



MONTFORD

THE NEWSLETTER OF ASHEVILLE'S MOST HISTORIC NEIGHBORHOOD
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MAY '20

I-26 CONNECTOR UPDATE

Montford residents continue to wonder when construction of the I-26 Connector will start.

The Connector is arguably the most significant infrastructure project planned for the Asheville area in many decades. The nearly \$1 billion interstate expansion is designed to provide new connections between I-26, I-40 and I-240, improve traffic flow and safety on the interstate system in Asheville, re-route interstate traffic off the Bowen Bridge, and reconstruct several major interstate interchanges and connecting streets. Montford is clearly one of the areas most threatened by construction noise, pollution, and visual blight, as well as the lasting imposition of the size and scale of the project on the neighborhood.

The project design is now about 80% complete by NCDOT and consultant AECOM, with some design opportunity still available for the selected design-build contractor. The project is scheduled to be advertised for proposals from contractors this fall, with a bid opening date next summer.

Whether or not the anticipated schedule may be altered by the COVID-19 pandemic is still uncertain. According to NCDOT Division 13 project development engineer Steve Cannon, "This is an evolving situation, but the plan is to proceed on the original schedule."

NCDOT is fully funded through the Motor Fuels Tax, Highway Use Tax and Division of Motor

Vehicles fees. It is expected that the drop in revenue from these sources will result in more than \$300

million in lost revenue for the fiscal year ending June 30. An additional shortfall of more than \$370

million is projected for FY21. In a May 4 press release, NC Transportation Secretary Eric Boyette stated, "Never in the history of NCDOT has there been such an immediate and sustained decline in revenues."

The press release also states the sharp decline in revenue from the COVID-19 pandemic has reduced funding resources below the statutorily mandated cash floor of
continued on page 4...



TEMPIE AVERY MONTFORD CENTER

The Facility Is **CLOSED** until further notice.
All activities—including the Montford Park Egg Hunt—are canceled.

Shana Kriewall, Facility Manager, Tempie Avery Montford Center

253-3714, skriewall@ashevillenc.gov

Montford Music & Arts Festival Postponed

Due to the ongoing global Coronavirus pandemic, The Montford Music & Arts Festival has announced a postponement of the 17th annual event, which had been set for Saturday, May 30.

Presented by the Montford Neighborhood Association as the longest-running and only free-to-the-public festival in the greater Asheville area, the event has been rescheduled for **Sunday, Sept. 20 from noon to 6 p.m.**

Located on Montford Ave. between Chestnut and Waneta Streets just down the street from downtown Asheville, the Asheville Visitors Center and Chamber of the Commerce, the all-day event will feature more than 100 arts, crafts and food booth vendors, and a music stage with another attractive lineup in 2020.

Dan Rogers, the festival committee chairman, said the decision to move this year's event to September was based on current data, the advice of medical experts and government officials.

Featuring turn-of-the-century "Victorian" homes and several bed-and-breakfast inns, a portion of Montford is proclaimed a National Register Historic District. Many

of today's Montford historic homes were designed by the same architect hired by the Vanderbilt Family to create the Biltmore Estate.

MONTFORD



Music & Arts Festival

World famous authors Thomas Wolfe and O. Henry are buried in Montford at the nearby Riverside Cemetery, while the community's rich history also dates back to the once thriving African-American community of Stumptown, which ended in the 1960's.

The very first Montford festival was presented in 2004, held inside of Pyper's Place, which is now Nine Mile Restaurant, and Sweet Heaven Ice Cream Shop, now a real estate office.

Bob Rose, Festival Public Relations
510-282-7279 - bobrosepr@gmail.com

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Forever Montford

I-26

Continued from front page...

\$293 million. According to state law, once the department falls below the cash floor, it can no longer enter new contracts that spend money on transportation projects. North Carolina General Statutes restrict NCDOT's ability to enter into agreements that obligate additional funds for transportation projects until cash on hand is above the statutory cash floor.

However, there is current discussion in the NC Legislature regarding lowering the cash floor. Furthermore, the I-26 Connector is considered an active project, and it is at least partially funded by bond money, which is exempt from the state statute. In short, the project will continue on course unless further revenue deficits force it and other ongoing NCDOT projects to be postponed.

