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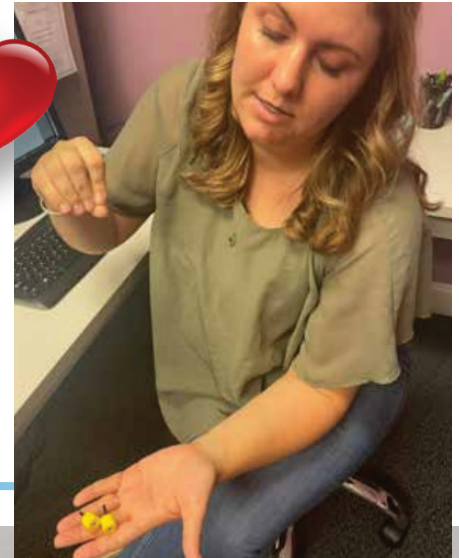
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TRICITIES LIVING 3

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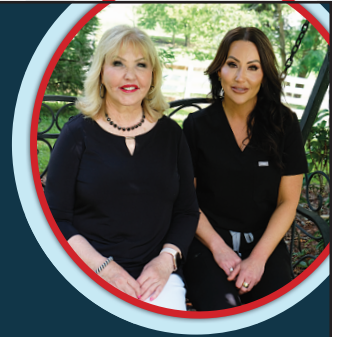
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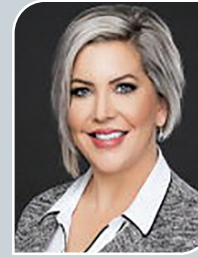
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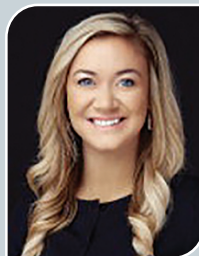
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#85410 • **\$719,000****



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Abingdon, VA 24210
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Glade Spring, VA 24340**
3 Bed, 2.5 Bath, One Level,
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#85239 • **\$259,000**



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Glade Spring, VA 24340**
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Investment Property
with 6 Homes
#84258 • **\$549,000**

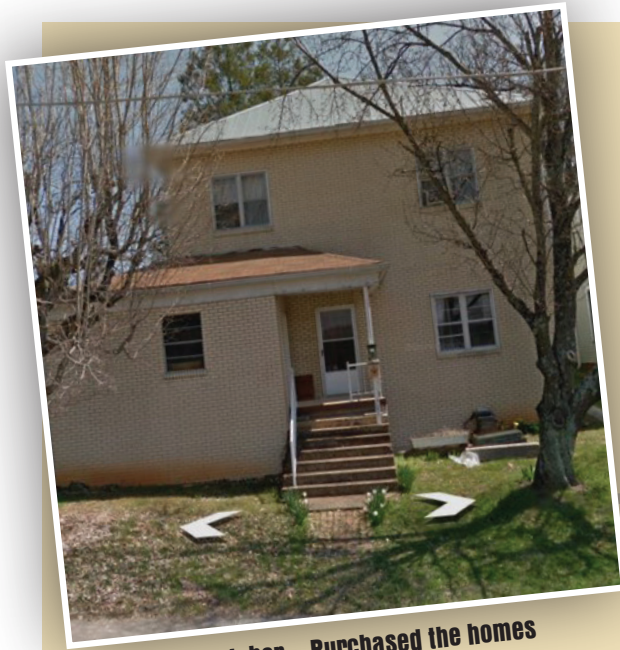


**114 Weeping Willow Drive
Abingdon, VA 24210**
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3 Bed, 2 Bath with 1,600 sq feet.
#82879 • **\$289,900**

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TRICITIES LIVING 11



2021 October - Purchased the homes

Historic Buildings *Saved by Local Contractor*

701 Alabama Street Bristol, TN was saved from Demolition in late 2021 by local licensed General Contractor Eric Blevins. Mr. Blevins is no stranger to saving historic buildings in downtown Bristol, he has been converting dilapidated buildings on State Street since 2004, saving 507 and 509 State Street from the wrecking ball after condemnation by the city of Bristol, VA. Eric has since converted 50,000 sq ft into new storefronts or high-end residential loft apartments/Condos. Old Heller Brothers Lofts, The Remington and The Victor are a few of his notable projects downtown.

