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ASHEVILLE Event & Dance CENTRE

Katherine Corn of Asheville Event Centre Always Thinking What She Can Do Next

By Sandi Tomlin-Sutker

Katherine (Kathy) Haden Corn has spent most of her adult life creating and expanding one business after another. She and late husband, Bob Corn, started the well-known classified advertising publication, IWANNA, in a one-room office on Biltmore Avenue in 1976, using an old VW Beetle to make those first deliveries. In 1998 they needed to expand and moved into a new 40,000 square foot building on Sweeten Creek Road. Kathy designed the building to accommodate the growth of a staff then numbering over 50, plus a full printing department.

That business continued to grow with a new IWANNA in Hickory, NC, in 1980 and another in Greenville, SC, around 1988. For over 30 years, the publication supported many employees and non-profit organizations in the region. She and Bob contributed to many fundraising events for the American Heart Association, Walk for Cancer, the Salvation

Army, the Eblen Foundation, Manna Food Bank, and so many more. They received an award from the North Carolina State Highway Patrol for community service.

In addition to those organizations, as part of their community involvement, they supported the WNC Sports Banquet, and they gave a yearly trophy in honor of Bob Waters, the former Western North Carolina University football coach who later died from ALS (aka, Lou Gehrig's Disease).

Kathy was always a vital part of the business. At the same time, she raised a family of three daughters (Debbie McCart, Valerie Hudson, and Robin Graham) that now includes six grandchildren and one great-grandchild. Debbie is now Vice President and

Business Manager, and assists in overseeing the day-to-day operations.

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Photo by: Sherry g Rambin



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Cover photo:
Katherine Corn,
Asheville Event Centre,
Photo by: Jon Shaner
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Sadly, Bob died in August of 2000. He had served in Viet Nam and several overseas bases, then retired after 22 years in the Air Force as an expert on the gunship engine. Kathy says she received a love letter every day for over a year telling her how much he cared for and missed her. His untimely death at age 65 left her facing changes in her personal life as well as the business. Eventually Kathy sold the business, including the woman's magazine, Sophie, to the Fayetteville Publishing Company.



Photo by: Sherry g Rambin

Kathy believes the lessons about kindness, hard work, what it meant to be a woman and love the Lord that she learned from her mother, Neva Haden (who had worked as a nurse at the VA Hospital in Oteen, NC, for over 20 years), taught her that business was also a way to support and help the less fortunate. "I went to Pfeiffer University in Misenheimer, NC, then graduated from Blanton Business College in Asheville. I switched to Blanton because I just wasn't interested in history and chemistry! I always wanted to have a business, even from a young age."

As she says, "I'm always thinking of what I can do next." Her leadership in business arises from a desire to provide jobs and services in her home town; she likes to stay busy and work through any loneliness she might experience.

Along the way, she discovered the second "love of her life": dancing! As a teenager she loved to dance but later in her life she decided to take lessons to see if she still could do it. She found she could and loved it just as much as in her youth. This led to her developing a new business venture. The Asheville Event Centre already had a large, open room. It had often been the playroom for her grandchildren where they could ride trikes and have space to run and play. As they outgrew the space, it seemed the perfect place for dance instruction. One of her instructors helped her start classes and brought in additional instructors and world class dance champions.

"I always loved decorating for dance parties, and the ballroom has become a beautiful place that brings happiness to many people." She rents the ballroom for parties, weddings, music shows. And now she has converted rooms formerly used for IWANNA's production, sales, reception, etc. into party rooms for rent. As you walk into the building's front door there is an elegant chandelier and a grand piano. There is a full kitchen with a chef to service a variety of events. "One favorite is a bluegrass music event for tour bus guests with barbecue, fresh smoked chicken and all the fixings."

Katherine knows that dancing and music make people happier. They tell her the ballroom and the dance lessons are a gift to the community. She laughs: "We even teach people who have two left feet!"

Even as she has expanded and enjoyed the ballroom and event spaces, there was room in the building for something more. "I have not finished building my business! In the last year I've been converting our old press room (15,000 square feet) to a new event space. I named it The BC Centre after my late husband Bob." She knows he would be proud of what she has accomplished as he was of what the two of them created together.

The BC Centre is available for booking corporate parties, large weddings, various shows, proms, class reunions (she's held her own high school reunion in the Event Centre Ballroom for the past 20 years). She even has plans for an outdoor stage for weddings and parties and will have a patio with a singer, food, beer and wine. There will be an in-house photographer (Sherry g Rambin), and in-house florist and decorator (Terry McFee Dorlan). It will be full-service, all-in-one location for elegant but affordable weddings, rehearsal parties and receptions. The BC Centre's promoter, Jody Medford, will present a variety of live music shows, including gospel singing. The space features wall and ceiling video screens, sound system, special lighting, a beautiful bar and elegant décor. She's preparing to enlarge the parking area to accommodate the growth. And, Kathy says that she will also offer sports bar events for playoff games that include food from her wonderful chef, Dean Wertz. "People can come to watch the game with other fans and cheer for their team together." Another way Kathy and the Event Centre connect to and support their community.

Finally, in case you think Kathy is "all work and no play" there is this one more "next" on her agenda. "I have a small motor home that I hope to have time to travel to Florida in this winter. I love being able to visit with friends there. I know a time will come when I won't be able to travel, but until then, I want to enjoy life as much as possible."

Between work, family and friends she says, "I have been given a beautiful life . . . I am grateful." ❧

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10 Popular American Attractions You Should Visit

Do you ever find yourself left out at parties when people are talking about places they've visited? It may seem like there are certain places where you're the only one who hasn't been there. Consider planning your next vacation around one of America's most popular attractions. This list of 10 popular attractions in the United States gives you some ideas for your next vacation.

1. Arizona's Grand Canyon National Park is the country's second most visited national park. You may want to plan your visit for the summer. While the South Rim is open year-round, the North Rim is open from May 15th to October 15th each year.
2. With 8 million visitors annually, the Smithsonian's National Air and Space Museum is the most visited museum in the United States. The museum's two locations, in Washington, DC and in Chantilly, Virginia, comprise one museum. The museum contains more artifacts related to space and aviation than you'll find anywhere else in the world.
3. Great Smoky Mountains National Park is by far the country's most visited national park. The park, which is spread over the border of North Carolina and Tennessee, welcomed over 11 million visitors in 2016, 2017, and 2018.
4. New York City's Metropolitan Museum of Art, popularly known as the Met, has three locations in the city. The Met's art collection covers the last 5,000 years and includes pieces from all over the globe.

