

MONTFORD

THE NEWSLETTER OF ASHEVILLE'S MOST HISTORIC NEIGHBORHOOD
Vol. 17 No. 6 JUNE/JULY '12

Montford's Greenway Fundraising Reaches Initial Goal

RiverLink Adds More Good News

Ron Phillips, Fundraising Coordinator

I am very pleased to announce that just as this issue of the newsletter was going to press, we officially met the initial goal of \$6,000 in individual pledges from residents and businesses from Montford and surrounding areas.



This means that we will now be able to provide \$6,000 in matching funds from the Montford Neighborhood Association to make a total contribution of \$12,000 to RiverLink for completing the Reed Creek Greenway. A final pledge from Wedge Brewing put us over the top!
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Special Summer Issue

What a Festival!

Complete Coverage Inside



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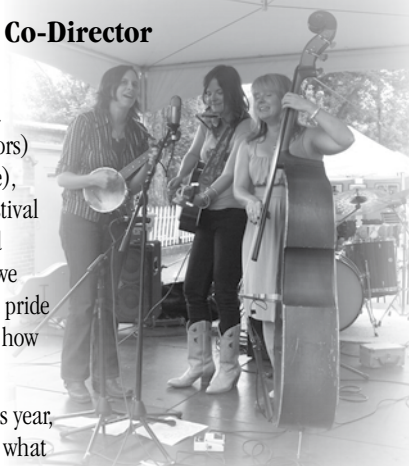
Yoga beyond Asanas 15

Looking Back on Our Biggest and Best Festival Yet

Sharon Fahrner, Festival Co-Director

In 2004, when we held the first Montford Festival at the Montford Arts Center (now Harmony Interiors) and Pyper's Place (now Nine Mile), who would have imagined the festival would grow into such a large and wonderful celebration? We knew we wanted to promote neighborhood pride and diversity, but we weren't sure how it was all going to work.

After the ninth annual festival this year, we're nothing short of amazed at what our neighborhood has created:
continued on page 12...



The Swayback Sisters

Improvements to Montford/Soco/Cullowhee Intersection Move Forward

Five Years in the Making, Work Should Begin Soon

David Patterson, President, Montford Neighborhood Association

The Montford/Soco/Cullowhee intersection was again discussed at the May 9 meeting of the Historic Resources Committee (HRC). Interested parties in attendance included Montford Convenience Store owners Vicki and Pete Korkmaz, represented by attorney Patsy Brison, and City of Asheville Traffic Engineer Jeff Moore. I spoke on behalf of the MNA.
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Montford Turns Out for Spring

Montford Stage Keeps the Avenue Humming, Singing, Dancing

Ben's Recap

Ben Scales, Festival Co-Director

We had another fabulous day of music on the Montford Stage at this year's festival, courtesy of the neighborhood association and its generous sponsors. I appreciate this opportunity to recap the performances of that made May 19 a very special day.

The first act of the morning, **Kon Tiki**, provided a pleasant eye-opener for the day, serenading the street with their Tropical Lounge Swing and Polynesian melodies. Though it was late morning in Montford, it felt like an evening on the beach in Waikiki with Kon Tiki.

Following them was perennial crowd favorite and neighbor **Ira Bernstein**, accompanied by the Owen Family Band from Madison County, with an inspired set of old-time fiddle-banjo tunes interspersed with incredible dancing and informative story-telling. Ira, who co-founded the festival with Sharon Fahrner and coordinated the music for the first two years, regularly wows audiences all over the world and is the only performer to have graced the stage every year of the festival's existence.

Next up was more traditional old time music from four-time Grammy Award winner **David Holt and his Lightning Bolts**. David regaled us with songs and stories from his travels around Appalachia and beyond as his stellar band ripped through these Americana classics. David asked to play in this time slot so he could go cover a gig that evening that his friend and mentor Doc Watson had



Free Flow Band

to cancel. At newsletter press time, we learned of Doc's passing at the age of 89. Our sympathies and best wishes go out to David and the rest of Doc's extended family in this time of grief.

After David Holt, we moved from old time to bluegrass (yes, there is a difference). Making their much-anticipated return to the festival was **Buncombe Turnpike**, playing their blend of traditional and contemporary bluegrass, gospel, and hand-crafted originals. Tom Godleski and the boys pleased the crowd with their folksy humor and seasoned musicianship. What a treat to have them back!

Shifting gears by retaining banjo and fiddle but adding drums, it was time for the **Snake Oil Medicine Show**, who exploded across the stage with an infusion of energy that left us all breathless. This band is a favorite internationally on the jam-band and festival circuit, and their lead vocalist is former neighbor Caroline Pond. Playing an eclectic mix of styles that they sometimes refer to as "Bluegrass-tafari," the Snakes provided the perfect bridge between the traditional mountain music that preceded them, and . . .

Free Flow Band, who put a charge into the audience and a lift in everyone's step with their unique brand of R&B and funky Rock & Roll. Lil' Rog, Kevin "Kazual" Collins, and Darrell "BNote" Griffin, along with their friend on guitar, made it nearly impossible to stand still as they took us all to the place they like to call Planet Funk!