In the meantime, Montford residents should be somewhat relieved that a redesign of a proposed connection between Patton Avenue and Hill Street may result in the ability to significantly lower the highway as it traverses the west boundary of the neighborhood and Riverside Cemetery. With a much-improved design, the inconceivable 60- to 80-foot wall once proposed may end up being a fraction of that height. Adverse impacts from the project to Riverside Cemetery remain a concern, and the Montford Neighborhood Association continues as a consulting party for the Section 106 mitigations to address the impacts. As of today, there is no update from the NCDOT or the State Historic Preservation Office as to when the previously scheduled public meeting will be rescheduled.

Lynn Raker, Forever Montford Committee

WELCOME PACKET

Randy Hall

Forever Montford, a committee of the Montford Neighborhood Association (MNA) has created a Welcome Packet for new Montford residents. The packet contains information such as a brief history of Montford, a list of MNA board members along with contact information, Montford listserv, Montford newsletter, neighborhood parks, events (due to ongoing COVID-19 concerns, be sure to confirm event dates/times), restaurants, maps, volunteer opportunities and much more. Packets are being delivered by MNA board and Forever Montford committee members upon learning of new residents. Recipients of the Welcome Packet have shown great appreciation with one neighboring writing, "Looks like we lucked out in the neighbor and neighborhood department! I appreciate the history and local information. Well done, and thank you for your thoughtfulness."



If you are new to Montford or know of a new resident, please contact one of the below, and we will coordinate delivery of a Welcome Packet.

Randy Hall: cpabanker@yahoo.com

Leslie Humphrey: leslie@squarepeginc.net

Sherree Lucas: sherree.l.lucas@gmail.com

Lynn Raker: lynn.raker@gmail.com

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Join the Montford listserv.

The Montford listserv is a neighborhood discussion list. This is a place where you can exchange news about the neighborhood. Visit Montford.org to learn more.

67 Furman Avenue




JUST LISTED! \$585,000

This large 2230 Sq Ft home has 3 bedrooms and 2 & 1/2 baths. It is one-story with off-street parking and easy wheelchair access in the rear.

This lovely home has been fully renovated featuring new sheetrock, insulation, HVAC, roof, windows, flooring, electrical, and plumbing.

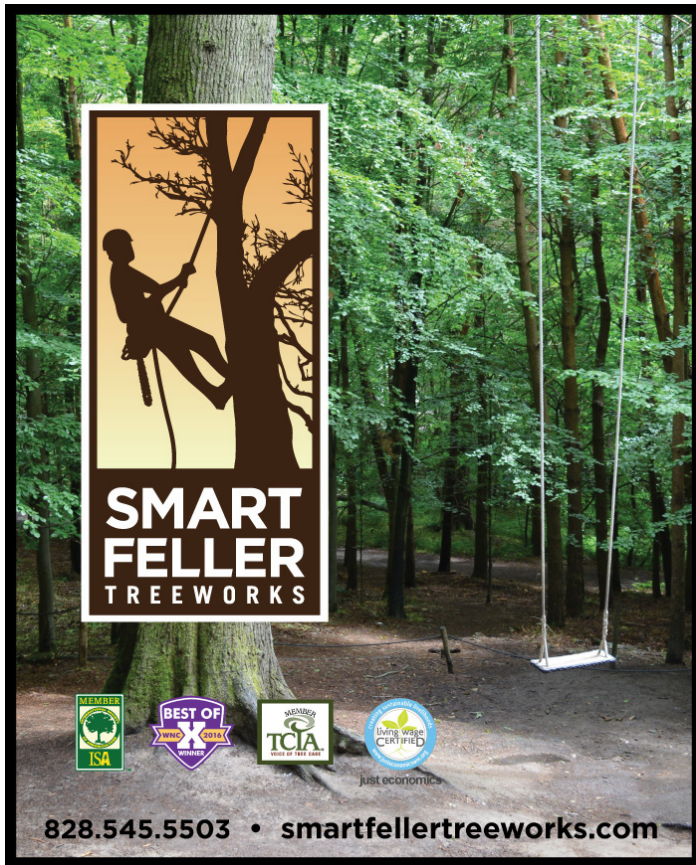
The open floor plan features nine-foot ceilings, custom kitchen with stainless steel and solid surface countertops, and new custom tile bathrooms. Close to everything, it is just blocks from Downtown, Harris Teeter, Trader Joes, restaurants, a bakery, a butcher, and coffee shops.

