-749-9398, email smonts@charter.net or visit our website at thedancers-ext.com for more information and updated

schedule. Keep up-to-date with class changes on 



Painting In The Studio/ Brushwork Boot Camp


Jim Carson, Saluda artist, will offer a workshop in his studio, titled "Painting in the Studio/ Brushwork Boot Camp", on Thursday-Saturday, January 22-24, 2015.

This indoor painting workshop provides a superior learning and teaching environment for students to grasp the basic fundamentals of painting. The workshop will concentrate on values, design, and temperature variety, all while simplifying the painting approach to achieve spontaneous and bold brushwork.

The students will paint from photo references and or still life set ups in the studio. There will be lots of one on one easel time, demonstrations by Jim on Thursday and Friday, and a general critique of the day's work at the end of each day.

The workshop price, \$350, includes a tasty lunch brought to Jim's studio each day by The Saluda Grade Café.

The workshop is open to all levels, from beginners to advanced. A list of paint selections, brushes, etc. will be furnished after registration.

For more information, contact Jim at jimcarson.net, email jimcarson@tds.net or call 828-749-3702. Visit his 

The Old Chicken House

(Studios and retail space for creative people.)



The Old Chicken House is fortunate to have so many wonderful seasonal ambiances. Now our winter decorations are up inside and outside our building. Artists and crafters are and will continue to be busy as Santa's elves to produce their work during the winter months, getting ready for spring shows and supplying their outlets.

The fire is crackling in the big fireplace and coffee, hot tea, and chocolate are steaming in our little kitchen. Walls and tables are filled with paintings and creative crafts. Friends old and new drop by, often to use books from the collection of art or craft publications for inspiration or instruction. It's a wonderful time of the year.

Come join us!

The Old Chicken House is located at 143 Mountain Page Road (approx. one mile from the RR tracks on Greenville Street). We are open 11-6 Fri-Sat and other days/times by request. Phone 828-749-9718 and leave a message. Visit our new website at chickenhousestudios.org.

News and New Work from Anne and Bill Jameson

Upcoming 2015 Exhibits

Irene Morrah, Greenville, SC , Opening reception Friday, February 17 - March 31. Tryon Painters and Sculptors, Tryon, NC, Opening reception March 7 - March 31.

2015 Workshops

*Working Large without Fear, Guild of Charlotte Artists, Charlotte, NC , January 22-24, 2015
*Problem Solving in Art Saluda, NC, February 19-21, 2015

- *Charleston Artists Guild, Charleston, SC, March 9-13, 2015
- *Spring on the Blue Ridge, Saluda, NC, March 14-16, 2015
- *Abaco Islands, September 19-23, 2015
- *Fall on the Blue Ridge, Saluda, NC, October 19-23, 2015

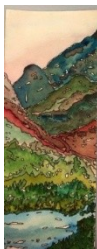
For more information, please visit williamjameson.com, call 828-749-3101 or email billjameson0593@gmail.com.



Random Arts is open this winter! Although the weather may affect our hours here at the shop we plan to be open as much as possible in January. We will, of course be closed for our buying trips to Atlanta and Las Vegas, but most other days you will find us here sorting through all new, seasonal clothing, re-arranging the shop, painting and doing our own creative projects in our spare time. New spring clothing starts arriving mid January and the colors and styles that we have chose will help you get through the cold, dreary months of winter.

Zen Doodle will start back up on Tuesday, Feb. 3rd but in the meantime, check out our [Random Doodlers](#) page on [FaceBook](#) for updates and inspiration from all of our members.

The first workshop of the year starts on Feb. 13 with the ever popular artist and teacher, Miriam Hughes from Hendersonville. Miriam will teach simple watercolor techniques and she "guarantees" immediate success during and after this 3 hour workshop. It's only \$40. Limit of 12 and this is filling up fast.



Please call or email before making a trip to Random Arts in January since weather is

a contributing factor to when we will be open.

Open Thurs. Fri. and Sat. 10 am till 5pm (or by chance or appointment) Look for our OPEN sign, stop in and see what we are all about. Please like us on [Facebook](#) or find us [online](#).

Located at 481 Louisiana Ave @ Ozone
 Email: randomarts22@gmail.com
 Phone: 828-749-1165

Saluda Winterfest

Saluda Winterfest celebrates winter in Saluda with a series of three exciting dining and music events to take the bite off the frosty nights and ward off the winter blues while you wine and dine and listen to regional live bands.

Saluda Winterfest will be held at Historic Thompson Store/Ward's Grill with Chef Irmey Chmielewski serving up delicious winter comfort food.

Dates are Saturday, January 17, February 28, and March 21 from 6pm to 8:30pm. Tickets will be \$27 for food and entertainment. Cash bar for wine and beer. Limited to 50 tickets sold for each event.

If there is inclement weather, then please call Irmey at 828-243-5007 or Judy at 828-674-5958 to check for cancellations and rescheduled dates.

Music Schedule & Performers

January 17 - Tom Fisch
Tom has his own publishing company and his songs have been recorded by a number of artists,



including the Oak Ridge Boys and Swiss country singer Erica Arnold. Tom continues to pitch his songs to other artists but his main focus now lies in his own career as a performer. In 2004, Tom relocated to Western North Carolina and its thriving acoustic music scene. With the backdrop of the Blue Ridge Mountains for inspiration, Tom and his music have found a comfortable place to call home. And wherever he performs, audiences continue to connect with the warm, appealing style, diverse range of material, and talent this seasoned performer brings to the stage."

Chef Irmey serving "Chicken Parmesan" Served with a Caesar Salad, Pasta Marinara Sauce, Garlic Bread, Dessert, tea and coffee. (Beer and wine cash bar.)

February 28 - Letters to Abigail

Letters to Abigail is an Appalachian /Americana band based in Western North Carolina. Some folks describe their music as a simple southern pleasure. Digging down into the roots of the region, they blend a classic approach to a new original sound, drenched in powerful lyrics, acoustic melodies and soulful harmonies. They released their debut CD, "Say Anything" in July 2013. The full length album was recorded at the internationally recognized and award winning Echo Mountain Recording Studios in Asheville, NC.



Chef Irmey serving "Roast Loin of Pork" Served with a Butternut Squash Soup, Herb Mashed Potatoes, Vegetable Medley, Bread, Dessert, tea and coffee. (Beer and wine cash bar.)

March 21 - Terry Wetton

Terry grew up in London where he played rock music during the 60's. Since moving to North Carolina in 2003, he continues to perform concerts at listening rooms in the Western North Carolina area, entertaining audiences with original songs that reflect his unique style and perspective. At his solo shows, he supports his distinctive vocals with finger picked acoustic guitar and piano. He released his successful, original CD "This Time it's Personal" in 2011 and his latest CD, "Simply Love .." is scheduled for release in January 2015.



Chef Irmy serving " Shrimp and Grits "
A thick Stew of Shrimp, Sausage, Peppers and Onions. Served on top of creamy Cheese Grits. Garden Salad, Bread, Dessert, tea and coffee. (Beer and wine cash bar.)

There are only 50 tickets for each event so reserve tickets now by calling Judy Ward at 828-749-2321. Tickets are on sale now and available at Historic Thompson's/Ward's Grill, The Dressing Room, and Cathy Jackson Realty.

Sponsored by the Saluda Downtown Foundation and proceeds will go toward funding projects to benefit downtown.



Call for Artists SALUDA ARTS FESTIVAL Historic Downtown Saluda, NC May 16, 2015 10am - 4pm

Cultivating and promoting its heritage in the arts, the Saluda Business Association invites you to enter your work in the 12th annual Saluda Arts Festival scheduled for May 16, 2015. Showcasing fine arts and crafts from local and regional artists, the Saluda Arts Festival draws thousands of spring tourists visiting Western North Carolina.

Exhibit Fee: \$65
Entry Deadline: March 16, 2015

Download application by visiting saluda.com and linking to the arts festival page.

For more information, please contact Susie Welsh at 828-749-3900, sswelsh@tds.net or Catherine Ross at 828-749-3534, carnc@charter.net.

Images from 2014 Saluda Arts Festival:

Snapshot of the 2014 Saluda Arts Festival



Arts in Tryon

Saluda is home to almost 50 artists and craftspeople who work, exhibit and participate in the art opportunities provided by the art facilities in Tryon.

Tryon Arts & Crafts School

373 Harmon Field Road
Tryon, NC 28782
(828) 859-8323
TryonArtsandCrafts.org

Tryon Fine Arts

34 Melrose Avenue
Tryon, NC 28782
828.859.8322 (TFAC)
Tryonarts.org

Tryon Painters & Sculptors

For information about classes and workshops and to register, please contact Christine Mariotti at 828-859-8392 or at cmariotti@windstream.net. Tryon Painters and Sculptors Gallery is open Thursday through Saturdays, 11:00 until 5:00 pm. The Gallery is located at 78 N Trade St., Tryon. You may phone 828-859-0141 if you have any questions or email: tps@tryonpaintersandsculptors.com. Visit the TPS website at tryonpaintersandsculptors.com.