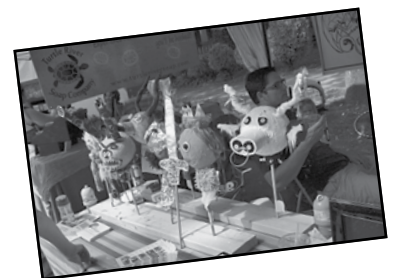
continued on page 10...



Snake Oil Medicine Show



Photo by Elizabeth Tillotson



Day of Music, Arts, Food, and Fun

Soco Stage's Second Year Features Diverse Voices

Dave's Wrap-Up

Dave Baker, Soco Stage Coordinator

What can I say? The musicians who played the Soco Stage on May 19 were amazing and exceeded all my expectations. Festival-goers were appreciative because they were able to do just what they came to do: listen to excellent music, partake of wonderful food, and shop at outstanding arts and crafts booths. The artists and vendors themselves, along with the festival staff and volunteers, seemed to be having a great time. Special thanks to Ron Phillips for doing a fine job as stage emcee.

It was a real party, y'all! Here's my take on the bands.

EMBE Marimba Band - The Evergreen Multicultural Beat Ensemble (EMBE) played infectious rhythms on homemade Zimbabwean-style marimbas. A truly remarkable performance from a dozen Evergreen Charter School students. www.evergreencs.org

Dub Kartel - This seven-piece instrumental old-school reggae band, complete with a horn section, had everyone's heads bobbing up and down. See them at Bonnaroo 2012! Search for "Dub Kartel" on Facebook.

BitterSweet - A dynamic duo, with an additional percussion player this time, who laid down beautiful vocal harmonies with piano and acoustic guitar. They played all our favorites tunes. www.facebook.com/bittersweetasheville

The Secret B-Sides - A tight, crisp quartet who gave us complex, cohesive, all-original soul pop. A true joy to see them play live! Look for their album *Flowers and Chocolate* and expect a new album, *Easy Magic*, soon. www.thesecretb-sides.com

The Judas Horse - A three-piece (no drums) that sonically shimmered your senses with dissonance and resolution, all with vocal harmonies, effected guitar, bass, and violin. Slowcore shoegazer drone! Look for their album *Holy War* coming out soon. www.thejudashorse.homestead.com

Lyric - Lyric belted out beautifully voiced funk, pop, and soul covers and originals with her dad playing funky slap bass and her cousin on percussion. Great performers! See them at Bele Chere 2012. www.reverbnation.com/lyric-fans and search "lyric's fan page" on Facebook.

Jahman Brahman - This five piece tore it up with complex jam-based rock pop amidst the deep-jungle scenery they brought themselves. Quite entertaining. They are coming out with an EP soon. www.jahmanbrahman.com



Lyric

Pick Your Switch - An amazing amount of sound comes out of this trio playing driving, Americana-infused rock. Singer-songwriter driven and lyrically thoughtful, this band is one to watch for. Full-length album coming out this summer along with a summer tour. www.pickyourswitch.com. Search "pick your switch" on Facebook.

The Swayback Sisters - This trio (no drums) delivered lush, three-part harmony crowded around one mic in a traditional country-soul style. An intimate feel that translated great to a big stage. Look for them at Bele Chere 2012. www.reverbnation.com/theswaybacksisters.

In this second year of the Soco Stage, I see the festival gaining a new voice—a more diverse one. The Montford and Soco stages complement each other without duplicating musical genres, giving the record number of festival attendees from last year and this year a real choice in what they hear. I can only anticipate this new musical collaboration will flourish further in next year's Tenth Annual Montford Music and Arts Festival.



Dub Kartel



CALENDAR

Montford Neighborhood Association Meetings:

- Third Tuesday of every month, Montford Community Center, Pearson Drive.
 - Next meeting: Tuesday, June 19, 2012, 7:00 p.m.
- All residents are welcome! Everyone in Montford is a member of the neighborhood association.

Montford Park Players Free Summer Season:

- *Much Ado about Nothing*, June 1-23
 - *A Midsummer Night's Dream*, June 29-July 23
 - *The Merry Wives of Windsor*, July 27-August 18
 - *Richard II*, August 24-September 15
- All plays presented Fridays-Sundays at Hazel Robinson Amphitheatre. For more information contact John Russell at 254-5146 or john.russell@montfordpark-players.org.

5K Road Race to Benefit Big Brothers Big Sisters of WNC:

- Saturday, June 16, Warren Wilson College, 8:30 a.m. Limited to 250 participants. For more information and online registration, go to www.active.com/running/swannanoa-nc/big-brothers-big-sisters-run-for-kids-sake-5k-2012.

Flowers Fair and Fun Affair:

- Tuesday, June 19, 2:00-4:00 p.m. at WNC Agricultural Center, Virginia Boone Heritage Building, entrance at Gate 5 off Airport Road. Program provides details on how to enter the flower show at the 2012 Mountain State Fair. To register contact fairflowerfun2012@yahoo.com, subject line RSVP, by June 15 or call Buncombe County Cooperative Extension Office at 255-5522.