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Having been cooped up inside and binge-watching way too much television, I found a new series on Public Television with various chefs called “Dishing with Julia”, promoting their favorite old Cooking shows with Julia Child. This brought to mind my time spent with Julia in Paris, France. Here is another one of my tales that I thought you would enjoy.

Jerry Conner, Westover Drive

A Paris Tale with Julia

Growing up, one of my passions was cooking; with self-studying and practicing from an early age to my twenties, it was that drive that helped develop those extraordinary skills. I decided to forgo the fashion industry business and living in New York to follow through with my dreams of honing my culinary knowledge to one day open my own restaurant. So, I moved to Paris in 1975 and through my many contacts, managed to study under a number of chefs as well as apprentice under the former Chef de Cuisine of the original S.S. France. It was quite a thrill to elevate my knowledge and fine-tune it to meet traditional French cuisine standards. I was able to move quickly up the ladder in the kitchens ahead of most novices because of that knowledge and talent.

During this time, I met a number of influential people in the world of food and wine and was invited to help out at a new professional cooking school that had just opened called LaVarenne. It was backed by Julia Child and James Beard and operated by Anne Willan. What made this school so different was it took the traditional French methods of cooking and modernized them incorporating new inventions like the food processor replacing the mortar and pestle and other tools. It quickly became a hit mainly because they taught in both French and English. The Cordon Bleu (known to most Americans at the time as the premier cooking school) still taught with traditional methods and all in French. I attended there as well, but that is another story.



Julia would come over from time to time and conduct some of the classes at LaVarenne. It was during one of her visits that I was introduced to her and we immediately hit it off. After that, I began assisting her during those visits. I squeezed this in between my studies and work in other restaurants. She was just the same as on those TV cooking sessions and yet in person; a very strikingly tall commanding presence with a shrill voice. She bubbled over with laughter all the time and of course had the “never empty glass of wine.” Julia’s line in teaching was to always “use the best wine for cooking” because this (she would pour a small amount of wine into the dish) is for the cooking and this is for the chef (finishing off the bottle).

One of my favorite recollections and stories about Julia took place one year in the fall during one of her visits. She was conducting a class; when the Q&A period progressed to a question of cooking a turkey and knowing when it was done. Julia proceeded to explain how you washed and dried the turkey, which she held up as though an animated cartoon character, flapping its wings as she patted it dry. She then proceeded to stuff the turkey. (This was in the days that we didn’t concern ourselves with cross- contamination and the stuffing went into the turkey.) Now came the secret. With an expressionless face and high pitch voice, she went on to explain that after you finished stuffing the turkey, you covered the remaining part of the cavity with popcorn. Everyone in the room looked up in amazement and quickly wrote that down in their notes. Julia sauntered around to the front of the demonstration table and looked everyone straight in the eye and blurted out, “When the popcorn pops and blows out the ass, you know the turkey is done!” It took the ladies a few minutes to figure out that this was all in jest and then together with Julia they all started laughing. It was priceless. I just stood in back of her, all the while trying to keep my composure and not burst out laughing during her presentation.

(In case you wonder why the popcorn idea doesn't work, is simple. To make a kernel of corn pop, the outside has to be exposed to extremely high heat -such as hot oil or over a fire- which then causes the moisture inside the kernel to pop and explode.) She had so many quips like this and it made working with her so enjoyable.

Years later, I was riding with friends on our way to a monthly group dinner when over the radio on NPR it was announced that Julia Child had died. Being NPR, of course, they dug up old conversations and interviews with Julia and one, in particular, was with Terry Gross regarding Julia's radio interview in the 70's that tore apart a chef in Paris. When they explained what was about to be aired, I shouted out "I was there!" I couldn't believe that here I was reliving a past adventure in Paris with Julia.