Saluda Community News



Saluda City Hall & Police Toy Drive 2014

The City of Saluda would like to thank the residents of Saluda and donors for their generosity that made this year's Toy Drive a success despite the short notice.

Your donations totaling \$3,000 helped nine Saluda families have a magical and bright Christmas.

Again, thank you all and we hope you all had a very merry Christmas and a very Happy New Year!

--All of us at City Hall



Brown Bag Collection

Supplemental emergency bags of groceries will be distributed to anyone in need on the third Friday of the

month. **The remaining dates are: January 16 and February 20** at Church of the Transfiguration, Saluda. The distribution of these bags will take place between 3:00 p.m. and 5:00 p.m. on Friday afternoons at the church parish hall located at 72 Charles Street in Saluda. This will be a "no questions asked" gift of hospitality to anyone in need. Supplies may be limited so come early. Distribution will be first come first served until all available bags have been distributed.

For more information call the church office: 828-749-9740.

Saluda Bell Ringers

Thank you to all the Saluda bell ringers who gave their time that helped to fill the Salvation Army's red kettle with donations that went to families in need.



Happy New Year,
Max McGinnas and Neill Bultman



Saluda Center News

(All events and activities

take place at the Saluda Center on Greenville Street.) For information about renting the facility, please call 828-749-9245.

The Saluda Center **Book Club** will meet on Thurs., Jan. 8 at 2:00 pm. All are welcome to attend.

Bridge lessons taught by Tollie Ross will begin on Mon., Jan. 12 from 9-11:00 am and will continue for eight weeks. There is a fee for the lessons.

Reiki circle, intuitive healing...body, mind and spirit, with Mary Alice Judy, Tues., Jan. 13 at 2:00 pm downstairs in the exercise room. Call 828-749-3887 for more information or to register.

Saluda single women potluck dinner on Thurs., Jan. 15 at 6:00 pm.

Community potluck and bingo, Mon., Jan. 26 at 6:00 pm. All are welcome to attend.

Medicare assistance is available by appointment with a trained volunteer for SHIIP, Seniors' Health Insurance Information Program, a division of the Department of Insurance, call 828-749-9245.

A Thrifty barn basement sales is open every Saturday from 10:00 am-1:00 pm and every Wednesday from 10:00 am-4:00 pm. **Donations are accepted.** **A Thrifty Barn** is open Wed. through Sat. from 10:00 am-4:00 pm. To volunteer please call 828-749-3320.

If you or someone you know is home-bound and cannot prepare meals or is recovering from recent surgery and is 60 years and over, please call the Saluda Center to join our

Meals on Wheels Program. We will deliver meals to you five days a week at little to no cost. Ask for Donna for more information at 828-749-9245.

If you are interested in becoming a **volunteer substitute driver** for the Meals on Wheels program, please contact Donna at 828-749-9245. This would require approximately 1-1 1/2 hours of your time when needed.

If you are in need of some **medical equipment**, please call 828-749-9245. We may be able to loan you what you need.

Please refer to the Saluda Center calendar for all regularly scheduled activities. **There is no membership fee.**

If you would like to receive the Saluda Center calendar via email, please contact Donna at **saludacenter@hotmail.com** to be added to our email list.

Saluda Community Tree Preservation Association Tree City USA - Saluda Branch (Pending)

Remember media reports from California in recent months on forest fires, devastating many acres of trees and vegetation? Several years of drought added to the fires, left burned and barren open land.

Suddenly, torrential rains created overflowing dried creek and river beds, swallowing everything in their wake. Mud and rock slides

covered structures including homes and caused death to humans and animals.

The loss of trees, their root systems gone, meant there was nothing left to hold soil in place. This is one more example of the benefits trees provide us.

Save our trees! Help our trees recover whenever possible. When not possible, plant more to replace those lost, in our yards and in our communities.

For more information, call Ruth at 828-749-9718. Leave message and phone number for return call.

Submitted by Ruth Anderson

Saluda Community Land Trust

We are looking forward to this New Year and



continuing our efforts to preserve the natural heritage of our Saluda area. We have some very impressive projects planned for 2015 which will be posted on our website as well in the Saluda Lifestyle newsletter.

We are so appreciative of the many volunteers, members, and those who donated money this past year. We are also very grateful to the Polk County Community Foundation for their support in our local projects.

Thank you all!

Our next scheduled meeting will be January 7 at 3pm. We meet at our office in the upstairs of the Saluda Presbyterian Church and the public is invited.

Please feel free to contact us about any of our projects by calling our office at 828-749-1560. You can leave a message on our voice mail and we will return your call promptly. Also be sure to check out our website saludact.org. We look forward to your comments and suggestions.

Happy New Year!

Judd's Peak Easter Lot is Safe Thanks to your contribution!

On December 9 at 3 pm, a small but very important parcel of land was donated to the citizens of the Saluda area thanks to an amazing partnership between public, private, and municipal entities. The parcel of land is known as "Judd's Peak" from which a person can see over the tops of mountains in Henderson County, Polk County, and South Carolina.

Years ago the Wilkes family bought an apple orchard to create the Orchard Hill Subdivision. But the top was just too beautiful to be spoiled by a house, so the Wilkes family did not sell that lot but kept it open for everyone to enjoy. Since the 1950's the Wilkes' have been mowing the lot and paying property taxes on the lot, for the benefit of both the neighbors and the community at large. Easter sunrise services have been held on the top of Judd's Peak for at least 40+ years, as well as many star gazing nights and peaceful days sitting on a bench, just being thankful for the surrounding natural beauty.

On December 9th, the Wilkes family heirs transferred ownership of Orchard Hill Lot #1 on Judd's Peak to Saluda Community Land Trust under the condition that the land be open for the citizens of Saluda area forever. Half of the appraised value was donated by the Wilkes family, and generous local organizations covered the other half of the appraised value and the closing costs. Here's the list of YOUR local organizations that made this transaction possible.

- Polk County Community Foundation
- Community Foundation of Henderson County
- The City of Saluda
- Saluda Methodist Church
- Episcopal Church of the Transfiguration
- Saluda Presbyterian Church

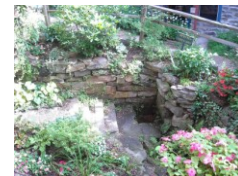
- Saluda Community Land Trust

Thanks to all of these wonderful organizations for looking past their immediate causes to contribute to save a small but important parcel of land that will improve life for adults and children for many, many years to come. We can work together, and the results just might be greater than all of us working separately. In this case, it is certainly that way!

Submitted by Mary Ann Hester

Saluda Garden Club

We are still on winter break so



there will be no meeting in January. Our regular monthly meetings will begin again in February. We meet the third Monday of the month at 10:00 a.m. Our usual meeting place is the Saluda Library.

The public is always welcome to attend any of our events. If you are interested in joining or would like to attend meetings and/or special events, please contact Patty Martin at 828-817-9518.

Some events may be cancelled or rescheduled. We try to give advance notice but inclement weather or scheduling difficulties may occur. You may confirm meetings and events with Patty Martin 828-817-9518.

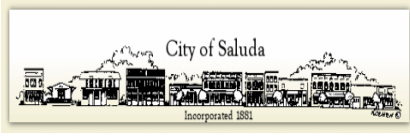
Saluda Women's Club

The women's club meets on the second Tuesday of the month at 10am at the Saluda Presbyterian Church.

For more information on our club, contact Secretary Holly Wildey at 828-749-3129 or e-mail: hollylane47@aol.com.

The Women's Club of Saluda is a service/social organization dedicated to helping Saluda become an even better place to live.

Notes from City Hall



Help Pave Pace Park

Have the life or memory of a loved one immortalized, or have your name engraved on a brick paver at Pace Park as a recognition as a contributor to this new community park. This park will be in the alley by M.A. Pace General Store and will be the location of a Blue Ridge National Heritage Area Interpretation Sign and future public restrooms.



\$40 each, payable to City of Saluda, three lines of copy with a maximum of 14 letters per line. Download an [application here](#).

Drop off applications and payment to City Hall or mail to City of Saluda, 6 Main Street, Saluda, NC 28773. Proceeds will go toward building public restrooms.

Now is the time to purchase your paver as the infrastructure is being developed and the laying of pavers will begin.

For any additional information, please contact Catherine Ross at 828-749-3534 or carnc@charter.net.

Monthly Meeting

Reminder (Meetings are held in Saluda Library Meeting Room)
Saluda Downtown Foundation meeting Tuesday, January 6, 2015 at 4:30 p.m.
Board of Commissioners meeting Monday, January 12, 2015 at 7 p.m.
Planning Board meeting Thursday, January 15, 2015 at 8:15 p.m.

Follow us on 

Stay Informed - Get on a List!