Montford Farmers Market:

- Now open for the season, Wednesdays, 2:00-6:00 p.m., lower parking lot, Chamber of Commerce building, 36 Montford Avenue.

Montford Community Center Activities:

- Summer Playground Program for rising first-sixth graders, June 11-August 9, 9:00 a.m.-5:30 p.m. Preregistration required. Program fills quickly—contact the center soon.
- Comedy improv class for adults and youth 6 and over, second and fourth Wednesdays, 6:30-7:30 p.m., \$1 per class.
- Adult yoga, Tuesdays and Thursdays, 8:00-9:00 a.m., bring your mat, free.
- Martial arts, Tuesdays and Wednesdays, 7:00-8:00 p.m., \$10 per class.
- Badminton and table tennis, Tuesdays and Thursdays, 5:30-8:00 p.m., free.
- Juggling, Tuesdays and Thursdays, 6:00-8:00 p.m., free.
- Adult basketball, Wednesdays, 6:00-8:00 p.m., free. Contact Kim Kennedy at 253-3714 or montfordr@ashevillenc.gov.

How to Contact the Historic Resources Commission (HRC)

- Stacy Merten, Director, Asheville City Building, 259-5836 or smerten@ashevillenc.gov.

Montford Neighborhood Website

- Visit Montford's informative and user friendly website www.montford.org.
- Contact webmaster Laura Lowe at webmaster@montford.org.

Montford List Serve

- Go to www.montford.org and click on Join the Montford List Serve.

MNA Elects New Board Members and Officers

Bill Wheeler, Secretary, Montford Neighborhood Association

At the MNA's May 15 meeting, President David Patterson presented for consideration the nominations for the MNA executive board for 2012-2013. A motion was made and seconded to approve these nominations. The vote was unanimous in favor.

The board will consist of David Patterson, president; Michael McDonough, vice president; Susan Eggerton, treasurer; and Brian Elston, secretary. At-large members will be Pam Jo Brown, Sharon Fahrer, Laura Lowe, Joe Newman, Ellen Nutter, Ron Phillips, and Daphne Young. Retiring from the board are Bill Wheeler, secretary; Wanda Newman, treasurer; and at-large members Karen Kellow and Elizabeth Hunter.




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Condolences to Family and Friends of Ann Bussey

Ann Bussey, a resident of Ocala Street, died on May 18 after being struck by a car as she tried to cross Broadway, walking home with her cane. Retired from the Asheville City Schools, Ann was loved by her family and friends. She had one child and nurtured many others who considered her their "Fun Aunt." Neighbors treasured her as a community caretaker. Ann was 62. We'll miss her.



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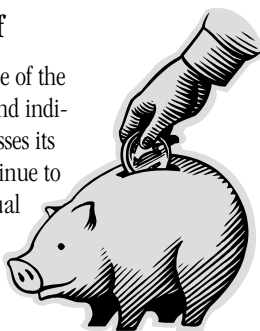
It's Time to Roll the Credits

Thank You, Festival Sponsors and Donors

Daphne Young, Fundraiser in Chief

What an awesome festival! It all happened because of the unwavering generosity of our business sponsors and individual donors. The Montford neighborhood expresses its sincere appreciation for their support. Please continue to patronize these businesses and thank our individual neighbors who accepted the Montford Challenge.

Here's the final list of sponsors and donors. Let's roll the credits.



Individual Donors:

Leland Brown and Will Sibbold, John Fragale, Valerie Marott, Brian May, Parrish Rhodes.

Business Sponsors:

1-800-Got-Junk, A Bed of Roses, Victorian Bed & Breakfast, All Kids Pediatrics, Asheville on Bikes, Bionic Man Painting Company, Brother Wolf, Chinese Acupuncture and Herbology Clinic, City of Asheville, Department of Parks, Recreation and Cultural Arts, Fired Up! Creative Lounge, Gray Line Trolley Tours of Asheville, Greenlife Grocery, Grove Arcade, Harmony Interiors, Harmony Motors, Henco Reprographics, LaZoom Tour Company, Lenoir – Rhyne University, Center for Graduate Studies of Asheville, Montford Walk-In Bakery, Mountain Song Guitars, Nine Mile Restaurant, 98.1 The River, PLI – Plasticard-Locktech International, Progress Energy, Sam's Club, TD Bank, The New Classical Academy, The Spice and Tea Exchange of Asheville, Trio, Trout Insurance, VegHeads.

Until next year!

Festival Volunteers Rock!

Karen Kellow, Volunteer Coordinator

When I inherited the role of recruiting and organizing festival volunteers from Ron Phillips, who had done the job well for several years, I was naïve about what it would take to put it all together. I was lucky to have three neighbors who consistently helped me make it happen. My heartfelt thanks go to Randy Hall, Pamela Dupuis, and Delia Segovia.



