

PLATEAU

April / May 2021

MOUNTAIN LIFE IN HIGHLANDS-CASHIERS NORTH CAROLINA

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from the editor



Enfolded

In April of my 25th birthday, I met my best friend. She had golden hazel eyes that were expressive and inquisitive. Her fur was blonde with hints of auburn and caramel. Her nose was light brown. From the first day, she carried herself with an air of importance – prancing purposefully. I named her Grace. For almost thirteen years, she was at my side. Grace mastered both verbal and nonverbal communication. She loved me more than I deserved and taught me more than I could have imagined possible. She left me right before my 37th Christmas the same way she met me, holding my heart in those adorable puppy eyes.

One warm afternoon last summer, I sat on the front steps, watching Grace as she subtly snooped from one small lavender butterfly to the next. In the gravel path's cool grey color scheme, the butterflies seemed to vanish into thin air as they closed their wings. Grace was never fooled; she waited. Extending, the sun once again bounced off the butterfly's purple wingspan and it was visible. A thought came to my mind, "not gone, just enfolded." It's a sentiment from Madeleine L' Engle's "A Wrinkle in Time." I've held it and the first law of thermodynamics close to my chest since my father

passed away in 2019, for similar reasons.

When we talk about spring, it is easy to romanticize new blooms and warm rays. In reality, spring represents change and the inherent truth that time marches on. In ways, that is comforting, but it is a painful reminder for some of us. This April will recall the stress, fear and loss that began in the spring of 2020 for many.

In this issue of Plateau Magazine, we cover topics including summer camps and croquet, fine dining and gardening. We also remember mothers, talk about family legacies and explore healing. As time continues on, so do we. If you are looking a little harder than expected for the promise of hope this spring, I propose a shift in gaze—from flower buds to butterflies. The last year may have made you feel like quality moments with friends and family, memories, love, years of hard work, effort and planning vanished instantly. But it is not gone, just enfolded. Eventually, in the unfolding, we will find what my sweet Grace and Madeleine L' Engle knew. What we thought was lost has been there all along.

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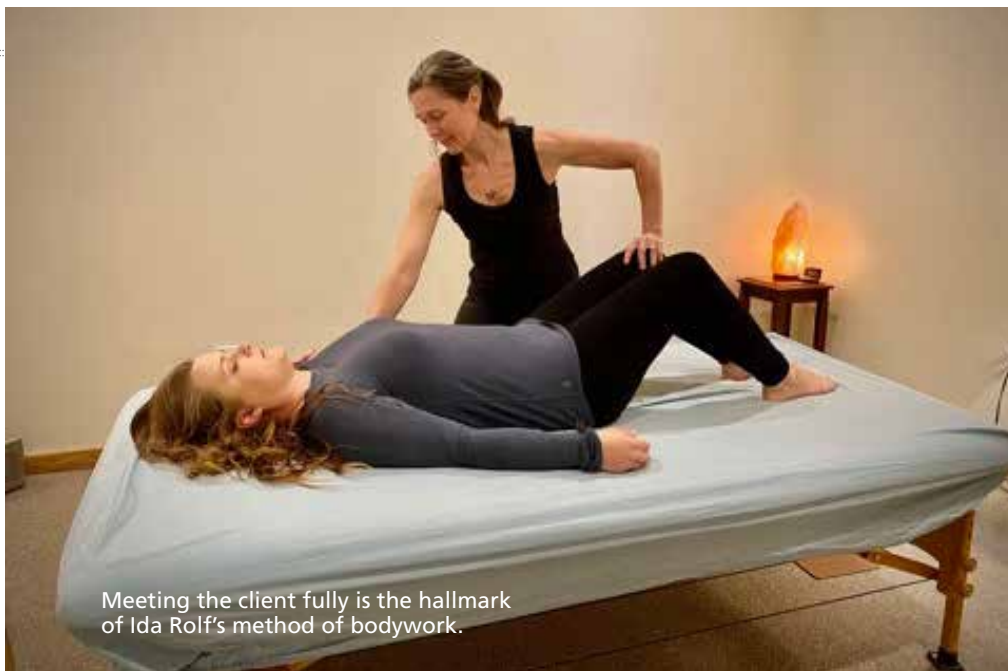
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Meeting the client fully is the hallmark of Ida Rolf's method of bodywork.

