

MONTFORD

THE NEWSLETTER OF ASHEVILLE'S MOST HISTORIC NEIGHBORHOOD
VOL. 16 No. 12

DECEMBER '11/JANUARY '12

SPECIAL HOLIDAY ISSUE

Join Us for the Montford Holiday Tour

LIVE • PLAY • GROW

Saturday, December 10, 1:00-5:00 p.m.

Tickets at the Asheville Visitor Center Gift Shop, 36 Montford Avenue, or online at www.montford.com

Details on pages 2 and 3

Abbington Green Bed and Breakfast Inn

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Help Make the Holidays Brighter for Montford Children and Their Families

Kim Kennedy, Director, Montford Community Center

There's still time to make a donation for families in the Montford Community Center's afterschool program. Although all of us will be watching our budget during the holidays, the current economy is especially hard on students in the afterschool program—youth ages 5-12—because most come from single-parent homes.

For gifts the Center suggests board games, mittens, hats, toy cars, doll items, books, markers, flashcards, gift cards, and similar items that will be stuffed into a new backpack for each child. Donations of canned and dried goods are also welcome, as are cash contributions.

Another way to give back to the community is to sponsor a child for the Holiday Camp program. This all-day program provides fun, safe activities for youth during the school holiday closure. The program fee is \$30 per child.

Please bring all donations to the Montford Center at 34 Pearson Drive by **Friday, December 9**. For more information, contact me at montford@ashevilenc.gov or 253-3714.



Montford Park Players Promise a Creepy *Christmas Carol*

***December 8-23, Thursdays-
Sundays, at the Masonic Temple***

Travis V. Lowe

The Montford Park Players are taking their annual production of *A Christmas Carol* in a bold new direction this year with a dynamic new director, newly built sets, and a new focus on the darker side of Dickens.

The director Kevin Smith (no, not that one) has done work with The Magnetic Field and The Polar Express since

continued on page 11...



SPOOKY, CREEPY, AND TERRIFYING:
Watch Mr. Scrooge get his due.

Montford Neighborhood Association Meetings:

- Third Tuesday of every month, Montford Community Center, Pearson Drive
- Next two meetings: Tuesday, December 20, 2011, 7:00 p.m., and Tuesday, January 17, 2012, 7:00 p.m. All residents are welcome! Everyone in Montford is a member of the neighborhood association.

2011 Montford Holiday Tour:

- Saturday, December 10, 1:00-5:00 p.m. Tickets available December 1 at the Chamber Visitor Center Gift Shop or at www.montfordtour.com. To sponsor a home or volunteer, contact Cate Scales at 280-1576 or scalesfamily@charter.net

Montford Park Players Present A Christmas Carol at the Masonic Temple

- December 8-23, Thursdays-Sundays at 7:30 p.m., Saturday and Sunday matinees at 2:30 p.m. Reservations at montfordparkplayers.org or 254-5146.

Montford Community Center Activities:

- Annual Holiday Donations Drive for families of children in afterschool program. Bring donations to the center by Friday, December 9.
- Holiday Camp, December 21-30 (except December 26), 9:00 a.m.-5:30 p.m. \$35 for first child and \$25 for each additional child. Register by December 15.
- Snow Day Program for youth grades K-8, 9:00 a.m.-5:30 p.m., \$5. Fill out application in advance at the center.
- Fun Day Out Program for youth, most teacher workdays and holidays. \$5 plus field trips. Preregistration required.
- Pawndemonium XXIII, annual Kiwanis chess tournament for youth grades K-12, Saturday, January 7. For registration, contact Bunny Cabaniss at buned@main.nc.us.
- Adult yoga continues on Tuesdays and Thursdays, 8:00-9:00 a.m., Mondays, 5:30-6:30 p.m. Bring your mat. Free.
- LEAF African Dance Program, Mondays, 4:30-5:30 p.m. Free.
- Year-round martial arts, Tuesdays and Wednesdays, 6:00-8:00 p.m. \$10 per class, no preregistration, first class free. Contact Mark Small at 285-2929 or msmall@main.nc.us.

Contact Kim Kennedy at 253-3714 or montfordr@ashevillenc.gov.

WNC Historical Society Lecture Series—Civil War in the Mountains:

- Dr. Steven E. Nash, Saturday, January 12, 2:00 p.m., Reuter Center, UNCA. Contact 253-9231 or education@wnchistory.org for reservations.