Stay informed by visiting the city website, cityofsaludanc.com. Minutes from previous month's town council meetings are posted on this site. To receive monthly notices about town meetings, please email Cindy Hemenway at chemenway@cityofsaludanc.com and ask to be placed on the email list.

Saluda Downtown Foundation

Saluda News quarterly e-newsletter by the City of Saluda and Saluda Downtown Foundation was published in November. Pick up a copy at City Hall and other public places in town. To receive an online copy, please send your email to chemenway@cityofsaludanc.com and request to be added to the distribution list for *Saluda News*.

Monthly meetings are the first Tuesday of the month at 4:30pm at the Saluda Library. *Saluda was designated as a "NC Small Town Main Street" September 2012.*

Featherstone Reiki Circle

2:00 PM
Tuesday,
January 13,
2015

Downstairs at
the Saluda (Senior) Center
64 Greenville Street,
Saluda, NC



As we begin the new year, let us be mindful of our well-being, not only of our physical body, but all levels of our being to include the emotional and spiritual levels, which are equally important. How is our attitude toward ourselves and to those close to us? Reiki can help bring wholeness into our lives and those near us. Is it time for an internal house cleaning or inventory to discover some deeper issues that need to be cleared?

What better time to start than the beginning of a new year. Save the date - January 13th for the first Reiki Circle of 2015. It could put your body into the relaxed state necessary to get in touch with your inner selves and facilitate

the changes desired. Join us. Bring a friend you think would be open to Reiki. Melt into the relaxation of Reiki.

A Reiki Circle is a clinic for all those interested in or in need of a different and additional way to approach health. Anyone can participate and all should leave uplifted mentally, physically and spiritually. All those participating will be temporarily attuned to the energy of Reiki for about 24 hours, thus, you can go home and share it with your family and friends.

We begin by holding hands in a circle while the energy is passed to everyone. After the attunement, each person will have a turn on the Reiki table while the others lightly lay their hands on the person on the table. No clothing will be removed, but it is usually best with the shoes off. If anyone attending is already attuned to Reiki at any level, it adds even more energy to the circle. Since Reiki is based on pure love, it can do no harm.

If anyone would like more information on Reiki, feel free to contact me with any questions. I not only offer private Reiki sessions, I also teach all levels. Check out my blog: featherstonereiki.blogspot.com and my [Facebook page](#).

Cost \$ 5.00 per person, all ages!
Call to pre-register 828-749-3887 or e-mail featherstone@tds.net.

Better Bellies

For mature ladies: basic belly dance moves and music to strengthen muscles we don't use in our daily activities. When our "core" (belly, back & torso) is strong, we breathe better, digesting well, our whole body is fit and happy; we walk with confidence and improve our balance.

No prior experience necessary. Any body size or shape will do! Wear comfortable, stretchy clothing such as sweat

pants, yoga pants, and t-shirts. Bare bellies are optional.

Taught by Rima Luna, a 66 year old tribal belly dancer.

Thursdays, 12:00-12:45

Special price for Better Bellies: donation

Tribal Belly dance

Level 1, Beginner - New class starting September 3

Wednesdays, 7:15-8:15, \$10 per class

Level 2, Intermediate (must have completed Level 1)

Wednesdays 6:00, \$12 per class

All classes: Saluda (Senior) Center, downstairs yoga studio.

For more information:

rimomdancetonight@gmail.com or 828-894-2242.

Yoga Classes

Health and Wellness at the Saluda Center by Cassandra Nelson, LMBT

Gentle Yin Yoga Classes

Wednesday 12:30pm

Thursday 5:30pm

Friday 9:30am

Powerful (Vinyasa) Flow Yoga

Monday 8:00am

Friday 8:00am

Chair Exercise Classes

(More challenging than you think!)

Monday 9:30am

Classes are held in the studio downstairs at the Saluda Center, and are for all ages and levels. Mats and props are available. Please come at least 5 minutes early.

Also available are relaxing, healing **massages** in the comfort of your own home. My portable table can go almost anywhere! Please call *at least* a few days in advance to schedule a session.

Questions are always welcome! Please call Cassandra at (828)749-3794.

Saluda Center is located at 64 Greenville, St.



Out-of-School Days Childcare

Do you need childcare for the out-of-school days this Winter & Spring?

The Porpoise Room - a private childcare program in downtown Saluda - will be open 8 AM to 6 PM on the following "no school" days:

- January 2nd, 19th & 20th
- March 6th, March 9th
- April 3rd, April 27th

(We are also always open for after school M-F.)

Be in touch now to register and reserve a spot.

Ellen W. Rogers, Owner/ provider
828-329-6790 (voice or text)
theporpoiseroom@gmail.com

Safe, creative, fun, and friendly care close to home. Serving grades PreK thru 5th. (\$8.00/hr - snacks included)
144 West Main Street, Saluda, NC (across from the BBQ)



Saluda Community Library

All Events Are At Saluda Community Library

Children's Programs

1/5: Pre-School Storytime

Pre-School Storytime is on 1st & 3rd Mondays @ 10:30am and designed for youth ages 2-5.

Stories help develop imagination, listening abilities, and vocabulary. Storytime also encourages a love of reading and

libraries and provides a social opportunity for parents and caregivers.

1/5: Nintendo Wii U Gaming

Play all the best and newest Nintendo Wii U games with your friends on 1st & 3rd Mondays @ 3:30pm! Video games can improve motor skills, social skills, hand-eye coordination, problem solving, and decision making.

1/13: Lego Junior Makers

The LEGO Junior Makers club is on 2nd Tuesdays at 3:30pm. Our LEGO club starts with a literacy-based building activity, followed by LEGO free play! Playing with LEGOs develops physical and mechanical skills and telling stories about the things created is a building block of literacy.

EVENTS AT THE LIBRARY ARE ALWAYS FREE!

Saluda Library

44 W. Main Street
Saluda, NC 28773
Tel. (828) 749-2117

Hours:

Mon.-Fri. 9am - 6pm
Sat. 9am - 1pm



Saluda Elementary School



Happy New Year! Thank you, community businesses and organizations, for supporting our students during this holiday season! Several families received assistance thanks to your generosity!

Upcoming Events:

January 5 Students return to school!
January 7-30 mClass Reading 3D MOY Benchmark Assessments for K-3 students
January 12 School Board Meeting 6:30pm at Stearns Education Center
January 13 Grades 3-5 trip to The Peace Center to see Martha Graham Dance Co.
January 15 5th Grade Muddy Sneakers Expedition
January 16 End of the 3rd Six Weeks of School
January 19 No School--Required Teacher Workday
January 20 No School--Required Teacher Workday
January 21 Report Cards
January 26 Kindergarten to Saluda Community Library for Storytime
January 30 Dress Down for Charity

Principal, Ronette Dill

Located at 214 East Main St., Saluda, NC 28773

To keep Saluda School children safe, please remember that the school campus and grounds including steps from Seminary St. to Main St., tennis courts, playground, and ball field are not available for community-wide use during school hours. All visitors must check into the office before visiting any buildings or using any school campus properties. We appreciate the community's support in keeping our kids safe while at school.



Don't forget to collect box tops. Elementary Box top collection

containers are located in the Saluda Public Library, Saluda Post Office, and Saluda Elementary School Office.

Attention Business Owners:

The Saluda Elementary School Yearbook is selling ads to help support the yearbook. This is a great way to advertise for your business. It is also a great way to support your local school.

The ad prices are as follows:
Business Card \$25.00
½ page \$80.00 (size is approx. 4 business cards)
Full page \$125.00 (size is approx. 8 business cards)

If you are interested in placing an ad in our yearbook, please do one of the following: (Please note we do not design the ads for you.)

- Bring your ad and a check for the ad (payable to Saluda Elementary School) to the school office.
- Mail your ad and a check for the ad (payable to Saluda Elementary School). Mail to: Saluda Elementary School, 214 E. Main Street, Saluda, NC 28773, Attn: Ginger Rackley

All ads must be placed and paid for by January 30, 2015.

Thank You,
Ginger Rackley
Saluda Elementary School

Saluda Church Services & Events

Episcopal Church of the Transfiguration
Reverend Augusta Anne Anderson is the Priest in Charge
8:00 a.m. - Holy Eucharist - Rite I
9:15 a.m. - Adult Forum
10:30 a.m. - Holy Eucharist - Rite II with music.
Check their website for more programs and schedule changes.

Saluda Presbyterian
Adult SS 10:00 am
Worship Service 11:00 am

Saluda First Baptist Church
Reverend Tony Reese
Worship Service 9:45am

Sunday School 11:00am
Wednesday Fellowship Meal 5:15
Wednesday Bible Study and Youth Group 6:30pm
828-749-3231
Email: fbcsaluda@tds.net

Saluda Methodist Church
The Reverend Rob Parsons
SS 10:00 am
Worship Service 11:00 am

Stone Soup Worship Service
Sunday at 4:00 pm - This is an "alternative" Christian service/discussion for all-comers; new to church, dislocated from church, or other. Please join us. Contact Rob Parsons for location information at roberto305@mac.com.