Releasing Tension

Ashby Underwood and Chad Garner of Yoga Highlands are on a mission to teach people on the plateau how to heal from chronic pain

By KAT FORD

FASCIA RESPONDS TO a broken heart just like a broken leg and working with the fascia helps heal both the emotional and physical.”

Ashby Underwood's words rang through my head as I lay on the bodywork table. I had interviewed Ashby over the phone a few days earlier about Rolfing, “the work” I was now in the process of experiencing. During my drive into Yoga Highlands, I wondered if she would identify a 20-year-old college injury of a dislocated fibula. In our interview, Ashby explained a ten-step series of working through a client's unique structure and posture. “The series gives me a sense of order to work with a person's vastness,” she said. By evaluating my posture, how I sit, stand and walk, she was confident that she could help me pinpoint the root cause of a series of interconnected pulling and strained tissues.

It took less than two minutes of watching me stand and walk during the beginning of our session for Ashby to ask if I had ever had an ankle injury. Laying on the table as she worked with her hands, she asked, “Were you under a lot of stress when you were sixteen?”

In a reassuring voice, she added, “maybe this won't be your Achilles' heel for much longer.” My mind shot back to our interview a few days earlier and the statement about emotional and physical pain. I did experience a deep pain when I was sixteen, but not physically. It was my metaphorical Achilles' heel that was damaged emotionally, with my first dose of jadedness in student leadership. The emotional scar tissue of that event was enough to change my desired career path from law to the arts.

What is now called Rolfing was developed by Ida Pauline Rolf, who had a Ph.D. in biochemistry from the College of Physicians and Surgeons of Columbia University and conducted research in organic chemistry at the Rockefeller Institute. Structural Integration, a form of bodywork emerged that focuses on a connective tissue throughout the body known as fascia. Dr. Rolf recognized that the body was an interconnected network. She believed that by working with gravity and understanding the organization of the human form, damaged tissue could be decompressed, rehydrated and oxygenated, releasing tension. Rolf practitioners are licensed

under state massage laws, and it is up to the client how light the practitioner should work based on comfort level. “Healthy tissue does not hurt,” says Underwood, “each client has a unique body; when you are balanced, you don't have to fight the gravity field.”

The desire for balance drove Ashby and her husband, Chad Garner, to offer Rolfing to their clients starting in 2001. Ashby and Chad both learned what practitioners refer to as “the work” from teachers that studied directly under Dr. Rolf. Clients can expect a 70-minute session in a private room in the back of the beautifully remodeled Yoga Highlands studio. Comfort is key. An interactive process that feels somewhere between a one-on-one yoga class and a massage, assessment and bodywork is completed in a warm room on a bodywork table. Clients can stay fully clothed or dress for a workout. “Our desire is to give people hope through mobility - to give them their movement back,” says Underwood, noting that she encourages plateau residents with chronic pain to not give up. “Rolfing strives to make better order of the body,” says Ashby. “Osteopathy is a form of medicine that has been around since the 1800s,” but research science is still unpacking the mysteries that fascia holds, “there is a place where the mysticism meets the science,” smiles Underwood. ■

www.yogahighlands.com
828.526.8880



Ashby Underwood

Well *Sty*led

design | home | garden | fashion |

Make Yourself at HOME

From architecture to art and texture, PLATT HOME encourages you to define your unique sense of place.