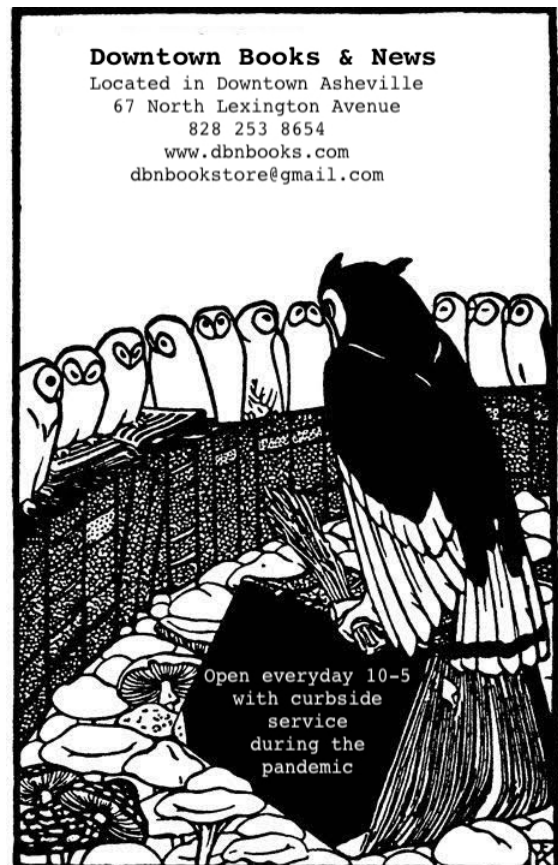
An up and coming chef in Paris had just made the finishing touches on his restaurant and sent out invitations to the opening night. Julia received one and asked me if I would like to accompany her and a few others for dinner. When we reached the restaurant, it was very crowded; however, our table was prominently placed in the room and we took our seats. Wanting to experience as much as possible, we each ordered something different. For some reason, the liquor license had not arrived yet, so they were serving wine (complimentary) which at least was a very good one. Then the waiters took our order and disappeared. Dining in a special restaurant in Paris back then, was not something to be rushed; yet after almost 45 minutes from our starter, we had still not been served. Julia was becoming agitated as the time continued to lapse. Me, I kept my cool, after all, I was invited and not paying. Julia finally began flapping her arms and motioned to the maître d' asking for the chef. Still, no one appeared. It seemed that the chef was nowhere to be found and this was his opening night. Of course, everything that could go wrong did. It was like the proverbial "train wreck". We all finally got up and left.

The next day, Julia was still livid at the evening's disaster and proceeded to huff around the kitchen and class expressing her displeasure. That afternoon, from

a previous commitment, Julia was to appear on a radio program. The presenter heard about the restaurant debacle and during the interview asked Julia to elaborate on her experience. That was all she needed and she went off on the chef, the restaurant, and basically tore him to shreds. In later years, she would say it was one of the worst experiences of her culinary days and how so many budding chefs would give anything to be in that position of "an opening night as an owner."

This was the story Julia told Terry Gross, that was captured on tape for NPR and rebroadcast the day of her death. She was inspirational and enlightening for all budding cooks and chefs. My take from Julia was to translate traditional French cuisine and training into dishes with flair and taste while not making them unobtainable or unaffordable to the average diner, much like her old TV series. When I opened my first restaurant in Charlotte, I combined both my training and Julia's inspiration.

Now, I was that chef who was able to create an "opening night" with my restaurant, The 7th Street Coach House.





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How to Contact the Asheville Police Department



- For emergencies, call 911.
- For nonemergencies and to report suspicious activity, call 252-1110.
- For the Crime Prevention Division, call 259-5834.
- For Police Dispatch, call 259-5888.
- **Sarah Baker is our new Community Resource Officer. Contact her at sbaker@ashevillenc.gov**




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THE WAY TO USE VAPORUB FOR SPANISH INFLUENZA

The Influenza Germs Attack the Lining of the Air Passages. When VapoRub is Applied Over Throat and Chest, the Medicated Vapors Inhaled Loosen the Phlegm, Open the Air Passages and Stimulate the Mucous Membrane to Throw Off the Germs.

Most authorities now agree that what we call Spanish Influenza is simply the old-fashioned grip, which was epidemic here in 1889-90. The influenza germs enter through the nose and mouth and attack the lining of the air passages—nose, throat and bronchial tubes.