Jerry Conner (L) and Karen Kellow

I could not be more grateful to the many folks who volunteered officially as well as to those who just showed up, jumped in, and helped. Our volunteers turned out to be amazing people—smart, talented, giving. Those of us on the coordinating team benefited from the kindness and willingness of our volunteers to pull one or more shifts and get the job done. The festival was successful in no small part because of them.

Where and How the Magic Happened

It took place behind the scenes, and it was created by the people listed below. They include neighbors, friends, family, and friends of friends and family. Some came from a distance to help. They all deserve a **gigantic pat on the back**. Better yet, if you see any of these folks on the street, **give them a hug**, because they're awesome.



Daphne Young (L) and David Patterson

David Acord, Rebecca Banner, Mary Alice Bell, Pam Jo Brown, Ranjeev Cardoza, Ezekiel Christophoulos, Shari Cohen, Maya Contento, Ashley Cooper, Frank Cummings, Anne Marie Doherty, Pamela Dupuis, Fred Eggerton, Susan Eggerton, Brian Elston, Vic Fahrner, Paul Falkner, Janelle Fischer, George Fleming, Trudy Galyunker, Carlye Gates, Lael Gray, Randy Hall, Ginger Harding, Kevin Hogan, Kim Kennedy, Joseph Kitt, Jacqueline Larsen, Liz Lesesne, Caroline Lieberman, John Logue, Laura Lowe, Steve Martell, Janice Martin, Steve McCallister-Pell, Charlene McCallister-Pell, Michael McDonough, Joe Newman, Wanda Newman, David Nutter, Ellen Nutter, David Patterson, Debbi Patterson, Benjamin Porter, Bob Presley, Ron Phillips, Evan Raskin, Amy Ray, Sandy Roper, Lauren Rosenfeld, Brenda Sconyers, Delia Segovia, Rachelle Sher, Will Sibbald, Jerry Snow, Sarah Stephenson, Audrey Subhan, Zahed Subhan, Jennifer Thomas, Ann Marie Whalen, Bill Wheeler, Jenny Wilker, Cathy Williams, Alida Woods, Janet Zusi.

Core Festival Team

Sharon Fahrner, Ben Scales, Karen Kellow, Jerry Conner, Daphne Young, David Baker, Maya Contento, Mary Trauner, Ross Terry.

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Das Auto.

Music and Arts Festival Juried Art Contest Winners



FIRST PLACE: Axis Pottery, J.J. Jucik



SECOND PLACE: Artifactual Adornments, Bryan and Bridgette Davis



THIRD PLACE: Wrenn Pottery, Wendy Werstein

Thanks to Kitty Love, director of the Asheville Arts Council, who judged the juried artists. She picked out some great ones.



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The Montford Houses of Tizdale and Sarah Linn

Part 3: The Little Red Cottage

Zoe Rhine, North Carolina Room, Pack Memorial Library



122 West Chestnut Street, 2003, taken by Pack Memorial Library staff for documentation.

After Tizdale Linn and his wife Sarah finished building one of the first apartment houses in Asheville on their West Chestnut Street property, they realized there was enough land on the lot to build a small house beside it. As they had done with the apartment house and with their own home at 129 Cumberland, they used architect Richard Sharp Smith to design the small cottage, which had a total of seven rooms. It was numbered 122 West Chestnut, and the finished cottage was painted wine red.

The Linns' daughter, Peggy Linn Pritchard, mused years later in her memoir that "the color wine red was quite becoming to the little red cottage as I think it often is to a house with shingles at the top and weather boards at the bottom—especially a house of English architecture."

A Writer's Home

Ms. Pritchard also mentioned that an American novelist, James Hay, Jr., lived at one time in the little red cottage: "He was often seen seated in the sun parlor reading or writing." Hay (1881-1936) was a political reporter for the *Washington Times* but left Washington and moved to Asheville in 1917 after a breakdown in his health.

Though seriously ill while in Asheville, he continued to write for magazines and the *Washington Post*, and he was apparently an associate editor for the *Asheville Citizen*. He also wrote mystery novels, with many of the scenes and plots set in Asheville. One such novel, published in 1925, was *The Bellamy Case* and is in Pack Memorial Library's North Carolina Room book collection.

An editorial at the time of Hay's death said that "many in Asheville came to have a deep affection for 'Jim' Hay . . . and feel a keen sense of personal loss in the passing from life of this gallant and friendly spirit."

With the Little Red Cottage, the Linns had created yet another notable home to hold the lives of some of the city's visitors and future residents.

Montford Honored with Griffin Awards

Four Historic Structures Receive Recognition

Joe Newman

At a ceremony held on May 24 at the historic African American Nurses Dormitory on the campus of the VA Medical Center, the Preservation Society of Asheville and Buncombe County presented Griffin Awards to several Montford residents and businesses.

The Griffin Award for Rehabilitation went to Lindsey Hearn in conjunction with architect Diana Bellgowan and Griffin Realty and Construction Enterprises for their major renovation of the Hearn residence (built in 1914) at 144 Cumberland Avenue.



Tim Owen, The Hands of Sean Perry Company, Young Painting, and Rodriguez Flooring, were awarded the Griffin for Rehabilitation for their work on the Owen residence (1925) at 194 Flint Street.