Top Of The Mountain



Saluda North Carolina - 2015

2015 Train Calendar

Pick up your 2015 calendar highlighting historical train images in Saluda at Thompson's Store and M.A. Pace General Store. Published by Charlene Pace and Bob Bailey. Price is \$15.



Coming in 2015! Images of America: Saluda, NC

Happy New Year Saluda! Cindy Stephenson Tuttle and Mary Ann Hester with the Historic Saluda Committee have been hard at work and have finally completed a book that will be included in the Images of America book series, through Arcadia Publishing Company. Featured will be 217 images of Saluda and its people, many of which have never been

seen outside of the families that shared them. Included with each picture are details of Saluda's rich and fascinating history. A special thank you goes out to all that shared their photographs, memories and family lore because without YOU this book would never have come to fruition. Stay tuned for the 2015 release date.

Henry Twiggs Jr.

We were saddened to learn of the passing of Henry Twiggs Jr. who was featured in our DVD, *Home, Hearth and History: Stories of Old Saluda*. Go to our website at historicalsaluda.org and [click on Oral Histories](#) to listen to Henry talk with Martin Anderson, oral history committee member, about the Cuban Revolution and the winter he spent in Saluda as a child with his mother to escape the violence in the country. Henry's father, Henry Twiggs Sr. worked for the British Railways in Havana, Cuba, and they came to Saluda every summer by first taking a boat to Key West, changed to a train in Florida, which then brought them to Saluda. The Twiggs purchased a home on Florida Street and today the home is still owned by the Twiggs family.

National Register of Historic Places

Ever wondered what is listed on the National Register of Historic Places in Saluda? Visit <http://www.hpo.ncdcr.gov/NR-PDFs.pdf> and scroll down to Polk County. Next click on the link to the right of the property listing. From there you can access the actual nomination document that is full of fascinating information. Check it out!

Two Ways to Let Us Help You Preserve Your Family's Heritage

1. The Historic Saluda Committee (HSC) has been granted a secure space in the Saluda Public Library to store historical documents and artifacts. Items are now being archived in preparation for a future Historic Saluda

Museum. Donations of originals or copies of vintage photographs depicting the history of Saluda's families and places are now being accepted. Also being accepted are documents, deeds, art, books, quilts, antiques or other relevant artifacts of historic interest that are in good condition.

2. Don't want to part with your family photographs or documents? Let us scan them for our archives. That way we will have a digital record and you can rest assured that your family history is preserved.

Contact us at historicalsaluda@gmail.com or notify the City of Saluda who will advise a member of the HSC - 828-749-2581. We will gladly pick up donated items or will arrange to meet you so that we can scan your photographs.

Available Merchandise:

- *Home, Hearth and History: Stories of Old Saluda*, oral history documentary, DVD, \$20
- *Saluda, NC: Voices from the First 100 Years*, re-mastered audio oral history recordings, CD, \$10
- Historic Saluda Stickers, \$3

Merchandise available through local Saluda merchants. You can also purchase it on-line at saludalifestyles.com. All proceeds go toward future projects.

Meetings

The Historic Saluda Committee (HSC) will meet on Friday, January 16 at 2:00 p.m. at the Saluda Public Library in the upstairs meeting room. The Oral History Committee will also meet jointly with the HSC. The public is invited to attend.

For more information about the Historic Saluda Committee, go to historicalsaluda.org or contact us at historicalsaluda@gmail.com.

Submitted by Cindy S. Tuttle, Co-Chair, Historic Saluda Committee

Saluda Classified Ads

Therapeutic Massage & Bodywork

Relaxing, healing massages are available in the comfort of your own home, rental cabin or at your favorite B&B. My portable table can go almost anywhere! Advanced scheduling is recommended. 14 years of experience. Cassandra Nelson, Lic#7386, (828)749-3794.

Piano Lessons with Patricia!

Experienced International Music Educator-MA-- All ages/ levels. Variety of styles, theory, composition, and performance. Lessons are great fun! The piano studio is in Saluda at 144 West Hwy 176 (across from Green River BBQ). Call Patricia Roskens at 828-424-0017 or email p_roskens@yahoo.com.

Music Connection Sessions

These music sessions are for infants, toddlers, preschool, kindergarten children and their parents/ grandparents. Emphasis is on involvement and having fun - the emotional experience between adult and child; as well as basic music skill competence...singing, keeping a beat, experimenting, listening, and participating with joy. An important and beautiful opportunity to connect/bond. Weekly classes will begin in November. Call Patricia Roskens at 828-424-0017 or email at p_roskens@yahoo.com

Art Studio for Rent in Saluda

Space available for potters, sculptors, painters, jewelers, bead/fabric artists, writers, etc. Great atmosphere, affordable rent, flexible lease, large and small work spaces available. Call Ruth at 828-749-9718 chickenhousestudios.org.

Office space available

Beautiful, quiet location right off Main St below Wildflour Bakery. Private bathroom, entrance and

two rooms. Approx 530 sq.ft., \$310 monthly includes water, sewage and trash pickup. Not for residential use. 828-749-9224 (Ask for Debi or leave a message.)

Space available for Beauty Shop.

Recently redecorated, plumbed and ready for occupancy... perfect for the only beauty shop in town! Call 828-749-9224 for information.

Saluda Pet Sitter. Three years experience, responsible, references available. Will come to your home up to three times a day, feed, exercise and general care of your pet. Experience in dogs, cats, and even goats! Call Lance at 828-749-3643.

House Sitting & Animal Care

Take your vacations without the guilt and worry. I am familiar with a variety of animals and houses. I will do my best to be available for emergencies due to family, flights, or other unforeseen doings! References are available upon request. Contact Cassandra at (828) 749-3794.

Piano lessons by experienced teacher.

Just moved to Saluda and wanting to establish a piano studio in town. I will consider ages 4-Senior Adult. Beginner - Advanced. I have over 30 years experience and have excellent references. **Need your piano tuned?** All work comes with a money back guarantee! I am an experienced pianist and will tune your piano correctly! Call Stephen Stone at 828-273-4209 or email: stephen.masterdesignmusic@yahoo.com to make an appointment.

Kat's Cleaning Service Saluda, NC

Cell-828-674-6108, 828-749-4076, Professional Cleaning-Specializing in "Deep Cleaning." This includes moving jobs from Houses that are For Sale, or Sold. Also "Spring Cleaning," etc. Will do "once a month" jobs. Please call Kathie for scheduling and to get an estimate.

Private Piano Lessons, experienced teacher, ages 1st grade through high school, Saluda area. Please call Karen McGee at 828-749-2530.

Saluda Post Office Hours

Mon-Fri 9:00am-1:00pm 3:00pm-4:30pm
Sat 9:30am-11:00am
Sun closed
(828) 749-5921.

Condolences

Saluda Lifestyles expresses heartfelt sympathy to Saluda friends and families who have lost loved ones.

Henry C. Twiggs, 90, Lenoir City, TN, passed away December 20, 2014. A summer Saluda resident, he was featured in the Oral History DVD, Home, Hearth & History talking about his "Cuba Connection."

Ann Warshaw, 88 from Walterboro, SC and summer resident of Orchard Hill in Saluda passed away November 24, 2014.

Oscar Wilson Harbin Jr., 74, of Saluda, NC passed away Saturday, December 6, 2014 at his home.

Clyde L. Hester, 95 of Saluda, North Carolina died Friday, December 5.

Saluda Scoop

The latest news and the unusual offerings provided by Saluda shops, restaurants, accommodations, artists, craftspeople, and service providers.



Cabin Fever has new Caretakers

Greetings from Cabin Fever! We hope everyone had a great holiday season! We would like to introduce

ourselves. We are Eric and Dana and we recently took over as caretakers of Cabin Fever. We arrived just in time to unpack and enjoy the Saluda hometown Christmas.

Eric is originally from Southeastern North Carolina and I am a Maine native. We have been working together in the hospitality industry for 3 years now. We met in 2010 while hiking on the Appalachian Trail, so we are happy to be in Appalachia once again. The small town mountain life is something we love and are looking forward to enjoying.

We are getting settled in and are very excited to be here, and hope to meet many of you during our time on this lovely property. As always, please feel free to drive through Cabin Fever if you are not familiar with it, and stop in to say "Hi" if we are around. Happy New Year everyone!

Cabin Fever is at 7337 Spartanburg Highway, Saluda, NC 28773

Phone: (828) 749-9811, Toll

Free: 1-800-767-RENT

Email: cabins@cabinfevernc.com.

Visit us at cabinfevernc.com or on



THE DRESSING ROOM, ETC.

A healthy, happy, and prosperous New Year to all from The Dressing Room etc.



As we start this new year, I will be working on restocking and giving my boutique a facelift, so when March rolls around, I can be ready for another great year in this charming little town of Saluda, NC.