See page 52





Getting HOME

A family legacy of design, storytelling and placemaking

By KAT FORD

THERE'S A TABLE IN THE MIDDLE OF THE NEW PLATT HOME SHOWROOM. LONG AND WEATHERED, it could effortlessly serve as a repurposed harvest table- the setting for a doting mother's large family gathering. It could just as easily be a worktable- where a tinkering father unrolls maps, collects tools and teaches small hands big skills. The androgyny in purpose magnifies the table's appeal. Layered with objects, it captivates, evoking the unspoken importance of togetherness. Fingertips follow the grain from one wood plank to the next, taking note- a stack of books, an orchid. A story forms, you become less consumer, more student. The showroom transcends retail. You are a welcomed observer in the abode of a well-traveled host. Each article hints at the inherent nature of things - the insight contained is free for any willing to study. As in any home, these items hold intimate meaning. Especially that orchid, those stacks of books.

The House That Al and Cindy Built

Every home starts as a house. The house of PLATT began with Al and Cindy. Al had a Bachelor of Arts in English from UNC-Chapel Hill. With an innate understanding of how his surroundings affected

him, he soon found himself desiring a different career path. He received a Master of Architecture from NC State University in 1975, and the couple moved to Brevard, NC. In 1982, Al formed what would grow to become a respected architectural firm.

Al was focused more on people from the beginning. In designing homes, he intended to listen and construct something that complemented each client's life. With a portfolio including houses with native pollinating roof gardens and a bridge

house built to create living space over a protected creek, PLATT triumphs over ubiquitous industry jargon and ego- not merely resulting in a sense of place but manifesting physical settings for clients to live out the desired story of their lives. Armed with a degree in the liberal arts, it's no surprise Al Platt excels in the 'who, what, when, where and why.'

While Al elevated the bar of storytelling from English to architecture, Cindy mastered the narrative of placemaking, both in the residence where they raised their three children and the community of Brevard. The walls sheltering her family were full of works by local artists, people they knew. She loved layering colors and found objects with an affinity for orange, orchids and stacks of books. Cindy had strong feelings about togetherness, both in family and community. She served in leadership roles for and was a founding member of several organizations benefiting children and the arts.

All three Platt children expanded on the strong creative and community-focused foundation that Al and Cindy provided. Their youngest son, Woody, plays guitar in the Grammy award-winning American bluegrass band Steep Canyon Rangers. Daughter Maggie, sharing her mother's love for children, teaches in the exceptional children's program at Brevard Elementary. In 2021, their oldest son, Parker, became principal owner and president of PLATT, having worked alongside Al since 1994. While Parker shares his father's appreciation for architecture as an experience, he admits that Cindy made the earliest impression on him in the art of decorating spaces within his childhood home.

Load-bearing walls are critical to the structure of a house. The same can be true of a matriarch. In 2013, Cindy Platt passed away unexpectedly. With a lifetime example of teaching and service, she left behind a master plan and blueprint for the future. "She did and still does center us all, and the example she set continues to keep us focused on the things that really matter- family, community, kindness, generosity, beauty and plain old hard work," said Parker.

(Left) PLATT HOME founders: Curtis M. Greenwood, Parker Platt and Katie Jackson; (Below) The new PLATT HOME retail showroom is located at 214 South Broad Street in Brevard. With a collection of furniture, found objects, custom pieces made by local artisans and antiques, the PLATT HOME product mix heralds a family legacy of design and togetherness. Orchids and stacks of books throughout the PLATT HOME showroom offer personal touches honoring Cindy Platt's love of placemaking.



WELL STYLED home



Making a House a HOME

Since it began in 1982, PLATT has grown into a multiple division, full-service firm including architecture, construction and interior design. Al and Cindy's legacy of connecting people and places radiates through a company that designs and builds highly regarded residential and commercial projects and helps clients protect their land through Witherspoon Platt + Associates, their affiliated real estate brokerage and land conservation consulting business, which has helped preserve nearly 9,000 acres to date.

