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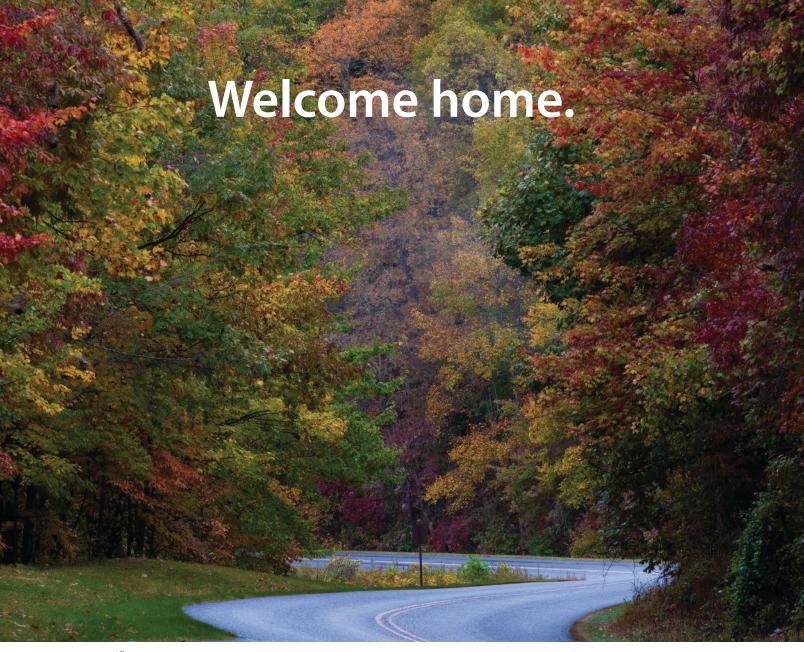
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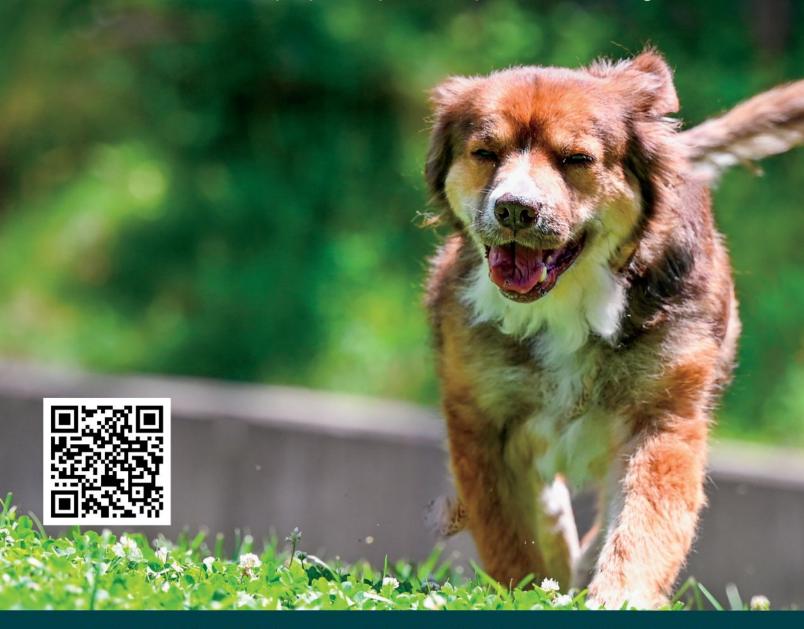
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• This issue's cover: There is no place that shows the colors of Autumn like Western NC! Known for its vast views of tree covered mountains, there is a pilgrimage to the Blue Ridge Mountains every Fall.

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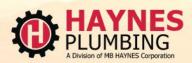




















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Mountain Living

BY CRISSY NEVILLE

adventures outdoors and in towns

Leaf peeping should be is a bona fide sport in North Carolina. Soon orange, yellow and red leaves and foliage will mark the changing of hot summer days into cool, crisp nights. The chill in the air will be as welcome to some as the vibrant colors in the mountains.

The favorite season will entice some to head to the mountains before Fall officially arrives in late September. It is the perfect time to head to the higher elevations along the Blue Ridge Parkway. Mount Pisgah, Mount Mitchell and Grandfather Mountain (all accessible from the Blue Ridge Parkway) are excellent stops for higher elevation color.

Fall scenic drives are a favorite way to usher in the colorful fall season. Along the way take in quaint mountain towns and attractions. Get on the iconic Blue Ridge Parkway for a windshield tour (called the "Drive of a Lifetime" by *Southern Living*, 2022), and check out stops along the way to see the beauty of the mountains, gorges, rivers and forests. Asheville is a favorite starting point for many locals and visitors.

The ribbon of a road called the Blue Ridge Parkway has captivated those with the wanderlust syndrome and brings them back year-after-year. The parkway is 469 miles long and also goes by another name, "America's Favorite Drive." The parkway follows the ridge of the Blue Ridge Mountains (and five other mountain ridge lines), connecting Skyline Drive in Virginia's Shenandoah National Park to North Carolina's Great Smoky Mountains National Park. Take a selfie at the highest point of the parkway, Richland Balsam.

A favorite stop on the parkway is Doughton Park, home of Brinegar Cabin, craft demonstrations, fly fishing at Basin Cove and a large campground. The park is the largest recreation area along the parkway at 7,000 acres. On the scenic drive, see Grandfather Mountain and the "High Country" at Blue Ridge Parkway milepost 305.

Grandfather Mountain is a wildly popular multifaceted natural attraction with hiking trails, natural museum, and a mile-high swinging bridge (highest suspension footbridge in the U.S.). In 2008, the state of North Carolina acquired the property (now an estimated 4,000 acres) to develop Grandfather State Park. It is ranked number one in "South's Best State Parks" by Southern Living, 2022.

Take the Parkway north from Asheville and visit Craggy Gardens on the way (milepost 364), and then marvel at the engineering feat called the Linn Cove Viaduct at milepost 304. Linville Falls is worth a stop at milepost 316.



To see a favorite forest get on the Blue Ridge Parkway south from Asheville toward Mount Pisgah at Milepost 408, where visitors find picnic areas and hiking trails. Create a memory with time spent at the Pisgah Inn, with a perfect view of Looking Glass Rock. At milepost 411, turn onto US 276 toward Waynesville. The reward is passing through the scenic Pisgah National Forest, with a picturesque view of Cold Mountain, made famous by the novel and movie. Continue into the quaint town of Waynesville.

Burnsville is worth a visit to enjoy its quaint shops and galleries, restaurants and breweries. To visit the town of Spruce Pine continue on 19-E (the downtown is only 10 minutes from the parkway), stopping along the way to visit the North Carolina Mining Museum, and the Orchard at Altapass for a walk in an "apple forest."

The middle of the fall color season happens in mid-October and checking out mid-range elevations are key. At 2,100 feet in elevation, Asheville generally peaks mid-season in October. While in the Asheville, try a different kind of view at a rooftop bars (The Montford, Hemingway's and A.C. Hotel). For a mid-fall mountain foliage and town tour, take a trip to Hot Springs, a quaint town that features an ancient natural spring and resort as well as a junction with the Appalachian Trail.

Surrounded by 434 acres of the Pisgah National Forest, the North Carolina Arboretum is nestled in one of the most beautiful natural settings in the U.S. and is a great place to see Mother Nature's fall color finale as the season winds down. Visitors enjoy walking paths, horticultural displays, and >>



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cultivated gardens, including the Heritage Garden with medicinal herbs and plants, and the Quilt Garden with multi-color flower beds planted in a traditional quilt block pattern.

Visitors regularly make the trek to the Pisgah National Forest, made up of more than 500,000 acres filled with hundreds of miles of trails, rivers and waterfalls. This forest is credited with starting national forests in eastern U.S. It is also home of the nation's first school of forestry and has two of the first designated wilderness areas in the east.

The nation's most visited park is the Great Smoky Mountain National Park with more than 11-plus million visitors annually. The park features the iconic Appalachian Trail and mountain peaks in excess of 6,000 feet.

Observing wildlife is one of the most popular things to do in the Great Smokies from the more than 17,000 species of plants to wildlife, including black bears. Anglers cast a line in miles of streams in the park.

Mountain lakes, rivers and waterfalls call to nature lovers as much as mountains. Water enthusiasts can have recreation on the water at a slow pace or hit high gear. For those who are more prone to drifting, the Smoky Mountain Outdoor Center shuttles tubers to Little River for a day on the river.

The crystal-clear waters of the Nantahala call to those who are whitewater fans. All ages take to the eight-mile stretch through the Nantahala Gorge. The grand finale takes daredevils over the three-foot high waterfall Class III ride. For a wilder ride get on the French Broad River for class 4 and 5 rapids. Flat water sections are also available for those who like calmer waters.

The New River might be the second oldest river in the world, but it ranks number one for the best spot to cool off when temperatures are still warm in the summer. Plan an adventure with a local outfitter like Wahoo's Adventures and float downstream, cool off and take in the local scenery along the way.

Anglers are always ready to drop a line in the 1,600-acre Nantahala Lake. The cool waters reward fishermen with walleye, crappie, sunfish, trout and bass. For avid anglers, Davidson River is a favorite. The river is one of Trout Unlimited's "Top 100 Streams in America."

Mountain towns are as worthy of exploring as much as the peaks themselves. Asheville is the largest mountain city in Western North Carolina. The favorite tourism town is proud of its cool, "book" vibe and its diverse ways to get people outside and experience nature year round. Music venues, restaurants, attractions like the Biltmore and a multitude of festivals converge to form a world class getaway. Some of the nation's best breweries make



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MOUNTAIN LIVING

their home in the city called North Carolina's beer capital.

Thousands of visitors make the trek every year to America's largest private resident, also one of the state's most popular attraction. 2022 marks the 200th anniversary of the birth of Fredrick Law Olmsted, the father of American landscape design, who designed NYC's Central Park, the U.S. Capitol grounds and, his final legacy, the grounds of Biltmore Estate. It's the perfect year to try out the new walking trail Biltmore has dedicated to Olmstead for the bicentennial. While visiting, make a stop at the Leonardo da Vinci multisensory exhibition on display through November.

After time spent in Asheville, quaint towns wait for exploration at Waynesville, Hendersonville and Brevard along with smaller towns with magical names like Fairview, Saluda, Mars Hill, Black Mountain and others.