Mr. Blevins received a call from the previous owner of 701 and 705 Alabama Street and was given all the information regarding the upcoming demolition by the Better Properties Board. Eric decided to take the risk and purchase the two homes and right the ship. He immediately

started on architectural plans and quickly got to work once permits were issued by the City.

Both 701 and 705 Alabama were built around 1900 and were both converted into high density apartments in the 1960's. When single family homes are converted into apartments it creates a maze of destruction throughout the home.

Original stairs are removed, additional stairs added, 3-4 additional kitchens added, unlimited amounts of compromised lumber from untrained carpenters and plumbers cutting news path

through historic floor systems. These type conversions render the original home unrecognizable and nearly



Carpenter Chris Rash, after cleaning out the sooty attic



November/December-Had properties removed from condemned/Demolition pending list



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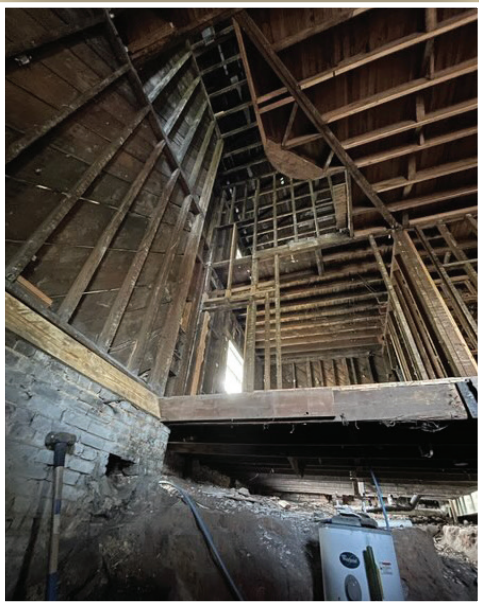
impossible to resuscitate. Bathrooms and kitchens get placed in areas that can't support the additional weight and so on. Eric considered tearing down 701 Alabama Street in the beginning, but couldn't bring himself to do it.

What transpired over the next 10 months had him wondering if he made the right decision. A grueling bottom up renovation started with replacing 9 foundation piers and most of what held the house upright. Walls were full of bird nests and rodent nests so everything had to go, plaster and lath, old loose wall insulation and yes all the inhabitants. What Eric hoped to be a 5-6 month renovation went 10 months and more than doubled his anticipated budget to restore, but the result of that work

speaks for itself. A nearly new house from top to bottom, only the original roof was salvageable, most everything is brand new from many components of the foundation to structural floors, electric, plumbing, HVAC, drywall, windows, doors and trim. It is a must see.

Now that 701 Alabama is complete and, on the market, Eric has started on 705 Alabama Street next door and is excited to about the possibilities.

The home is currently on the Market with Berkshire Hathaway's Hannah Bibbee at hannah@bhhsjones.com



February 2022-Started the renovation on the house

November 2022-Completed Renovation of the home





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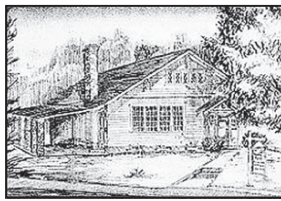
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NEW LISTING

\$349,500

316 W VALLEY ST, ABINGDON - Charming three bedroom, two bath home on historic Valley Street in Abingdon. Desirable location is within walking distance to the Barter Theater, Farmer's Market, public library and all downtown amenities. In great shape with a full unfinished basement for extra storage and rear parking. Most recently used as a professional office in the lower level with an apartment above.



NEW LISTING

\$199,900

TBD RICH VALLEY RD - Approximately 26 acres of land with frontage on Rich Valley Rd; bordering Iriquois Rd and near the intersection of Jasper Creek Rd. About 8 acres are pasture land and the rest is wooded. Property is zoned Agricultural (A-1). This could be your new home site if you are looking for some acreage, or maintain as a small farm.



