

MONTFORD

VOL.9 No.3 THE NEWSLETTER OF ASHEVILLE'S MOST HISTORIC NEIGHBORHOOD MARCH, 2004

MONTFORD ARTS FEST: SUNDAY, MARCH 21, 11:00 - 6:00

Don't miss the fun! Montford musicians will be at Pyper's Place 233 Montford Avenue. Artists will be at the Montford Arts Center, 235 Montford Avenue. Come join the celebration!

Hear these Montford musicians and more:

Irene Pyper-Scott
Peggy Seeger
Ira Bernstein with Riley Baugus
Polecat Creek
Vollie McKenzie
The Mad Tea Party
Jeff Japp
J.P. Delanoy
The Chinese Dragon Dancers

DeWayne Barton
Paul Moore and Cailin Campbell
Loafers Glory Clog Morris
Ben Scales
Joe Mohar
River Guerguerian
Kristin and Keturah
Greg Terkelsen

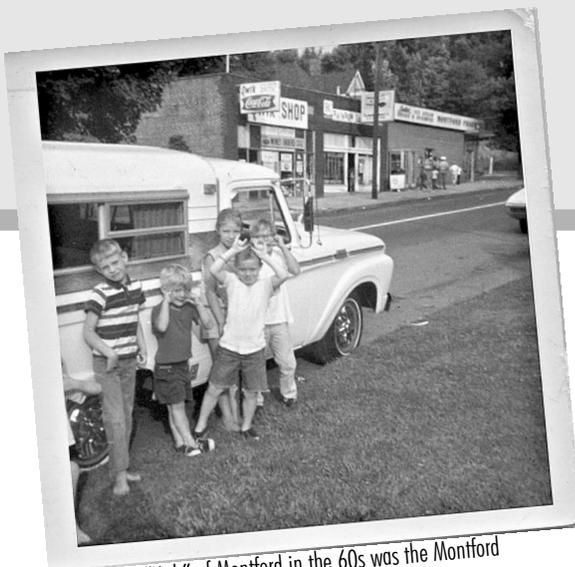
Meet or greet many of these artists:

Katrina Bass
Trace Bates
Donna Brown
Zack Brownlee
Mary Jo Brezney
Eli Corben
Rudy Dukovich
Jesse Fahrer
Dan Fredericks
Taylor Gibson

Dana Irwin
Boyo McCaskill
Parrish Rhodes
Joan Richards
Stuart Roper
Aisha Von Seldenack
Janice Mead
Lesley Anna Mullen
Terri Owen
Colleen Webster

Buy raffle tickets starting March 10 and win great prizes to benefit the restoration of Montford Park. Prizes include CDs, artwork and more.

For more information and to donate raffle prizes contact Sharon at 777-1014 or stop by the Montford Arts Center at 235 Montford Ave.



The "Hub" of Montford in the 60s was the Montford Pharmacy, the Rainbow Laundrymat and the Quick Shop—photo courtesy The Willinghams.

Schedules will be posted at Pypers and the Montford Arts Center March 14. Watch for flyers!

Calendar:

March 8: Community meeting. 7:00 p.m. at the Montford Recreation Center, 32 Pearson Avenue.

March 21: Montford Arts Fest

April 11: Easter Egg Hunt in Montford Park.

May 22: Montford Garden Tour

June: Community Yard Sale

August 16: Community Day at the Recreation Center

October 16: Tour of Homes

Next Issue!