The scenic and pastoral town of Fairview is just minutes from downtown Asheville. Fairview offers up an eclectic variety of breweries, cideries, coffee shops and restaurants. At Hickory Nut Gap Farm, apples, cider pops, local crafts and harvest activities, as well as an on-site kitchen serve up grass fed burgers and local products. At Whistle Hop Brewing beer is served out of an old caboose with a mountain view experience.

The City of Morganton sits on the Catawba River in the foothills of the Blue Ridge Mountains. You will find scenic rural landscapes, abundant outdoor adventure venues, wonderful shopping and dining opportunities, a thriving downtown music scene, and a state-of-the art theater that hosts Broadway shows. The Ridgline Trolley is a great way to tour in peak leaf season. Ride the Ridgeline Trolley up into the mountains to experience the beautiful autumn colors and explore Linville Falls. The Trolley is enclosed and travels on the interstate around 60 mph. >>





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Mars Hill is home of prestigious Mars Hill University. The town has a rich music history as the birthplace of Bascom Lamar Lunsford, the "Minstrel of the Appalachians." The town celebrates Lunsford in October with the Bascom Lamar Lunsford Music Festival (first Saturday in October). It is the second oldest folk festival in western North Carolina. While there, take a drive on the country roads of Madison County to see historic barns preserved by the Appalachian Barn Alliance.

Beech Mountain is not just fun in the wintertime. When the weather heats up, ski runs are transformed into mountain bike trails at Beech Mountain Resort. With elevations topping out at 5,400 feet, Emerald Outback at Beech Mountain has some of the highest trails on the East Coast. Stop at Beech Mountain Brewery afterwards to celebrate the accomplishment.

Cataloochee Valley Ski resort is a longtime skiing resort in Cataloochee Valley. The county's high elevation – home to more than ten peaks at 6,000 feet – make it a favorite with mountain climbers and hikers. When not skiing on the slope's visitors go horseback riding, elk watching or just soak up the majesty of the mountains. At night, hang out at the rustic Cataloochee Ranch perched on top of Fie Top Mountain for "Hospitality a Mile High" and lively music events.

For those who like to wander and explore, the mountains are waiting. In the higher altitudes, the pure air is good for the soul. What are you waiting for? Go ahead, pack a bag and head west to North Carolina's mountains.

Accommodations are plentiful throughout the region and appeal to all tastes.

Hendersonville: Horse Shoe Farm Along the French Broad River, a former stable has been converted into a rustic yet elegant spa. Horse Shoe Farm offers cottage and manor houses surrounded by rolling pastures. Start the day with yoga and meditation and later, have a paddling adventure on the river.

For a romantic and luxurious getaway, stay in Bed & Breakfast on Tiffany Hill, the first B & B to be included in the Southern Living Hotel Collection. Each morning, guests enjoy a gourmet "breakfast at Tiffany's."

Asheville: Omni Grove Park Inn
Built in 1913, this stately golf resort has views of the Blue
Ridge Mountains. It's 2.2 miles from the Asheville Art
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Asheville. The plush rooms and suites feature free Wi-Fi,
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a steam room and a terrace. There are also 5 restaurants, 3
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Blue Ridge Parkway

BY LAUREL HYATT



(469 miles) spans 29 North Carolina and Virginia counties. The Blue Ridge Parkway links the Great Smokey Mountains (North Carolina & Tennessee) with the Shenandoah National Park (Virginia) and has been dubbed both a National Parkway and All-American Road! Noted for its incredible scenic beauty, it runs mainly along the spine of the Blue Ridge Mountains with its southern terminus on the boundary between the Great Smoky Mountains National Park and the Qualla Boundary of the Eastern Band of Cherokee Indians in North Carolina traveling north before ending in Northern Virginia.

The parkway has been the most visited unit of the National Park System almost every year since 1946. There is no fee for using the parkway; however, commercial vehicles are prohibited without approval from the Park Service Headquarters, near Asheville, North Carolina. The roadway is not maintained in the winter, and sections that pass over especially high elevations and through tunnels are often impassable and therefore closed from late fall through early spring. Keep in mind that weather here is extremely variable, so conditions and closures often change rapidly. Also, remember that the speed limit is never higher than 45 mph and even lower in some sections.

Your leisurely drive along the Blue Ridge Parkway will be an experience unlike any other. This slow-paced, relaxing drive provides visitors stunning longrange vistas, close-up views of the rugged mountains, as well as pastoral landscapes. The parkway offers an exceptional glimpse of the regional flora and fauna and is world-renowned for its biodiversity. Last year alone, more than 14 million visitors encountered its unsurpassed diversity of climate, vegetation, wildlife, and geological features. In fact, your Blue Ridge Parkway visit may seem incomplete without the glimpses of white-tailed deer, elk, wild turkey, and a chance to see the elusive black bear.



In addition to the phenomenal scenery, the parkway offers access to a folk-art center located at mile marker 382 and a visitor center located at mile marker 384, both near Asheville, North Carolina. The Blue Ridge Music Center, located in Galax, Virginia, is just across the NC state line. There are also numerous parking areas at trailheads for various hiking trails that intersect the parkway. Campgrounds are located along the parkway allowing for overnight stays.

Mount Mitchell, the highest point in eastern North America (milepost 355.4), is accessible via NC state highway 128 at The Yancey and McDowell County line.

Mt. Mitchell State Park includes hiking trails, picnic spots, and an observation deck with 360-degree views. Seasonally (May – October), visitors can enjoy the onsite Natural History Museum, restaurant, gift shop, and camping. North Carolina State Parks manages reservations for camping at Mt. Mitchell.

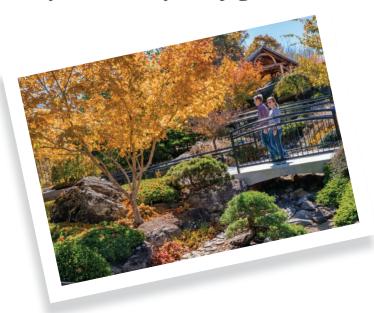
Also, part of the Parkway experience is access to Linville Gorge, the deepest gorge east of the Grand Canyon (milepost 316.3-317). Trails near the Linville Falls Visitor Center (hosting 350,000 visitors annually) lead to the breathtaking three-tiered Linville Falls over the Linville Gorge via both strenuous and moderate hikes. The nearby campground has fifty tent sites and 20 RV sites, which sit on the banks of the Linville River. It is the parkway's smallest but most popular campground, and it is the only developed site on the parkway that allows group camping. Reservations can be made for portions of this campground online at www.recreation.gov.

For excellent information on planning your Parkway drive, go to www.blueridgeparkway.org, the site for Blue Ridge Parkway Association (BRPA.) A nonprofit organization comprised of businesses and organizations, BRPA serves visitors along the scenic corridor of the Blue Ridge Parkway, the Great Smoky Mountains National Park, and the Shenandoah National Park. The most important thing to remember about the Blue Ridge Parkway is that it is more than a road – it's a journey and an adventure! []



Asheville

layers and layers of good times



If you don't know how incredible the city of Asheville in western North Carolina is, you're late to the party.

In the not-so-distant past, Asheville was mainly regarded as a picturesque small city in the North Carolina mountains where folks vacationed to escape the summer heat or check out the fall's changing leaves. People now realize the many benefits of not just visiting Asheville, but calling it home as they flock to what is now one of the most thriving and charismatic cities in the nation. With a population of just under 100,000, the city has managed to retain its small-town allure while hosting a lively college scene, attracting a burgeoning middle class, and enticing retirees.

There's so much to enjoy and appreciate about Asheville, it's hard to know where to start, but let's try. Its high elevation means refreshing mountain breezes gently stirring the rhododendrons along the hiking and biking trails that are abundant throughout the city. For thrill-seekers, there's whitewater rafting that takes you past stunning waterfalls on the French Broad River, a top tourist destination. This third oldest river in the world is also popular for fly-fishing, stand-up paddleboarding, kayaking, tubing, and swimming. Greenways and parks dot the river's shores—a great place to stop for a picnic.

Other well-attended parks include Carrier Park in West Asheville, which attracts cyclists to its velodrome, and Ashton Park Tennis Center where you can work on your serve and volley. The WNC Nature Center

ASHEVILLE STATS

POPULATION 93,590 COST OF LIVING 94.3 / US 100

BY VERA WILSON

serves as a home for sixty species of Southern Appalachian wildlife that can't live in the wild, primarily due to permanent injury or because they're part of the Survival Species Plan, like Karma the American red wolf.

Summers are synonymous with festivals. Find cool art at Asheville Art in the Park or the Craft Fair of the Southern Highlands. High on the list of things to do is heading to McCormick Field to watch the city's baseball team, the Tourists, play ball. New this year is the thought-provoking Asheville Ideas Fest, touted as a world-class intellectual experience.

The music scene is incredibly strong in Asheville, so much so that it was named one of America's 12 Greatest Music Cities by Thrillist. Events like Downtown After 5, which takes place once a month through the summer, showcase local talent. Toe-tappin' mountain bluegrass music can be enjoyed most Saturdays at downtown's Pack Square Park, and during the Mountain Dance and Folk Festival, the nation's longest running folk festival, featuring cloggers and banjo players to name a few.

But don't think Asheville's musical boundaries stop at Appalachia because the month-long Celtic music Swannanoa Gathering will whisk you away to Scotland and Ireland, a nod to the early ancestors of the region. And Hola Asheville—where you can dance your salsa and eat it too—celebrates the culture of the 20-plus Latin American countries that are represented in the citizenry of Asheville. Head to Asheville's historic African American district for the Goombay Festival, filled with the flavors of African-Caribbean food and the sounds of reggae, gospel, funk, and soul.

If it's raining, never fear. The rock music venue, Orange Peel, was named one of the best in the nation by *Rolling Stone* magazine. Harrah's Cherokee Center is home to the Asheville Symphony. The not-so-best-kept secret of the Asheville music scene are the under-the-radar venues that allow you to experience up-and-coming artists up close and personal. Described as divey and delightful by one fan, the Lazy Diamond features punk, hip hop, and even Hawaiian jams. You'll appreciate the décor and music at the 5 Walnut Wine Bar with its hand-carved wood bar that runs the length of the room and its local acts playing everything from Afropop to ragtime jazz.

