Experience LIFE in Ashe!

Learn something new. Be inspired by others. Enjoy friendships new and old. Be enriched along the way.

WE ARE STILL HERE

While the world around us looks different, our missions and willingness to serve YOU, the fine folks of our area, have not changed.

As you can tell, our Fall Edition looks a bit different. We aren’t advertising what we are offering, but are sharing who we are, why we are here, and how you can look forward to future seasonal guides that help you tap into L.I.F.E. – Learning, Inspiration, Fellowship and Enrichment.

Take some time and look through the Fall L.I.F.E. guide. Be on the lookout for ways that you can enjoy our services VIRTUALLY.

Stay safe, stay healthy, and stay ENGAGED!

Sincerely,
The Ashe L.I.F.E. Planning Team
In June 2020, René Shuford took the position of Project Manager for the Greater Lansing Area Development (GLAD). She grew up in Boone and graduated from Appalachian State University in 1986 with a B.S. in Graphic Communication and a minor in management and marketing. René moved to Washington, D.C. where she worked for the Department of Defense at the Pentagon for several years and then moved to Charlotte where she worked in private printing and advertising. In 1990 she began teaching Vocational Education in the Rowan-Salisbury School System.

During that five-year period, she attended massage therapy and bodywork school in Charlotte at night and received her diploma in 1996. She created her own massage and bodywork business in 1996, Blue Ridge Healing Arts Academy, in Concord, N.C. and has had that business for 28 years and continues those trainings now. She travels and teaches seminars throughout the southeast and maintains a private practice. She is interested in economic development and sustainability programs for the Lansing area and hopes to be of service in creating a stronger community within Ashe County.
Ruby Sexton attends the senior center four to five times a week. She volunteers with the congregate nutrition lunch each day and with special events. She enjoys our exercise room, yoga class, trips, and Bible study…..just to name a few.

Ruby has been coming to the senior center for years and states that “the Lord placed her here to help be a light to others and to keep her going as well. I look forward to coming every day. I love everyone and it’s family.”

Ruby Sexton
Ashe County resident

Ashe Services for Aging is a great organization that helps and supports older adults. Don’t know what we would do without it. It is truly a special place.

~Ruby Sexton
Connecting people. Embracing challenges. Enriching lives… from generation to generation. We carry out our mission through a variety of programs designed to meet people where they are. From young to the young at heart, we are here to provide connections throughout life’s journey.

Participants can access at any time: Tai Chi lessons, virtual trips, chair exercise and yoga, AARP informational events, and Caregiver Support Group chats.

“We are extremely grateful for the outpouring of community support to our agency and those we serve during this unprecedented time. Thank you for helping us carry out our mission so that through these challenges, others may be connected and their lives enriched.”

~Ashe Services for Aging
The work of the Ashe County Arts Council is so much more encompassing than visual or performing arts on display. I feel fortunate to volunteer for an organization who works to enrich the lives of those who visit and live here. For children, we bring performances to the schools and provide opportunities for hands-on art activities at our annual arts festival, Springfest. At Springfest we encourage the entire family to come and experience the arts at no charge and hope that we brighten the day for that child as they see their creations and get a chance to forget about any pressures they are feeling. We promote engage in the arts, express yourself and live the experience.

Judy Current  
Director of Strategic Growth and Marketing for Lifestore Bank

SpringFest is a joint effort of the Art’s Council and the Ashe County School’s art teachers. It is an amazing way to connect with the young people in our area and foster a love of the arts outside of the classroom.

Jill Gambill  
Ashe County Middle School Art Teacher

Judy Current (far right) is pictured with other LifeStore Spring Fest volunteers.

Jill Gambill (middle) is pictured with the Ashe County Art Tribe who are also Ashe County School art teachers and volunteers for Spring Fest.
The Ashe County Arts Council exists to enrich the cultural life of the region by nurturing and supporting the arts. The Ashe County Arts Council believes that the arts are a vehicle for change and that they contribute to the economic development of the county and region. The arts have been an effective tool in positioning Ashe County as a “destination.” The Arts Council is grounded in education and in making the arts accessible, affordable, and available for all its citizens. The Arts Council believes that art enhances the quality of life for its citizens and is a tool for celebrating and preserving our cultural heritage.

“The Ashe County Arts Council is looking forward to coming back together with our friends, neighbors and patrons to experience the arts in Ashe County. See you soon! Stay home, Stay safe and Stay healthy!”