CHINESE MEDICINE

NON PROFIT EVENTS

KIDS CORNER

POLICE UPDATE



Visit
Montford's
website!

www.montford.org

HISTORIC RESOURCE COMMISSION Application Deadline is:

March 23rd at 5pm for the April 14th meeting

April 20th at 5pm for the May 12th meeting

HRC meets 2nd Wednesday each month, 1st Floor, North Conference Room in the Asheville City Building

Contact Stacy Merten 259-5836

<http://www.ci.asheville.nc.us/planning/boards.htm>

Flynn Home Plans to Move

Flynn Christian Fellowship Homes (Flynn Homes) of 182 Cumberland Avenue has applied for a Conditional Use Permit from the City of Asheville to construct a new facility. Flynn Homes currently has a contract to purchase 3.8 acres between Courtland Avenue and Houston Street. Our intent is to develop the property for expansion of our current facility. We have a high demand for transitional housing facilities (we always have a waiting list) and we are hoping to house 24 residents. Many substance abusers leave inpatient treatment only to wind up back on the streets. With the additional beds we hope to contribute our part to reducing the number of homeless citizens in Asheville. Our plan includes construction of three residential buildings and a community garden.

Flynn Homes has been in operation as a non-profit transitional housing facility in the Montford neighborhood since 1962. We house formerly homeless recovering substance abusers for up to two years who have completed an inpatient treatment program and are willing to adhere to our rules and regulations. Our reputation in the neighborhood, as well as in the community at large, is impeccable. Residents are in charge of landscaping and lawn maintenance of our existing facility and have a vested interest in maintaining an attractive residence. Residents and staff participated in the Reed Creek cleanup and are proud of being part of a beautiful neighborhood.

Currently Flynn Homes houses up to sixteen residents. We have four staff members, three of whom live on the property. There is a staff member on the premises at all times to supervise resident activities. Our residents are required to work a full time job or provide community service if they are disabled. We have a 10:30 pm curfew Sunday through Thursday and 11:30 pm Friday and Saturday. Drugs and alcohol are not allowed on our property under any circumstances.

My hope is that our proposed new facility will be a positive addition to the neighborhood. If you have any questions or would like a tour of our existing facility, please feel free to contact Laurie Tollman at (828) 252-9009.



Psychotherapy for Couples and Families



Bill Frost
MA, LPC
In the Montford Area

Family Therapy & Parenting Issues
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Depression, Anxiety, Loss

Infants, Toddlers, School Age, Adolescents
Developmental Concerns, Power Struggles
Loss, Trauma & Divorce
Behavior & Adjustment Issues

Anna Frost
MA, MA, LPC
828-257-2759 *sliding fee available*

REVISED NEWSLETTER AD RATES

The newsletter ad rates below will be effective beginning with the December 2003 issue:

SIZE	RATE	DISCOUNT
Classified	\$10	No discount
Business Card	\$30	No discount
1/4 Page	\$50	No discount
1/2 Page	\$100	One (1) free month if pre-pay 12 mos.
Full Page	\$200	One (1) free month if pre-pay 12 mos.
Insert	\$250	One (1) free month if pre-pay 12 mos.

NOTES:
 Contact Nedra Wilson at 236-9791 to place an ad.
 Layout and ad creation are available by contacting Dana at dana@larkbooks.com or call 253-7357.
 Invoice Questions: Contact Jason Wells at 215-2662
 Please help us with budgeting, saving paper & reducing postage costs by prepaying several months of advertising. Contact Nedra Wilson about advertising.

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Are You Listening?

By Amber Vachon, of Bodyworks

Do you suffer from headaches, fatigue, problems sleeping, sinus discomfort, allergies, irritability, joint pain, or digestive disorders? If so, your body is trying to tell you something. Are you listening?

Everyone experiences stress. No one is immune, because stress is a necessary component of life. But you don't have to let it overpower you. You can learn to manage your response to stress. By gaining more control over your body's automatic reactions to anxiety-producing situations, you can reduce the negative effects of the stress in your life.

Your body reacts to situations you find threatening. Its emergency stress response readies you for "fight or flight" by causing certain physiological changes to take place: extra adrenaline is produced, the heart beats faster and more blood flows into your larger muscles, breathing shallows, perspiration occurs, blood flow to extremities and internal organs is decreased, and immune and digestive system function is inhibited.