How to Contact the Historic Resources Commission (HRC)

- Stacy Merten, Director, Asheville City Building, 259-5836 or smarten@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.

Live, Play, Grow Cate Scales, Tour Coordinator

It's more than a home tour this year! Join Asheville's first historic neighborhood for a Holiday Tour showcasing a selection of the homes and businesses nestled in this eclectic setting.

The tour will offer a window into the history of Montford and what it is like to live, play, and grow here. On **Saturday, December 10, 1:00-5:00 p.m.**, the Montford Neighborhood Association will host this event, our 16th annual tour. This year we invite visitors and neighbors to see renovation efforts, new construction, and the unique living and working spaces that fill our neighborhood.

Diversity of Architecture

In our "Victorian" neighborhood that actually got its start in 1846, you'll see a tremendous selection of artistic influences including the work of such national architectural trendsetters as Bruce Price, Bernard Maybeck, and Frank Lloyd Wright. The neighborhood also contains a large collection of homes designed by Richard Sharp Smith, supervising architect for the Biltmore House.

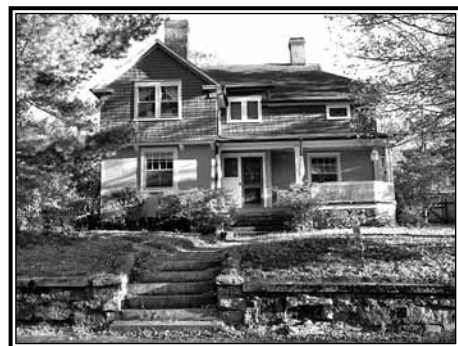
These distinctions and more led the editors of *This Old House Magazine* to recognize Montford in 2011 as the best old-house neighborhood in North Carolina and one of the most outstanding in the nation.

All the homes on the tour are fine examples of our stylistic diversity, and their owners will be ready to welcome you. As a special treat, the innkeepers of Abbington Green Bed and Breakfast will open their doors and share their hospitality.

New Turf for the Tour

This year's tour will also include two neighbors to Montford: the newly renovated Moog Music building on Broadway as well as the First Church of Christ, Scientist, on North French Broad Avenue, showing the completed renovation of their hundred-year-old building. Both volunteered to participate and be sponsors of the tour. Also on the tour will be the Montford Walk-In Bakery and the studio of artist Kevin Hogan. We celebrate the rehabilitation of these buildings and the business and artistic relationships that continue to help our neighborhood thrive.

The Montford Holiday Tour is self-guided and will include 10+ properties to explore. Neighborhood bakers and volunteers will prepare treats and refreshments for tour-goers to enjoy, and carolers from the Montford Park Players' production of



Wheeler House—16 Cullowhee

This house, probably designed by Richard Sharp Smith, dates back to at least 1909. Notice the unusual window pattern of six panes over two panes. The current owners are restoring the home, which was divided into apartments during most of its history, paying close attention to its original form. Making the home more livable than ever, renovations include updates to an inlaw suite upstairs and the addition of a half bath downstairs.

A *Christmas Carol* will be on hand to entertain. Experience a wonderful afternoon full of holiday cheer!

Thanks to Our Sponsors

Just as the list of properties on the tour was growing as this newsletter went to press, more and more generous businesses and individuals were joining us as sponsors. In addition to Moog Music and the First Church of Christ, Scientist, our sponsors include Harmony Interiors; Roberts & Stevens, Attorneys at Law; Trio Construction, Renovation, and Interior Design; Todd and Company Accounting; and Ben Scales, Attorney at Law.

Tickets at the Visitor Center and Online

Properties and sponsors of this year's tour are listed on our website www.montfordtour.com. Tickets are \$20 per person and will be available starting December 1 at the Visitor Center Gift Shop in the Chamber of Commerce Building and on our website. Proceeds benefit the Montford Neighborhood Association and its community improvement projects.

For tour information contact Cate Scales at (828) 280-1576.

TFORD HOLIDAY TOUR



Abbington Green Bed and Breakfast Inn—46 Cumberland Circle

The owners of this wonderful inn invite you to “experience our ‘bit of Britain’ close to home.” Designed by Richard Sharp Smith in 1908 and completed in 1909, the gracious house boasts a colorful history and is now in its nineteenth year as a bed and breakfast under the current owners. Architect Smith’s Colonial Revival design incorporates shingles over weatherboards, Doric posts, molded trim, and a central gable.