As summer slides into fall, the mountains take center stage. Flanked by the Blue Ridge Parkway, the Pisgah National Forest, and the Great Smoky Mountains National Park, everywhere you turn you see the beauty of more than one hundred species of deciduous trees in their fiery autumn glory of yellow, orange, and red. >>



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It may surprise some to learn Asheville doesn't receive a lot of snow, averaging around twelve inches a year, but the surrounding mountains mean a quick drive to snow skiing if that's your pleasure. Each winter, locals traditionally take in the national gingerbread competition at the magnificent Grove Park Inn as well as the breathtaking Christmas pageantry at the Biltmore Estate.

In fact, you can't do Asheville justice unless you talk about the Biltmore Estate, a mansion unlike any other on this side of the Atlantic. Although still privately owned, this tourist attraction, built by the Vanderbilts in the late 1800s, draws over one million visitors every year. The French Renaissance-style mansion has four acres of floor space, 250 rooms, impressive stables, verdant gardens, and a lush vineyard.

Are you now convinced that Asheville should be your new hometown? Let's look at some of the housing options where you can lay down your head after a great day exploring the city.

Singles and young professionals prefer neighborhoods like Five Points, described by one resident as "one of the only neighborhoods in Asheville where you can truly live without a car" due to its proximity to shops, restaurants, and UNC Asheville. Downtown is also a favorite with everything you need right at your doorstep. Their many rooftop bars can't be beat for the views and libations.

Kenilworth, Asheville's pioneer suburb, was founded in 1914 and is close to the interstate and major employers. Due to its age, a number of the neighborhood's homes and even apartment buildings are on the city's National Register of Historic Places. It's also home to more people of Scottish and Welsh ancestry than nearly any neighborhood in America.

Originally built to house the employees of the Biltmore Estate, Biltmore Forest is now one of the most luxurious and wealthiest neighborhoods in North Carolina. Lauded for its safety, great schools, and amenity-heavy country club, the neighborhood offers a mix of vintage properties, new construction, and everything in between. Another reason to love Biltmore Forest is that it's adjacent to Biltmore Village, Asheville's premier shopping district.

The River Arts Districts is more to the liking of those with a bohemian spirit, which is revered in Asheville as part of its vibe. Artists live and work in former industrial buildings and warehouses where rent is relatively inexpensive, but there's plenty of space to practice their craft. If you're an artist by heart and not occupation, you're still welcome—new construction abounds in the district.>>





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In more laid-back West Asheville, you'll find fixeruppers and million-dollar bungalows. Its street-art edginess is on display with a mural of Dolly Parton near one of RuPaul. Known for its walkability, West Asheville streets are home to some of the area's best breweries and restaurants.

Luxury suite and studio apartments are available at the Grove Arcade, a shopping center like no other due to its opulent architecture, its shops and restaurants epitomize the eclecticism Asheville is famous for.

Many retirees are settling in Lakeview Park. Its proximity to Beaver Lake and surrounding woodlands, with stunning views of the Blue Ridge Mountain, make it one of the most sought-after neighborhoods.

The shrinking supply of houses within Asheville's city limits may put living there slightly outside of some budgets. In nearby communities like Weaverville and Fletcher, you'll find historic homes on large lots as well as new construction to choose from at more affordable prices.

When a city is nicknamed Foodtopia, you know you're in for some audacious dining. This year, Yelp named it the Top Foodie City in the United States. Two restaurants recently received prestigious James Beard awards: Chai Pani, known for its self-proclaimed "mindblasting" Indian street food, won outstanding restaurant, while Cúrate, where Spanish cuisine and wine are shared, won the award for outstanding hospitality.

These restaurants only hint at the diversity of the food scene in Asheville. Rated the best Mexican restaurant by the locals, try Mamacita's Taqueria for made-from-scratch tacos and burritos. Tupelo Honey Southern Kitchen and Bar revitalizes the classics like chicken and waffles and fried green tomatoes, with a priority of sourcing locally. Sunny Point Café is a great stop for brunch—the stuffed French toast is a must. Transformed from an old gas station, the place for late-night munchies is Universal Joint with its generous bar food menu.

For that something sweet, you have considerable options in Asheville. When nothing but a hand-crafted cookie will do, try Well-Bred Bakery and Cafe. Multicolored macarons, tiramisu, and napoleons adorn the bakery cases at Old Europe. Karen Donatelli Cake Designs will whip up the perfect cake for that upcoming special occasion. And, of course, French Broad Chocolate Lounge with its liquid truffle is the perfect place for a first date.

Not only is the food fantastic in Asheville, but the city is the place to be for its incredible beverage scene featuring breweries, distilleries, meaderies, and cideries. An early and recurring recipient of the Beer City USA designation,>>





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Highland Brewing Company put it on the map, but the city is now in the top echelon of breweries per capita.

Word has it that the waters flowing through Pisgah National Forest is the secret. Check out Wicked Weed Brewing's Funkatorium, the East Coast's first taproom committed to sour beer. The Catawba Brewing Company's specialties include Peanut Butter Jelly Time, a raspberry brown ale. Burial Beer Company has an impressive lineup of stouts.

Distilleries are the new rage and Asheville picks up where their moonshining forefathers left off by offering enticing (and legal!) spirits at spots like The Chemist, 1920s-inspired and owned by women; Asheville Distilling Company, which is open for tours and tastings; and Dalton Distillery with its special twist on rum and vodka.

If you don't know what a meadery or cidery is, come to Asheville to find out. To get your tastebuds flowing, just know that meaderies produce honey-based alcohol usually accompanied by fruits and herbs, while cideries rely on apples. Both honey and apples are deliciously abundant in the mountains near Asheville, so it's not a stretch to find mead and cider made here. TreeRock Social Cider and Mead Bar and Patio touts the largest selection of mead anywhere, which you can

savor while playing a board game. Bold Rock Cidery declares their hard cider is crushed and crafted in the Blue Ridge Mountains. Their Asheville location has a massive indoor and outdoor space with a cider garden where you can order interesting cider variations such as watermelon or coffee.

The area's university, UNC Asheville, has steadily crept up the *U.S. News and World Report's* college rankings, currently coming in seventh place nationally in the Public Liberal Arts category. Other national guides report high scores for UNC Asheville for quality of life and as one of America's best college values. Local public schools boast high graduation rates and rank within the top thirty percent of North Carolina schools. The Asheville School, a private university-prep boarding school, was ranked the seventh best boarding school by TheBestSchools.org.

Asheville employers who have a workforce of more than 1,000 include Mission Health Systems, local county and city government and school systems, the Biltmore Workforce Management Incorporated, supermarket chain Ingles Market, Walmart, and the Veterans Administration. Other large employers include UNC Asheville, Omni Hotels Management Corporation, and manufacturers Eaton Corporation (technology), Wilsonart (composite materials), and Kendro Laboratory Products. []



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Hendersonville

nestled in nature

BY CRISSY NEVILLE

HENDERSONVILLE STATS

POPULATION 14, 448
COST OF LIVING 91.8 / US 100



Nicknamed "The City of Four Seasons,"
Hendersonville residents and guests enjoy outdoor
activities here an estimated 210 sunny days a year. The
Blue Ridge community is nestled in nature, offering
opportunities to explore, sightsee, hike, bike, paddle,
fish, horseback ride and more. Area state and natural
parks and greenways are the main settings for all
this activity, including paths in these popular locales:
DuPont State Recreational Forest, Oklawaha Greenway,
Wildcat Rock Trail, Pisgah National Forest, North Mills
River Recreational Area, Holmes Educational State
Forest, The Perry N. Rudnick Art and Nature Trail and
the Florence Nature Preserve. In the town, parks and
recreation centers are also plentiful.

A good place to see all the surroundings is just five miles from downtown Hendersonville. Jump Off Rock is a scenic level overlook with panoramic views of the Blue Ridge Mountains, short hiking trails and the home of a 300-year-old Cherokee legend about a young maiden who climbed the rock and jumped off after learning of her chief's death in battle. It has been said that on moonlit nights the ghost of the girl can be seen on the rock.

When off the trail and back in town, a pedestrianfriendly downtown and a creative culture, demonstrated by galleries and theaters, restaurants and pubs, festivals and events and the popular Cheers! Trail for wineries, breweries and cideries, invite you to get to know Hendersonville better.

Hendersonville's curvilinear Main Street is not only storefront but also beauty-filled; the downtown district, the second largest in Western North Carolina behind Asheville, has been called one of the nation's most attractive downtowns. Here you will find pretty flower planters, lush landscaping, scenic sitting areas, outdoor dining and public art such as ArtScape lightpost banners, Apple Quest brass apple scavenger hunt and Bearfootin' Public Art Walk. The outdoor art pieces spruce up the city streets and highlight the celebration of the local artists, local agriculture and local wildlife.

Here are some fun facts about this art-themed ville. Hendersonville is considered an arts mecca for all types of artisans. More than a dozen art spaces are highlighted on the Blue Ridge Craft Trail, "The Heart



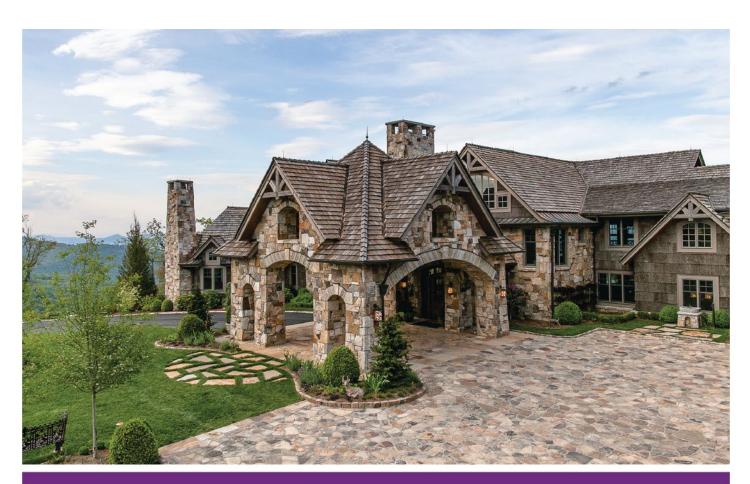
of Hendersonville," one of three distinctive trails of The Blue Ridge National Heritage Area first publicized in 2020. Check out the venues like Art MoB Studios and Marketplace, the Carolina Mountain Artists Guild, Pink House Studio and the Woodlands Gallery, to name a few. The early fall festival of Art on Main celebrates the town's art ethic.