Lynn and Ron Carlson, owners of the 1900 Inn on Montford, were honored with the Griffin Award for Stewardship for the sensitive renovation and construction that have preserved the historic residence at 296 Montford Avenue as a neighborhood landmark.

Lying just outside the boundaries of Montford but a vital neighbor nonetheless, the Moog Music Building on Broadway was recognized with the Griffin Award for Adaptive Reuse. The award was presented to Moog Music, Keith Hargrove Architects, H & M Constructors, and Mady Engineering.

Congratulations to all these winners. Thank you for the contributions you've made to our neighborhood.

Since 1979, the preservation society has awarded the Griffin for the "protection and preservation . . . of our most visible and beautiful historic buildings." Over the years, a number of Montford residents have received the award.

Trolley Tracks Lie Buried under Montford Avenue



Michael McDonough snapped this picture of Metropolitan Sewerage District workers slicing through a bit of Montford history mid-May in preparation for repaving the avenue. Trolley tracks (shown) and a layer of brick paving under the asphalt remain archived as a reminder of Montford's pre-automobile origins.



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Green Corner

Mitch Russell

I want to start by thanking Susan Eggerton for joining Owen, my six-year-old son, and me for the Reed Creek cleanup a few weeks ago. It was amazing to see what Susan removed from the creek bed and banks that day. And after playing tennis earlier in the day!



What We Found . . . and Didn't Find

We began the cleanup at the benches just below the culvert above Cauble Street and then crossed over Cauble heading south onto the new section of the greenway. We found all sorts of car parts, house parts, Styrofoam (peanuts and other types), cigarette butts, clothes, a sleeping bag, bottles and cans, and hundreds of other items.

What we did not see was much aquatic life. This is not unusual for an urban stream, but there have been fish by the bridge at Catawba for at least the past two or three years. I know this because searching for fish has been a regular activity for Owen and me.

Possible Explanations

There are several possible reasons for the demise of the fish, starting with the most likely:

The nearby impervious surfaces—i.e., the streets and the Eblen/Citgo parking lot—heat up runoff water, and that in turn reduces the flow of oxygen to aquatic life. Secondly, Eblen/Citgo's chemicals—i.e., gas, oil, radiator fluid—may be entering the stream's watershed. Other possibilities include the breakdown of the trash in the creek and the erosion of its banks, both causing sediment to form in the water and to clog the gills of the fish. Also, compromised sewer pipes from nearby houses and businesses or located upstream may be leaking fecal coliform into the creek. And finally, there's dog feces, although this is not very likely based on my observations of the few "left behinds."

You can probably think of many more reasons why the fish are gone. Please do consider how you yourself may be having an impact on the water quality of Reed Creek and join us for the next cleanup.

Little Free Library Now Open

Located in the Community Garden on Montford Avenue at East Waneta Street, the Little Free Library is a grassroots effort to promote reading. Leslie and David Humphrey of Square Peg helped their neighbor Parrish Rhodes build and install the library.

Now you can walk down to the Little Free Library with a book or two that you've finished and exchange them for more good reading.



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Ira Bernstein

Montford Neighborhood Association News

Bill Wheeler, Secretary

The regular monthly meeting was called to order on May 15, 2012, at 7:06 p.m. in the Montford Community Center on Pearson Drive by President David Patterson. Other board members present: Bill Wheeler, secretary, and at-large members Daphne Young, Joe Newman, Ellen Nutter, Sharon Fahrer, Ron Phillips, Laura Lowe, Karen Kellow, and Michael McDonough. Also present were Community Resources Officer (CRO) Jeremy Woody; Kim Kennedy, director of Montford Community Center; and several other neighbors.

Safety and Security

CRO Jeremy Woody reported that the past month has been very quiet. The police responded to complaints about a homeless site off the Reed Creek Greenway, and a tent was removed by the city. The police also investigated reports of graffiti in the Short Street and Cherry Street vicinity. There are no suspects at this time.

A neighbor at the meeting thanked Asheville police officers for their quick response to a recent domestic dispute call.

MNA Financials

Treasurer Wanda Newman reported that the budget is in sound shape in advance of the Montford Music and Arts Festival. The balance stands at around \$34,000. She also reported total greenway donations of \$5,465, which nearly meet the initial goal of \$6,000. The MNA will match donations up to a total of \$6,000. President Patterson thanked Wanda for her service as treasurer over the last four years.

MNA Board Elections

See the article on page 4 for the list of new board members and officers.

Ninth Annual Montford Music and Arts Festival

Festival co-director Sharon Fahrer reported that final preparations are being made for the festival, with 96 vendors and food trucks signed up, good local PR, and a permit just granted by the city.

Festival fundraiser Daphne Young reported that her work, assisted by Dave Baker, has gone well this year and reminded neighbors that tickets remain for the LaZoom bus tour on June 3, all proceeds of which will go to the festival. Tickets can be purchased through the montford.org website.