Up until 2015, PLATT had worked with many great interior designers, but all third parties, none in-house. For PLATT, this was a missing piece. While in school at NC State University, Parker Platt once pitched an entire project by describing the experience of a child living in the dwelling. A house should mean something to the owners and offering interior services would enhance PLATT's ability to help clients find and define their own space. The opportunity came in 2015 through a project in Omaha, NE, creating a guest lodge for The Cloisters on the Platte. The client requested full design services- from start to finish. By chance, Parker had met Katie Jackson through mutual friends. Katie had just moved to Brevard from Atlanta, desiring to be near her recently retired parents. Parker asked if she had the professional acumen to tackle a large interior design project. It just so happened that she did.

Katie learned how to sew at a young age from both of her parents. In college, a neighbor in her apartment complex needed a seamstress to make a bed canopy cover

for a Highlands, NC, client. Katie took the gig and fell in love with the process of interior design. She soon began working for the same design firm, first in administration. After 13 years, Katie had worked her way up to partner. When she left Atlanta, she thought that world was behind her; perhaps she would grow flowers in the country. Katie joined the team part-time, and PLATT explored the entire spectrum of experiential architecture. The lodge project gave PLATT precisely what they needed, a client who offered free reign to cut their teeth while expanding a new in-house offering. PLATT developed a custom scent; Woody Platt and wife Shannon Whitworth assembled a 30-minute original soundtrack for the lodge. Katie moved into a space in PLATT's main office. Word spread that PLATT was offering full-service interiors. Before long, they were taking additional clients, with Katie soon becoming PLATT's interior design director. The Cloisters on the Platte project set into motion a path that would ultimately lead to the creation of PLATT HOME, founded by Parker, Katie and PLATT's business director, Curtis M. Greenwood.

PLATT interior services are currently available for PLATT architecture clients. Showing clients samples often meant a drive to product showrooms in Atlanta or Charlotte. It became clear that a retail location would be advantageous and allow PLATT to display represented brands, stock product and explore other offerings they are known for- found objects, custom pieces made by local artisans, antiques and community-mindedness. At PLATT HOME, clients and shoppers alike are

encouraged to peruse various options and price points, from a \$40 PLATT HOME candle to a unique piece of furniture. "We like to mix fine pieces with less expensive items. With the right mix of meaningful things, it gives the whole room energy, soul," said Jackson. Touches that reflect PLATT's sense of authentic integrity lie in their private-label furniture, where a nearly 30-piece offering in luxe, durable fabrics are all made in North Carolina, two hours away. Treasures throughout the store reflect Katie and Parker's travels. Argentine textiles and knives mark Parker's love of South America. The collection of hats- also a nod to Parker's style. Several items in the store are made by local craftsmen- like a collection of handsome leather fire bags, projects conceived while Katie and Parker collaborated for PLATT clients. Even the PLATT HOME candles have personal sentiments. Katie chose 'Earl Grey' for memories of drinking tea with her mother. Parker chose 'Honeysuckle' because it reminds him of his youth. And of course, there are those stacks of books, that orchid.

Blueprints for the Future

Plenty of poetic sentiments play on the concept of home; most surmise that when the memories are gone, so is the enchantment. A simply stated lyric from the Steep Canyon Rangers' 2018 album "Out in the Open" laments, "I can find the house- but I can't get home." The band has hosted the Mountain Song Festival in Brevard since 2006 after Cindy asked Woody to plan a music event to benefit the local Boys & Girls Club, now named The Cindy Platt Boys & Girls Club of Transylvania County. For over 40 years, the Platt family has built a legacy in placemaking, creating a sense of place for clients and making the community of Brevard a better place. "This part of the world is important to us, and we are trying to make a difference where we can," said Parker Platt.