It is also the county seat in a real apple-producing place. Henderson County grows more apples than any other North Carolina county and is in the top 10 nationally. When in Hendersonville, enjoy all things apple with roadside stands, U-pick farms and the Labor Day tradition of the Apple Festival, 76 years old in 2022.

While the apples are a great example of area flora, bears are widely recognized among the region's fauna. Western North Carolina is known for black bears, and downtown Henderson tips its hat to the furry natives each year with the Bearfootin' bear statuary.

Performing arts flourish here, too. There's the Flat Rock Playhouse, Releve Performing Arts Center and Hendersonville Theatre, which bring great live theater to the city. For live music, locals and visitors like the Rhythm & Brews Concert Series, Music on Main annual Friday evening summer concerts, and Hendersonville's century-old Street Dances with bluegrass music, square dancing and clogging demos. There's always live music at the different breweries and eateries; check out Oklawaha Brewing Company, The Poe House, The Loft Cafe & Pub, and Southern Appalachian Brewery, to name a few.

Speaking of food, while Henderson is a mere 25 miles south of Asheville, a "Foodtopia" in the state and Eastern seaboard, the city has its bragging rights, culinarily speaking. Southern style BBQ? Check. >>





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HENDERSONVILLE

International cuisine? Check. Fine dining? Check again. A few recommended restaurants are Harvey's at The Henderson, McFarlan Bakery, Never Blue, Tupelo Honey and Shine, complete with a rooftop terrace. Still, you can't go wrong with more than two dozen restaurants in the six-block downtown or beyond to choose from. If you prefer to cook for yourself, visit the Henderson County Curb Market for locally grown produce and hand-crafted goods; it's been in continuous operation since 1924.

Along with eating, shopping is another fan favorite of things to do in Hendersonville —more than 100 unique shops line the bustling downtown streets, and shopping centers and malls are on other sides of town.

Places like the Team ECCO Ocean Center and Aquarium, Mineral & Lapidary Museum, Hands On! Children's Museum, Apple Valley Model Railroad Museum, Western North Carolina Air Museum, Henderson County Heritage Museum, Historic Johnson Farm and Burlington Gardens boast family-friendly fun, education and history.

A tour of Hendersonville would be amiss without a stop at the Oakdale Cemetery to see the famous Wolfe angel statue. Author Thomas Wolfe's first novel was "Look Homeward, Angel," which constantly referenced an angel statue imported from Italy, among the figures Wolfe's father, W.O. Wolfe, sold from the porch of his

tombstone shop in Asheville. The statue was sold to the Johnson family in 1906, marking the Johnson family's Hendersonville plot.

A great economic base makes the city a great place to work. The community has various employment opportunities, from service and manufacturing to financial and retail.

According to the Hendersonville Chamber of Commerce, Henderson County is home to these manufacturing entities: General Electric, ArvinMeritor, Kimberly-Clark, BorgWarner, WilsonArt and others. Retirement-related businesses are another rapidly growing industry that supports growth in the retail, service and healthcare sectors. Tourism is another driver of the economy. The Chamber reports that the most recent state estimates indicate over \$175 million in tourist spending each year in Henderson County. Another economic giant is agriculture, an industry that contributes significantly to the job market. Healthcare jobs are also growing fast; this growth equals almost 30% of the overall jobs added in the Western North Carolina region. Pardee UNC Health Care and AdventHealth Hendersonville are the two hospitals in the city, and many other healthcare providers are also represented.

Hendersonville residents also get more bang for the buck, enjoying lower property taxes than surrounding counties and a lower-than-national cost of living. Consider a move to Hendersonville, a great WNC place to live, work and play. []

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Brevard

the art of adventuring

BY LINDSEY GREY



Brevard (and Transylvania

County) is magical in all seasons: in the summer when fireflies still flicker, when colorful leaves crunch under foot in the fall, and when forests are blanketed with snow.

Transylvania County is North Carolina's Land of Waterfalls, where visitors can follow the roar of water from the trail and experience nature at its most dramatic expression. Waterfall fans can opt for the Hollywood famous (Triple Falls, backdrop for The Hunger Games), the celebrated beauty ("Looking Glass Falls"), or the experiential (Sliding Rock, Mother Nature's original Slip n' Slide).

Looking Glass Falls (60 feet high) is one of the most popular waterfalls in North Carolina. It is rated the number one waterfall in the area because of its beauty and accessibility. It is arguably the most photographed waterfall in America outside of Niagara Falls.

The fun doesn't stop with cascading water. Visitors and locals explore a variety of activities on thousands of acres that scream "outdoor adventure." With forests, mountains and more than 1,000 miles of trails, there is no shortage of ways to get connected with nature.

Fishing is popular in the county that ranks as one of the best fly fishing areas in the U.S. Within a one-hour drive of Brevard, there are more than 500 miles of trout streams - one of the highest concentrations of prime trout streams anywhere.

BREVARD STATS

POPULATION 8,043 COST OF LIVING 87.2 / US 100

Brevard is made for exploring. From its plentiful outdoor assets to its quaint downtown filled with local stores and restaurants, there is always something to see and do. Brevard has a diverse offering of locally owned and curated retail shops, including a popular toy store, home furnishings, outdoor outfitters, boutiques, crafts, and more. Art is appreciated in Brevard – proof is found in the town's 13 art galleries

Sample an abundance of good food in low key diners to upscale restaurants – it's your choice. Brevard's dining options are as colorful and eclectic as its people. Try one or all, from diners (Rocky's Grill - home of their famous pimento cheese), to hip farm-to-table (Morning Social) to elegant Italian at Vescovo to hometown favorites (Pisgah Fish Camp, Hawg Wild Barbecue) and countless more. The Brown Bean Coffee Roaster is a favorite with java drinkers. Wash it down at one of Transylvania's celebrated local breweries, including Oskar Blues, Brevard Brewing, Ecusta Brewing Company, Noblebräu Brewing, and UpCountry Brewing.

Brevard is known for its soul-stirring music history that defines the Southern Appalachian Mountains. Transylvania County takes that it the next level with a music scene encompassing every genre. Music lovers take in award-winning bluegrass, with Steve Martin (the famed actor is also a Grammy award winning banjo player), Steep Canyon Rangers, to international stars of classical, jazz, rock and more (Yo-Yo Ma, Béla Fleck, and others) on the stage at the annual Brevard Music Festival.

The Brevard Music Center is the heart and soul of the town's music heritage. For more than 80 years the BMC has thrilled audiences with its legendary summer music program that has paired young up-and-coming prodigies with celebrated artists like Renee Fleming, Joshua Bell and others. All genres get their moment in the sun from orchestra and opera performances to bluegrass, gospel and more. Artistic director, Keith Lockhart is also the principal conductor of the Boston Pops.

The Brevard/Transylvania Chamber of Commerce is dedicated to its mission to "support its members through advocacy, promotion, local engagement and education in order to enhance the quality of life and economic vitality of our community." Founded in 1923, today it supports almost 500 members. With a robust calendar of more than 50 events each year, the programs and member benefits that the Brevard/Transylvania Chamber facilitates match the growing business community, as well as resident and visitor demand, in the county. []

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WAYNESVILLE

Waynesville

kick back in small town ambiance

WAYNESVILLE STATS

POPULATION 10,285 COST OF LIVING 90.8 / US 100



In the heart of the Great Smoky Mountains is a town called Waynesville. Called the gateway to the Smoky Mountains, the town has been a favorite mountain retreat since the early 1800s, attracting visitors with its cool, refreshing air - a welcome respite from hotter, lower elevation towns.

The town has its party dress on, enticing visitor's downtown with historic buildings and brick sidewalks creating a shopper's paradise. Stores sell wares from home décor and furniture to books and apparel. Axe & Awl Leatherworks makes leather goods such as products for firefighters including custom radio straps, suspenders, and other equipment.

Soul Sisters Boutique is a new favorite since opening downtown in April. The boutique specializes in eclectic mix of Boho-themed items that makes "the hippie heart happy." Sassafras on Main is a toy and book store. The Modern Deer is a favorite farm house décor store with hand poured candles and other gift items. The Mast General store is a popular stop.

The historic Hazelwood community blends into Waynesville to bring unique shopping and dining experiences. It is where you can find the perfect cup of coffee, read a good book, eat a delicious meal and find a memento to take home. Take a selfie in front of a giant Van Gogh mural for an "insta-worthy picture.

New restaurants mingle with long time favorites. Beach Mountain Diner blends the coast and the mountains for a fresh and inventive take on breakfast. A shadow box displays original prescriptions found during remodeling the diner in the space occupied by the former Haywood Pharmacy.

The Singletree Heritage Kitchen has a focus on community and locally sourced food. On the menu diners will find seared mountain trout, cornmeal-encrusted shrimp, roasted pork belly, all washed down with local beer. Sit outside on the dog friendly patio to soak up the mountain vistas.

For those who love all things Celtic, the Scotsman Public House checks all boxes. The newest pub in town opened with great fanfare in February. The dimly lit, sophisticated space features British Isles pub fare and an extensive draft and spirits list. In the historic Frog Level neighborhood, Frog Level Brewing Company keeps the brew and good times flowing. Patrons connect with nature in the outdoor patio with a flowing creek.

Waynesville celebrates special events centered on art, music and festivals that define the town. The Haywood Farmers Market brings out locals and foodies every Saturday through October.

Art after Dark is an art event held on first Fridays May through December in downtown Waynesville and The Historic Frog Level District. Galleries open their doors and offer a variety of demonstrations, music and refreshments. It is one of many ways the town and county celebrates the arts with Haywood Arts Council events throughout the year. For live performances locals go to the HART Theatre (Little Women and other plays are on tap for 2022) and festivals like Folkmoot International Festival in July. Take a tour of the Museum of North Carolina Handicrafts is in the Shelton House to see art, crafts and furniture by North Carolina artists.

Waynesville like most mountain towns has plenty of reasons to get outside from trails, fishing, hiking, hanging out at local farms and more. At Winchester Creek Farm all ages can enjoy the 20-acre farm where the main residents are alpacas and a variety of miniature farm animals. Stay overnight at the Alpaca Mountain Retreat or Alpaca Mountain Loft.