Festival volunteer coordinator Karen Kellow reported that most volunteer positions have been filled. Training will be provided two days prior to the event. President Patterson thanked Karen for her tireless efforts as an MNA board member and her work on the festival and the HRC *Guideline* revisions.

Montford Avenue/Soco Street/Cullowhee Street Intersection

MNA board member Michael McDonough reported that the HRC approved the city's application for work at the intersection at its meeting this month by a 7-6 vote. Not included in the approval are landscaping and bus shelters, which will be reviewed at a later date.

The meeting was adjourned at 7:40 p.m.



Montford Stage

Continued from front page...

Finally, adding an exclamation point to the day was **WestSound**. These guys didn't even wait for Free Flow to finish playing before they started setting up, eager to pump their smoking R&B up the avenue for us. And as in years past, all the lovely ladies were shaking it hard with singer Regina Duke on her powerful rendition of "Brick House." With the crowd begging for an encore, brothers Randy and Oscar Weston convinced me to risk the ire of the vendors who were waiting to load out and let them play "One More SONG!" And what a fitting cap to the afternoon it was: "Tonight's Gonna be a Good Night," by the Black Eyed Peas.

Between acts, we were treated to terrific performances by the **Asheville Morris Men and Ashgrove Garland dancers, Montford Park Players, and Chinese Lion Dance** by the **Mountain Dragon Gong Fu School**, all returning to the festival and ensuring that our set changeovers were as entertaining as the sets themselves.

The tunes from the Montford Stage at the 2012 Montford Music and Arts Festival are still ringing in my ears. I'm already looking forward to next year.



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5K Road Race to Benefit Big Brothers Big Sisters Set for Saturday, June 16, at Warren Wilson

Ron Phillips

Attention Runners and Walkers. Please join in the **Run for Kids Sake Off-Road 5K** happening Saturday, June 16, at 8:30 a.m. at Warren Wilson College in Swannanoa. This event, a major fundraiser for Big Brothers Big Sisters of WNC, is set on one of the most beautiful college campuses in the country.



The Cause

Big Brothers Big Sisters of WNC work with adults who want to make a difference and children who need a caring role model in their lives. Kids with mentors are more likely to finish high school and enroll in college and less likely to join a gang or use drugs and alcohol. For many "Littles," a Big Brother or Big Sister can help them see possibilities that they never knew existed.

Registration

The 5K race is limited to 250 participants, so visit www.active.com/running/swannanoa-nc/big-brothers-big-sisters-run-for-kids-sake-5k-2012 soon for further information and online registration.

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Resource Directory

Advertise in the Resource Directory—The monthly rate is only \$10.00
Send a brief description (30 words or less) and contact information. **More than 1,500 newsletters** are distributed monthly throughout the neighborhood and are also available on the **Montford website** and at the Pack Memorial and North Asheville Public Libraries. Call 258-2207 for more information.

House Histories

Learn the story of your house. Who lived there, who owned it and what they did for a living.

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Author Dr. Hal Littleton at Montford Books & More

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Using recent archaeological discoveries and focusing on New Testament characters, local community leader, social justice activist and author discusses his historical fiction, "Jesus: A Would Be King," June 8, 7 pm

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Biggest and Best Festival

Continued from front page...

an all-day, family-oriented street party with 100 vendors, two music stages, and almost too many volunteers to count.

Kudos to the Festival Committee

The committee members deserve accolades for their many hours of hard work: co-director Ben Scales for his seventh year of coordinating the music, David Patterson for coordinating the many street signs and designing the rack card, David Baker for his second year as Soco Stage coordinator and fundraiser, Daphne Young for her accomplishments as the festival's fundraiser-in-chief, Jerry Conner for creating and doing all the fundraising for the program and filling in the gaps, and Joe Newman for his publicity efforts. By May 19, nobody in Montford could say, "What festival? I haven't heard about it."

Thanks as well to these committee members: Karen Kellow for her amazing efforts in cajoling people to pitch in and make the festival happen, Maya Contento for organizing the applications, Ross Terry for the graphics and marking all the booth spaces, and Mary Trauner for creating a fabulous website at montfordfestival.org. Retiring MNA Treasurer Wanda Newman kept track of the thousands of dollars needed to pay for everything.

You are all the best committee members a coordinator could wish for. If you see these folks around the 'hood, please thank them for their work on behalf of our neighborhood.

Changes in Festival Leadership

After nine years, I'm stepping down as festival co-director, but I'll continue to be involved. I'm grateful for all the support I've received over the years. In 2013, Ben Scales will direct Montford's Tenth Annual Music and Arts Festival.

Compliments from Festival-Goers

I would also like to mention that we received many compliments from people who attended this event. The City of Asheville is very supportive, and several staff people have complimented us on how well-run the festival is. Tony Kiss is a great supporter who gives us a generous amount of publicity in the Citizen Times—this from the Beer Guy, and we are one of the few festivals in Asheville that does not sell alcohol!

About 7,000 people from across the region and beyond came to our neighborhood. As people left the festival, many of them thanked the volunteers working the barricades. Even David Holt and several other performers thanked us for letting them play the festival.