Thank you all again for your support in 2014 and I will see you in 2015 with a new look and an expanded selection of the newest fashion for the year!

THE DRESSING ROOM ETC., located at 141 East Main Street in Saluda, is now open for business. Call me at 828-749-9555.

Looking forward, Army

TanTastic Tanning

Start the New Year looking good! The holidays are sadly over but the start of January means **Tanning Season!** Statistics show that people are more likely to tan January through August.

So, starting January 1 thru 31 you can buy 6 months in regular bed with 4 upgrades for \$140.00 or high pressure \$180.00. We will be open starting January 2. Anyone that buys a package January 2, will get 50% off any lotion of your choice. And don't forget our airbrush spray tanning! \$25 a session, which usually lasts around 2 weeks. With the most natural professional grade solution you can get, St. Tropez. Our current hours are Tuesday-Friday 1-6 and Sat 10-3. Follow us on Facebook for special deals. Starting February is summer hours. See y'all January 2!

Phone number is 828-490-2083, 19 Pearson's Falls Rd (next Wildflour Bakery). Make an appointment or just walk in.



Sassafras will close on Jan 18 until March 5, 2015, for a

winter holiday!

Be sure to visit our **Big Clearance Sale** with 25% to 50% discounts which began December 26! Thank you for shopping with us these first months of our new store opening. Wishing you all best wishes in 2015!

We're located at 46 E. Main St., next to the Saluda Grade. We're open M-Th 11-5, Friday 11-6, Sat 10-6 and Sun 12:30-4:30! Call us at 828-749-2379.



Historic Thompson's Store & Ward's Grill and Boarding House Venue

(Thompson's Store est. 1890, Ward's Grill est. 1960)

January starts a new year for us all and a special one for Thompson Store. We will be **celebrating 125** years in 2015 and hope you will join us and continue to support us during the coming year.

Wine Tasting - January 8 in the Grill, we will be tasting NC Lake James Wine. Come out and start this year learning about new and local wines.



Veteran's Breakfast

on January 22, ask a Veteran to come and join us for a Free

Breakfast from 8 to 10 in the grill. We thank you for serving our country and being a part of our community.

Come join us Monday through Saturday in **Ward's Grill**. The

best burgers, hot dogs, and hot soups for all. All the sides are made fresh in the grill and remember to have homemade dessert to top off your meal.

Saluda Winterfest on January 17 in the Grill.

Come in and purchase a ticket to have fun during the winter months and to support Saluda Downtown Foundation. Tickets are \$27.00 for a meal and music by Tom Fisch. A cash bar will be available.


Remember 10% off on your purchase of \$25.00 or more on every Tuesday.

We have homemade dinners and soups in our freezer, fresh produce and a variety of wines for any meal. Check out our meats and cheese case. We now have bone in pork chops, along with the best steaks, ground chuck and all natural deli meats.

Remember to shop local and support your community for 2015. Let's all make this the best year for Saluda and all of Polk county.

Historic Thompson Store, open Monday-Thursday 8am to 5:30pm; Friday and Saturday, open to 6pm.

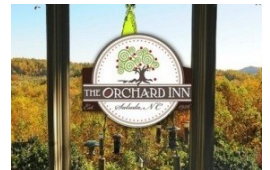
Ward's Grill, open Monday-Friday, 7am to 3pm, Saturday, 6:30am to 3pm.

The store and grill are located at 24 Main Street, Saluda, NC. Phone is 828-749-2321. 

The Orchard Inn

As 2014 draws to a close, we

want to thank all our loyal diners and guests of the Inn for their patronage. This was a banner year for us and we are most appreciative to all those who visited and enjoyed the serenity which abounds from our charming historic property. We love what we do and being a part of this wonderful community.



The Inn will be closed for the month of January for an early Spring deep cleaning and maintenance. We will reopen on February 1st and look forward to seeing you all again in 2015. Our best wishes for a Happy and Healthy New Year!

Trip Advisor – 2012, 2013, 2014 Certificate of Excellence and by Restaurant.com - 2012 Top Rated Restaurant.

For reservations call: 828-749-5471. Visit the Orchard Inn at orchardinn.com. They are located on Highway 176, Saluda, NC.

Green River BBQ Happy New Year from Green River BBQ!



Come try our new and improved pork BBQ! We are pulling our pork now and it is so much better and now served on a kaiser roll--just makes for a nicer sandwich!

If you haven't tried our wings lately...we smoke them now and they are wonderful. You can choose from buffalo, teriyaki or BBQ sauce! Served with our homemade blue cheese dressing or Ranch!

Also, don't forget about our Portobello fries! Some of our appetizers are \$2.00 off Tuesday's-Thursday's.

We still have our daily special Tuesday's-Friday's for \$5.99 including tea or coffee.

Daily specials \$5.99

Tuesday - Small pork sandwich with homemade slaw
Wednesday - Guinness bratwurst on a pretzel roll with homemade slaw
Thursday - Black Angus Burger with fries
Friday - 2 Piglets with homemade slaw
All daily specials include coffee or tea.

We offer 4 different soups two of which change and the Homemade Smokehouse Chili and the Brunswick Stew always available!

We have 10 local beers on tap that we rotate with the seasons. So come check them out. Right now we have Coffee Porter, Mocha Stout and a few other seasonals.

As always, pint Narragansett's and PBR's \$1.50!

We now carry the Spanish beer, Daura Damm that is gluten free! We also have a selection of organic wines.

Come join us for lunch, dinner or just a snack, and we will put your favorite game on any of the three big screen TVs.

Hours:
Tuesday-Saturday, 11am to 9pm
Sunday - Noon- 3pm

Contact Green River BBQ at 828-749-9892 for takeout orders or visit them at greenriverbbq.com. Visit their [Facebook](#) page to get extra daily coupons!

Green River BBQ is located at 131 Highway 176 West.

Wildflour Bakery

It's a Brand New Year! The Wildflour staff sends a heartfelt THANK YOU to all our wonderful customers. Someone recently shared with me that she has done all her Christmas shopping in Saluda for the past 3 years. I hope all of you that shop locally realize how very important you are to the small businesses you support. We remember and appreciate you. I'm going to bet the big chain stores cannot say the same....

Wildflour Bakery and Cafe will be closed Wed., Dec. 31 and Thur., Jan. 1. We will be open again Friday, Jan. 2. Our winter hours



will be Thur., Fri., Sat., and Sunday 8 am - 3pm throughout all of Jan and Feb.

...About Pizza Night -- Look for a special Pizza Night on Valentine's Day, Saturday, February 14 and then the return of Friday Night Pizza in March.

Best Wishes for a Very Happy New Year from Wildflour Bakery and Cafe.

While you are checking out our [Facebook](#) page or [website](#), you can sign up for our newsletter. It's a great way to make sure you don't miss any of the specials and happenings at Wildflour.

Wildflour Bake Shop Hours

Wed, Thur, Fri, Sat - 8 am - 3 pm
Sunday - 10am - 3pm

Wildflour Bake Shop 828-749-3356
Wildflour Bakery 828-749-9224

Check us out online at wildflourbakerync.com for daily specials or use the good ol' fashion way...828-749-3356. Search for us on .



January at Meanwhile, Back in Saluda

SALE SALE SALE! We are painting and making changes to the shop. Huge cuts in prices to sell it all before the painters arrive. Stop by and pick up specialty foods, wine or craft beer at sale prices all through January. Remember - we will be closed on Mondays in January.

January Hours:

Open 10 AM till 6:00 PM Every day except Monday.
Closed on Mondays through January.
Call us (828-749-9463) and we will stay later or meet you earlier.

New in our Frozen Quick Meal

Section: Wildflour Bake Shop's Vegetarian Lasagna, Naked Pasta Ravioli & Pasta, Alfredo & Vodka Sauces from Naked Pasta, Sunburst Trout Farms Trout Sausage, Sunburst Smoked Trout Fillets, The Hop Ice Cream, Vineyard's Edge Dairy Goat Cheese and more!

We have Wildflour Bake Shop bread and pastries on Monday, Tuesday and after 3 PM each day when Wildflour closes.

Meanwhile is located next to Wildflour Bake Shop and The Gardener's Cottage in Nostalgia Courtyard.

171 East Main Street, Saluda, NC
Wine Shop Phone: 828-749-9463, email:

meanwhilewineshop@gmail.com

See us on 



Start the New Year off right!

THE PEOPLE YOU TURN TO.
THE BANK YOU TRUST.

Have you made your New Year's Resolution? It's



good to set yearly goals and resolve to meet them, but most people forget that goals need to be S.M.A.R.T., which stands for Specific, Measurable, Achievable, Realistic, and Time Related. If saving for retirement is your New Year's resolution, then Macon Bank can help!

Saving money for retirement doesn't have to be hard, and Macon Bank has several options available. Individual Retirement Accounts, Certificates of Deposit, and Money Market Accounts are all great products.