Frequent or unrelenting stress can damage your body, ultimately leading to discomfort or pain. It's a contributing factor in most disease processes. For example, the negative effects of stress can manifest themselves as high blood pressure, changes in blood sugar, ulcers, headaches, hypertension, colitis, and heart disease.

The remedy for stress is the relaxation response. During the relaxation response, your endocrine and nervous systems activate changes to slow your heart rate, improve your circulation and digestion, and relax your muscles, directly counteracting the stress response.

Many activities can trigger the relaxation response. These include exercise, deep breathing, meditation, or listening to soothing music. One of the best methods to combat stress is therapeutic massage.

Massage can dramatically reverse the damaging physiological effects of stress by helping to lower your heart rate and blood pressure, improve your circulation, raise your skin temperature, heighten your sense of well-being, and cause your anxiety level to drop. During a massage, your tight muscles relax and the pain associated with chronic tension is relieved. Increased circulation will supply more oxygen and nutrients to your muscles and help rid them of metabolic waste. Blocked, deadened areas are then able to respond to sensory input again. Massage stimulates release of endorphins, the body's own natural pain killers. Therapeutic massage also stimulates weak, inactive muscles and can hasten a more complete recovery from exercise or injury.

A program of regular massage will put you in touch with your body, teaching you to monitor its signals and needs so you'll know when you should take time out from the things that worry you. In this way, you can avoid the damaging effects of chronic stress and gain some control over your sense of well-being.

For more information contact Amber Vachon, (828) 215-4280 at Bodyworks, Etc. 438 Montford Ave.

Body Works, Etc.

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Focusing on the clinical aspect of massage.



Amber Vachon, LMBT #3406
(828) 215-4280

Paul Vachon, LMBT #3609
(828) 215-2685

438 Montford Ave.
Asheville, NC

Treating Children with Chinese Medicine

Chinese Medicine isn't just for adults. Pediatric care is one of our main areas of expertise here at the Chinese Acupuncture Clinic. Working with children is a joy for us, not only because kids are so cute, but because they respond so quickly and positively to treatment. It's very satisfying for us as alternative health care practitioners to be able to prevent a child from having to go on antibiotics or other commonly prescribed (often overly prescribed) medications.

We treat a wide range of ailments in children, from common colds, flu, and ear infections to attention deficit disorder and autism. With children, treatment can begin in infancy (which is actually a great time to start because early exposure helps a child feel comfortable with the needling and become accustomed to the bitter flavor of the herbs).

Typically children are treated on an "as needed" basis, coming in for acute concerns. Children with chronic or recurrent conditions, however, need to be treated regularly, i.e. weekly or monthly.

A typical visit to the clinic for kids would be as follows. First there's the Kid's Waiting Room filled with cushions, books, and toys, and often other children to play with. Then parent and child are brought back to a treatment room (usually the Kid's Room, with a Mickey and Minnie mouse theme) to meet with one of the practitioners. We discuss any concerns with the parent and child, look at the child's tongue, and feel his/her pulse. If needed, we will look into the ears with an otoscope, listen to lung sounds with a stethoscope, or take the child's temperature. We then diagnose and treat the child accordingly.

Some children fuss and cry during treatment while other children are comfortable and even enjoy the experience. And all children get a "prize" of a sticker or colorful stone whenever they receive acupuncture. Usually even the kids who cried leave with a smile.

Herbal medicine is a crucial aspect of the treatment. Children typically receive herbs in liquid tincture form because it is easy to swallow. Though the flavor is quite strong, parents can usually make it more palatable by putting it in juice. Herbs are taken at home usually about three times a day until they are no longer needed.

Dietary changes are also a very important aspect of our treatment. If a child is sick, we discourage the intake of sugar and sweets. We also try and give guidelines for a healthier diet overall, even when the child is not sick. If you have any questions about treating your child with Chinese medicine, please feel free to call the clinic at 258-9016.