Keeping It FREE . . . with a Lot of Help from Our Friends

Once again we met our goal: putting on a free festival. Although producing it becomes a bigger challenge each year, we did it this year with money left over to fund neighborhood projects.

Next year's festival will be our tenth, and we will rely on generous sponsors and neighbors to make it even better. Thanks again to those who planned, contributed, volunteered, and attended this year. You all made it possible!

We should be very proud of the Montford Music and Arts Festival and proud of our great neighborhood for making it happen. Thank you, thank you, thank you.

Intersection

Continued from front page...

Mr. Moore made the presentation for the city. The plan submitted, which emphasizes concrete curb extensions accented by bricks and greenery, was mainly unchanged from the one submitted at the HRC's March 14 meeting with the following exceptions: bus shelter design (two locations) and landscape plans to be submitted separately for Certificates of Approval.

Issues Discussed at the Meeting

Discussion among HRC members digressed into issues of traffic safety until Commissioner David Nutter reminded the panel that this area is not within their purview. Several commissioners were concerned about how the plan would forever change the appearance of the intersection, which they said has remained the same for many years.

I addressed the commission briefly regarding neighborhood wishes to improve safety at the intersection and related the history of neighborhood input over the past five years. I also spoke with Ms. Korkmaz directly to assure her that the objective of the work was not to punish the store owners or hurt their business.

Attorney Brison questioned several aspects of the proposal and attempted to point out where the plan did not follow HRC *Guidelines*. In the end, commissioners approved the application by a 7-6 vote.

Improving the Intersection While Resurfacing the Avenue

As many neighbors have noticed, repaving work has already begun on the northern stretch of Montford Avenue. As workers reach the Montford/Soco/Cullowhee intersection, the approved plans will be incorporated into the road resurfacing project. According to Mr. Moore, the project is expected to be completed in the next few months.



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Greenway Fundraising

Continued from front page...

Many thanks again to everyone who contributed money, time, and effort to this campaign. Our May donors are listed below.

RiverLink Announces Still More Progress

Karen Cragolin of RiverLink has announced that the organization has raised \$25,000 to install Best Management Practices (BMPs) related to erosion and storm water from the site adjacent to the greenway. BMPs are essential because of the topography. RiverLink has also raised over \$2,500 through its own efforts for the completion of the greenway.

Here is a great example of a true working partnership among residents, businesses, community-based organizations, UNC Asheville, and the City of Asheville. Ms. Cragolin estimates that the partnership will need to raise an additional \$45,000 to complete the project and feels optimistic that this goal, too, can be achieved within a twelve-month time frame.

Just because we have reached the \$6,000 initial goal does not mean you cannot still contribute. Simply go to the Montford website, montford.org, click on the RiverLink tab on the left, and follow instructions to contribute via PayPal. Or you can send a check made payable to the Montford Neighborhood Association to Susan Eggerton, MNA Treasurer, 207 Pearson Drive, Asheville, NC 28801. Be sure to indicate that the check is for the Greenway Project.

Donors since the May Newsletter:

Aaron and Ashley Killingbeck, Christal Dunn in honor of grandson Jared Raines, Susan and Lewis Rothlein, Lisa Wagner and Timothy Spira, Leland Brown and Will Sibbold, Kirk Boyle, Charlie Schieren.

Stay tuned for details regarding the official ribbon cutting for the portion of the Reed Creek Greenway that is already open as well as the presentation of our \$12,000 to RiverLink.



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Historic Resources Commission of Asheville and Buncombe County

May 9, 2012, Meeting—Action Agenda for Montford

Asheville City Building, First Floor North Conference Room, 4:00 p.m.
Contact Stacy Merten: 259-5836 www.ashevillenc.gov/business/development_services/planning_zoning/historic_dist/

Members present: Hillary Cole, Aaron Wilson, Joseph Carney, Nan Chase, Brian Cook, J. Ray Elingburg, David Nutter, Tracey Rizzo, Brendan Ross, Capi Wampler

Staff present: Stacy Merten, Peggy Gardner, Bob Oast, Jeff Moore

Item and Summary	Action
Bishop Place—arborist's report for new construction	Approved
Cullowhee/Soco/Montford—pedestrian improvements to intersection.....	Approved with conditions
Montford Avenue at Chamber/Lenoir-Rhyne—bus shelter.....	Approved
308 Cumberland Avenue—retaining wall, after the fact.....	Approved with conditions

Please refer to the website www.ashevillenc.gov for the full approved minutes after each month's meeting.

June 13, 2012, Meeting—Tentative Agenda for Montford

Asheville City Building, First Floor North Conference Room, 4:00 p.m.