Kuhne House—76 Starnes Avenue

This unusual home—a story-and-a-half but not a bungalow—was built circa 1896, probably by Richard Kibbler who ran the butcher shop in the Lexington Avenue market. Clipped gables and anachronistic details distinguish the styling. Having had many owners over the years, the house was converted to a two-unit apartment during the 1980s. The current owners completely gutted and rebuilt the home, from foundation to attic, doing most of the work themselves.



Moog Music—160 Broadway

Located on Broadway near the intersection of Cherry Street, Moog Music has completely renovated several historic commercial buildings, transforming them into a technological and musical showplace. For years, Moog Synthesizers have been icons in rock, pop, and experimental music, and the annual MoogFest draws thousands of fans to Asheville. Here’s a chance to see and hear what the buzz is all about.



First Church of Christ, Scientist—64 North French Broad Avenue

This newly renovated house of worship was designed by architect S. S. Beaman of Chicago and built between 1909 and 1912 with orange brick in a refined Jeffersonian, Neo-Classical Revival style. Proud that it has “served generations of families and mountain visitors,” the congregation will welcome you as it celebrates its one-hundredth anniversary.



Art Studio of Kevin Hogan—273 Pearson Avenue

Although the historic home of Kevin and Jo Hogan is an attraction in its own right, it is Kevin’s spacious, detached studio that will be open to visitors during the tour. Kevin has shown his paintings and prints in every major art institution in North Carolina as well as in Germany, France, and Italy. His work is represented in the collections of the Federal Reserve, Michner Collection, Asheville Art Museum, Tuscon Museum of Art, Hearst Corporation, and Neiman Marcus.



Montford Walk-In Bakery—305 Westover Drive

Owner Jennifer Drake Thomas tells her neighbors she is “all about good eating” and passionate about baking bread. An extensive makeover has transformed her home kitchen into a small bakery, and she’s especially proud of her outdoor wood-fired oven shown above. She also enjoys catering, custom baking jobs, and leading workshops for children and adults of all ages.



Proctor House—91 Tacoma Circle

This Montford Hills home was built in 1924 in the Georgian Cottage style with a stucco finish. Renovations have been underway for the last five years. The current owners are combining traditional and contemporary elements in an extensive redesign of the interior, including an open kitchen and sun-room that open onto a bi-level deck with a screened porch below.



Fowler House—20 Harrison Street Just Added!

The Montford Challenge 2012 Music and Arts Festival Gets a Head Start

Sharon Fahrer and Daphne Young



Even though it is only fall and winter looms, it is time for us to begin planning and fundraising for our **Ninth Annual Montford Music and Arts Festival**. Mark your calendars for Saturday, May 19, 2012.

We are very proud of our neighborhood festival and want it to continue to be one of Asheville's premier outdoor festivals, but we're going to need everyone's help. The 2012 festival will cost approximately \$15,000 to produce. We anticipate the festival will be much the same as last year with two stages and 90 vendors.

A Fundraising Challenge for the Montford Neighborhood

You can lend a hand either as an individual donor or by helping to find sponsors where you work or among people or companies where you do business. We offer several different levels of sponsorship and advertising. If you are donating as an individual, any amount will help, no matter how small. If you want to help solicit donors and sponsors, a letter can be downloaded from our website www.montfordfestival.com.

Please join us in our fundraising effort and pitch in. We would like to hear your ideas as well as receive your donations. Please contact us with your sponsorship ideas at mgm1013@charter.net, or call Daphne Young at 254-0690.

Think "Neighborhood Festival" in Your End-of-Year Giving

Donations can be made online at www.montfordfestival.com or by making a check payable to the Montford Neighborhood Association (write "2012 Festival" in the memo section) and mailing it to Montford Neighborhood Association, 28 Soco Street, Asheville, NC 28801. Any proceeds over the cost of the festival go to the MNA to support scholarships and improvement projects.

The Montford Neighborhood Association is a 501 (c) (3) charitable organization, and donations are tax deductible to the full extent allowed by the tax code.

Let's come together as a neighborhood and take the Montford Challenge!

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Contact: Montford resident Paul Falkner at 423-5404

New Greenway Sections Are a Holiday Gift for Montford

Joe Newman

Thanks to the City of Asheville and its Greenway Commission, Montford residents—along with other folks, of course—will soon be able to enjoy two new stretches of the Reed Creek Greenway. Within a few days, Phase Two of the greenway will open from Magnolia Street to Ocala Street and from Ocala to Cauble Street, where it will join the existing path that runs from Cauble to Catawba Street.