Important Web Sites

Want to know what is going on in our community? Check out these websites. Each can help you connect up with what is occurring (or what you want to occur) in our community.

- www.main.nc.us—Mountain Area Information Network
- www.citizen-times.com—Asheville Citizen-Times
- www.mountainx.com—Mountain Xpress
- www.ci.asheville.nc.us/index.htm—City of Asheville
- www.buncombecounty.org—Buncombe County
- www.ncgov.com—North Carolina government
- www.landofsky.org—Land of Sky Regional Council
- www.abvision.org—Asheville-Buncombe VISION, Inc.
- www.unitedwayabc.org—United Way of Asheville & Bun. Co.

Second Annual Birdhouse Auction

Come out for an evening of fun and support a good cause at the same time! The Bountiful Cities Project and Dirt/Sky People Gallery are holding their annual live auction of birdhouses Saturday, April 3, at 7 pm at 51 N. Lexington Ave. Birdhouses will be available for preview at Dirt/Sky People Gallery on April 2 and 3 from 11 to 6 pm. The festivities start at 5:30 pm with refreshments, and the live auction starts at 7 pm sharp.

Come and learn about what your local community garden group has to offer. We'll have lots of info available about how you can get involved. In the past we've had everything from art deco creations to cedar wren houses; many of the birdhouses will be fully functional but some will just be purely decorative. There are great prizes for the three best birdhouses, including a summer long supply of fresh flowers from a local organic farm and lots of great gift certificates from local merchants, movie houses, etc. We are still looking for donations, so if you're hit by the creative bug, we'd love to see what you can dream up.

Birdhouse donations for the auction can be dropped off by March 20th at Dirt/Sky People Gallery. All proceeds benefit The Bountiful Cities Project (a 501C3 not-for-profit organization). Money raised will go specifically towards the purchase of the community garden in Montford at the end of Pearson Drive.

Police Update

Numerous arrests have been made for the recent home invasions, vehicle break-ins, and home breaking and entering. If you have concerns or information call Michael at 255-5293.

Thanks!

Thanks to Merissa Gail for updating the Montford Website—Check it out!

Matt Danford has stepped down as President of the Montford Neighborhood Association due to his new business venture, the Weaverville Pizza and Brew. We need someone to replace him on the board. Let us know if you are interested: Contact Sharon Fahrer at 777-1014.

Greetings from Hospice

By Jane Curran, chaplain supervisor at Mountain. Area Hospice

We're your neighbors. We are currently housed in one of the old Highland Hospital buildings on Zillicoa St. From here our home care teams offer hospice services of nursing, counseling, and general support to patients with life-threatening illnesses and their families. Each year we go to the homes of over a thousand people all over Asheville and Buncombe County. Over the years we have gone to many homes in Montford where people are in need of some help to care for a loved one.

In our location on Zillicoa, we have eighteen beds, mostly in private rooms, for hospice patients who, for a variety of reasons, can no longer stay at home and need a safe and comfortable place for care. We call these beds "Solace."

Our patients in Solace love the huge old trees of the neighborhood. They love the squirrels and the feeling of gracious buildings all around. They enjoy going outside and being connected to the real world after feeling stuck in bed often for a long time. We're your neighbors. We've loved being part of Montford with its old beauty and new resurgence.

Hospice cares for people who are living with a terminal diagnosis. Our goal is to give patients as many choices about their care and symptom control as is humanly possible, for hospice is a very humane style of care. The patient is the center of every action. The family and friends are as involved as they wish to be in the care and hope for the patient.

Our goal is for a patient's life closure to be self-determined and as gentle as possible. We trust the natural process. Our philosophy is to neither hasten nor delay death. We only want to help in any way we can through our team of medical and social/spiritual workers, and committed volunteers.

We love the Montford community and have enjoyed this wonderful neighborhood. We will be moving next year to a new facility with twenty-seven beds behind Thom's Rehabilitation Hospital on Sweeten Creek. Wherever we are, our goal is to serve the people of Montford, Asheville, and the county wherever the need arises.