For those who like to wander there is no shortage of trails, sights and wonders. Take a hike on the Blueridge Parkway or drive through the county to see handiwork of local crafters on the Haywood County Quilt Trail. Anglers find their sweet spot with a rod and reel in the Mountain Heritage Trout Waters.). It is a short drive to other favorite Haywood County towns: Lake Junaluska, Canton, Clyde and Maggie Valley. []



Black Mountain

BLACK MTN STATS

POPULATION 8,225 COST OF LIVING 91.5 / US 100

explore, indulge, relax

BY LINDSEY GREY



Never underestimate small beginnings.

Case in point – Black Mountain College. The small school comes with a heady history and left its mark on the Town of Black Mountain, and the nation.

The little college that the New York Times calls "in the middle of rural nowhere" is still the subject of conversation, books and museum exhibits from California to New York. The school was ground breaking in 1930s for its progressive teaching methods at the time. The love of and meaning of art was at the heart of the school's philosophy which attracted students who later become famous artists, writers and film producers, such as artist Robert De Niro, Sr., the father of famed actor, Robert De Niro, Jr.

The school closed in 1957 and now is the site of Camp Rockmont for Boys. The history and legacy of Black Mountain College is preserved at the Black Mountain College Museum + Arts Center in downtown Asheville.

Black Mountain has continued to thrive and has morphed into a favorite mountain destination. It is called the town that "rocks" due to the proliferation and fondness for rockers displayed throughout.

There is plenty to see and do from 40 plus shops, restaurants and three breweries. Favorite shopping stops are the Town Hardware & General Store, Take a Hike Outfitters, Dancing Dragonfly and Seven Sisters Gallery. The Tyson Furniture Company covers an entire block, and called by *Southern Living* the "Black Mountain Maze."

Art is important to the mountain community. The Black Mountain Center for the Arts is a community focal point. Monthly exhibits keep visitors coming along with a steady stream of programs in music, visual and performing arts. The White Horse Black Mountain performance and event venue in the heart of downtown is where music, storytelling, poetry, films and other events take place. For history lovers, the Swannanoa Valley Museum is a must see.

Food and drink offerings have something for everyone. Java lovers start the day off right at Driploator Coffeehouse. Foodies make their way to The Clean Plate, a farm-to-table taco spot serving locally sourced fare for breakfast and lunch, and billed as "Texas roots, Appalachian fruits." Hit up The Grocery for cocktails, wine, local beer on tap and delicious small plates. And, get your groceries to go.

For a different tour, visitors head to the Oak & Grist Distilling Company for regionally inspired, 100 percent scratch-made whiskey and gin using traditional Scottish distilling techniques. Try cider and mead with a kick Black Mountain Ciderworks + Meadery, or get a brew fix at Pisgah Brewing.

At Round Mountain Creamery Farm, goats are the main attraction at the first combined dairy goat farm and Grade-A goat milk processing plant in North Carolina. The Alpine and LaMancha goats produce milk and unique goat cheese flavors like Delicious Dill, Cran-nut Zest and others. Nutty Blueberry is a state fair bronze medal winner.

Black Mountain checks the outdoor lovers' boxes with nature at your fingertips. Close to downtown is the city park, Lake Tomahawk, with a half-mile loop trail around the lake. Take in the views of Graybeard Mountain and the Seven Sisters peaks.

Unique Festivals showcase nature with events geared to celebrating diversity, arts and sourwood honey. The Sourwood Festival is an annual event each August. The event celebrates local music, crafts and more with 200 vendors. The LEAF Festival (October 20-23) brings in thousands of visitors for fun, food and good times.

Locals get on the Point Lookout Trail Greenway for biking (and hiking) through Pisgah National Forest. Wind through the woods with views of the mountains and forest. Lunch can be enjoyed in the Pisgah Forest picnic area.

Black Mountain is ranked number eight on *Southern Living's* "Top 15 Mountain Towns, 2022." Trip Advisor readers voted Black Mountain the "prettiest small town vacation in America."

Surrounding Towns

you never know what you will find

BY LINDSEY GREY



North Carolina is not a one-size-fitsall state. Big cities govern and lead the nation in technology, education and medicine in the Triangle. Coastal towns bring water thirsty visitors to Wilmington and other coastal oases. For others, the serenity of North Carolina's mountains and small-town living is the balm needed in a frenzied world.

Asheville is Western North Carolina's largest city and known for its creative cuisine, artisan culture and national attractions like the Biltmore. Surrounding the city are towns that lure people in with charm, cool vibes and friendly folks who take the time to chat over coffee, barbecue or craft beer.

Outdoor living is a feature of these towns that spruce up to attract visitors. Each town brings a unique flavor to add to the mountain melting pot. Summers are cooler than the lower elevations and attract those who prefer breathing in mountain air over air conditioning.

From Arden to Weaverville, surrounding mountain towns have plenty to see and do with local shops, restaurants, bars and social venues. Strap on your Birkenstocks or hiking boots and set out to explore.

Arden benefits from proximity to well, nearly everything. The scenic town has local shops and great eateries with the airport and Biltmore Park areas close by. The "crafty" life has a place in Arden. Family owned Brown's Pottery holds the title of "oldest continuing producers of Ugly Face Jugs and Southern Folk pottery in America." Brown family face jugs represent Southern folk art and are found in prominent museums across the South.

Many of Asheville's favored eateries (and breweries) are in Arden: 12 Bones South, White Duck Taco Shop – South, and Rocky's Hot Chicken Shack – South. At Rocky's, fried chicken is taken to a new level served up with Southern soul food sides. The restaurant is on the radar of foodies and ranked on *Food & Wines'* "Best Food We Ate In 2019," and *USA Today's* "Top 20 Best Fried Chicken," among others. Coffee starts the day off right at the Beehive Coffee Bar. To end on a high note, head to 12 Bones Brewing for a craft beer.

Water lovers head to the town's crown jewel, Lake Julian Park for a day of fishing or a paddleboat ride on the picturesque 300-acre public lake. Or, try your hand at disc golf and later lay out a picnic spread.

The town of **Fletcher** is one of serene and scenic beauty. Fletcher's calling card is the annual North Carolina Mountain State Fair held at the Western North Carolina Agricultural Center in September. The 10-day fair focuses on local traditions with livestock shows, cooking contests, gospel singing and clogging competitions. Everyone loves the chairlift carrying riders overhead from one end of the fairgrounds to the other.

Each Friday and Saturday night, Fletcher Feed & Seed is the place to be. Church pews occupy the former feed-supply store, and bluegrass music fills the air. A concession stand serves snacks and as the evening progresses, people take to dancing.

To taste North Carolina brew, locals find their way to the local watering hole, Blue Ghost Brewing Company. Drawing its name from the elusive blue ghost firefly native to Western North Carolina, the brewery strives to produce "world-class beer in a family-friendly atmosphere." The Hungry Ghost food truck serves pub-style fare.

Canton is more than its playful moniker, Papertown. While firmly retaining its identity as a working mill town, Canton has revived itself in recent years with new restaurants, a brewery and coffee shop. Embracing the paper mill lifestyle (and scent) is crucial here. To salute the town's heritage BearWaters Brewing makes a Belgianstyle ale called Smells Like Money.

The best way to start the day is with a cup of craft coffee brewed up by a local couple at Papertown Coffee. JRO's is busy at lunch time where juicy burgers made with beef from Canton's Leatherwood Family Farms is a favorite. At Pigeon River Mercantile on Main Street, shoppers can look for specialty gifts, clothing and crafts. Mayor Zeb Smathers gives some credit for the "Canton Comeback" to the bluegrass group, Balsam Range, that released Papertown, a chart-topping album in 2012 that is a nostalgic nod to Canton.

SURROUNDING TOWNS

The comeback started a few years ago and continues under Smathers philosophy of "adding new ideas, business and people" to the Canton landscape while retaining the town's authentic blue-collar personality. "People find it refreshing to find a culture that is 'real' and are drawn to it," said Smathers.

The town's biggest buzz is the coming-soon, Chestnut Mountain park. The 450-acre recreation area will be managed by the Southern Highlands Appalachian Conservancy and will be a boon to Canton and the region.

The largest county in western North Carolina, Burke County occupies 511 square miles. Morganton serves as Burke's county seat and hub of cultural, governmental and commercial activities. Located by the Catawba River with views of iconic Table Rock, Morganton is full of unique places to shop and dine as well as chain eateries and retailers. Downtown Morganton offers plenty of shopping and dining locales. Visitors can check out working art and pottery studios, art galleries, gift shops, custom clothing boutiques, jewelry stores, bottle shops, kitchen and housewares, olive oil vendors, and more. The city includes more than 400 acres of land for recreational use including two recreation centers, indoor and outdoor swimming pools, a skeet range, an extensive greenway system, a soccer complex, and more than a dozen parks. Catawba Meadows Park is one of the premier baseball and softball facilities in Western North Carolina.

Madison County is where the towns of Marshall and Mars Hill make their home. **Marshall** might take the award for one of the smallest mountain towns with a population under 1,000 residents. The historic place is proud of its century-old courthouse in a town that is "one street wide and a mile long."

The little town with a big attitude boasts of artists' studios, galleries filled with local art and eclectic shops that are as indivualistic as its people. Shops combine food (healthy and comfort-style) with art, and live music. Marshall Container Co. doubles as an artist workshop and neighborhood pub. Zuma has mastered the art of Zen with yummy desserts and food mixed with live music most nights. For brew, a view and noshes, local go to Mad Co. Brew House that overlooks the river. On Friday's get ready for foot stomping mountain music at the historic depot. Stay the night at Marshall House Inn.

The hills are alive with the sound of music in **Mars Hill**, a town built around education and music. Mars Hill University's (name inspired by Acts 17:22) influence is felt everywhere from music opportunities on campus – Owen Theatre on campus is the home of the Southern Appalachian Repertory Theatre – to anyplace a crowd with gather like the Ebbs Chapel Performing Art Center, a theatre in a restored schoolhouse. The town is the birthplace of Bascom Lamar Lunsford, the "Minstrel of the Appalachians," and the home of the annual festival named after Lunsford. It is the second-oldest folk festival in Western North Carolina held each fall.

Lake Lure is forever seared in our minds thanks to the iconic movie, Dirty Dancing, and legendary scene filmed in the beautiful waters. Thunder Road and The Last of the Mohicans were also filmed in the scenic lake region. Surrounded by the Blue Ridge Mountains there is not a more beautiful lake experience in North Carolina.