What a great present! Now we can look forward to seeing the greenway extended through the 525 Broadway property, from Catawba to Weaver Boulevard, where it will join Glenn's Creek Greenway to take walkers and runners all the way up to Merrimon Avenue.



Westover Drive Residents Take Traffic Issues into Their Own Hands

Amy Cunningham

During a recent conversation on the list serve about traffic issues in Montford, I posted to let neighbors know about the problems along a dangerous curve on Westover Drive. During the good discussion that followed, neighbor Paula Sellers suggested we take matters into our own hands.

After describing the issues we're dealing with on Westover, I will tell you what neighbors working together have been able to accomplish.

A Blind Curve that Needs Traffic Calming

After I purchased my house on Westover in 2000, I quickly realized the blind curve between my home and my next-door neighbor's is very dangerous for drivers coming from both directions. The main issue is the slant of the road and the fact that it is a two-way street. In addition, more than 20 houses have been built down this way, which has resulted in a large increase in auto traffic along with more foot traffic and children at play.

I have attempted relentlessly for over 11 years now to get the city to do something to assist us in traffic calming. But to no avail, even after I told a former traffic engineer, "It seems that perhaps once a child is killed in the curve,



FALL WORK PARTY

maybe then something will be done." According to a neighbor who has lived here for over 20 years, such a tragedy actually did occur, and it happened before there were dozens of houses along our stretch of the road.

Since then I have been told we were something like 320th on the list of traffic calming requests, despite the fact that I have been on this mission since the year 2000. Until a few days ago, I had thrown in the towel.

What Neighbors Have Done

But now for the good news. On November 20, I posted on the list serve and informed hundreds of neighbors that following Paula's suggestion, "we took matters into our own hands."

Yesterday we gathered with rakes, shovels, saws, etc. and cleared our neighbors' property in the curve to help the visibility. Of course we got their permission and they were very grateful for our efforts and joined in. We worked for about 3 hours and the result is amazing."

Our six-person work team consisted of Lucy Morris, Neil Thomas, Janice Martin, Dean Fitzpatrick, Paula, and me. We feel our efforts greatly increased the visibility and uncovered about two more feet of road width covered over by leaves and debris.

Now we would like to ask all residents and others who use this stretch of Westover to please drive more slowly and be more conscious of other cars, children, and foot traffic. Please do this for everyone's safety and peace of mind. The last thing any of us wants is for someone to get hurt, or worse.

Thanks neighbors. It takes a village. I feel encouraged to try again to ask for assistance from the city.



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Keeping Safe and Secure during the Holidays

Advice from Community Resource Officer Jeremy Woody

Montford residents, keep in mind that the holiday season is here and property crimes typically show an upward trend during this time.

Use Your Locks

Please take a little extra time to ensure that you are keeping your house and vehicles locked. Make sure that you are placing valuables out of sight. I would say that probably 90-95 percent of the breaking and entering reports we take could have been prevented if the victim had just taken the time to lock the door.



Report Suspicious Activity

Keep a vigilant eye out for suspicious activity such as subjects checking door handles of parked vehicles or unfamiliar people walking around houses to see if anyone is home. If you observe any of this activity, PLEASE CALL 911 or the nonemergency number 252-1110. There will be times when no matter what precautionary measures you take, someone who is truly intent on getting inside a vehicle or residence will do so by breaking a window.

A vigilant eye is usually what assists officers and detectives in these cases. Please report any suspicious activity you observe.

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.
- For Montford's Community Resource Officer, Jeremy Woody, call 552-9423 or email jwoody@ashevillenc.gov.

Get involved in the Montford Neighborhood Association.

Contact David Patterson
at dpatterson@montford.org



R. Matthew Martin (Owner / Designer)

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Insert	\$250	One (1) free month if pre-pay 12 mos.

NOTES:

Contact Joyce Thornburg at 258-2207 to place an ad.

Layout and ad creation are available by contacting Ross Terry at Ross@KRTdesign.com or 254-3509.

Invoice questions: Contact Wanda Newman at 254-5111.

Please help us with budgeting, saving paper, and reducing postage costs by prepaying several months of advertising.



Asheville Catholic School

Asheville Catholic School Fall and Winter Open Houses:

THE FIRST TUESDAY OF EACH MONTH.