5. Winner of a TripAdvisor Traveler's Choice Award in 2018, the San Diego Zoo is America's most visited zoo. Visitors who want to get the most out of their time at the 100-acre park may want to take the guided bus tour or ride above the trees in the aerial tram.
6. Pike Place Market in Seattle was established as a farmer's market in 1907. While you can still get fresh produce, the market is also home to butchers, bakers, and the first Starbucks coffee shop.
7. Niagara Falls State Park in Niagara, New York was designed by Frederick Law Olmsted and is the oldest state park in the country. Niagara's three waterfalls are called the American Falls, the Bridal Veil Falls, and the Horseshoe Falls.



continued on page 8



American Attractions

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8. The Golden Gate Bridge stretches 1.7 miles to connect San Francisco to Marin County. The bridge is named for the Golden Gate Strait, the body of water it spans.
9. Tourists flock to Miami Beach's South Beach neighborhood for its white sand and its historic Art Deco architecture.
10. Chicago's 24.5-acre Millennium Park feast their eyes on architecture and public art. World-renowned architect Frank Gehry designed the Jay Pritzker Pavilion, the park's outdoor concert space.

Hopefully, these attractions have inspired you to make travel plans. Perhaps you'll be sharing your reflections from your travels at the next party. 🌿



How often do you give yourself permission to play? If you're like most people, it's not very frequently—and, if you're a woman, it's even less frequently. That's why life coach and hobby artist, Pam Robbins, created Purple Crayon, a creative space for women, in 2017: to push herself to play more, and to encourage other women to do the same.

A few years back, she read the book, *The Gift of Play: Why Adult Women Stop Playing and How to Start Again*

by Barbara Brannen. It opens with the quote: "We don't stop playing because we grow old, we grow old because we stop playing" (George Bernard Shaw).

Purple Crayon provides affordable studio options, a variety of arts and crafts workshops and events, and rental space for creativity-centered gatherings. Thanks to a successful launch, Pam was able to move the studio from a mostly industrial area to beautiful Reynolds Village last month.

Although the studio is closed to the public, you can contact Pam to schedule a tour, catch her "by chance" (she's there most weekday afternoons), or drop by during her open house, which occurs the 1st Saturday of every month from 10 AM - 12 PM. You can also attend one of the studio's many fun (and educational) workshops. Come get your art on!



Pam Robbins

Owner, Purple Crayon

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Top 5 Reasons Why You Are Losing Your Friends



It's easy to start losing friends as you get older. Different priorities, changes in personalities, or distance can turn even the closest of friends into mere acquaintances. However, what if even the friends who you cherish the most start dropping out of your radar? The following could be the reasons why.

You don't show up when it matters.

Friendships require spending time with each other, celebrating the highs and commiserating in the lows. If you are there for the happy celebrations but choose to be conveniently absent when the storms hit, your friends might start see you as nothing more than a fair weather friend. And you could be! Being a true friend means showing up even when it's hard, inconvenient or uncomfortable, so show up when it matters.

You're a flake.

Are you the kind of friend who flakes out of the coffee or brunch date at the last minute? Your friends may have understood your tendency to back out of get-togethers through the years, but this habit can get pretty old. It is also downright rude. Flaking often means that you think some other thing is more worthy of your time than that get-together and this sends a pretty clear signal to your friends. Sooner or later, you may find yourself uninvited from future gatherings and you may have no one to blame but yourself.

You don't support your friends.

Whether its a business, a hobby or a new relationship, we want to know that friends support the things we do. However, some people stay silent or give lukewarm congratulations at best when a friend announces a success or a new life or business decision. Do this frequently enough and you may realize that



you're not the genuine friend you thought you were, and your friends may actually realize this too.

You don't know how to apologize.

Misunderstandings and conflicts occur in friendships just like they do in other relationships. The good thing about most friendships is that you can get past the arguments once everyone has acknowledged their wrongs and apologized. However, if you are the type who doesn't know

how to say sorry, this could be a reason why friends start pulling away. Adult arguments happen for a reason, and in most cases proper, sincere apologies need to be given before forgiveness can happen. Without a proper apology, you are widening the gap between you and the other person until the friendship starts to die a slow, awkward death.

You don't put in the work.

Friendships do not just happen by accident. They need work and effort from both sides in order to flourish and become the source of encouragement, support and companionship that makes friendships so fulfilling. We're all busy, but if you are consistently putting other obligations ahead of your friends, this can be a pretty good signal that tells your friends they might be better off backing away from your life. Don't be just a passive recipient of all the good things that a friendship can give. Be proactive about reaching out, spending time, and showing your appreciation. These can go a long way when it comes to sustaining friendships, especially ones that took years to build.

Friendships take time and intentional, conscious work in order to flourish. If you have a lukewarm, passive approach to friendships, then you probably know why even your closest friends are no longer as close as you thought them to be. ❧



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Sandy's Food for Thought

Making It As You Go!

By Sandy McCall

“You may have time to add some of the additional easy recipes I have given you here, or not. You can buy ingredients in the store or make more of your own. It’s a choice.

Today I started with fresh celery from my garden, or it’s also easy to pick up celery at the store. I always recommend that you use organic!

Here’s my recipe for easy Celery-Pecan Salad with Fresh Blueberries. One of my favorites.”

Celery-Pecan Salad with Blueberries

Salad:

- 12 stalks celery
- 2/3 cup pecans, toasted
- 2/3 cup fresh blueberries

Dressing:

- 2 tablespoons red wine vinegar
- 1/3 cup extra-virgin olive oil or pecan oil
- 1-2 teaspoon honey
- Pinch of sea salt and white pepper (black pepper works too)

Clean and remove strings from celery. Chop into bite-size pieces.

Mix dressing ingredients together and whisk. (Or mix in a blender)

Pour dressing over the celery and refrigerate for about an hour.

Preheat oven to 350°

Spread pecans on baking sheet and toast for 5-7 minutes — until you smell the aroma or they are lightly browned.

*Pecans have a fuller flavor when toasted.

Add toasted pecans and blueberries to celery salad, stir, and serve. Enjoy!

Celery Powder or Celery Salt



Even though celery powder and celery salt are not used in this recipe, I thought it would be fun to share this technique with you since it’s so easy

to make from the part of the celery that you may throw away or compost. Waste not, want not!

Did you know that you could use the leftover celery leaves to make celery powder or salt? Or try using celery leaves as a substitute when you make pesto. I often cook with celery seed, but celery powder or celery salt is also easy to have on hand with this recipe.

Preheat your oven to lowest possible setting. My oven is 170° convection. Or use a dehydrator if you prefer.

Wash and dry celery leaves and other celery bits and pieces. You can reduce the drying time by chopping the stalks into smaller pieces.

For the oven method, place the celery leaves and stalks on a rack sitting over a baking sheet and place it in the preheated oven.

Check occasionally and remove dry, brittle pieces, leaving the rest of the celery pieces to continue drying until brittle.

Once all of the leaves and stalks are fully dry, grind them up in a high-powered blender or spice grinder until you obtain a fine powder. Celery leaves can also be easily pulverized with a mortar and pestle. If using stalk bits, I find it much easier to use a spice grinder or high-powered blender.

Store the homemade celery powder in a well-sealed container to keep moisture out, and preferably out of direct sunlight.

For celery salt, just combine equal amounts of celery powder with sea salt. Store in a sealed container in a cool, dark place.