IRAs are nice because they may offer certain tax advantages. Make sure to consult with your tax professional for advice. An IRA is attractive if you want to save over an extended period of time and don't need immediate access your money.

Another option is a Certificate of Deposit (CD). With a CD, you deposit your money for a specific time frame and the interest rate is locked in for that specified time frame. Usually, the interest rate will be higher on longer term CDs.

Money Market accounts are deposit accounts that may require a higher minimum balance but typically offer a higher rate of interest.

For details regarding IRAs, CDs or Money Market accounts, or if you need help with an existing account, or have questions about any of our financial products and services, call us at 828.749.2550. Otherwise, stop by and see us at 108 East Main Street in Saluda today.

Macon Bank, 108 East Main Street, Saluda, NC 28773, 828-749-2550, maconbank.com



2015 Saluda Service Directory

Is now available at cathyjacksonrealty.com. Click on the link to download your copy. Printed copies will be available by January 15 and can

be picked up at Cathy Jackson Realty.

Don't Miss Saluda Lifestyles Online

If you miss receiving Saluda Lifestyles, your ISP providers may change security filters frequently or you may have increased the security risk on your computer that inadvertently blocks Saluda Lifestyles from your email account. We apologize for this inconvenience. In the future, if you do not receive your Saluda Lifestyles, please notify us by sending an email to

cathy@cathyjacksonrealty.com so that we can resend to you and track the problem. The first of the month newsletter is always posted on the website at saludalifestyles.com and on the [Saluda Lifestyles Facebook](https://www.facebook.com/saludalifestyles). Don't forget to add

cathy@cathyjacksonrealty.com to your address book so Saluda Lifestyles will be sure to land in your inbox!

Stories and Such...

Saluda Magazine "The Spartanburg Baby Hospital"

From Saluda Magazine, Winter 1936-1937 edition published by Susan Leland Craig from 1936-1938.



Clinging to the mountain side, on the crest of the Blue Ridge at Saluda, North Carolina is a building with a romantic history. In years gone by it was the summer home of Captain John H. Montgomery. Here his large family gathered for the long summer months. Friends from all sections of the country responded to the well-known hospitality of the family and filled the home with a succession of happy maids and men. Under the whispering pines the story that never grows old was often retold amid the perfect beauty of a glorious moonlight night in the mountains. Beautiful women moved through its halls with romance upon their very eyelashes, and handsome young men appeared as though out of the ground to respond to the unspoken invitation of the fair ones gathered there.

It was a home of elegance for those days, and still bears the marks of substantial construction characteristic of all Captain Montgomery's work. Here the first enameled bathtub ever seen in Saluda was installed. It is still doing service today, and is apparently as good as new. The graceful, curving retaining wall behind, overhung with English ivy, makes a beautiful background for the building, and underneath, far back in the bosom of Saluda Mountain, is a secret chamber entered through this curtain of green ivy. This was

Capt. Montgomery's dairy and vegetable store house in the days when manufactured ice was unknown and natural ice scarcely available.

Romance has not died with the passing of the years and the change of ownership, for this is now the Baby Hospital. The light of love shines in the eyes of sweet-faced nurses as they bend over their tiny patients and hearts beat with exultant satisfaction when suffering gives place to natural sleep, and the bloom of health returns to faces that were wan and drawn with pain. White-robed nurses move among these little ones rendering a truly sacrificial service with cheerful voices and faces bright with hope. They give of their thought and energy to the very utmost for their little patients, and often give their blood itself that with it may flow new life and strength into the tiny wasted bodies in which the tide of life is ebbing fast.

Doctors, superintendent, and nurses feel a thrill that is indescribably exultant when some little one who has passed into the very valley and shadow of death begins to climb again toward health and strength, and their joy when the victory of life is won is like that of the angels when the lost one comes home.

The Spartanburg Baby Hospital was born in 1914. It was a response to human need. An unusually spell of hot weather brought sickness and death to many little ones and touched the hearts of the fine citizenry of Spartanburg. The stage was set for something unusual to be done. It came about in this way:

Dr. D. L. Smith had just opened the Infants' and Children's Sanitarium, a private hospital, at Saluda. The editor and proprietor of The Spartanburg Herald, Mr. C. O. Hearon, in announcing this fact expressed the hope that some way might be provided to which those unable to pay hospital prices might receive the benefit of mountain climate and the skillful

treatment which were afforded by this new institution. A lady traveling through the South in the interest of a "Better Babies Campaign" read the editorial. She telegraphed a request to meet those interested in the subject. She met fourteen of them in the Kennedy Library. At the close of her address, the Baby Hospital was born, and all present became charter members.

The group was without money, staff, or building; but they had faith and to such faith all things are possible. Dr. D. L. Smith offered his services as physician. Mr. R. O. Monk, who then owned the Montgomery summer home at Saluda, offered the building rent free for the first year. A staff was assembled, and work began.

In the 23 seasons of its operation, the Hospital has cared for nearly 2,000 babies and treated, or trained and instructed about 1,400 mothers. The record of work should be a source of deep and real satisfaction to all who have had a part in it. While it is well known that 25 or 30 percent mortality is not unusual in the great child hospitals of the country, the Spartanburg Baby Hospital has never recorded more than 10 percent, and the average for the whole period of its operation is about 7 percent. This means that out of every 100 little bundles of pain that come to this institution, often when hope has been abandoned for them, 93 are returned safely to their homes. It is a continuing miracle.

The greatest factor in the success of the Spartanburg Baby Hospital is the physician in charge, Dr. D. L. Smith, who through all these years has given without charge service that money could not buy. His knowledge and skill have been equaled by his sympathy and his complete devotion to his high task. The Baby Hospital is a part of Dr. Smith's life, and it is the lengthened shadow of his character and personality. No dread disease can defeat his high purpose of service to suffering little ones. Many times he has

challenged the death angel and won a golden victory when defeat seemed inevitable. The record of his work is imperishably written in the hearts of hundreds of grateful mothers and fathers who rise up to call him blessed.

The spirit of the physician in charge has been transmitted to the staff. No institution can boast of a more devoted personnel or one more fearless and confident in the struggle to save life. Among this devoted staff Miss Irene Anderson, R. N., who has been superintendent for a number of years, deserves special mention for her ability, her sacrificial service, and a faith and love which never each tiny patient as a sacred trust to be guarded with her very life. She leads and inspires a magnificent staff. The work of this staff is a story which can never be fully told; but it, too, has received imperishable record in a multitude of human hearts.

Ads from Saluda Magazine, Winter Edition, 1936.

The
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and dedicated to
The Pursuit of Happiness
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Vol. I, No. 4 SALUDA, N. C., WINTER, 1936-1937 PAGE 15

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**Childhood in
Saluda
Killer Vehicles
- Then and
Now**

*By Clark
Thompson*



Back in the '50s and '60s some of the coolest vehicles to be found around Saluda wore twin rear exhausts, glass-packed mufflers that produce a rumbling noise, customized bodies sans chrome, fender skirts and lowering blocks over the rear springs to make the car ride lower (but rougher). Fast forward to today and the preening process now seems centered on diesel-powered pick-up trucks with huge frog lights and bodies jacked-up by humongous struts and shock absorbers. Add to that the winning trifecta of loud mufflers, monstrous mud tires designed to also enhance highway noise, and dual exhaust stacks disgorging massive quantities of black carbon smoke and *voilà!* The results seem guaranteed to set many young female NASCAR fans' hearts aflutter.

Long before bucket seats and floor-mounted consoles replaced solid front bench seats and made spooning more difficult, girlfriends were required by law to snuggle up so close to their driver boyfriend that from behind it looked like one person with two heads. Some of the coolest young males actually drove with their backs turned sideways against the driver side door. An array of cheap necklaces, pink hearts with arrows, silk scarves and other trivial items adorned the rear

view mirror as necessary embellishments of a well decorated love machine, while a bobbing head in a hula skirt mounted on the front windshield dash completed the artistic masterpiece.

Unfortunately the switch to bucket seats and gear consoles in cars largely brought an end to young females publicly displaying their eternal puppy love by plastering themselves to their boyfriends. Today's partial solution is a pick-up truck with a solid seat, which may somewhat account for their current popularity. I suspect that testosterone levels in young males are also heightened by the size and loudness of the vehicle while also serving as an aphrodisiac calling to the young ladies.

Beginning with early childhood, the automobile played an important role in my psyche. Perhaps it had something to do with the total absence of motorized transportation in my family's household. Foot power was the norm unless a ride was offered by some friendly neighbor.