**Pre-K- 8th , 10:00-11:30, September 6th, October 4th, November 1st,
December 6th, and January 3rd**

**All open houses are held at Asheville Catholic School, 12 Culvert Street
Call Debbie Mowrey at 252.7896 or email her at dmowrey@ashevillecatholic.org to arrange a tour.**



For more information or to schedule a tour, visit www.ashevillecatholic.org or call (828)252-7896.

Asheville Catholic School follows North Carolina curricular guidelines and is fully accredited by SACS. All Faiths Welcome.

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Green Corner

Recycling Clothes and Other Possessions during the Holidays

Mitch Russell

We've wrapped up the second most excessive holiday for many Americans, when on average we consumed at least 2,500 calories in just one meal. So your jeans, slacks, skirt, or dress may feel a little tighter, or now, a couple weeks after Thanksgiving, you've gotten a jump on your 2012 resolutions and vowed to exercise more to knock off the weight from the holidays.



If those clothes are just too tight or you may get some new clothes for the holidays, why not recycle your old garments by donating them to a thrift shop or putting them on sale or consignment?

This will bring you enjoyment, cash, or both, and those receiving the donation or buying the clothes will not be buying new items that require destroying resources to make, market, and sell. You can do the same with any items that you or the kids don't use anymore before new items from the holidays enter your home.

What a great lesson for my kids to learn: My family and I are fortunate enough to have clothes, toys, electronics, and other things that many folks can't afford, and we can bring happiness by sharing our bounty. For me, that is the true nature of the holidays.

Stay warm, turn down the thermostat, and don't overdo it this holiday season.

Free Weatherization Training and Job Placement Assistance

Offered by ABCCM through January

Diane Stanton, Asheville Buncombe Community Christian Ministry (ABCCM)

ABCCM Green Jobs is offering free weatherization training and job placement assistance in locations in Asheville as well as a few surrounding areas. ABCCM is a Montford neighbor on Cumberland Avenue.

The Building Performance Institute (BPI) classes last for four days and are available from now through the end of January 2012. Those who complete this training receive certificates that can be framed and mentioned in resumes.

Job Placement Assistance

The goal of the program is to place over 80 percent of graduates in jobs within the next few months.

ABCCM Green Jobs provides participants with constant contact and support during their job searches. We offer encouragement, access to interviews (a "foot in the door"), preparation and feedback on interviews, and reference letters. Additionally, our relationships with staffing agencies provide many networking opportunities.

Requirements for Participation

No experience is required to enter this program. Participants must be 18 years or older and live in one of the targeted high-poverty areas of Asheville as defined by the U.S. Department of Labor. Qualifying zip codes include 28801, 28803, and several others. Participants must also meet at least ONE of the following qualifications: individuals who are unemployed, individuals with a criminal background, individuals with no high school diploma or GED, or individuals who have a low income which qualifies under the rules of the grant.

Please contact me at green.jobs@abccm.org for further details or for posters about the program.

ABCCM Green Jobs Program



Free Weatherization Class!
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For Info and to See if you Qualify, Please:

Email green.jobs@abccm.org

And provide your Name, Phone and Street Address with Zip Code

Or leave a message with that info repeated twice at: (828) 259-5333

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Eligibility requirements include:

- Living in specific Asheville area neighborhoods and
- Being 18 years of age or over

And having any ONE of the following:

- Proof of being unemployed OR
- No high school diploma or GED OR
- Proof of being low-income per federal guidelines.



*...to Our Neighbors
from the Newsletter
Staff*

We'll see you again in February.

Shining a Little Light on the Subject

All the Lights in Montford Park Are ON!

Pam Jo Brown

By now, most in Montford are aware of the success we have had working with the City of Asheville Public Works Department to get streetlights repaired and replaced in our neighborhood. Two new lights have been added in dark stretches. We can now add a well-lit Montford Park to that list.

The city's Planning and Development Department—working with Parks, Recreation and Cultural Arts and Progress Energy—has now repaired the lights in Montford Park and added one additional light in a dark area around the restroom building. We're grateful that this work was completed before Halloween.

Montford Thanks the City

The Montford Neighborhood Association would like to extend our gratitude to the city for helping us make our area a little safer by improving our streetlights. We all know that just being aware of our surroundings can help us be vigilant about our own safety.

Take Extra Care during the Holidays

As Officer Woody has reminded us via the list serve and on page 6 of this newsletter, property crimes will be on the upswing during the holiday season. Please

take a little extra time to ensure that you are keeping your house and vehicles locked. We can also help by keeping our homes, porches, and yards well lit.