There is no cure or specific for this disease, but Nature will throw off the attack, if only you conserve your strength. A competent physician should always be called. The use of VapoRub does not interfere with any internal treatment and it is now being used by broadminded physicians everywhere, in order to stimulate the lining of the air passages to throw off the grip germs, to aid in loosening the phlegm and keeping the air passages open, thus making the breathing easier. Hot, wet towels should be applied over the throat, chest and back between the shoulder blades to open the pores. Then VapoRub should be rubbed in over the parts until the skin is red, spread on thickly and covered with two thicknesses of hot flannel cloths. Leave the clothing loose around the neck, as the heat of the body liberates the ingredients in the form of vapors. These vapors, inhaled with each breath, carry the medication directly to the parts affected. At the same time, VapoRub is absorbed through and stimulates the skin, attracting the blood to the surface, and thus aids in relieving the congestion within.

HOW TO AVOID THE DISEASE.

Evidence seems to prove that Spanish Influenza is a germ disease, spread principally by human contact, chiefly through cough-

ing, sneezing or spitting. So avoid persons having colds—which means avoiding crowds—common drinking cups, roller towels, etc. Keep up your bodily strength by plenty of exercise in the open air, and good food.

KEEP FREE FROM COLDS.

Above all, avoid colds, as colds irritate the lining of the air passages and render them much better breeding places for the germs.

Use Vick's VapoRub at the very first sign of a cold. For a head cold, melt a little VapoRub in a spoon and inhale the vapors, or better still, use VapoRub in a benzoin steam kettle. If this is not available, use an ordinary tea-kettle. Fill half-full of boiling water, put in half a teaspoon of VapoRub from time to time—keep the kettle just slowly boiling and inhale the steam arising.

NOTE—Vick's VapoRub is the discovery of a North Carolina druggist, who found how to combine, in salve form, Menthol and Camphor with such volatile oils as Eucalyptus, Thyme, Cubebs, etc., so that when the salve is applied to the body heat, these ingredients are liberated in the form of vapors. VapoRub can be had in three sizes—30c, 60c, \$1.20—at all druggists. While comparatively new in certain parts of the North, it is the standard home remedy in the South and West for all forms of cold troubles—over six million jars were sold last year. VapoRub is particularly recommended for children's croup or colds, as it is externally applied and can, therefore, be used freely and often—without the slightest harmful effects.—Adv

Vicks® VapoRub and the Spanish Flu



During the devastating Spanish Flu newspapers and other publications were filled with home remedies and treatments, advertised to either cure or relived symptoms of the deadly virus.

The Asheville Citizens was no exception.

One product advertised in the newspaper was Vicks VapoRub—a topical ointment made of ingredients including camphor, eucalyptus oil, and menthol that you rub on your throat and chest.

During the 1890's Lunsford Richardson, a pharmacist in **Greensboro, North Carolina**, created and sold 21 home remedies under the "Vicks" name. The best-selling version by far was the Vicks Croup and Pneumonia Salve, later becoming VapoRub.

When the Spanish flu hit the U.S. from 1918 to 1919, Vicks VapoRub sales skyrocketed from \$900,000 to \$2.9 million in just one year. Sales increased so dramatically that the Vicks plant operated day and night to keep up with orders.

Source <https://vicks.com/en-us/vicks-history>

The Asheville Citizen - October 23, 1918

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Green Corner Mitch Russell



You probably have heard about residents in the Indian state of Punjab being able to see the Himalayas for the first time in several years. Another one that you may have heard about or seen is the lack of cars in LA or NYC. Our planet is enjoying this respite from our nonstop Now is the perfect time to make some Earth-friendly changes to our lives. Here are a few ideas:

Think about becoming a vegetarian since more meat processing plants are shutting down due to coronavirus.

Grow your own vegetables since we all have, well many of us, extra time on our hands these days.

Keep your car parked for a few days and ride your bike or walk to work, the grocery store, or other places.

Rather than ordering toilet paper from Amazon check the Tunnel Rd Ingle's, Staples, or Merrimon Ace.

We'll get through this and hopefully in the process help out the planet.