Neighbors in the News:

Welcome to one of our newest neighbors: Leonardo Frederick Reed Petrone Little Leo was born on Jan. 30th at 8:10 a.m. to proud parents Rhonda Reed and Eleanor Petrone.

Condolences to Tom and Joey Outlaw and their family on the loss of Tom's father.

Congratulations to the Montford residents competing weekly in the Quizzo game at Jack of the Wood. On February 16th the first through third place teams were composed of primarily Montford residents. Quizzo happens at 8 p.m. every Monday at the pub on Patton Ave.

Greenway Clean-up Day

Saturday, March 6, from 9-12 along the French Broad from the Leathers Playground to the Edaco property.

Volunteers are needed to build the playground at Azalea Park April 26-May 2.

We need both skilled and unskilled volunteers for construction, plus volunteers to manage food and drink for the labor force, assist with child care, and other tasks. We can use anyone! For more information contact Jack Saye at killeen98_2000@yahoo.com

YWCA of Asheville Calendar Listings

March 2004

Silent Art Auction

The YWCA Support Our Students (S.O.S.) Program will hold its annual Art Auction on Friday, March 5, from 7 pm until 10 pm at La Paz. The auction will feature works by local artists and by S.O.S. participants. For more information, contact Laura Williams at 254-7206 x 203.

Learn to swim at the YWCA!

A new session of Red Cross Swim Lessons for all ages and levels begins on March 8.

Mobile Mammography

The Mobile Mammography Van will be at the YWCA on Monday, March 8, from 9 to 3 pm. To make an appointment, contact Jo Hall at 254-7206 x 114 by March 1.

Tribute to Women and Industry

The 13th Annual YWCA Tribute to Women and Industry Awards Banquet will be held on Thursday, March 25, at 6 pm. Tickets are \$40. For more information, contact Ami Worthen at 254-7206 x 207 or visit www.ywcaofasheville.org.

Bring in this ad for a **FREE** visit to the **Club W, the YWCA Health & Fitness Center**

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ASHEVILLE





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We are proud to be a major part of the
Montford Arts Festival

March 21st, 2004
11 a.m.—6 p.m.

Hosting many of Montford's talented, unusual and professional musicians in an all-day musical extravaganza!

We will post music schedule March 14th

Come into Pyper's cozy and romantic ambience and enjoy our fine wines and European cuisine made with fresh and predominantly organic ingredients. Sit by our cozy wood fire with a chilled bottle of Alfred Gratien Brut Classique and listen to some of Asheville's finest....

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Sundays: 10 a.m.—3 p.m.



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Quality Forward's 30TH Anniversary: Great Asheville-Buncombe County Cleanup

Help Quality Forward celebrate their 30th Birthday and the kickoff of the Great Asheville-Buncombe Cleanup by cleaning up your own corner of Buncombe County! Join us at the Bojangles on Merrimon Avenue at 9 am on April 17 where Quality Forward volunteers will equip you with bags, gloves, and safety vests and point you towards a section in North Asheville in need of some spring cleaning. Quality Forward is the local affiliate of Keep America Beautiful and has been working for a clean and green Buncombe County since 1974. For more information, please contact Leslie Huntley at 254-1776. www.qualityforward.org

Asheville's Arbor Day Will Celebrate Earth Day in Montford Park

This year Arbor Day will be celebrated in Montford Park at 4 pm on April 23. Besides the usual tree planting (in memory of long-time Montford resident and QF volunteer Jeff Kelly), the Tree City USA (our 23rd!) Award will be presented to the City. The 2004 Treasured Trees will be announced and a general good time will be had by all - a neighborhood party follows! The event will be a homecoming for everyone around Asheville who grew up playing in the park.

Montford Park was chosen for this year's Arbor Day because of the neighbors' and Asheville Parks and Recreation's intent to restore the park to its former glory.