~Ashe County Arts Council
I really enjoyed taking ceramics with Amber Dillingham through Wilkes Community College. Mrs. Dillingham taught me clay techniques I was unfamiliar with and also helped me with individualized projects that appealed to me. In fact, I have taken the class more than once- it was worth it to have easy access to equipment such as the wheel and slab roller, as well as Amber’s knowledge base and advice.

Jorena Sparks
Ashe County Resident

“Plus, who doesn’t like having a time once a week that’s set aside to just stop, relax and create?
~Jorena Sparks

Scan the QR Code to view the booklet or to complete the survey online.
WCC - Ashe Campus is committed to YOU! We offer a wide range of opportunities designed to meet your needs, personally and professionally. Our affordable offerings range from two-year degree programs to personal enrichment courses.

Please call 336-846-3900 to learn more about how WCC-Ashe Campus can meet your needs, in person or virtually!

Discover the possibilities!

Traditional & Online Courses
Computer • Cosmetology • Emergency Services
Healthcare • HVAC • Real Estate • and MORE!
The Ashe County Public Library has been an essential part of my life since the early 1990’s. How bleak my life would be without all the windows to the world that are open to me thanks to the library. I especially love the resources provided by NC Live which allow me to access books and materials from libraries throughout the entire state, and all sent to me free. I’m also enjoying the new Kanopy feature which allows me to stream 10 free movies each month. In the days when I could travel, I used Mango to learn the basic language of the country I would be visiting.

And most especially I look forward to the warm welcoming smiles of the staff each time I enter the library. They know my name and make me feel part of the ‘Library Family’. I am a widow now and live alone. In these days of isolation that means the world to me. Thank you, Ashe County Library!

“They know my name and make me feel part of the ‘Library Family.’
~ Betty Rembert
• **2020 Ashe County Reading Challenge** celebrates literacy and the joy of reading through a collection of challenges for all ages. Date and contact: **Ends December 31, 2020; [https://arlibrary.libguides.com/2020readingchallenge](https://arlibrary.libguides.com/2020readingchallenge)**

• **Ashe County Veterans History Project** collects, preserves, and makes accessible the personal accounts of veterans so that future generations may hear directly from veterans and better understand the realities of war. We encourage our community to participate in or contribute to this project. **Occurs annually; [SMoore@arlibrary.org](mailto:SMoore@arlibrary.org) and [https://arlibrary.libguides.com/ashecountyvhp](https://arlibrary.libguides.com/ashecountyvhp)**

• **Friends of Ashe Library Blood Drives** are an important way to give back to our community. For appointments, call Marcia Rowe at 336-219-0128. **October 24, 10 am to 2 pm.**

• **Talking Service Book Club Zoom** encourages veterans and community members to connect and share experiences by interacting with literature from the Standing Down anthology. Email [SMoore@arlibrary.org](mailto:SMoore@arlibrary.org) to join the conversation. **September 11, October 9, November 13, 10 am; [SMoore@arlibrary.org](mailto:SMoore@arlibrary.org)**

• In partnership with NAMI, a **Connections Recovery Support Group** will meet every first Thursday starting in September. E-mail [karengross@skybest.com](mailto:karengross@skybest.com) for zoom meeting links.

• **On the first Thursday of each month, VAYA Health** will present a series of classes on mental health. **On September 3**, join us for discussions “Post-Traumatic Stress Disorder: Invisible Scars” and “Suicide Indicators, Response, and Prevention.” These classes take place from 10am-12pm. Please register for these events by contacting Mandy by phone at 336-818-1229 ext. 4442, or by email at [mandy.matney@vayahealth.com](mailto:mandy.matney@vayahealth.com).

• **Blackbeard** presented by Sigmon Theatrical **Saturday September 19, 11 am.**

• **Virtual Reading Adventures** will take place at 2:00 p.m. on **September 6, October 4, and November 1.** Email Suzanne at [SMoore@arlibrary.org](mailto:SMoore@arlibrary.org) for information on joining these online bookish experiences and celebrations!

• **FrankenSTEM** presented by Bright Star Theatre, **Tuesday, October 20, 5:30 pm.**
Vaughn and Beth Morrison joined the Friends of Ashe Library in 1998 and Vaughn served as Treasurer of the Friends for several years in 2000s. “We have loved the library ever since, we moved here, even when we couldn’t be here to attend programs or browse for used books. We miss the sheer beauty of the place, and the smiles and hugs we get from staff and friends.”