\$395,000

13180 MEADOWVIEW SQUARE, MEADOWVIEW - Formerly the Harvest Table Restaurant and Gift Shop situated in the heart of Meadowview with approximately 6227 square feet total. Property was completely renovated in 2007 and is in good condition inside and out. All restaurant fixtures remain, including kitchen equipment, dining tables and chairs, etc as do some office type furniture. There are many unique decorating and construction features in this charming 100+ year old building. MLS #85060



\$372,000

19045 STONE MOUNTAIN RD - Farmhouse design situated on two lots in Stone Mountain Subdivision just outside the town limits of Abingdon. House has been used as a professional office but is just waiting for a personal touch to be your new home. The house has 4 bedrooms, 1 full bath, and 2 half baths, kitchen, living room and den. It has a wrap around porch and a large lot for your enjoyment. MLS#85044



\$475,000

TBD OLD SOUTH WAY - This unique and beautiful 44 acre property lies at the new Virginia Creeper Trailhead on Watauga Rd. between Abingdon and Damascus. It has an ideal building site with 17 acres of bottom land and 27 acres of private timber and game preserve along the northern face of the river knobs. There is a large barn and a spring fed creek that rises in the knobs and runs along the length of the farm into a pond at the other end that provides ample water for plants or animals. MLS#83065



\$275,000

TBA WOLF CREEK TRAIL - Excellent tract of land in good location. Lot is 4.27 acres and zone R-3. Land is ready to build and should support at least 35 apartment units. Apartments are on one side and retirement facility on the other. Lot is located minutes from downtown Abingdon, off of Porterfield Highway. Public water and sewer are available. MLS#82584



REDUCED

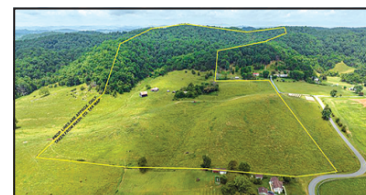
\$349,000

18390 OLD JONESBORO RD - Contemporary home with 10.68 acres on popular Old Jonesboro Rd is now ready for your final touches. Property has been under renovation and had 4 bedrooms and 2 1/2 baths. House has new roof, new siding where needed and most of the windows and some doors have been replaced. Property is zoned R-2 with possibility of further development. The land is gently rolling and wooded with long road frontage. Please view pictures to see the stages of renovation. MLS#83661



\$45,000

TBD LANDRIDGE - Are you ready to build your dream home! One of a kind residential lot in the desirable Landridge subdivision, located within minutes of downtown Abingdon and easy access to the interstate and the Virginia Creeper Trail. Property lays well and is in an established neighborhood. Public water and sewer available. Good BUY! Owner/Agent. MLS#42637



\$459,900

TBD NEAL RD - Beautiful farmland minutes from downtown Abingdon and South Holston Lake. Perfect place to build your dream home or continue use as a working farm. 60.35 acres of rolling hills, fenced for livestock, two barns on the property, and one of a kind views. Situated on a dead end road for privacy. Call today! MLS#83119



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with many possibilities

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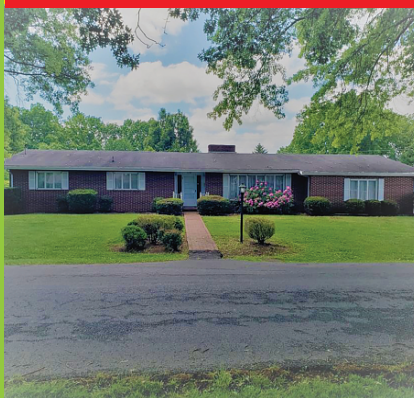