Burgie Pace was just that kind of friend. For many years he was the town's go-to mechanic, spending a substantial portion of his life inside a grease pit while gazing up at the underside of vehicles. With a perennial unlighted cigar stub clinched tightly in his jaw, he kept many cars and trucks running far beyond their life expectancy. His home was at the intersection of Howard Gap Road and Esseola Drive which meant his travel to and from town followed the same route as I did on my shoe leather. Quite often as I walked I could hear the engine in his Ford Model A pick-up truck from some distance away. The rattle of the tailgate also confirmed it to be Burgie and a sure offer of a free ride. The routine was simple and unswerving - without speaking he would slow down and I would run to hop onto the tailgate with my

feet dangling backwards to the movement of his truck.

At the appropriate time, Burgie would slow down once more and I would jump off as usual. Only one time things didn't go according to Hoyle. I failed to wait and pushed myself off before he had slowed sufficiently, thus losing my balance while falling backwards. With a violent "wham" the impact with asphalt knocked the breath from my lungs while skid marks tore into raw flesh. My head along with the other body parts screamed with pain but I was too embarrassed to lay there and let Burgie think I was hurt so I quickly staggered to my feet in hopes that my fall had gone unnoticed. However, even though it was never mentioned, from then on he made it a point to come to a complete stop before offering a ride and I always waited for a complete stop before jumping off.

A fellow named Dar Taylor operated the original Gulf Oil service station across Church Street from City Hall during the early '50s. Since he kept the station open on Sundays, the spot was a favorite afternoon hangout for young males fighting overwhelming small-town boredom. As minutes slowly passed into hours, the most excitement could be found by simple waving as the occasional vehicle passed through Saluda. Sometimes one particular young boy about 7 or 8 years old joined us in identifying the make and model of the different cars. The kid was rarely stumped.

The drive-in movie theater had its beginning in 1933 and rapidly gained popularity until reaching its zenith in the late '50s and early '60s with an estimated 4,000 venues nationwide. They provided fairly cheap entertainment for folks of all ages. Families with small children could take care of them while watching a movie without the need of a baby sitter.

The first movie I ever saw, "The Trail of the Lonesome Pine," had been produced in 1936 and starred Henry Fonda, Fred MacMurray, and Sylvia Sydney. It was also the first outdoor film produced in Technicolor. In 1947 my oldest brother-in-law had just purchased a new Jeep and wanted to break in the engine. The owner's manual recommended limiting the first 100 miles to alternating speeds between 25 and 35 miles per hour to allow the piston rings to properly seat themselves. Since he was anxious to get the break-in miles behind him, he offered to drive several of my family members, including me, to the Hendersonville drive-in theater. By this time the movie had been out for 11 years and had already played in regular theaters. The war years had severely limited the production of new movies so there wasn't a plethora of recent ones to be shown.

Drive-in theaters were also a great place to spend an evening with a date or friends because they provided relatively cheap entertainment if not the most popular movies. The privacy also allowed conversation to flow freely without being shushed by other movie goers. A half-time intermission was conveniently provided for visits to the concession stand or rest rooms. Of course the primary audience was comprised of young singles seeking privacy for a little (or a lot of) spooning.

In order to conserve scarce money, a fairly common way of sneaking in was to pack several bodies into the trunk of the car with only a couple of paying customers in the front seats. On a most memorable occasion, A. G. Hipp took a carload to the drive-in with four bodies, including yours truly, crammed tightly in the trunk of his old Hudson Hornet Terraplane. As he approached the pay booth suddenly a low rumble began to emanate as someone intentionally expelled a world record volume of flatulence. Had there been an equivalent Scoville

scale for measuring putridity in those days, this one surely would have peaked out near the top of the chart, no question about it. Since A. G. had pulled up to ticket window, total silence had to be maintained at all cost. Everyone except the perpetrator stopped breathing for the approximately 30 minutes it took to drive to the back of the theater lot and get the trunk lid opened. A quick show of hands concluded that the culprit be forever forbidden from riding inside the trunk again and would be eternally restricted to the cabin for any future escapade. That rule stuck! Apparently couth was an unknown adjective within my circle of male friends while growing up in Saluda.

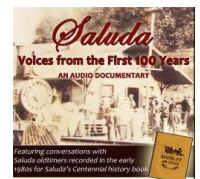
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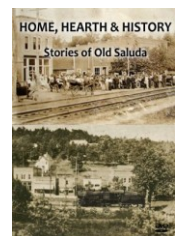
"Saluda, NC: Voices from the First 100 Years"

in CD format. Original recordings of interviews with Saluda's oldest residents documented in the book, [Saluda, NC: 100 Years 1881-1981](#). These interviews were transferred to a CD by Historic Saluda. Price: \$17 includes shipping and handling.



Home, Hearth and History: Stories of Old Saluda DVD

Proceeds will go to the Oral History Project for the next sequel. Price: \$20.00+shipping.





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New Listings

NEW on the Market!



Charming historic home, walkable to Main Street shops, completely renovated and upgraded for today's living. Enjoy original wood floors, B-board walls and ceilings, fireplaces, front porch, stone work. Upgraded kitchen. 2BR, 2BA, MLS#574944, \$222,000



Authentic treasure in historic Saluda with large open rooms, high ceilings, heart pine floors, multiple fireplaces, stone walls, wrap around porch, and guest quarters sitting atop a hill overlooking Saluda. MLS#573912, \$393,500



Mountain home with stone and wood on 3+ private acres with beautiful nature scenes and mountain view. 3BR, 3BA, garage. MLS#573106 \$297,500



Mountain cabin on 3 ac surrounded by trees and seclusion for privacy. Enjoy great room with hardwood floors, stone fireplace, wood beamed cathedral ceiling, wrap around deck, spiral staircase to loft, lots of storage, finished basement. Extra room in basement can be used for 3rd bedroom. 2BR, 2BA, 1998 SF MLS#571794 \$248,500



Mountain Cabin features 12 ft cathedral ceiling, pine wood tongue & groove walls & ceilings, newer roof, move in ready, large screened in porch overlooking a wooded private lot. 2BR, 1BA MLS#572872 \$127,000



Log Home with Views Well maintained log home in Whites Lake. Views from front and back porches with View easement. Beautiful kitchen with granite counter tops. 4BR, 4.5BA, 2085 SF, 1.69ac, 2-car garage MLS#569548 \$390,000



Mountain cottage perfect for a get away made perfect with your special touches. Sits on a knoll with shady trees. Walkable to downtown for shopping, dining, library, and socializing. 2BR, 1BA, .69 ac, MLS#570294 \$127,500



Hillside house overlooking mountain views with spacious back yard with gardening area. 2BR, 2BA, garage, carport MLS#569736, \$139,000



Historic building on National Registry of Historic Places. Original Saluda "train depot" and moved to this location. Renovations made in compliance with historic buildings. Approx 2100SF, MLS#568400 \$325,000



Walk to town from your single level home with beautiful views from your fantastic screened-in porch overlooking the meadow below. Full basement with double garage. 3 BR, 2BA, 1513 SF MLS#568468 \$255,000



A little Victorian, a little farmhouse, a lot of history. Originally built in 1894, house remodeled by family member. Leaving the original charm and character, all systems, floors, ceilings, walls & structure were meticulously upgraded over the years. 3 car garage and on level lot. 3BR,

2BA, 3 car garage, 1ac, MLS#567973
\$366,900



Beautiful Delttec home, living in the round. A super year-round mountain retreat surrounded by trees and other established plantings. Open floor plan with private balcony off of the master bedroom. Basement offers an opportunity for doubling living space finishing work that has already begun. 2BR, 3BA 1.2 ac, MLS#567668 \$225,000



Little Cabin in the Woods

Get away from it all in this cabin in the woods. Open floor plan with large window in great room, hardwood flooring and ceilings, and arched window for viewing the forest. 2BR, 2BA, MLS#565038 \$184,500 **UNDER CONTRACT!**



Historic Authentic Bungalow

Private at end of street in the historic district of Saluda, sits this original bungalow. Lovingly restored to its original beauty and bungalow architecture, this historic home includes many features. 3BR, 3.5 BA, 2565 SF. MLS# 559400 \$359,000



Enter the private driveway into a forest of stately trees. Enjoy the outdoors on rambling deck overlooking woods. Unfinished basement could be finished to add more living space. Double garage and small barn. Lots of woods for trails and hikes. Nice flowing creek. 2BR, 2BA, 1510 SF, 25 acres. MLS#58784 \$295,000



Great Investment at Lake Sheila

Large lakefront home positioned on 2 lakefront lots. Explore the native perennial gardens and trails. Sunroom with view overlooking 28 ac private and pristine Lake Sheila. 4BR, 3BA, approx 3600SF, garage, 1.26 acres of lake frontage. MLS#533759 Great investment opportunity at \$415,000



Private, Country Home

Only minutes to downtown Historic Saluda, this country home offers you nature at its best. Cozy screened porch overlooks the beautiful gardens. Downstairs bedroom has separate entrance. 3BR, 2.5 BA MLS#541767 \$239,000

Views, Views, Views -- Close to Town From the deck and see long range views out 65+ miles or better. Contemporary 3 story mountain home has view on every level and sits at the end of a private 3 acre cul de sac. 3BR, 3 1/2 B, 3 Acres, 2040 SF MLS# 532100 Offered at \$255,000.