Take a walk on the Flowering Bridge on the boardwalk anytime of the year. If you can pull yourself away from a day at the lake, shopping and restaurants are plentiful in the village of Chimney Rock. In season hit the man-made beach and lake, owned by the town of Lake Lure. To get the heart pumping take to the Rumbling Bald Trail, a part of the Chimney Rock State Park, a popular spot for rock climbing, hiking and communing with nature.

A place to relax with a slice or a whole pie is making life sweeter in **Woodfin**. At the Baked Pie Company, you can even have a "flight of pie" with a scoop of ice cream. The shop with a dash of whimsy and playfulness sold pies for \$3.14 on National Pi Day. The restaurant is proof of creativity in small places where it might not be expected.

At Beer City Bicycles, cyclist can find the perfect bike, riding apparel and equipment. While waiting on a repair, bike riders can enjoy a craft beer at the in-house bar. Woodfin's eclectic dining scene includes burger and barbecue joints, Mexican restaurants, and homey cafes. The 1847 Colonial Revival-style Reynolds Mansion, now a bed and breakfast, is an architectural landmark.

Weaverville is just minutes from Asheville. The small-town pace is "slow-mo" but bustling with energy of a different kind – the feeling that says "what's the hurry" and "take your time" as you browse in shops for gifts, décor or for the fun of it. Stop in Crucible Glassworks to watch the art of blowing glass. The Hot Glass Studio/Gallery features the glass art of Southern Highland Craft Guild artist, Michael Hatch.

To step away from it all, spend an afternoon at the Claxton Farm on a mountain hike or fishing in a stocked lake. The family farm is where special events and weddings takes place. A menagerie of farm animals make their home at the farm along with miniature horses, donkeys and a camel. After a night out call Date Night and let a chauffeur drive you home in a vintage car. Spend the night at Dry Ridge Inn B and B.

To say **Candler** is quiet is an understatement. The quaint little town is understated and likes it that way. And, it is proud of its local bed and breakfast, Engadine Inn and Cabins, owned and operated by locals who have retained the look and feel of the historic structure that dates to 1885. Travelers that are strangers quickly become friends on weekends when they give thanks around the table for the mouth-watering breakfast tradition: applewood candied bacon with brown sugar and pecans known as "Gretchen's bacon." After the last cup of coffee or hot chocolate take a walk to scan the panoramic views of Thompson Knob and Hominy Valley above the inn. []

Handle Your Move With Care

Everyone gets overwhelmed at the

thought of moving whether across the street, across town, or across the country. The best way to get a handle on all the things leading to this rise in anxiety is to research, organize and then make it happen. Staying focused is the key to staying calm and actually enjoying upcoming change in your life.

Do Your Research — No matter where you're moving, researching your new neighborhood and region is important. With the seemingly limitless range of websites available at the click of a button, it's now easier than ever to travel across the state or the country without leaving your recliner.

We hope you find useful information and insight into the area in our magazine. Another great place to start is with a site like City-Data.com that lists thousands of cit-ies and towns from across the U.S. with stats on crime, education, income-earnings, housing prices and seasonal temperatures. It even has a 'Top 100 Cities' listing. Another website, 50 States.com, outlines facts and trivia that will prove helpful if you're looking for overall information. With links to the official state pages, city guides and with links to practical information such as each state's DMV website, 50 States may be a site you'll want to hang on to even after your move is complete.

If at all possible, no kind of research compares to an in-person visit. Reading about a place will provide you with an overview but there is nothing like actually walking down its streets and getting a sense of living and working there. By allowing yourself a few days or a few weeks, you can discover the true essence of a city, and you'll feel better knowing that the decision you're making feels right. If you're moving with a spouse and children; take the entire family. Try to live as close as you can to a "local's" life, rather than visit as a tourist. Find the grocery stores, check out the schools, visit the library, the local diner and talk to people. See what it's really like to live there. Before arriving make sure to purchase local travel guides, maps, community newspapers and magazines, all of which will add to your research.

Not everyone can afford it but another option is to do a temporary or trial move. Before you uproot your family (and if you can manage to maintain two households), try living in the potential city for a three to six month period. This trial period will also allow family members to visit and have more opportunity to see if it is a good fit. In addition, it provides a great transition period, especially for children who may need some time to feel comfortable with the idea of moving away from what's familiar.

How to Move —Deciding how to move may sound simple, but a lot depends on your budget and time. Should



you hire a moving company? Deciding whether or not to hire a moving company, like most decisions, can have a hundred different answers depending on factors such as time and money as well as difficulty and complexity of the move. If you're moving across town, a self-move may make more sense. Moving across the country, may require more expertise and assistance. Still, to ensure you're making the best decision, it's a good idea to weigh all options. Decide first what your priority is — money or time or a bit of both. Knowing which is the most important will help lead you to a more satisfying answer.

How much stuff do you have? For a general idea of what it will cost to move your household, you can use the guide most truck rental agencies use, and count the number of bedrooms. A 26' truck will move 4+ bedrooms; a 24' truck will move 3-4 bedrooms; 17' truck 2-3 bedrooms; 14' truck will move 1-2 bedrooms; and a 10' truck will move an apartment.

How far are you moving? Truck rental companies can provide you with rates on the cost to rent a truck to move from Point A to Point B and factor in the type of move (one-way or return). That covers the fee to rent a truck, but what about gas costs and mileage? You'll have to count both when determining the total cost of renting a truck vs hiring a moving company. Distance calculators can provide estimates on how far you'll be traveling and fuel calculators will give you an idea of how much you'll be paying to fill up the gas tank. Both costs need to be added to the truck rental fee if mileage is not already included.

Once you've answered these two questions, it's time to start calling some moving companies and ask for a sample quote over the phone. Many will want to come out to your home for an estimate, which may or may not be something you want to do. You can also look for online quotes from companies such as Moving.com; however, keep in mind

MOVING TIPS & TRICKS

that these quotes are not always guaranteed and also make sure the moving company is reliable.

So, now you should have a pretty good cost-comparison between hiring a company and moving it yourself. If this is all you're concerned about, you can pretty much stop right here and make your decision. But if time is a factor, then you may want to take it a step farther: How much time will it take to pack your things, load your things and drive it all to your new destination? Do you have additional help like friends, family, neighbors or co-workers that can lend a hand? Are there fragile or special items that will require special handling? Can you move these items yourself? If not, what will it cost to move them? Will you need to rent additional equipment/supplies/hired-hands to move larger items such as appliances?

Hiring a Moving Company — Hiring a good moving company is a lot harder than you might think. Once again you start by doing some research, most of which can be done right from your computer. Select at least 5 companies and interview them over the phone. Get familiar with moving terminology, such as binding and non-binding estimates. Most companies have websites that list their services, service history, destinations they are willing to move to, and roughly how much it will cost. This is a great place to get background information and to start compiling a list of potential companies. Also, most companies will list contact information, including e-mail addresses, allowing you to ask questions and be provided with a written response. Also ask around among friends, family and colleagues. They can perhaps recommend a company (or if there's one you should avoid).

Another place to start your research is on MovingS-cam.com. This is a website dedicated to revealing moving scams before they happen to you. On MovingScam you can check out articles, message boards with moving company problems, warnings, and other Q&A sections. Find out if any of the companies on your list have generated any BBB reports. Information you can get will usually contain any grievances filed and if the grievances were resolved successfully. It's rare that a company has zero unhappy customers; the key is to ensure that if there were complaints, that in the end, the customer was satisfied with the result. Read the report carefully, and if you're thinking of using a company who had a grievance filed, ask them specifically about this case and how it was resolved.

Go to the U.S. Department of Transportation's Federal Motor Carrier Safety Administration website and find out if your potential mover has a Department of Transportation (DOT) number. This number ensures that the company is registered with the Department of Transportation. According to FMCSA, watch for signs of rogue movers such as those not offering an on-site inspection of your household goods before giving you an estimate; those demanding cash or a large deposit upfront; the ones with no local address; or if on moving day, a company who shows up in a rental truck rather than a company-owned

and marked fleet truck. Make note of anything suspicious. Above all, if it doesn't feel right, it probably isn't.

Move It Yourself — If you're moving locally, moving yourself may make more sense and save you money. Self-moves tend to be financially smarter if you're moving a short distance, but there are some points to remember when you start your research. You'll need a truck. As mentioned earlier, size depends on how big of a household you're moving. You'll also need to book in advance to make sure of availability. May through September is peak season and most agencies will charge more during these months. Don't forget any other vehicles that may need transporting (others cars or trucks, 4 wheelers, boats, etc.). Moving equipment such as dollies, pads, and blankets also add to the self-move total as well as insurance.

Moving Timetable — In order to keep yourself on schedule, you'll need to keep a list of things to do eight, four, and finally two weeks before you move.

At eight weeks - Start to call movers, truck rental companies, etc. and keep all notes and reminders. Decide if you're going to move yourself or hire professionals. Find out how much the moving company will cover, then contact your own insurance agent and ask if your policy can apply to moving your household goods. If you're moving with kids ,arrange to transfer their school records. Check on storage facilities at the new location if there will be a need. Finally, start compiling any packing supplies you'll be needing, purchase a lockable box for important documents.

With a month to go - Contact your utility and service companies for disconnect and reconnect dates respectively at your previous and new residences. If you're moving yourself, now is the time to reserve your truck or trailer. In any case, complete all of your travel plans such as flights, hotels, and pet arrangements. If you're driving, decide what you need to pack for the trip such as kids' games, clothing, and food. Cancel local subscriptions (magazines, newspapers, bottled water). Complete an IRS change of address form. Be sure to have good directions for the entire trip and keep packing.