You might also consider making this easy Red Wine Vinegar. Do I hear you grumbling, “I can’t do that?” Perhaps you don’t know how easy this can be? I love this red wine vinegar.

If you are making the celery salad today, you can use your favorite store-bought red wine vinegar and make the homemade version for the future as it takes time to ferment. Trust me, it will be worth the wait. The quality, richness of flavor and color will be apparent!



Homemade Red Wine Vinegar

1 cup *unpasteurized organic apple cider vinegar (*ACV-Bragg’s)

2 cups organic red wine (make sure you like the flavor of the wine)



*Typical pasteurized vinegar does not contain probiotics, so look for ‘unpasteurized’ on the label. (If you prefer, you can research or ask me for

a method made with purchased “mother” and water.)

Put the wine and ACV into a glass jar or crock pot and cover with a piece of cheesecloth that is then secured with a rubber band to hold the cloth in place. Leave the jar in a warm spot for several weeks and gently stir the contents occasionally to keep it mixed. Start tasting the mixture after 4-6 weeks. When it tastes like red wine vinegar, it is ready.

If you want to keep making this red wine vinegar, remove the amount you want to use now and replace that same amount with more wine. It will be

ready again in about a week. You can continue to add wine and make more red wine vinegar as desired.

Trial Batch: You can make a trial batch if you prefer by using 3 Tablespoons ACV and 1 cup red wine and the directions above. Start tasting in 3-4 weeks for the trial batch.

NOTES:

- Similar to all fermented foods, red wine vinegar contains probiotic bacteria
- Red wine vinegar also contains trace amounts of minerals including iron, magnesium, manganese, and potassium

Sandy McCall’s day job is working as the Broker/Owner of Southern Life Realty. When she’s not being the “mad scientist” in the kitchen or loving-up her cat, dogs or chickens, she enjoys being a Food Writer ...

- Facebook Blog: “Sandy’s Food For Thought”
- Food Writer: “Sandy’s Food For Thought” at 50PlusLivingWNC.com
- Food Writer: WholeLifeChallenge.com

For Foodie questions, email SandysFoodForThought@gmail.com



8 Benefits of Being a Spiritual Person



Spirituality is a belief system or lifestyle that is unique to each person. One person may define it as a belief in a higher power, while another may see spirituality as being one with nature. However, one commonality among all spiritual people is the list of advantages. From better health to more fulfilling relationships, here are eight advantages of being a spiritual person.

1. Happiness

Because spiritual people believe in a higher power or positive energy that governs all the right and wrong in the world, they feel free to release their worries to that power. As a result, spiritual people often cope better with stress and anxiety. Without the weight of worrying about everything, spiritual people tend to be happy, calm, peaceful, and positive.

2. Good Health

Stress is one of the leading causes of many health problems, such as:

- Obesity
- High blood pressure
- Heart disease
- Diabetes
- Psoriasis
- Depression and anxiety

Studies have shown that since spiritual people often resort to prayer, meditation, and breathing exercises for stress release, they experience lower blood pressure and fewer other health issues.

According to the American Cancer Society journal, *Cancer*, spiritual and religious people report fewer symptoms of cancer and better overall health. Additionally, spirituality is believed to help cancer patients battle the disease with success.

3. Longer Life

It should come then as no surprise that if spirituality promotes good health, spiritual people tend to live longer. Based on a 2011 study published in *Explore: The Journal of Science & Healing*, spiritual and religious people had an 18 percent lower mortality rate than non-spiritual people.

4. High Performers

Since spiritual people are calmer and less stressful, they tend to perform well on exams and daily job tasks because their minds aren't cluttered with worries. Spiritual parents are able to be patient and attentive to their children's needs, while spiritual career individuals tend to focus well on achieving targets and objectives.

5. Good Fortune

To others, spiritual people may appear lucky because it

seems good things often happen to them. But, the truth is that because their minds are less burdened, spiritual people are more observant to the world around them. They notice and take pleasure in the little things of life, whether it be the wonders of nature or ideal opportunities they may have missed out on otherwise.

6. Better Sleep

Spiritual people sleep better because they practice some of the recommended ways to obtain better sleep. Breathing exercises, yoga, prayer, and meditation enable people to think positive and relax so they can experience quality sleep.

7. Successful

Spiritual people tend to be successful because they are more positive, and positive thinking attracts positive results. Spirituality also enables people to focus better on obtaining goals and cultivating creative ideas into profitable projects.

8. Fulfilling Relationships

Being peaceful and positive frees the hearts and minds of spiritual people to be gracious and compassionate toward others. This promotes happy and fulfilling relationships with others. Self-esteem also helps spiritual people to be less clingy and dependent on others, and instead, more patient and giving.



Final Thoughts

No matter how you define it, and no matter how you practice it, spirituality offers many benefits that make life happy and rewarding. If you don't know how to practice being a spiritual person, a few suggestions to get you started include prayer, meditation, chanting, yoga, church attendance, volunteering to help others, and spending time outdoors with nature. You can also read books that offer you guidance, such as religious texts and self-help books. ☯

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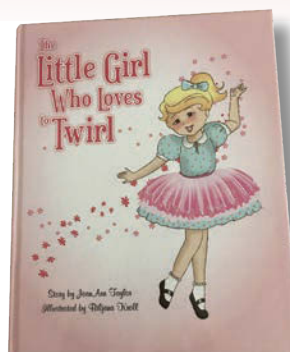
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7 Vital Benefits of Taking Magnesium Supplements

Magnesium is one of the most important minerals in the human body. It's essential for muscles and nerves to work properly, it's a vital part of heart health, and it also plays a leading role in building a strong immune system.

Yet despite this importance, it's estimated that around half the population aren't taking in enough magnesium through their diets, with around one in 10 people having a full diagnosable medical deficiency.

There are several reasons for this situation. A poor diet is the main cause, but even if you keep your plate piled high with leafy greens, beans, and brown rice you might still not receive enough magnesium. Modern farming practices mean that in many cases, natural magnesium levels in food are lower than they were in the past.

Some people have an underlying medical condition such as kidney disease, which makes it harder for the body to process and retain magnesium. However, for the vast majority of people, taking a magnesium supplement will balance the body's stores of this life-giving mineral.

Here are just some of the benefits you can see from boosting your magnesium to a healthy level.

- Fewer muscle aches and pains, including relief from restless legs syndrome.
- Better mental health, including lower anxiety and even the prevention of panic attacks and depression.
- Magnesium's calming effect also helps to treat insomnia and provides a better quality of rest when you do sleep.
- Increased energy levels throughout the day, both mental and physical.

- Control of migraine and debilitating headaches.
- Magnesium also plays an important role in regulating levels of other vital minerals, including calcium, potassium, and sodium.
- Better heart health and reduced risk of strokes, thanks to lower blood pressure and stronger heart muscles.

A well-balanced diet is always the best way of meeting your nutritional needs, but eating well isn't always so straightforward thanks to the pressures of modern life.