There have been hundreds of bulbs planted and a plan is being drawn for rehab of this glorious, shaded old park

Smith-McDowell House Museum Events:

"Dressing the Victorian Lady," At 2:00 p.m. on Wednesday, March 17, a tea with special guest Jessamyn Reeves-Brown, an expert in historic costumes Reeves-Brown will present a program and costume display on a timely topic for Women's History Month. The program will explore many aspects of Victorian clothing, answering questions such as how many layers of undecorated did the Victorian lady really wear? Did corsets really deform women's bodies? And, how did they sit with those bustles and hoop skirts? **Victorian Easter Celebration** March 26 through April 18, 2004. For the Victorians, Easter officially welcomed springtime. Old-fashioned Easter bunnies and chicks, Easter baskets, spring flowers, hand-decorated Easter eggs, and period-inspired decorations will create the authentic feel of a Victorian Easter celebration throughout the circa 1840 Smith-McDowell House. In addition, antique Easter items will be on display.

The History of the Jews of Western North Carolina talk by Jan Schochet and Sharon Fahrer has been rescheduled for March 11 at 7:00 at Smith-McDowell House Museum 283 Victoria Road. For additional information, call the Museum at 828-253-9231 or visit www.wnchistory.org.

Saturday, March 29, 2004, **Park Day 2004**, a Civil War historic preservation event for volunteers. Volunteers will participate in various activities, including a grounds clean up, archaeological work, and light building maintenance. Park Day will begin with a workday at 9:00 a.m., followed by the program at 1:00 p.m. relating to the Civil War in Western North Carolina. All ages and groups are welcome. To participate, contact 828-253-9231 or smh@wnchistory.org.

2004 Griffin Awards Are Coming Up—Preservation Society Needs Your Help!

Each year, the Preservation Society of Asheville and Buncombe County presents the Griffin Award to outstanding projects and individuals that further the goals of historic preservation. The award can be given for a house or commercial rehabilitation, a book, or to anyone who has been significantly involved in historic preservation. If you are aware of a deserving person or project, please nominate them! It's OK to nominate yourself! Nomination forms may be picked up at the Montford Arts Center at 235 Montford Ave., 11-6 on Tue-Fri, and 11-5 on Sat., or call the PSABC office at 254-2343. The awards ceremony will be held during Preservation Week (May 3-9) at a time and place to be announced.

Poet's Corner:

My name is DeWayne Barton and I am a poet, drummer, and visual artist. I also work as a youth counselor at Swannanoa Youth Development Center. During the summers of 2001 & 2002 I have worked with the youth at Montford Community Center through the Asheville Parks & Recreation Cultural Renaissance Program. For more information, please call 828.252.5603

In Unity We Trust — By Dewayne Barton

*Justice for All.
Surrender fears, but sedation of fears is only temporary.
Green, brown, and blue eyes
Stereotypes: foreign language, skin color, accents
A God of several names and methods of worship
Bloody past, misunderstandings, disappointments,
Why hold hate?
Forgive
Without forgiveness there is no truth.
Listen
Hear the world scream with passion.
Birds choir, raindrop drumbeats, and mountain streams
Children's laughter
The sound of love-two mouths kiss*

*Feel the soft wind on sunny days
The chill of winter night air
Now picture this: people in colors working together
Know that peace with love us unity;
Not a dream or thought, but pure action.
So, give up pride-saying I'm better.
Sacrifice doubt on the altar of faith.
When darkness appears, transform it to light.
I am peace through love and unity.
Begin with self-
Good-morning to me, then smile.
Then to the companion, kids, grandma, grandpa--end with a tight hug.
You know life is a blessing, so share.
Walk outside
Say hello to your neighbor.*

*When the community is in need, rush to give aide.
In public, hold the door, speak to a stranger, smile.
You are love through peace and unity
Don't let anyone or anything,
Not even a glass and plastic talking box,
Manipulate your thoughts.
Escape from its negative glare, its insatiable demand-fear this, buy this.
Man, woman and child will mix as one Earth family.
How?
By believing we are love through peace and unity.
Not war.
People Unite! In unity we trust.*

Do you have a poem to share with the Montford Community? Send it to fahrer@charter.net or drop it off at the Montford Arts Center.