Be one of the few to own a cottage on



one of the best-kept secrets in Western NC. A rare Lake Sheila bungalow on the lakefront is available for your mountain lake get away. Spend summers kayaking, swimming, fishing, and canoeing on a 28-acre pristine lake surrounded by 19,000 acres of watershed property. New addition built in 2003 added additional bedrooms and bathrooms to accommodate guests and family. MLS#557131 **REDUCED TO 385,000**



Tree House Living

Enjoy privacy and winter views from all three cover porches. The wooded lot creates the feel of living in a tree house as you enjoy the breezes coming in from the porches. 3BR, 2.5 BA, MLS#541038 \$205,000



Easy living and little maintenance
 make this new home an easy choice. Close to downtown in a developed neighborhood. 3BR, 2BA, MLS#543872 \$176,900



Historic Home & Gardens
 Meticulously, preserved home in historic district features high bead board ceilings, yellow pine floors, multiple fireplaces, wrap around porch, formal dining room, 2 master bedrooms on main floor, sunroom, skylights, zoned heating/air, heated studio/guesthouse, 4 ac of beautiful native gardens, well water for gardens. 288SF htd in guesthouse/studio. 4BR, 3.5 BA, 4.11 ac. 3409 SF MLS#560069 \$547,500

Great time to invest in lots and land!

Mountain Vista

- Lot 16, 1.19 ac, \$115,000, MLS#521147
- View Lot 23, 1.07 ac, \$85,000, MLS#514441
- Lot 26-R, 1.58 ac, \$59,000, MLS#533763
- Lot 29, 1.81 ac, \$49,900, MLS#569729

Lake Lots

- Lake Sheila .43 ac lot, \$35,000, MLS#554607
- Lake Sheila, 1 ac, Full view of lake, \$95,000, MLS#534615
- Lake Sheila Lake Front, .24 acres, \$80,000, MLS#510462
- Lake Sheila, 1 ac, winter view of lake, creek, septic installed, water tap installed

- \$80,000, MLS#484526
- Macedonia Lake, lakefront, .8 ac, \$29,000, MLS#506145
- Lake Adger 5.2 ac, MLS#558600 \$75,000
- Lake Hosea, .34 ac, MLS#558685 \$25,000
- Dun Roamin', Lot 1, .77 ac, lakefront, \$49,000, MLS#518705
- 2.52 ac in Glen Echo, MLS#566038, \$33,000
- 6 ac with pond, close to town, MLS#543247, \$118,000

Saluda City Lots

- .59 ac, \$47,000, MLS#473131
- 1.74 ac on Henderson St., MLS#569914, \$90,000

Piney Mountain

- Piney Mountain, 2.94 ac, \$41,500, MLS#549707
- 2.8 acres Piney Mountain, Views \$45,000, MLS#560335
- 2.19 ac Piney Mountain, \$44,000, MLS#556817

View Lots

- 2.07 ac on Laurel Mountain Trail, MLS#558806 \$80,000
- See all the way to the ocean! 3 ac, MLS#561322 \$79,000
- .87 ac, level and rolling, MLS#566466, \$38,400
- 5.48 ac Winfield Cove, MLS#566864, \$94,100

More...

- NEW!** 6+ ac on Green River, Silver Creek Tubing, MLS#572171, #175,000
- 51.83 ac unrestricted land, \$310,000, MLS#567003
- 8.42 ac, close to Fish Top Access on the Green River, \$69,900, MLS#557067
- 19 ac Green River Cove, river front, \$104,500, MLS#559424
- 5.77 ac, bold stream, natural development, MLS#556067 \$114,000
- 1.48 ac in Whites Lake, Awesome Views, backs up to NC Wildlife, MLS#528152, \$39,900
- 6.33 ac on Holbert Cove, adj to NC Gamelands, MLS#520721, \$48,000
- 8.24 ac off Mountain Page Rd., well installed, MLS#520849, \$70,000
- View Lot, 1.87 ac, \$40,000, Hideaway Acres, MLS#455196
- Winter Views on Valhalla Ridge, 1.81 ac, \$21,900, MLS#474915
- 5 ac on Valhalla Ridge, Views, MLS#568404, \$57,000
- Dun Roamin' Lot 7, 1 ac, \$72,500, MLS#476202
- The Woods at Howard Gap, 1.6 ac, \$45,000, MLS#454553
- 11 ac., private, wooded, \$125,000, MLS#534045
- 9 ac, private, \$113,900, MLS#509693
- 5.84 ac, Little Warrior Estates, \$69,000, MLS#454691

- 6.01 ac, pond, \$125,000, MLS#543247
- 1.01 ac, Whites Lake, easy building site, \$45,000, MLS#563106
- 2 ac, Winfield Cove, \$40,000, MLS#545653
- Miller Mountain 3 ac, MLS#560929 \$39,000
- .55 ac, MLS#563859 \$20,000
- .51 ac, MLS#563860 \$19,500
- .48 ac, MLS#563861, \$19,500
- Unrestricted 8.7 ac, MLS#562901 \$84,667
- 8.7 ac with winter views, MLS#562901, \$84,667

Other Areas

- 3.25 ac, Views, Hogback Mountain Rd, Tryon, MLS#519772, \$29,500
- 1.04 ac, White Oak Mountain, MLS#426297, \$28,000
- 5.39 ac on upper Green River, riverfront, MLS#570283, \$260,000

A Quick Saluda Market Update (comparing all 2014 sales to date with all 2013 sales as of December 31, 2014)

Sales	Closed	Pending
Homes 2014	44	6
Homes 2013	32	0
Land 2014	9	1
Land 2013	24	0

Foreclosures-REO-Short Sales

- Saluda - 2 Homes
- Polk County - 5 Homes
- Henderson County - 489 Homes

Homes and land sales have increased compared to this time last year. A positive indicator for real estate sales in Saluda. Data taken from Western NC multiple listing service.

Please visit cathyjacksonrealty.com to see all Cathy Jackson Realty Featured Home and Land Listings and search the entire Western NC MLS.

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Annual Calendar of Events

APRIL

Jerry's Baddle Green River Race -
-Duathlon requires Class V
kayaking. 3rd Saturday in April.

MAY

Saluda Tailgate Market -(May
through October)

Spring Green Bash - Hosted at
Green River Adventures.

Saluda Arts Festival - May 16,
2015

Top of the Grade Concerts --
(May through September)

JULY

Coon Dog Day - A homecoming
and celebration for dogs and their
people! Great food, live music,
parade, crafts, and more! 1st
Saturday after July 4.

SEPTEMBER

Green River Games - Extreme
multisport event September 4-5.

Charlie Ward's Memorial BBQ -
September 12, 2015

NOVEMBER Green Race - A world
Class V kayaking race. 1st
Saturday in November.

DECEMBER

Hometown Christmas - Open
House and Music. 2nd Friday in
December

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Some Things to Know About This Publication

It is what it is. Saluda Lifestyles makes an effort to verify information and does its best to edit for spelling and grammatical errors but some just slip through. The online Saluda Lifestyles has links to websites and additional information and is an enhanced color version. To view five years of archived newsletters, go to saludalifestyles.com.

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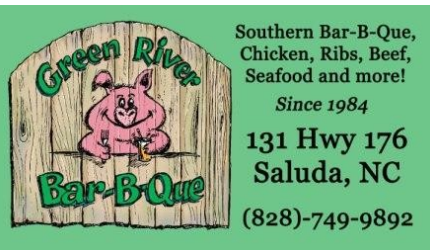


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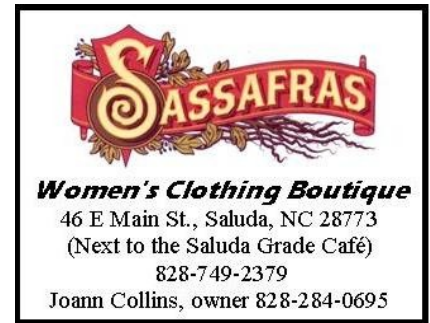
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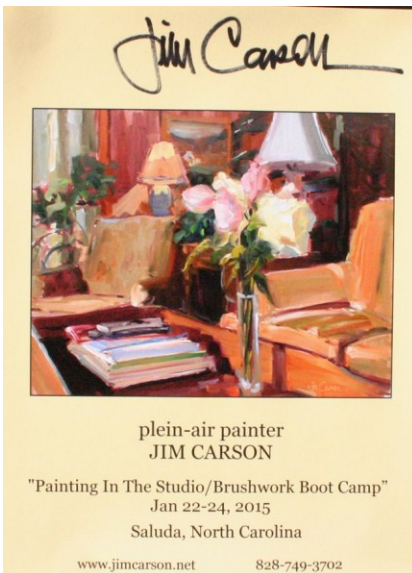
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