However, the benefits of magnesium are so great that if you're feeling a little under the weather, consider trying a course of supplements. It's safe and convenient, and if you see an improvement in your overall health, you can then take action to boost your diet's magnesium levels for a more natural, long-term solution. ❧

10 Foods High in Magnesium

1. Whole Wheat
2. Spinach
3. Quinoa
4. Almonds, Cashews, Peanuts
5. Dark Chocolate
6. Black Beans
7. Edamame
8. Avocado
9. Tofu
10. Yogurt





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The Adorable Apron

By JeanAnn Taylor

I've always loved aprons. There is something magical about the fabric, embellishments, and purpose that draws me to this simple garment created to protect clothing from spills, splatters, and stains. Aprons that belonged to a beloved family member can be very sentimental as the apron is not just another piece of clothing—it holds a nostalgic, emotional tie to the past, symbolizing the wearer's personality and values. Within the folds of the fabric are stories and memories from once daily life. We may remember our grandmother using her apron skirt to pull out a pan of hot biscuits from the oven, or reminisce about the times she walked into the kitchen carrying eggs from the chicken coop or strawberries from the field, all safely nestled in the skirt of her apron.

Apron history goes back to ancient times with the earliest recorded evidence found in medieval paintings from the 1300s. During the Middle Ages, the color of the apron signified the trade of the wearer. Cobblers wore black, butlers wore green, barbers wore checks, spinners and gardeners wore blue. Most of these aprons were long and had a bodice flap to protect the chest area. With the emergence of the Renaissance, aprons became more fanciful and less utilitarian. The "pinner" apron was used in the 1700s. This style was tied at the waist; the bib top corners were pinned onto the dress near the shoulder area. In the 1800s both wealthy women and their maids wore aprons. Maids wore white cotton aprons to highlight their cleanliness and to define their status. When maids appeared before guests, they may have worn aprons with decorative pleats or embroidery. Wealthy

housewives demonstrated their family's wealth by wearing aprons in beautiful colors of satin or silk material.

Before the invention of the washer and dryer, laundry day meant washing clothes in a washtub, feeding them through a wringer, hanging them on a clothesline, and then ironing them with a hot and heavy cast iron. Wearing an apron over clothing was a smart and practical way to lessen the laundry workload. When an apron was worn over a dress, the dress could be worn more than one or two times. It was acceptable if an apron had a dirty spot or two—but not the dress.

While aprons are both practical and functional, they are also fashionable. Through the years, apron fashion mimicked the skirt silhouette of the times. When hoop skirts were in fashion, aprons were full to accommodate the

volume. When dresses were form-fitting, aprons followed suit. In the 1920s, aprons were long and shapeless, mimicking the fashion of the day. In the 30s, a more tailored, feminine silhouette replaced this boyish look. Dressing "smart" both frugally and in design was expected.

In the 1940s, patch pockets to carry clothespins, handkerchiefs, and other small items were commonly added to aprons. For personality, these pockets were sometimes shaped as baskets, tulips, or hearts. Fabric was scarce during the Great Depression, so aprons were often made from flour or feed-sack fabric. Rickrack and other trims were sewn onto the apron whenever they were available. The A-line apron skirt was only full enough to accommodate fitting over the dress. The full front bib could have a straight or ruffled shoulder strap.

After the Second World War, there was a return to the desire for home, stability, family, and domesticity. Aprons became the key symbol for these qualities while portraying women as feminine and modern. The silhouette of the 1950s skirt was full; often consisting of five yards of gathered fabric with a petticoat underneath. The aprons of the 50s were made to fit this full design.

As most women of this era had sewing machines and knew how to use them, apron-making became an enjoyable way to express their creativity. Rickrack, decorative buttons, bows, embroidery, and fun-shaped pockets were added to new polka-dot, striped, gingham, and floral print fabrics. Women

often made aprons from the same or coordinating fabric to match her dress. Mothers and daughters wore matching aprons, and sometimes aprons were made to match the kitchen's tablecloth or curtains. Home economic classes were taken by all school girls, and aprons were the perfect first sewing project. Aprons were made to sell at church bazaars and for school fundraisers. Embroidery, smocking, appliqué, and rickrack trims were added to increase the value.

The 1950s also brought a new elegance to this tried-and-true functional garment with the design of the “party” or “hostess” apron. These attractive aprons were made from organdy, lace, satin, or silk and were only worn for presentation, not actual work. They were embellished with pretty details and were usually coordinated to match a lady's dress.

The fashionable apron was such an important part of a woman's style, different aprons were worn for the various seasons, holidays, or special occasions. Novelty prints with poinsettias for Christmas, lilies for spring, birds for summer, roosters, spoons, and kitchen appliances were all trendy motifs.



Newspaper and magazine editors enticed women to buy their publication by including apron patterns within the pages. In 1951, Betsy McCall was introduced as an endearing paper doll for children to cut out and play with. The feature took Betsy on many adventures. She went to the ballet in New York City and visited

the White House. She had tea parties, learned how to sew, celebrated holidays and even met Captain Kangaroo. Three or four appropriate outfits were included on the colorful page each month, and an apron or pinafore was frequently part of her ensemble. Free apron patterns were also placed into cereal boxes. Advertising during this era almost always depicted women wearing pretty, feminine aprons.

The 1960s brought an abrupt end to this way of thinking. Women began rejecting the idea of staying home and pursued a life outside of her family. The apron as the symbol of a quintessential homemaker fell to the wayside and became a symbol of being “old-fashioned.”

Now, in fashion's never-ending circle, the apron is enjoying a comeback. From the runway to the street, the new “apron dress” is designed with the front panel sewn directly onto a pair of pants or skirt. The dress is typically backless,



with thick straps, and a square neckline. When made from denim, the garment resembles a pair of overalls. Floral prints, checks, eyelet, leather, and even toile are all options for this quirky trend. Thanks to a return of home values and the desire for sustainability, many of us are cooking more at home. The apron is no longer a symbol of servitude, underclass or domesticity, it is one of a creative, do-it-yourself, and adventurous spirit.

Aprons are just as practical today as they were from the very beginning. Their silhouettes will change and their popularity will come and go, but their functionality will always keep them coming back into fashion. Whether you purchase a ready-made apron or sew one for yourself, choose an absorbent, woven fabric. Look for or add pockets that will hold small items, and styles that are easy to slip on and off. Many aprons are made with ties long enough to wrap around your body and tie in the front. This is also a nice feature to look for in an apron.

Every piece of clothing we wear influences our self-perception and motivation; putting on an apron means you are ready to get busy whether you are cleaning, painting, cooking, gardening, working with a material you don't want to stain your clothes, or simply need pockets to keep necessary items handy. The adorable apron is more than just a piece of fabric tied around your body, it's a practical, valuable, and effective element of style. ❧❧



Style expert JeanAnn Taylor
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Natural Treatments for Sciatica

by beconrad

Back pain continues to be one of the most common medical problems in the country, young and old alike are prone to back pain as well as other back problems. For those who suffer, sciatica can be one of the most painful of back problems, those with sciatica are often faced with an unpleasant list of treatment options. Treating this condition naturally certainly has a number of advantages, it is important for sciatica sufferers to at least consider natural remedies for their condition.