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HRC March 10, 2004 Agenda for Montford

- | | |
|--|--|
| 227 Cumberland Ave.—Final review to replace existing sign with larger sign | 25 Houston St.—Final review for new single-family structure with accessory apartment |
| 41 Pearson Dr.—Final review to enclose rear porch | 27 Houston St.—Final review for new single-family structure with accessory apartment |
| 33 Short St.—Final review to replace all windows and add two storm doors | 37 Montford Ave.—Final review for new mixed-use structure |
| 40 Watauga St.—Final review for new single-family structure | 76 Starnes Ave.—Final review for construction of two new accessory structures |

LESLIE E. STEVENS
Attorney at Law

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Facsimile (828) 281-3432



Wills, Trusts
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Letter to the Editor

We recently learned about the proposed group home development of residential and office buildings on Courtland Avenue in the City of Asheville. We own property on Houston which is just one street from Courtland and would like to pass on to you what we have observed which makes this proposal for this location unreasonable.

The area of Courtland/Houston has beautiful charming bungalows and mature trees but very narrow streets. There does not appear to be enough space for residential and office buildings and the changes to the neighborhood this level of development will bring. Locating high density housing will cause property values to decline with the added stress of more traffic, more people, and more emergency & delivery vehicles, making it less safe for children, pets, and adults and thus destroying the ambiance of one of Asheville's lovely old neighborhoods. Should at some future date these buildings be vacated, we have concerns that another use at a later date could cause even further erosion of property values. Why would building an

office and group home be allowed in a residential neighborhood destroying the beautiful look that now exists? Aren't zoning laws to keep neighborhoods safe and protect from commercial development? A complex such as this belongs in a non residential area where it will not look out of place.

The increase in density will strain the old and very narrow streets where there is not enough off street parking at present in the Courtland/Houston area. These two streets join creating a circle. The building of offices and multi-family dwelling means more automobiles; emergency & delivery vehicles would not only use Courtland but Houston as well. Perhaps the people proposing this venture should turn onto Houston from Courtland realizing after one passes the dangerous curve with parking allowed on one side reducing it to one lane and no visibility prayers of thanks are said when no one comes speeding up the hill which would result in a head on collision. The intersection of Courtland and Pearson is also very dangerous with a limited visibility intersection which an

increase in traffic, emergency, and delivery vehicles will automatically and instantly make worse and even more dangerous.

Noticing what happens when the school bus drops the children off from school and they flood the streets to walk home since there are no sidewalks in the area for children and adults would put them at a greater risk. The safety of the children is reason enough to not approve the Conditional Use Permit for said property on February 16, 2004.

We think the area should be preserved and kept residential and another location more suitable with more space be found for the facility. No one will gain by crowding a large facility into a small neighborhood which will add congestion, lower property values, and put the residents at risk.

Sincerely,
Madge and Roger Eggena
97 Houston St.
704-873-3361

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MONTFORD is published monthly by the Montford Neighborhood Association at 235 Montford Avenue for the residents of Asheville's most historic neighborhood. The newsletter is distributed by volunteers and additional copies are available at the Resource Center.
 Staff: Editors: Sharon Fahrner, Design/layout: Dana Irwin and Ross Terry, Delivery: Alida Woods, Dave Danley, Jim Kumpe and many neighbors
 Editorial Assistance: Jim and Roxanne Semon, Donna Brown, Advertising: Nedra Wilson
 Send articles to: fahrner@charter.net—Montford Resource Center telephone: 828-253-0982 or 777-1014

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