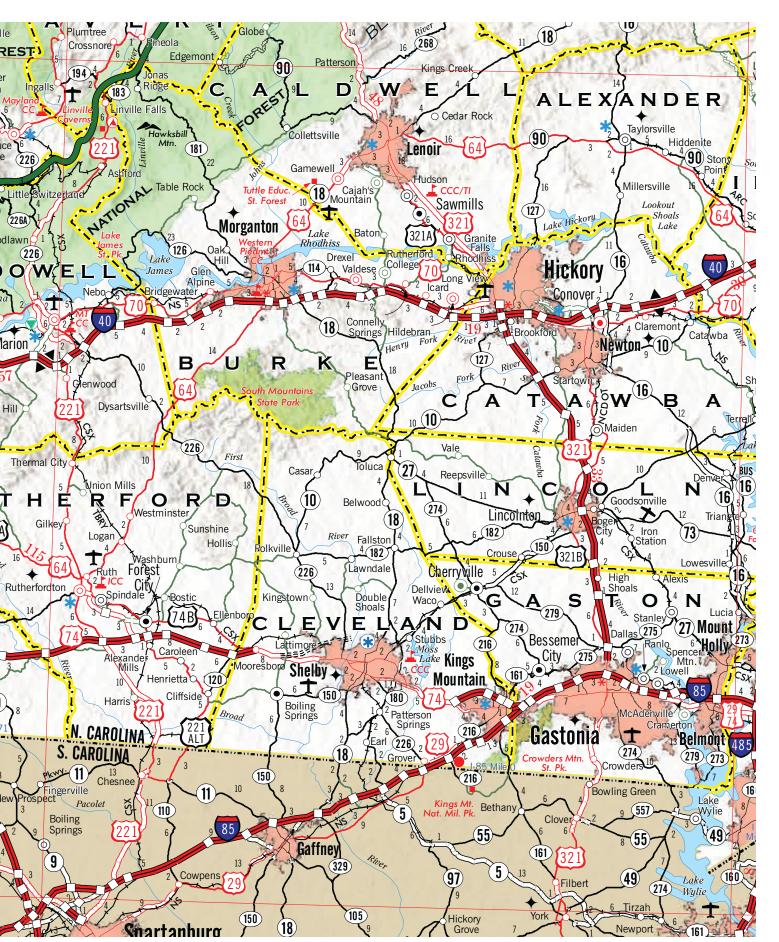
Just two weeks left - Get your car fully serviced and prepare its registration and insurance. If you're moving out of state, notify your current Department of Motor Vehicles of your address change and inquire about registration in your new state. Call your insurance company to cancel or transfer your current home coverage. You'll need to transfer all prescriptions to a pharmacy in your new city. Make sure the moving van can fit in your driveway or on the street and that the distance from the van to the front door does not exceed what the moving company allows.

Try not to buy too many groceries or only buy essentials and items that you'll eat in the next two weeks. Continue general packing. Try to label each box with what's inside, where it goes and any special instructions. Be as detailed as you can. This will make it easier when you're unpacking.

Some preparation on your part in the beginning can make something even as life changing as moving from your home to a new home a good adventure.









Education

exceeding expectations

No matter what opportunities your move to our mountains requires, your educational expectations will be exceeded. Whether it's colleges or universities; playschools or preschools, public schools or private schools, or something in between like charter or Montessori, Western North Carolina delivers. From the "High Country" of Boone to the metro area of Asheville, rest assured you'll find academic excellence.

The region boasts several major public colleges and universities: Asheville-Buncombe Technical Community College in Asheville, Appalachian State University in Boone, Western Carolina University in Cullowhee,

and UNC Asheville also in Asheville.

As the westernmost institution in the University of North Carolina System, **Western Carolina University (WNC)** attracts students from around the world. Its nationally ranked programs, affordability through NC Promise, and exceptional student support consistently rank it as one of the Top 10 public regional institutions in the South. WCU's 600-acre main campus sits in Cullowhee, near the Great Smoky and Blue Ridge mountains, approximately fifty miles west of Asheville. The rural location amidst

incredible biodiversity and unique communities creates a fantastic opportunity for academic discovery. If the rural setting is not for you, WCU also operates an instructional site at Biltmore Park Towne Square in Asheville, where the university offers degree programs in nursing and engineering as well as graduate programs in accounting, business administration, entrepreneurship, and education. Western's student body is comprised of more than 11,000 students, including more than 10,000 undergraduate students.

The **University of North Carolina at Asheville (UNCA)** was founded in 1927, and in its city setting of Asheville, it has an undergraduate enrollment of nearly 3,400 students on a 365-acre campus. UNCA was recently ranked in the 2022 edition of Best Colleges in National Liberal Arts Colleges.

BY LAUREL HYATT

About fifty-five miles northeast of Cullowhee in Boone, NC, sits **Appalachian State University** (ASU). Appalachian serves nearly 21,000 students with a low student-to-faculty ratio and offers more than 150 undergraduate and graduate majors. Founded in 1899, App State is also one of seventeen University of North Carolina System campuses.

Other area four-year colleges and universities with much to offer include Warren Wilson College (Swannanoa), Mars Hill University (Mars Hill), Lees-McRae College (Banner Elk), Brevard College (Brevard), and Montreat College (Montreat and

Asheville.)

The largest school in WNC is **Asheville-Buncombe Technical Community College** (also the 7th largest community college in North Carolina.) With nearly 25,000 students spread over five different campuses, A-B Tech is a regular in *US News and World Report's* list of North Carolina's Best Colleges and Universities.

In addition to A-B Tech, other quality community college systems serving the region include Blue Ridge Community College (Flat Rock), Haywood Community College (Clyde), Mayland Community College (Spruce

Pine), McDowell Technical Community College (Marion), Southwestern Community College Sylva), and Tri-County Community College (Murphy).

Public-school systems have a lot to offer if you're moving to the region with a family. **Asheville City Schools** (ACS) and **Buncombe County Schools (BCS)** lead the way. Asheville City Schools contains ten schools and 4,300 students. The much larger Buncombe County School System contains forty-four schools and 22,298 students. A number of nearby Henderson County Schools were also ranked near the top. Ratings are a composite of *US News and World Report*, Greatschools.org, and Niche.com.

So, whether you moved to the region to complete your college degree, establish a family, or search for challenging courses as a senior in retirement, Western North Carolina's educational options are second to none. []





Const. Mgmt. on campus 22

From the crystal clear waters of the Tuckasegee River to the top of Mount Mitchell, the best that Western North Carolina has to offer is moments away from our campus.

Visit us in Cullowhee this summer, and see why the readers of Blue Ridge Outdoors voted WCU "Top Adventure College" five years in a row.





Can't believe this was real!



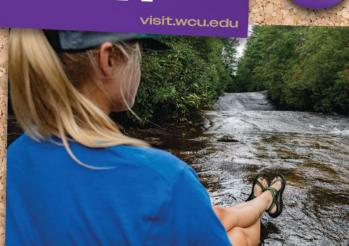
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LIVE WESTERN



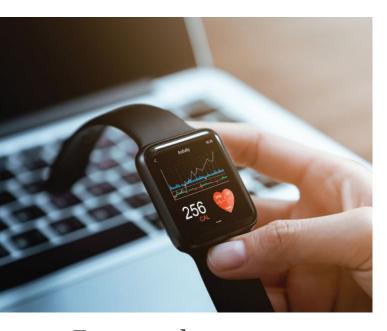
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Health & Wellness

first class care, regional access



For more than 100 years, travelers have flocked to the mountains of Western North Carolina seeking clean air, clean water, and healing therapies in one of the most beautiful places on earth. The region offers therapeutic natural remedies and treatments and state-of-the-art modern medical facilities and care.

AdventHealth Hendersonville (AH-H), formerly Park Ridge Health, has been providing personalized care to western North Carolina for more than 100 years. Their care network serves WNC with a full range of medical imaging services, cardiac care, rehabilitation, surgical care, nationally awarded cancer services, full-service orthopedic care, and one of the only accredited hyperbaric medicine facilities in the area. AH-H has also led the way in the state with many historical "firsts" - from employing the first registered nurses in North Carolina in 1916 to offering the first 64-slice CT scanner in the state in 2006. AH-H is recognized as a Leapfrog Safety Grade A Hospital, a CMS 5-Star Hospital, and an Age-Friendly Health System Participant.

Mission Health (MH), an operating division of HCA Healthcare, is based in Asheville, North Carolina, and is the state's sixth-largest health system. Mission Hospital, the flagship hospital of MH, serves as the regional referral center for tertiary and quaternary care in the region. Mission is licensed for 730 beds and houses the region's only dedicated Level II trauma center. It also includes Mission Children's Hospital. MH operates six hospitals, numerous outpatient and surgery centers, post-acute care provider CarePartners, and long-term acute care provider

BY LAUREL HYATT

Asheville Specialty Hospital. Mission Health has six times been named one of the nation's Top 15 Health Systems by IBM Watson Health (formerly Truven Health Analytics). It is the only health system in North Carolina to achieve this recognition.

The third major health system in the area, **Pardee UNC Health Care**, was founded in 1953 and managed by UNC Health Care. It is the first hospital in the Carolinas to be accredited by the International Organization for Standardization (ISO 9001:2008) for quality health care standards. Located in Hendersonville and Arden, Pardee is licensed for 222 acute care beds and is the second-largest employer in Henderson County, with over 1,500 team members. Pardee serves from several locations separate from the main campus, including a comprehensive physician practice network, four urgent care locations, and six orthopedic clinics.

Haywood Regional Medical Center in Clyde is licensed for 154 beds. As a part of Duke LifePoint Healthcare, Haywood Regional Medical Center is supported by Duke University Health System's world-renowned leadership in clinical excellence and quality care and LifePoint Health's extensive resources, knowledge, and experience.

Recently two of these health systems (plus Novant Health) applied to bring newly needed hospital beds to Western North Carolina after the state's 2022 Medical Facilities Plan identified the need for sixty-seven additional acute care beds. AdventHealth proposes a building at 264 Enka Heritage Parkway, also known as the Enka Center. Mission Health would expand its flagship campus facilities in central Asheville. Novant Health has proposed construction on 200 Technology Drive in South Asheville at Biltmore Park.

Support services are equally as important to patients as hospitals. **ARA Health Specialists** is Western North Carolina's preeminent multi-specialty practice with board-certified physicians and subspecialty training in Diagnostic Imaging, Neurointerventional, Interventional, and Vascular Surgery. Their team members have a common passion for using state-of-the-art imaging, minimally invasive interventional techniques, and specialized vascular surgical techniques to diagnose and treat a wide range of conditions.

Should the unthinkable happen, make the most of your rehabilitation at the **Lodge at Mills River**. They offer residents a warm community dedicated to seeing them achieve their health goals. They customize treatment plans for each resident, from physical therapy to nutritional care. The Mills River skilled nursing facility features thirty-eight private rooms, a rehab gym, common areas, and more. As part of the SanStone community, The Lodge strives to set high rehab care standards. []



Find a career with purpose at The Lodge at Mills River Health & Rehabilitation.