151 VALLEY VIEW DRIVE, Abingdon, VA

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family room both w/fp.
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• NEW LISTINGS: • COLONY PARK SUBDIVISION: 2 Building Lots: #22 & #24, **\$15,000** each **BUILDING LOTS & TRACTS IN BUFFALO HILLS SUBDIVISION ON REEDY CREEK RD & BUFFALO POND ROAD: LOTS 9 & 10 - **\$42,000** EACH • 20.28 AC. FENCED WITH WATER METER & TROUGH, **\$199,900** • WOODSDALE SUBDIVISION: 2 Adjoining Building Lots - Lots 8 & 9 - **\$19,000** EACH
• PRESTON FOREST: Lot 9 - **\$65,000** good views • 78 ac. farm, Off I-81, Exit 54: pasture, spring fed pond; joins Nat'l Forest & App Trail. • MOTIVATED SELLER -Drastic Price Reduction!! **\$269,900** • 2 ac. Near the Channels. **\$39,900** • LAND between Exits 10 & 13 at a busy intersection of Lee Hwy & Industrial Park Rd. w/a rental house, lots of potential, Owner/Agent ..**\$169,900** • MOUNTAIN MEADOWS SUBDIVISION • Lot 43, 1.15 acres **Reduced \$24,900** • Mountain View Subd on Northridge Rd 6.3 acres **\$119,900** • RESIDENTIAL BUILDING LOT, Musick Drive, Bristol, VA **\$45,000** • Nice Building lot in Meadows of Emory **\$31,500** • COMMERCIAL LAND: EXIT 10; LOCATION, LOCATION, LOCATIONS! intersection of INTERSTATE 81 & Lee Hwy, A HIGHLY VISIBLE SITE for convenience store, restaurant, etc. **\$699,900** UNDER CONTRACT.



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**19767 Spur Strap Road,
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UNDER CONTRACT W/MULTIPLE OFFERS

**23164 Green Spring Road
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3 BR/3 BA 2+ Acres
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Fully Renovated Building
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**218 Polo Drive,
Blountville, TN 37618**
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UNDER CONTRACT W/MULTIPLE OFFERS

**820 Sweet Hollow Road
Bristol, TN 37620**
46 +/- Acres
\$189,000



MULTIPLE COMMERCIAL SPACES AVAILABLE

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**TBD Monroe Road,
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Building Lot
\$29,000



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**13509 Porterfield Highway,
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Full Service Restaurant
\$399,900



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**TBD Island Road,
Bristol, VA 24201**
2 +/- Acres
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**Lot 22-24 4th Street,
Bristol, TN 37620**
3 Lots for Sale
\$27,900



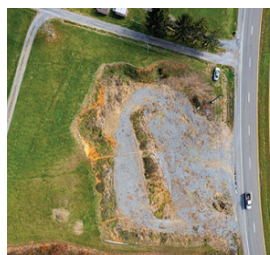
UNDER CONTRACT W/MULTIPLE OFFERS

**Sweet Hollow Road
Damascus, VA 24236**
13.13 +/- Acres
\$26,900



AVAILABLE

**1511 State Street,
Bristol, VA 24201**
Commercial Property for Sale,
Excellent Location on State Street
\$169,900



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**TBD Porterfield Highway,
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1.25 +/- Acre
\$59,000



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**203 West Main Street,
Abingdon, VA 24210**
Large Multi-Tenant Commercial Building
\$999,900



AVAILABLE

**320 Grace Street
Glade Spring, VA 24340**
2 BR/1 BA
\$95,000



UNDER CONTRACT W/MULTIPLE OFFERS

**Strawberry Fields Lane
Abingdon, VA 24211**
3.97 +/- Acres
\$49,000

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Helping the hearing impaired

BY TAMMY CHILDRESS

Taking an American Sign Language Class as a foreign language in high school was the spark that ignited a passion in Doctor of Audiology Lauren Esposito, Au.D. CCC-A, and owner of Abingdon Falls Plaza Hearing Center, to work with the deaf and hearing-impaired community.

"I initially wanted a career working as a teacher at a school for the deaf," Esposito said from behind her desk at Falls Plaza Hearing Center, "But when I took an introductory audiology course as an under-grad, I knew that I wanted to work in hearing health care."

She went on to say that being able to hear conversations is linked to mental and emotional health and those with hearing loss can lose their ability to communicate clearly, which can lead to people isolating themselves and feeling lonely.

"Communication is such a large part of relationship building," she said. "And when the ability to hear is waning people lose that vital part of staying connected to their families and friends. Having the ability to see people communicate again and no longer isolate themselves is a large part of why I wanted to become an audiologist."

Esposito also said there is a very strong connection between hearing loss, memory loss and dementia.

According to the National Institute on Deafness and Other Communication Disorders [NIDCD] approximately 37.5 million adults in the United State report some degree of hearing loss. And according to research by Johns Hopkins and the National Institute on Aging, seniors with untreated hearing loss are more likely to experience dementia.