While memories are so much more than objects, it is deep-rooted within the most intimate items in a living space to tell a narrative. Stories that teach, remind and are passed down to future generations- narratives that come with a master plan and blueprint. With a collection of products intended to help customers leave their own legacy of personalized placemaking, PLATT is hoping to get us all a little closer to home- whether that be through items crafted by local artisans, found objects, a piece of furniture, an orchid or a stack of books. ■

www.platthome.us
828.630.9500

Hello Muddah, Hello Fadduh

Camp is very edutaining...

By KAT FORD

A H, SUMMER CAMP, THE PLACE OF NOSTALGIA AND MEMORIES. HERE, FRIENDSHIPS ARE FORGED, fears conquered, skills learned, marshmallows melted and macaroni glued. In a picturesque setting like Western North Carolina, it should come as no surprise that there are countless sleepaway camps for parents to choose. This encompasses all-boy camps, all-girl camps, religious camps and co-ed camps, each with a wide variety of activities, including backpacking, rock climbing, kayaking and more.

Alas, two weeks in sleepaway summer camp paradise does not a summer make. That's why we've scoured the internet for day camps to fill the void and offer a serious dose of medicine for a bad case of 'I'm bored.' With options ranging from treasured local nonprofits to regional rock-and-roll or space camps, these gems of edutainment are guaranteed to ignite creativity, spark interest and sneak in the kind of STEAM learning that points to bright futures.

Local Camps

Many of the plateau's nonprofits offer summer activities for children. Unfortunately, due to COVID-19 restrictions, some have been postponed and cancelled, while others will wait until later in the year to confirm specifics. Make sure to check for updates with your camper's favorite nonprofit for 2021 activities.

The Bascom: A Center for the Visual Arts

828.526.4949

www.thebascom.org

For years, children of the plateau have enjoyed exploring creativity during summer offerings at The Bascom: A Center for The Visual Arts. Due to possible COVID-19 restrictions, The Bascom will wait until later in the summer to make decisions on 2021 offerings. Check for updates on their website and enjoy creative opportunities through private lessons.



PHOTO LINDSEY BAILEY

Highlands Biological Foundation

828.526.2221

www.highlandsbiological.org

Get to know your nature neighbors through a series of age-appropriate themed camps at the Highlands Biological Foundation. Camps will be limited to eight campers each and allow attendees to catch insects, investigate where and how animals live, traverse local trails and make crafts with natural materials.



PHOTO HIGHLANDS BIOLOGICAL FOUNDATION

Cashiers-Highlands Humane Society

828.743.5752

www.chhumanesociety.org

The CHHS Critter Camp offers campers interactive experiences with animals, humane education programs, and guest presentations by wildlife biologists, law enforcement K9's and animal welfare experts. Due to possible COVID-19 restrictions, CHHS will wait until later in the spring to make decisions on 2021 offerings. Check for updates on their website and consider adopting a furry friend for countless summer memories.



PHOTO DAVID STROUD

Regional Camps

There are plenty of learning opportunities on and near the plateau. These regional camps are located less than two hours from Highlands and Cashiers and offer exciting warm-weather educational quests, including jamming in a band and coding your own video game.

The Music Academy of Asheville

828.252.1888

www.musicacademyasheville.com

Is there anything more epically youthful than starting a band over the summer? This six-day camp allows aspiring young musicians to dive into rock-and-roll and pop music while in a band setting and under the supervision of a staff of professional musicians. Industry-related skills taught include music theory, recording, composition and, of course, performing. Is your camper a little less Jagger and a little more Bach or Krauss? The Music Academy also offers camps for string ensembles and folk acoustic jams.



PHOTO THE NORTH CAROLINA ARBORETUM

offerings are within age brackets where campers learn essential outdoor and survival skills, including stewardship, investigation and observation. Examine creeks, identify wildlife, make shelters and more.