SanStoneHealth.com/Locations/Mills-River





Relocating Seniors

taking your next steps in life

BY LAUREL HYATT

Whether we admit it or not, if we've received an invite to join AARP, we've probably reached a certain age. Becoming a "senior" can be as daunting as it is rewarding. While having more time for yourself is appealing, this time of life also generates new questions. Do I continue to work, or is it time to retire? Even if I retire, how long can I maintain this house and grounds? If I move, where to? How much downsizing will be required? What do I leave behind, and what do I take with me?

Now's the time to ask and answer these questions about relocating to a more manageable lifestyle. If you're experiencing any apprehensions, you're not alone. As we age, our bodies change, and we need different living accommodations to make life easier. Downsizing to a smaller, more manageable home is the answer for most people at this stage.

Let's walk through some of the basics to consider. What type of residence are you looking for in your relocation venture? Are you transitioning to a retirement or assisted living community? What about a move to just a smaller home, condo, or apartment? No matter where you decide to move, there's more than a good chance some downsizing will be needed.

Step one in this process is overcoming the emotional barriers to downsizing. Just because logic tells you that moving to a smaller and simpler home would be beneficial, the thought of leaving your current home and possessions can still seem overwhelming. Ask yourself, "What's behind my hesitation in committing to a move"? Is it really tied to the memories? Is it fear of the unfamiliar?

Maybe moving to a new home would mean conceding we've reached an age where we must admit to ourselves that we need some help? According to www.seniorlist.com (a site that connects seniors to resources that make aging just a little bit easier), none of these thoughts are comfortable, but they are completely normal. While change is difficult for everyone, there are substantial benefits to downsizing. By downsizing. you'll reduce clutter.

Moving into a smaller, senior-friendly home will reduce your physical stress by eliminating steps, stairs, and other obstacles. Another way to break through the emotional attachments is to realize the extra time you'll free up by reducing yardwork or other maintenance. The biggest plus in the downsize/move column is that you will move on your schedule. Spend some time reflecting on the benefits and challenges. Make this



move on your terms now, rather than when a health or financial crisis occurs.

After making the decision to move, the second step is to tell family and friends you think it's time for you to downsize. If they're thinking about what's best for you, they'll be excited about this next stage of life and be willing to help. Be sure to allow plenty of time to explain why you've made this decision and give time for those you love to have input into the conversation.

Next, the step that may have the most challenge is choosing the type of your new forever home. There are a variety of options with both benefits and drawbacks. It may be best to just start a "pros" and "cons" list for each type of dwelling.

For instance, a regular smaller home, condo, or apartment with just one floor will be easier to manage, have less yardwork, and less housework. However, you will still need to pay your own monthly expenses, and there's no availability of skilled health care if needed. Choosing a retirement community is also easy to manage and will have layouts and features specifically designed for seniors. There will be few if any, chores; fewer individual unexpected expenses, but typically, regular retirement communities will also not provide access to skilled care. A continuous care retirement community (CCRC) offers both homes and apartments built for older adults, access to future care if needed, on-campus amenities, and nearly all expenses included. []



BLUE PAGE: NEWCOMER/VISITOR SOURCE

Airport

Asheville Regional Airport | 828-684-2226

Chambers Of Commerce

Allegheny | 336-372-5473

Ashe | 336-846-9550

Asheville Area | 828-258-6101

Avery | 828-898-5605

Black Mt.-Swannanoa | 828-669-2300

Boone Area (Watauga County) | 828-264-2225

Brevard/Transylvania | 828-883-3700

Caldwell | 828-726-0616

Carolina Foothills | 828-859-6236

Catawba | 828-328-6111

Cherokee | 828-837-2242

Clay | 828-389-3704

Franklin | 828-524-3161

Haywood | 828-456-3021

Hendersonville County | 828-692-1413

Highlands | 828-526-5841

Jackson | 828-586-2155

Lake Lure | 828-625-2725

Madison County | 828-689-9351

McDowell County | 828-652-4240

Mitchell | 828-765-9033

Rutherford | 828-287-3090

Swain | 828-488-3681

Wilkes | 336-838-8662

Yancey | 828-682-7413

Charter Schools

ArtSpace Charter School www.artspacecharter.org 828-298-2787

Brevard Academy www.brevard.teamcfa.org 828-885-2665

Evergreen Community Charter School www.evergreenccs.com 828-298-2173

Fernleaf Community Charter School www.fernleafccs.org 828-684-3645

Francine Delaney New School for Children www.fdnsc.net 828-236-9441

IC Imagine www.icimagine.org 828-633-6491

Summit Charter School www.summitschool.org 828-743-5755

The Mountain Community School www.tmcsschool.org 828-696-8480

Colleges & Universities

Appalachian State University www.appstate.edu | 828-262-2000

Asheville-Buncombe Tech. College www.abtech.edu | 828-254-1921

Blue Ridge Community College www.blueridge.edu | 828-694-1700 Brevard College www.brevard.edu | 828-641-0641

Caldwell Community College & Technical Institute www.cccti.edu | 828-726-2200 Catawba Valley Community College www.cvcc.edu | 828-327-7000

Gardner-Webb University www.gardner-webb.edu 704-406-4000

Haywood Community College www.haywood.edu | 828-627-2821

Isothermal Community College www.isothermal.edu| 828-286-3636

Lees-McRae College www.lmc.edu | 828-898-5241

Lenoir-Rhyne University www.lr.edu | 828-328-7300

Lenoir-Rhyne University Center for Graduate Studies/Asheville www.asheville.lr.edu | 855-232-4723

Mars Hill University www.mhu.edu 866-642-4968

Mayland Community College www.mayland.edu | 828-765-7351

McDowell Technical Community College www.mcdowelltech.edu 828-652-6021

Montreat College www.montreat.edu | 828-669-8012

Montreat College School of Adult and Graduate Studies www.montreat.edu | 828-667-5044

South College-Asheville www.southcollegenc.edu | 828-398-2500

Southwestern Community College www.southwesterncc.edu 828-339-4000

Tri-County Community College www.tricountycc.edu 828-837-6810

UNC at Asheville www.unca.edu | 828-251-6600

Warren Wilson College www.warren-wilson.edu 828-298-3325

Western Carolina University www.wcu.edu | 828-227-7371

Western Piedmont Community College www.wpcc.edu | 828-438-6000

Wilkes Community College www.wilkescc.edu | 336-838-6100

Wingate University Health Sciences Center www.wingate.edu/hendersonville-nc/ 828-697-0105

Drivers License Offices

www.ncdot.gov/dmv

Hospitals

Advent Health Hendersonville www.adventhealth.com/hospital/adventhealthhendersonville 828-684-8501

Angel Medical Center www.angelmed.org | 828-524-8411 Appalachian Regional Healthcare System www.apprhs.org | 828-262-4100

Asheville Health Care Center www.ashevillehealthrehab.com 828-298-2214

Asheville VA Medical Center www.asheville.va.gov | 828-298-7911

Blowing Rock Hospital www.apprhs.org/blowing-rock-hospital 828-295-3136

Caldwell Memorial www.caldwellmemorial.org 828-757-5100

Cannon Memorial www. cannonhospital.org 828-737-7000

CarePartners Rehab. Hospital www.carepartners.org 828-277-4800

Catawba Valley Medical Center www.catawbavalleymedical.org 828-326-3000

Charles George VA Medical Center/ Mental Health Clinic www.asheville.va.gov | 828-299-2519

Frye Regional Medical Center www.fryemedctr.com | 828-315-5000

McDowell Hospital www.mcdowellhospital.org 828-659-5000

MedWest-Haywood www.haymed.org | 828-456-7311

Mission Hospital www.mission-health.org 828-213-1111

Pardee UNC Health Care www.pardeehospital.org 828-696-1000

Rutherford Regional Health System 828-286-5000

St. Luke's Hospital www.saintlukehospital.com 828-894.3311

Transylvania Regional Hospital www.trhospital.org | 828-884-9111

Watauga Medical Center www.apprhs.org/watauga-medical-center 828-262-4100

Local Government

City of Brevard | 828-885-5600 Canton Town Hall | 828-648-2363 Columbus Town Hall | 828-894-8236 Fletcher Town Hall | 828-687-3985 Henderson County | 828-697-4808

BLUE PAGE: NEWCOMER/VISITOR SOURCE

Hendersonville City Hall | 828-697-3000 Lake Lure | 828-625-9983 McDowell Co. Gov. | 828-652-7121 Saluda City Hall | 828-749-2581 Town of Black Mountain | 828-419-9300 Town of Maggie Valley | 828-926-0866 Town of Marshall | 828-649-3031 Town of Mars Hill | 828-689-2301 Town of Tryon | 828-859-6655 Town of Waynesville | 828-452-2491 Town of Weaverville | 828-645-7116

Private Schools

Asheville Catholic School www.ashevillecatholic.org 828-252-7869

Asheville Christian Academy www.acacademy.org 828-581-2200

Asheville Montessori School www.ashevillemontessorischool.com 828-645-3433

Asheville School www.ashevilleschool.org 828-254-6345

Carolina Day School www.cdschool.org 828-274-0757

Christ School www.christschool.org 828-684-6232

Discovery Montessori School www.discoveryasheville.com 828-505-7920

Emmanuel Lutheran School www.emmanuellutheran.info 828-281-8182 Fletcher Academy www.fletcheracademy.com 828-687-5100

French Broad River Academy www.fbra-avl.org | 828-348-4320

Hanger Hall School for Girls www.hangerhall.org | 828-258-3600

Immaculata Catholic School www.immac.org | 828-693-3277

Learning Community School www.thelearningcommunity.org 828-686-3080

Maccabi Academy www.maccabiacademy.org 828-254-5660

Montessori Learning Center www.mlcasheville.org | 828-259-9880

Mount Pisgah Academy www.pisgah.us | 828-667-2535

Nazarene Christian School www.ashevillefirstnazarene.org 828-252-9713

New Classical Academy www.thenewclassicalacademy.org 828-658-8317

Odyssey Community School www.odysseycommunity.org 828-259-3653

Rainbow Mountain Children's School www.rmcs.org | 828-258-9264

Veritas Christian Academy www.veritasnc.org 828-681-0546

Public Schools

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