It is important to keep in mind, however, that it is vital a firm diagnosis be obtained before any treatment is tried. Other conditions can mimic sciatica pain, and it is important to have other conditions ruled out before moving forward with a natural sciatica treatment.

In essence, sciatica is typified by a severe and acute pain in the lower back. The pain is often constant, radiating from the lumbar region of the back and often causing severe problems with daily life. The pain is caused by an irritation of/or pressure on one or more of the nerves exiting the lower spine. There are a number of medical conditions that can cause this pain, including a slipped disc or irritated nerve. Sciatica pain can range from acute attacks lasting only a short time to chronic



pain lasting longer than six months. The pain from sciatica can often be felt throughout the entire course of the sciatic nerve, running from the lower back all the way to the foot.

There are a number of factors that can predispose an individual to sciatica pain. These factors include weak stomach muscles, obesity and a sedentary lifestyle. Addressing these risk factors can often head off back problems before they start. For instance, obesity can place enormous pressure and strain on the spinal column and increase the risk of back problems. Losing weight and increasing activity can help reduce the chances of a back problem developing.

There are a number of traditional treatments used for sciatica patients, including anti-inflammatory medications and back surgery. The results of these treatments are variable, with some patients experiencing complete relief while others see no improvement at all.

In addition to traditional drug and surgical treatments, massage therapy, physical therapy and spinal manipulation can also help sciatica patients get relief from their symptoms. A careful exercise regimen and dieting to lose weight are often recommended as well. While bed rest may be indicated after a severe acute attack, exercise is generally a good idea for treating sciatica. Of course it is important for patients to discuss any proposed exercise regimen with their doctor. Often a standard course of supervised exercise as part of a physical therapy program can provide great relief from the pain of sciatica. Exercises to strengthen the stomach muscles can be particularly effective. 🌿

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Whoo... Are You?



Art by:
JeanAnn Taylor



I am Dr. Julie Tullock. My three brothers and I grew up in Tryon, NC. I went to optometry school in Memphis, Tennessee, but I love the mountains so I came home to them. I have three children; one girl and two boys. We all love to hike, especially to waterfalls. We've hiked to almost all them in Western North Carolina, as well as many in South Carolina, Tennessee, and Georgia. I also love to travel, mostly in America, but I've been to Paris, England, Italy, and Ireland. We're planning to go to Switzerland for a hiking adventure sometime soon. I also love to snow ski in Utah, and I've been on mission trips to Chili and Saipan.

Dr. Julie Tullock
Asheville Eye Associates
8 Medical park Drive
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828-258-1586

What was your first job?

My dad invented a walking golf cart called the Kangaroo Caddy. I worked in the accounting department for his business while I was in high school.

What do you love most about your career as an optometrist?

I love meeting people and helping them see better. I love to get them out of reading glasses and into contacts so their eyesight is improved. I've been with Asheville Eye Associates for 25 years now.

Do you have any hobbies?

Hiking and snow skiing, of course. I also love to research nutrition. I love helping people with their health problems. I like to teach them healthy cooking and nutritional habits. What we eat is so important to good health.

Do you collect anything?

Not really, just Christmas ornaments from our travels.

What did you learn from growing up with three brothers?

I learned a lot! I was always much smaller than them so they were very protective of me. They taught me to be respectful, to stand up for myself, and to have good work ethics.

Do you have any pets?

We have three dogs; two Australian Shepards and one Maltipoo.

What do you put on your pizza?

Olives, onions, pepper, spinach, and garlic, but no cheese.

What is your favorite kind of food? Thai.

What is something simple that makes you happy?

Spending time with my family. My dad comes over for supper every Friday night. We enjoy our time together.

What is your favorite indulgence?

Peaches and blueberries.

My Love Affair with Seeds

By: Maggie Park



Eating seeds is not that weird. In fact, the ground below the bleachers at any little league field is strewn with the shells of sunflower seeds. So why do people think we are a little off our rocker when we tell them that we chow down on chia seeds, hemp seeds, or pumpkin seeds? Seeds are packed full of nutrients, such as protein, minerals, vitamins, and fiber. So dig in. Seeds aren't just for planting anymore. Here are some favorites.

Hemp Seeds

Hemp seeds seem magical. Just a tablespoon or two mixed into an entrée keeps you full for what seems like forever. This comes in handy for anyone who works in an environment where mealtimes are highly unpredictable. And don't worry, hemp seeds may seem magical, but they won't make you fail any drug tests.

Hemp seeds derive their magic from amino acids and fatty acids. In fact, hemp seeds have every amino acid necessary for life. If you remember your high school biology, then you know that amino acids are the building blocks of protein, making hemp seeds an ideal, natural alternative for vegans, body-builders, and anyone trying to maintain a healthy weight. In addition, hemp seeds have a beneficial ratio of omega 3 and omega 6 fatty acids (3:1), a ratio that has strong anti-inflammatory properties.

Finally, hemp seeds are one of the few sources of the beneficial fat called gamma linoleic acid (GLA). GLA is important to

your metabolism. It also reduces inflammation, which is beneficial to many sufferers of chronic diseases, such as asthma and arthritis. GLA also reduces bad cholesterol and increases good cholesterol. Finally, GLA may reduce hormone-related symptoms, such as those associated with PMS. Now, that is some serious magic!

Chia Seeds

Chia seeds are fun little seeds that are versatile and beneficial. Probably the primary reason most people eat chia seeds is that they expand and form a gel when mixed with liquid. This means they expand in your stomach, keeping you satiated for hours.

Chia seeds are also more than just the poor man's stomach stapler. They actually contain more calcium than a glass of milk and as many omega-3 fatty acids as a serving of salmon. In addition, they are packed with vitamins and minerals. And for vegans, chia gel (chia seeds mixed with water) makes a great egg substitute. Finally, and perhaps most importantly, chia seeds slow the body's conversion of carbohydrates into sugar, possibly preventing diabetes.

These seeds are truly a great way to get more nutrients out of your food. But their faddish popularity means you must be careful to buy quality products. Don't eat the seeds that came with your chia pet, and don't buy seeds from China.

Flax Seeds

To be well absorbed by the human body, flax seeds need to be ground. Fortunately, it is easy to find ground flax seeds at local markets and even big-box stores. Like hemp seeds, flax seeds are a complete source of protein. However, they historically have been used as a digestive aid since, like chia seeds, ground flax seeds expand in water and form a gluey substance that helps food make its way through the digestive tract. Because their high fiber content contains lignans, flax seeds are thought to help lower cholesterol.

Today flax seeds are best known for their high concentration of omega-3 fatty acids. Omega-3s are woefully absent from the American diet, and flax seeds are a great supplement for this omission.