New Business: Public Hearings—Certificates of Appropriateness

275 Montford Avenue—basement renovation, retaining wall

184 West Chestnut Street—front porch renovation, new rear gabled porch, garage conversion, crawlspace door extension

Other Business

Committee reports

Comments from commissioners, public, and staff



*"The Lord is my strength and song,
and is become my salvation." PSALMS 118:14*



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Grilled Lime Pork Chops With Black Bean & Corn Salad

INGREDIENTS:

- *1/4 cup Fresh lime juice
- *3/4 cup Olive oil (plus additional for coating grill)
- *2 tsp. Garlic, minced
- *1-1/2 tsp. Kosher salt
- *1 tsp. Fresh ground black pepper, to taste
- *1 tsp. Ground coriander
- *6 Boneless pork chops, fat trimmed

DIRECTIONS:

STEP 1: In a small bowl, whisk together lime juice, oil, garlic, salt, pepper and coriander. Place pork chops in a large zip-top plastic bag and pour marinade over pork chops. Refrigerate for 2 hours. STEP 2: Preheat grill on medium heat. Oil grill rack with oil. STEP 3: Place pork chops on grill and grill 3-4 minutes. Using tongs, turn pork chops a quarter turn to create hatch marks and grill 3-4 minutes. Flip pork chops over and repeat the process. Hold chops using the tongs to create grill marks on the edges, if desired. Proper internal temperature is 150°. STEP 4: Serve pork chops with Black Bean and Corn Salad.

Black Bean and Corn Salad

- *2 medium Ears of corn, husks and silk removed
- *1/4 cup Black beans, rinsed and drained
- *1 small Tomato, small dice
- *1 small Jalapeño pepper, finely chopped
- *2 Tbsp. Green bell pepper, small dice
- *2 Tbsp. Red bell pepper, small dice
- *1/4 cup Jicama, peeled, small dice
- *2 Tbsp. Green onions, chopped
- *1 Tbsp. Vegetable oil
- *2 Tbsp. Fresh cilantro, chopped
- *1 clove Garlic, minced
- *2 tsp. Fresh lime juice
- *Dash Ground cumin
- *1/4 tsp. Kosher salt

DIRECTIONS:

Step 1: Grill corn over medium heat, turning frequently, until corn is golden brown, about 10-15 minutes. Remove corn from grill and let cool; cut corn from cob. Step 2: In a medium bowl, combine all ingredients and mix until well blended.

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Yoga beyond Asanas

Vanessa Santucci, Registered Yoga Teacher (RYT)

When I began practicing yoga, my primary focus was on the physical practice of yoga postures along with some periods of meditation. After some time, the formality of my practice began to feel separate from the world I moved through, and I felt that formal yoga practice and daily life had little in common.



The connection between meditation, the physical practice of yoga, and the spiritual discipline became ambiguous and vague, and although I could intellectually grasp the connection between waking up the body and stilling the mind, I didn't truly understand why I was doing this so-called "yoga." I still wanted to know the hows, but I also wanted to know the whys.

This attempt to see yoga as more complex than the physical postures is not intended to discount the array of health benefits gained by practicing asanas alone. But perhaps the full potential of the physiological, intellectual, and spiritual benefits of asana would be increased manifold if practiced as a component of the holistic practice of yoga.

So, what is yoga?

The term yoga comes from the ancient Sanskrit language. Its root Yuj means to join, to yoke together, to unify or unite as one, the union of the individual consciousness or soul with the Universal Consciousness or Spirit.

Historically yoga was more than a particular teaching. It was a way of life, a culture, and a lifestyle that encompassed not just techniques, practices, or ideas but also eating habits, bathing habits, prayer, social interaction, and work. Yoga included a vast body of attitudes toward being, an ingrained sense of morality and ethic.

In this day and age, what with work, home, and all of the demands and stresses in between, it's easy to lose touch with who we are, that core essence with which we were born. Rushing around all day, it sometimes feels like the "I" inside is simply the result of the things we do all day or the effects those things have on our minds, bodies, and spirits. As a result, our identities shift with our moods and conditions. As Epictetus said in 60 A.D., "Men are not disturbed by things, but by the views they take of them."

Most of the time we find ourselves striving toward that which always seems to lie just beyond our reach. We are caught up in doing rather than being, in action rather than awareness. It is hard for us to picture a state of complete calmness and repose in which thoughts and feelings cease to dance in perpetual motion.

True happiness, liberation, and enlightenment comes from union between the divine consciousness with the transcendent Self. The various yoga practices are a methodology for reaching that goal.

The techniques developed by the yogis to transcend also help us strip away the things that try to incorrectly define us—the emotions, sensations, desires, achievements, and failures of daily life.

Yoga as a way of life

The practice of yoga involves lifestyle choices, constructive work, nurturing relationships, and much more. Yoga is truly a way of life—a life wherein the

highest principles and practices are made the foundation of one's day-to-day existence, compelling one to live in a highly moralistic and ethical way, in a manner that is consistent with natural laws and in harmony with the world around us.

In reality, yoga is ultimately an outlook and an approach to living that extends into all areas of life. Yoga is and always has been an experiential science. We can talk about the trail that leads up the mountain, but we will never reach the peak, with its majestic, panoramic views, until we start walking!

In upcoming articles I'll expand on these concepts in order to help you realize the full potential of yoga as a lifestyle and how it can affect you directly.

Vanessa teaches yoga at the Montford Community Center on Tuesdays and Thursday mornings from 8:00-9:00 a.m.

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