"It depends on the amount of hearing loss someone has," Esposito said. "People don't always know that they are experiencing hearing loss, so it's important for most people to have initial

test so we have a baseline to start with. If we catch the hearing loss early enough there is a possibility that the use of hearing aids can help with memory



retention, which in turn can slow the progression of dementia."

She also said not everyone who has a slight hearing loss needs a hearing aid. But if hearing health is monitored then hearing loss can be detected early.

"Early detection is key," she said. "And there are so many types of hearing aids with different functions if hearing loss is detected early on it gives us a better idea of what type of hearing aids will work for the patient."

According to Esposito not all hearing aids are created equal.

"Most hearing aides now come with the ability to connect with Bluetooth and to different smartphones and the patient can choose whether to use the

technology or not," she said. "And whether a patient uses or not doesn't affect the quality of the hearing aids. It simply gives the patient more choices."

She added that some patients choose to not use the technology because they simply don't like smartphones, while others like the idea of being able to stream their phone calls directly into their hearing aids.

"You can stream music, YouTube, and FaceTime directly into your ears if you choose to use the technology," Esposito said. "And for many of our patients that's a huge plus."

An initial hearing evaluation can take up to two hours if done properly, according to Esposito.

"We actually use hearing inserts when performing a hearing exam," she said. "They give a more accurate test result than exams using earphones because they sit in the ear canal. We also review the results of the hearing test with the patient before they leave. It's important for them to understand the health of their hearing and we don't want them to leave the office without that information."

She also recommended that those who think they might have hearing loss bring someone with them for the initial exam.

"It usually helps the patient to have someone with them," she said. "That way the other person can take notes and ask questions."

Abingdon Falls Plaza Hearing Center accepts most insurance. ♦

Abingdon Falls Plaza Hearing Center is located at 319 Falls Drive, Abingdon, Virginia 24210

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Where To Begin When Designing A Space

Contributed by Elliott Powers Home

Often, when designing a room, you look at the space and become overwhelmed with the task at hand. There are steps that you can follow, that will help you develop a design plan for your space.

The first step to a beautiful room, is to determine the function of the room. For example, we often will use a living room as a playroom for the kids, a room that we eat in, a television room, etc. Before a space can be designed, the function of the room should be clear. Narrow down the way your family will use the room. Will you use it only when you have guests, or will you use the room every day as a family room? The furniture and accessories can then be chosen, based upon the intended use of the space.

Design a space for you. Remember who lives there and keep in mind the needs and desires of your family. Will children use the room? If so, kid friendly furniture and accessories should be chosen. Furniture and pillows with stain resistant fabrics are always a good choice. Use accessories that are appropriate. Select objects if within reach of little hands, that are not likely to break. This saves the constant battle of keeping your little ones from playing with your accessories. Are pets allowed to play in the room? A sofa and chairs covered in a silk fabric may be beautiful and sophisticated but won't be appropriate for a family room.

A beautiful house contains continuity of design. When choosing the design of a space, keep in mind the spaces that the room touches. If a living room is across the foyer from, or adjacent to the formal dining room, look to that space for inspiration. If tan and blue are used in that room, play with those colors in adjoining spaces. Consider how

you dress as an example of continuity. You wouldn't pair a red skirt with purple sneakers and a yellow top. Just as you dress, so should the design of rooms within a home flow together.

Remember, organization is key. Keep a file folder that contains all the information you have gathered for the room. Save photos of inspiring rooms you find on social media, magazines, books, etc., Keep measurements of the room

“Design a space for you. Remember who lives there and keep in mind the needs and desires of your family.”

and furniture in your folder. This will help when shopping for other pieces. Nothing is more frustrating than buying a sofa and finding out it is too large for the room, when you get it home. Save samples of wallpaper and fabric that inspire you or samples you have chosen to use in the room. Take your folder with you when shopping for furniture, flooring, paint, accessories, etc. By keeping an organized folder, that contains plans, colors, and inspiration, the design



process will be simplified, and your room will be cohesive.

Whether your room is modern or traditional, a design that is original and all you, will ensure that your room is one that you want to live in. Whether or not you follow traditional rules in design, a space that reflects your style and personality, will be the space you will enjoy appending time in the most. And of course, have fun with the design process.