Pumpkin Seeds

Almost all food in the American food supply promotes acidity, a condition that leads to a myriad of chronic illnesses. Since the body functions optimally on the cellular level when it is near a balanced pH, then eating foods that promote alkalinity is ideal. Pumpkin seeds are one of these foods.

Naturally, pumpkin seeds are a great source of protein and fiber. But you can also find zinc, which prevents osteoporosis. They also have anti-inflammatory properties that can eliminate the need for anti-inflammatory drugs when arthritis pain appears. In addition to the usual vitamins and minerals, pumpkin seeds contain L-tryptophan, which helps us sleep and lowers incidents of depression.

Seeds are powerhouses of nutrients. So eat and enjoy these magical foods. If eating seeds is new for you, go ahead and start with those sunflower seeds. They are nutritionally amazing, too. And you'll fit right in at the little league game. ☘

The advertisement features a compass rose logo with the text "The Spice & Tea Exchange" and "Purveyors of Fine Spices, Herbs, Blends, Salts, Teas". Below the logo, there are images of a red teapot, a glass of red tea, and a tray of loose-leaf tea. The background is a warm, textured surface.

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Fresh Summertime Gazpacho

If you have visited Spain, you have probably tried a variety of gazpachos. Gazpachos are delicious cold vegetable soups. Many traditional Spanish gazpacho recipes call for bread as a thickener. This recipe does not. This is a classic Andalusian gazpacho made with a myriad of ripe summer vegetables. Here's what you'll need and how to put it together*

- 1 large cucumber
- 1 large green bell pepper
- 1 large red bell pepper
- 1 medium red, white, or yellow onion
- 1/2 cup minced parsley or cilantro
- 2 1/2 pounds vine-ripe red tomatoes
- 1/2 pound yellow tomatoes (optional)

Peel cucumber and scoop out seeds with a spoon. Chop finely and place into a medium-sized glass bowl. Cut stems from bell peppers and remove seeds

and membrane. Chop finely and add to bowl. Remove papery skin from onion. Finely chop onion and add to bowl. Add minced parsley or cilantro. Remove stems from tomatoes, cut in half, and scoop out seeds. Chop fine and add to bowl. Gently stir in:

- 1 cup tomato or mixed vegetable juice
- 1/4 cup red wine vinegar
- 3 tablespoons olive oil (extra virgin works best)
- 3 cloves minced garlic
- Sea salt to taste

Stir gently until veggies and liquids are well-distributed. Put in refrigerator and chill at least two hours. Serve in well-chilled bowls. Garnish with a dollop of sour cream (or non-fat plain yoghurt) and a sprig of parsley or cilantro. If you serve the gazpacho buffet-style, nest the serving bowl into a larger bowl filled with crushed ice. Classic gazpacho should be served very cold. 🍷

* If you prefer to use your food processor, be sure to only finely chop the veggies. Do not puree. Do not add the juice mixture to the processor. Do the final mixing in a medium-sized glass serving bowl.



Put a Chill on It!

Thinking it's too hot for a room temperature Cabernet Sauvignon? You're probably right! Put a chill on your red wines. The optimal serving temperature for most red wines is about 62-65F. But some red varietals really come alive served a little cooler. Many of the best wines to chill are made from Italian varietals. So let's take a trip through Italy and chill out!

Starting in the northeast corner of Italy just north and west of The Veneto, is Alto Adige. We find Schiava! The grape prefers shade and produces a fresh and light wine with rounded tannins and moderate alcohol at about 11%. Ruby red in the glass with a purple shimmer, Schiava is floral including violets on the nose with a fruity palate and a hint of white pepper. Perfect for warmer days and lighter fare. Schiava from Alois Lageder is leading the way putting this forgotten grape solidly on the wine map. The suggested serving temperature is 54-57F.

Going just south from The Veneto, we pass through Emilia Romagna where they are serving Lambrusco! What we call Lambrusco is a family of old grape varietals native to the region, a part of ancient history. Cato spoke of these grapes in Agri Cultura in 160 BC, humanity's oldest farming manual. Lambrusco styles range from very dry to sweet to sparkling. The four most popular varietals, Sorbara, Maestri, Grasperossa and Salamino pair with a wide range of summer dishes. Served Lambrusco between 50 and 55F.

The Trentino-Alto Adige Region in South Tyrol is home to another native varietal, Lagrein. A dark garnet color in

the glass, the grape offers aromas of violets, bilberry and blackberry with hints of dark chocolate. Spicy and smooth on the palate with a long finish. Colterenzio, a popular producer of Lagrein, recommends you serve this bottle at 58-60F.

From Alto Adige, we travel west across northern Italy to Langhe in the Piedmont. Here we find a wine from GD Vajra,

Langhe Russo, a fruity blend of Nebbiolo, Barbera and Dolcetto. Beautiful violet hues spring from the purple in the glass. Concentrated flowers and fruits on the nose give way to a plate of intense berries, hay, tobacco and spices. Serve at 58-60F.

And way down south in Sicily is the indigenous grape Frappato! Flavors are

strawberry, pomegranate, white pepper and clove. Frappato is perfect for summer pasta with sun dried tomatoes or a dish with roasted red peppers and works through fall with turkey and cranberry sauce. Valle dell'Acate frappato is a shop favorite presenting all the varietally typical flavors plus raspberry and cherry. Experts say to serve Frappato between 55 and 60F.

Other varietals available at bottle shops to consider for the cool are Dolcetto, Neurella Mascalese, Corvina and Ruche.

How can you tell if you have hit the cool? Wine Spectator recommends a temperature control cuff!

The cuff wraps around the bottle giving you a reasonably good reading of the temperature inside.



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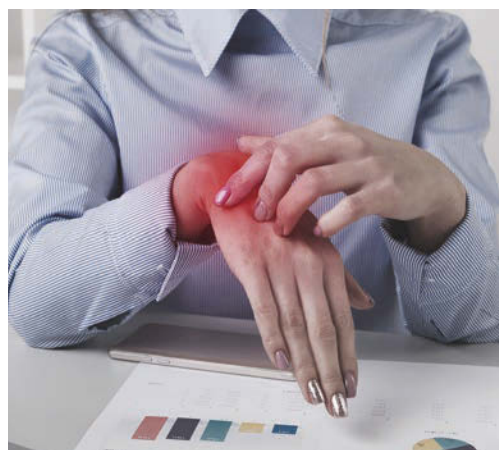
By Anne Halifax

More than 7 million people in the United States have psoriasis. Although this common skin condition is incurable, it is highly manageable, and a variety of effective treatments exist. Most people with psoriasis first have symptoms when they're between the ages of 15 and 35. If you developed psoriasis, would you recognize the signs? It helps to learn more about this condition and the treatments available for it.

What is psoriasis?