PARI

828.862.5554

www.pari.edu

Is your camper destined for the stars? PARI in Rosman is on a mission to empower people to reach the next frontier. With an offering ranging from residential summer camps for kids from ages 11 to



PHOTO PARI

The North Carolina Arboretum

828.665.2492

www.ncarboretum.org

The North Carolina Arboretum in Asheville invites rising second through seventh graders to become real wilderness explorers through their series of day camps. Camp



PHOTO CAMILLACALINAN



PHOTO PARI

17 with tailored STEM and/or single day space camps for families and groups, this experience allows for hands-on learning in astronomy, astrobiology and astrophysics, robotics, cryptography, planetary geography and 3D printing. Humanity may be waiting to make it to Mars in person, but your camper can get there by simulating their own mission this summer.

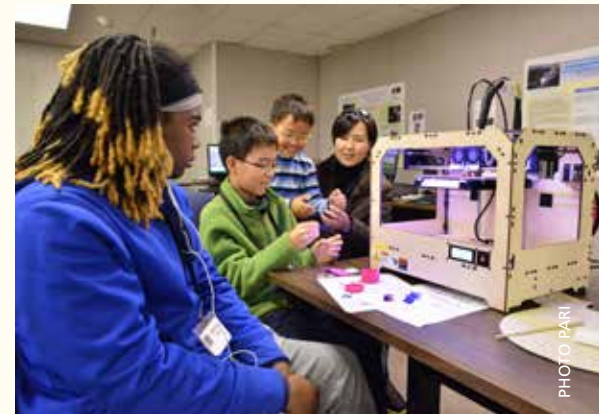


PHOTO PARI

Camp Muddy Sneakers

828.862.5560

www.muddysneakers.org

Located at the REEB Ranch adjacent to DuPont State Recreational Forest, Camp Muddy Sneakers in Brevard encourages kids to follow their imagination and curiosity as they adventure through the forests and streams of Western North Carolina. Camps offer weekly sessions within three age brackets. Each session only allows 15 campers to delve into both nature and creativity, so sign your camper up today.



PHOTO CAPTURING WNC



Camp Muddy Sneakers

PHOTO CAPTURING WMC

Zaniac Asheville

828.575.0355

www.zaniaclearning.com

Learning doesn't have to stop during the summer, and STEAM learning gives the gift of exploring future vocations. Grouped into three age brackets by grade, this camp roster calls all coders, engineers, scientists and designers. With options including 3D printing, fashion design, kitchen chemistry, robotics and game-based learning using Minecraft™, chess and classic arcade games, your camper will never look at science, math and art homework the same.

Online Camps

Need camp to be a little closer while you work remotely? As close as your living room? These online activities and kits will give your camper something to write home about- even if that means sending a text from the kitchen. If these don't offer what you are looking for to keep your home campers edutained, fear not. Thanks to last year's shutdowns, the answer to your unique online camp need is just a Google search away.

Camp Kinda

www.kindaguide.org/camp-kinda

Developed by EdNavigator and available in English and Spanish, Camp Kinda keeps children in kindergarten through

eighth grade engaged with hours of activities, including making graphic novels, unlocking the mysteries of history, traveling to rainforests and the art of moviemaking. It's a little bit like MasterClass, for kids.

National Inventors Hall of Fame

www.invent.org/kits

The mission of the National Inventors Hall of Fame is to recognize inventors and invention, promoting creativity and advancing the spirit of innovation and entrepreneurship. Its Camp Invention program is a STEM summer program for kindergarten through sixth grade, providing a complete curriculum for educators. Luckily for parents, Camp Invention has created a set of Innovation Exploration Kits available to purchase in a range of subjects. Each kit is packed with an exclusive robot, hands-on materials and step-by-step activities for hours of creative fun. Young innovators will explore robotics and think like a veterinarian, investigating dog anatomy and performing surgery in Robotic Pet Vet; travel a step-by-step process of entrepreneurship, from sketching ideas to marketing products, in Design Thinking Project; or customize a flight simulation robot while experimenting with the principles of flight in Camp Invention Flight Lab. 🚀



PHOTO NATIONAL INVENTORS HALL OF FAME