*Vaughan and Beth Morrison*

*It’s our second home in Ashe County!*  
~Vaughn and Beth Morrison

While library services remain limited due to the impact of COVID-19, we will endeavor to make our virtual space, Ashe Public Library Online, as safe and welcoming as our brick-and-mortar building. Visit us here for reliable information and valuable (but free) resources. We hope everyone will stay safe and well.
A multi-county communication campaign, Show Your Love, is launching to encourage the community to take actions that show love for one another and slow the spread of COVID-19.

AppHealthCare has partnered with the Ashe Chamber of Commerce, Appalachian State University, Ashe County, local municipalities, and others to increase awareness of actions we can all take to impact how COVID-19 affects our local community.

AppHealthCare has asked the Ashe County Chamber of Commerce to help distribute **FREE MASKS** with the Show Your Love logo.

If you need masks for your employees or for yourself, please call the Ashe County Chamber of Commerce at 336-846-9550 to reserve.
“In Our Own Backyard,” is a feature of Ashe County Chamber of Commerce that highlights local activities that you can do in Ashe County, even during COVID-19! Take advantage of these great activities!

**View the Ashe County Frescoes**
We are fortunate to have two churches in Ashe County with fresco paintings by world-famous artist Ben Long. It is estimated that 50,000 people make a pilgrimage to see these works each year. Visit St. Mary’s Episcopal Church in West Jefferson or Holy Trinity Episcopal Church in Glendale Springs to see these masterpieces for yourself.  
[ashefrescoes.org](http://ashefrescoes.org)

**Get in the River**
We are fortunate to have the New River, the world’s second oldest river, in our own backyard. Staying closer to home makes this the perfect time to enjoy all the fun the New River holds. How about canoeing, kayaking, or tubing? If you need assistance or equipment, these businesses are ready to help: New River Outfitters, River Girl Fishing Co, Riverside Canoe & Tube Rentals Inc, Wahoo’s Adventures, Zaloo’s Canoes, Kayaks, & Tubes.

**Visit Historic Lansing Creeper Trail Park**
Take a stroll on the paved greenway trail or sit and enjoy a picnic lunch at 1 of the 5 picnic tables. Also, you can enjoy some shade on the 1/2 mile nature trail walk or some great exercise on the mountain bike trail! If you would like to cool off on these hot summer days, take a dip in the Big Horse Creek from one of the 4 rock vanes or just stand on the bank and maybe fish for a few trout since we are a NC Wildlife Mountain Heritage Trout City! 250 Marcy Lane, Lansing.
Disc Golfing
The High Country Disc Golf Club course at Ashe Park in Jefferson just might be or become one of the best courses in the world. Nestled on the backside of Phoenix Mountain in the beautiful and scenic Appalachian Mountains, the Ashe Co. Park course is an extremely cool disc golf experience that offers a little bit of everything. It’s both FUN and challenging for all skill levels with hills and thrills, nice views, water hazards, and OBs. Also, you can pick up free disc rentals at the Ashe Chamber.

Mural Walk
Take a mural walk downtown West Jefferson and appreciate the work of the many artists that are showcased.
TAKE A MOMENT TO COMPLETE OUR SURVEY

Please check the boxes that best describe you:
- [ ] Permanent Resident
- [ ] Visitor
- [ ] 30-54
- [ ] 70 and over
- [ ] Seasonal Resident
- [ ] 29 and under
- [ ] 55-70

How likely are you to attend an event promoted in this booklet?
- [ ] Already attended an event
- [ ] Planning to attend an event
- [ ] Somewhat likely to attend an event
- [ ] Not likely to attend an event

Please check the type of programming that you would like to see more of:
- [ ] Arts and Crafts
- [ ] Live Concerts & Entertainment
- [ ] Continuing Education
- [ ] Life-long Learning & Enrichment
- [ ] Senior Wellness and Activities

Are you interested in volunteering with any of the partners?
- [ ] Ashe County Public Library
- [ ] Ashe Services for Aging
- [ ] Ashe Arts Council
- [ ] Greater Lansing Area Development (GLAD)

Contact Info:
Name: ________________________________
Email: ________________________________
Phone: ________________________________

Drop off your completed surveys to any of the partners listed above.

Scan the QR Code to view the booklet or to complete the survey online.