Psoriasis is a common skin condition that currently has no cure. The hallmark symptom is red, inflamed patches of skin covered with white or silver dead skin cells. Psoriasis can flare up anywhere on the body, but the telltale rashes most often develop on the elbows, knees, and scalp. An outbreak often feels dry, itchy, or painful. The condition usually shows up on the skin, but it can affect other parts of the body too. Up to 40 percent of people with psoriasis will develop inflammation of the joints, called psoriatic arthritis. Flare-ups on the hands or feet can also cause deterioration of the fingernails or toenails.

Are there different types of psoriasis?



Psoriasis affects everybody who has it differently, and there are a number of variations in the way it shows up. People with psoriasis may experience their condition in any of the following ways:

- Plaque psoriasis is the most common, affecting between 80 and 90 percent of people with the condition. It causes red, thickened, scaly plaques to form on the skin. The plaques may bleed or feel painful. Plaque psoriasis can occur anywhere on the body.
- Guttate psoriasis appears mostly on the limbs and torso. It's characterized by a rash of small red dots instead of the usual inflamed plaques.
- Inverse psoriasis appears in skin folds of the body, such as under the arms and in the groin area. It causes patches of skin to become smooth, red, and shiny. Sweat can irritate and worsen inverse psoriasis.
- Pustular psoriasis is characterized by red skin peppered with small blisters of white pus. Flare-ups of pustular psoriasis mostly happen on the hands and feet.
- Erythrodermic psoriasis is the most severe type of psoriasis. It causes redness and inflammation all over the body and can lead to large amounts of skin peeling off. Erythrodermic psoriasis can be dangerous, and requires immediate medical attention.

Who gets psoriasis?

Anyone can have psoriasis. Between two and three percent of people in the world live with it. Psoriasis is heritable, so if someone in your family has it, you have a heightened chance of developing it too. Most of the time, symptoms of psoriasis develop for the first time in people between the ages of 15 and 35, but the condition also occurs in children and, rarely, in babies. Men and women are equally likely to develop psoriasis.

What causes psoriasis?

Psoriasis is non-communicable; you can't catch it from

others. Flare-ups of the condition occur because the skin starts producing new cells too fast. The buildup of new cells causes the signature thickening and inflammation of the skin. However, it's not known for sure what causes the skin to start overproducing cells. The immune system plays a large role in the condition's development. Psoriasis is sometimes classified as an autoimmune disease, and people with HIV have a heightened chance of developing psoriasis. Genetics also plays a role: a child born to a parent with psoriasis has a one in ten chance of developing the condition during his or her lifetime.

Flare-ups of psoriasis are often caused by stress. Emotional turbulence, such as moving or having a fight, can trigger a flare-up, as can injuries; people with psoriasis often develop a rash at the site of cuts and other trauma to the skin. Other things that can cause or worsen a breakout include infections, alcohol consumption, and smoking.

What are the treatment options for psoriasis?

Psoriasis is incurable, but it can be treated to minimize flare-ups and ease discomfort. There are several treatment options for psoriasis: topical treatments, which are applied to the skin; phototherapy; and systemic treatments, which are taken by mouth or by injections. The aim of these treatments is to slow the skin's production of new cells and soothe inflammation.

Topical treatments are usually tried before either of the other treatment methods, especially for mild to moderate cases of psoriasis. Salicylic acid is a commonly used over-the-counter treatment that helps the skin shed dead cells, smoothing out the scales caused by psoriasis. Coal tar is also frequently used to slow down the skin's production of new cells and calm irritation. Other stronger, topical treatments, some of which contain steroids, are available by prescription.

In cases of psoriasis that don't respond well to topical treatments, phototherapy can be used to treat symptoms. This involves exposing the skin to ultraviolet light, which can slow down the production of new skin cells. A small amount of exposure to sunlight can also help relieve psoriasis symptoms. Because phototherapy can raise a person's risk of developing skin cancer, it should only be carried out under a doctor's supervision.

Systemic treatments are mostly used to treat severe psoriasis. Some systemics, such as retinoids and methotrexate, work by slowing down the skin's production of new cells. Others, such as cyclosporine, relieve psoriasis symptoms by suppressing the immune system. These medications are not recommended for treating mild to moderate psoriasis because they carry the risk of causing a host of severe side effects.

Can psoriasis be prevented?

Psoriasis has a strong genetic component, and it's not possible to prevent it from developing in the first place. However, it's possible to keep flare-ups to a minimum. Stress is a big factor in most flare-ups, so your first line of defense should be staying in the best state of mind you can and finding healthy ways to deal with worries. Taking care of your skin can help keep psoriasis attacks at bay too. Take precautions to avoid cuts and scrapes as much as possible, since any damage to the skin can trigger a flare-up. Keep your skin moisturized, especially during the cold winter months. A humidifier can also help prevent your skin from drying out.

Psoriasis can be an annoying problem, but most people with this condition are able to manage it through good lifestyle choices and the right treatments. If you have psoriasis, a doctor can help you find the treatment that will work best for you. ❧

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Exercising As You Age - It's Not Just About Muscle Strength

Researchers are finding that the benefits of exercising regularly as you age are both numerous and significant. Although exercise is expected to increase muscle strength, it also has a host of other benefits making it a good idea for people of all ages, especially for those who are increasing in years and have fewer opportunities for physical activity.

Heart Health

The benefits of exercise for cardiovascular health are well known. Regular workouts help increase respiratory rate, improve circulation of blood throughout the body, and reduce the amount of inflammation in blood vessels that contribute to heart disease and strokes. Just thirty minutes of exercise

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Dr. Holcombe is a native of Greenville, NC who attended North Carolina State University for undergraduate studies before earning his DMD from East Carolina University. He is married to his wife Amy and they have one child. When not practicing dentistry he enjoys spending time out doors with his friends and family.



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three times each week can make a significant difference for your risk of these medical problems. Although seniors may feel they should exercise as years pass, it's important to stay active to prevent heart and vascular problems throughout your lifetime.

Joint Health

As years pass, elbows, knees, hips, shoulders, and ankles experience normal wear and tear that can begin to develop into arthritis or inflammation of the bones and tissues of the joints. Orthopedic physicians often advise their patients to get regular exercise to help stave off increasing joint problems. Although exercise may seem counterintuitive, it's important to keep the muscles and tendons that support these joints strong and flexible. More damage can be done to joints from inactivity than from regular exercise.

Cognitive Function

One of the more recent discoveries of medical research is the importance of exercise in sustaining good cognitive function in older people. Exercise helps move blood through the body and helps keep blood vessels clear. This increased blood flow feeds brain cells so that forgetfulness and other cognitive problems can be delayed or eliminated entirely.

Sexual Functioning

Another surprising benefit of regular exercise is increased sexual functioning. Along with muscle strength, flexibility, and better circulation, individuals may enjoy a stronger interest in sex and better sexual functioning.

Lower Stress Levels

People who engage in regular exercise enjoy lower stress levels regardless of their age. However, some people do not have a large variety of diversions to help them manage stress, so exercise becomes increasingly important for dealing with daily and situational stress.