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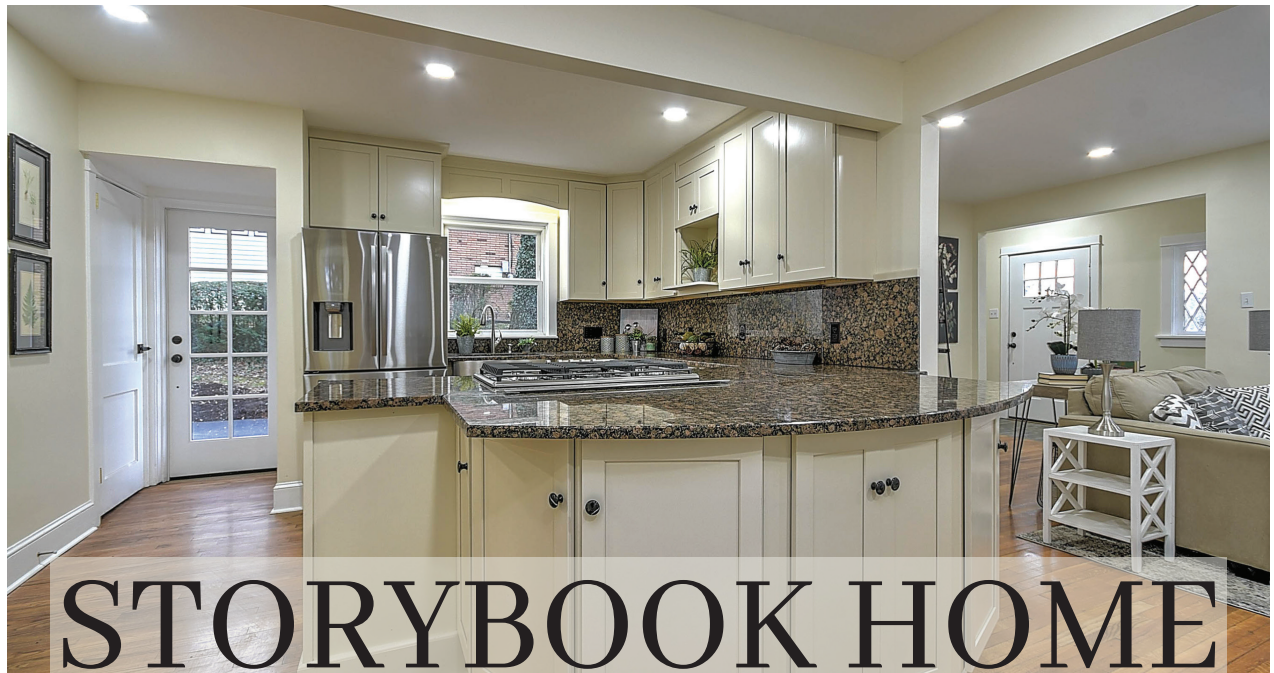
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Rebecca Arnold

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"Welcome to this stunning, custom-built craftsman home situated on 3 acres just a mile and a half away from Interstate 81! With a gorgeous, bubbling creek at the back of the property and a picnic shelter close by, this property provides a park-like setting while still maintaining its close proximity to town. From the covered front porch, step through the foyer and into the beautiful great room, where you'll find a vaulted ceiling and a stone fireplace. The semi-open floor plan allows access to the formal dining room. The functional kitchen with custom cabinets and stainless appliances opens up to a breakfast nook and cozy living room. The main level features a split floor plan with a guest room and guest bath on one end, and laundry, a guest room, and a primary suite on the other. You'll love the cozy gas fireplace in the primary bedroom, and the double doors that open up to the back deck! Perhaps the most impressive aspect about this home, however, is its full mother-in-law suite on the bottom level. With its own garage, kitchen, bathroom, and laundry room, this level has space for a 4th bedroom and additional living space for a den, office, play area, home gym...the possibilities are endless! Walk straight out to the lower patio area to lounge in the evenings by the swimming pool, complete with water slide for summer fun! You will not want to miss your chance to come see this one. Recent updates since October 2021 include a new roof on home and new metal roof on the pavilion, fresh paint both inside and outside, window tints on each window to help with energy efficiency, new pool pump, and all HVAC ducts have been cleaned with antimicrobial fogging. Check it out today! \$650,000



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