Better Mood

Exercise also releases a variety of beneficial brain chemicals that help improve mood. Everyday worries and frustrations seem to melt away after a good workout. Exercise also helps improve sleep, which also helps to improve overall mood.

Less Disease

With all these benefits, it may not be surprising that regular exercise also helps reduce the number and severity of illnesses. It helps regulate blood sugar in diabetics, improve stamina in heart patients, and increase range of motion in patients with arthritis. It can also help lower blood pressure. ❧



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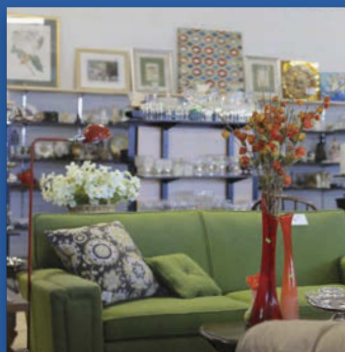
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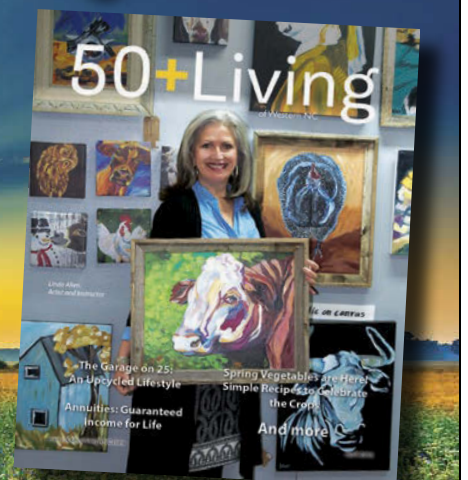
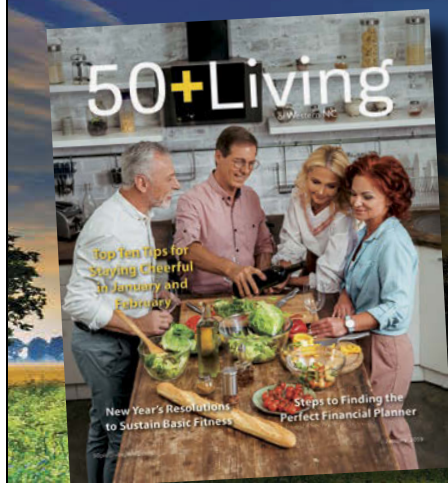
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Events happening this month in the WNC area to enjoy!

Mountain Dance & Folk Festival

Thursday, August 1 to Saturday, August 3



Watch and listen to some of the finest Appalachian ballad singers, string bands and square dance teams at the nation's longest running folk festival. Beginning back to 1928, the Mountain Dance and Folk Festival presents three nights of authentic bluegrass music and dance with a different line-up each night. The indoor performances are held at Lipinsky Hall on the University of NC-Asheville campus (GPS address: 300 Library Lane) at 6:30-9:30 PM each evening. Tickets on sale in advance on their Web site or at the door starting at 5:30 PM. folkheritage.org

LEAF Downtown Asheville

Friday, August 2 to Saturday, August 3, 2019

A fantastic world cultural arts festival, LEAF Downtown, returns to downtown Asheville for the fourth year. Celebrate communities, creativity, diversity, and families in the heart of downtown in Pack Square Park. LEAF's belief is that music and art has the power to cross all social and cultural boundaries, and bring people together to learn, grow, and celebrate our diversity through creativity. These two days will be filled with international music, art, workshops, great food and drinks and plenty of family activities. There's a big emphasis on local talent. There is no admission charge!

They'll also have the LEAF Art Dash 5k on Saturday at 9 AM Must register online at: theleaf.org/artdash

Wood Day at Folk Art Center

Saturday, August 3, 2019

Join Guild woodworkers for an exciting day exploring various forms of woodcraft. Featuring the Annual Carve Off Competition. 10 AM -4 PM. Demonstrations include carving, wood turning, broom making, and furniture design and construction. Visit: southernhighlandguild.org/folk-art-center

Village Art & Craft Fair

Saturday, August 3 to Sunday, August 4, 2019

The 47th annual Village Art and Craft Fair continues a long tradition of bringing high quality crafts to Biltmore Village. Presented



by New Morning Gallery and Bellagio Art-to-Wear, the outdoors art festival is on the grounds of the Cathedral of All Souls in Biltmore Village. Free admission! Hours: Saturday 10 AM to 7 PM and Sunday Noon to 5 PM. Rain or shine. Visit: newmoringallerync.com/2019-craft-fair

Sourwood Festival

Saturday, August 10 to Sunday, August 11

The Sourwood Festival in downtown Black Mountain celebrates our bees and local sourwood honey. It's presented by the local Chamber of Commerce. Stroll down several streets with 200 vendors, eat festival food and listen to a big variety of live music. Since the festival is on several side streets, Black Mountain's State Street (their Main Street) remains open, so you can also explore all the galleries, restaurants and stores. Times: Saturday 9 AM-8 PM and Sunday 9 AM-5 PM. Admission is free. For more info: sourwoodfestival.com

Come to Leicester Studio Tour

Saturday, August 17 to Sunday, August 18

We invite you to join us for our 14th annual Come to Leicester Studio Tour. Our community of artists create in a variety of mediums, including painting, iron work, wood work, textiles, pottery, jewelry, and brooms. They welcome you to their open studios so that you can enjoy their talented work. Come to Leicester to see for yourself! For a map and participating artists go to: cometoleicester.org

Asheville Outlets Presents Monthly Cruise 'In Car Show

Sunday, August 18, 2019

Join Asheville Outlets for a Cruise 'In event at the Outlet center. The event will be held in the parking lot from 2:00 PM until 5:00 PM. The Cruise 'In event is free for all vehicle owners and spectators.

Mountain Made Gallery Demos

Saturday, August 24, 2019

The 8th season in which MOUNTAIN MADE, a downtown Asheville art gallery, hosts a series of live art demonstrations - Saturday from 11:00 AM to 4:00 PM, at the gallery (inside the Grove Arcade). Visit: mountainmade.com

Shindig on the Green

Saturday, August 24, 2019

Musicians and dancers from across Western North Carolina gather to share the region's Southern Appalachian mountain culture and traditions in downtown Asheville in Pack Square Park. Bring a lawn chair or blanket for the "green." Admission Free.

Railroad Heritage Weekend

Saturday, August 24 to Sunday, August 25

Enjoy a unique weekend celebrating the history of Tweetsie Railroad, the ET&WNC Railroad, and mountain culture! 9:00 AM - 6:00 PM daily. \$50 for adults (13+), \$32 for children (3-12). For info and tickets: tweetsie.com/special-events

Organicfest

Sunday, August 25, 2019



Asheville's 18th annual Organicfest celebration will bring thousands to Pack Square Park to celebrate everything organic, green and healthy! In celebration of National Organic Month, the Organicfest was created to spotlight, connect, share and grow our rich organic community of farmers, artists and businesses with our guests. Visit: organicfest.org



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