How to Report Lighting Problems

Let's help keep the lights on!

If you see any lights that need repairing (including those that go dim) you can get in touch with me or go directly to Public Works with this information.

You will need to know the approximate address of the light AND the identifying

code on the yellow label on the pole. Using this code is the only way the department can be certain which light we are reporting.

To report lights, send the address and yellow label code to either of these contacts:

Richard Grant, Public Works, rgrant@ashevillenc.gov, or me, pamjobrown@charter.net.

Have a safe—and well-lit—holiday season!



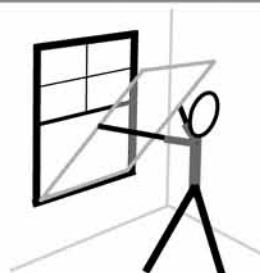
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Christmas Carol

Continued from front page...

moving to Asheville from the DC area, but he has always wanted to stage *A Christmas Carol* as he feels Dickens intended, as a call to generosity and goodwill, but also as an unnerving warning against covetous materialism.

Scary Ghosts and Desperate Times

"A Christmas Carol has always been a ghost story," says Smith. "Scrooge is a truly terrifying man. The idea is that the spirits are more terrifying than he is, humbling him into becoming a better person." Kevin assures us that this production keeps the fun and the heartwarming moments, but it also provides plenty of surprises, scares, and scenes depicting the desperation of the time. "I didn't want to give people the same old thing they are expecting. I wanted to give people a new way to look at an old piece. This will not be your traditional *Carol*."

Truly an exciting concept, but will this show still be OK for kids? "Kids love to be scared," he says, "and there isn't anything here that isn't in the original story. It may be frightening and jarring in ways, but not any more than kids see regularly on TV or in movies. It's mostly just going to be eerie."

Set in a Spooky Venue

Last year's move to the third floor of the historic but aging Masonic Temple posed a number of problems for the nonprofit Montford Players but also opened up a multitude of opportunities to use the declining theatre to their advantage. The architecturally beautiful space definitely needs some work to return it to grandeur, and every ticket sale contributes to these renovations. In the meantime, though, the peeling plaster and time-worn look lend a creepy air to each show. You feel as if the ghosts of the past were sitting right there beside you.

So think of that as you climb the Temple's grand staircase or take a clattering ride in Asheville's second-oldest elevator to the top floor to see this year's all-new production of *A Christmas Carol*. The players promise you will "meet the awe-inspiring spirit of Christmas face-to-face once more." Let's hope it puts everyone in the mood for a little goodwill.

A Christmas Carol plays December 8-23 at 7:30 p.m. on Thursday-Sunday nights with 2:30 p.m. matinees on Saturdays and Sundays. Thursday nights are MPP's "Pay What We're Worth" performances, offering their summer-style donation system as part of their effort to keep shows open to all. Seats are limited, however, so reserve yours today at montfordparkplayers.org or by calling 254-5146.

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.

• For more information call Sharon at 777-1014

Historic Walking Tours

For by-appointment walking tours of historic Montford, Riverside Cemetery, and downtown Asheville, call 828-777-1014. A self-guided CD or downloaded MP3 tour of Riverside Cemetery is available online at www.history-at-hand.com Cemetery tour CDs are also available at the Chamber of Commerce Visitors Center or by calling the number above.

Astrology & Shamanic Healing in Montford

• 828-338-9852 • info@ItsAllGoodAstrology.com • www.ItsAllGoodAstrology.com
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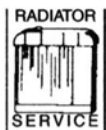
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Yoga in the Neighborhood

Jenny Wilker

In case you haven't heard, our neighborhood has recently been given the gift of free adult yoga classes. A growing number of neighbors has been gathering at the Montford Community Center at 8 a.m. each

Tuesday and Thursday for a refreshing beginning to the day.



FRONT ROW AT THE YOGA CLAS

Breathing Is All

Each class begins with seated breathing and relaxation and ends with a savasana—more breathing and relaxation, this time lying down. In between we work up and down the body—stretching, strengthening, aligning, balancing—always focusing on the breathing.

As teacher Vanessa Santucci points out, the postures, or asanas, help to keep us limber and to eliminate various aches and pains; doing them while breathing attentively helps us to shut down our active brains and enter the moment. We all leave feeling more relaxed, more energized than when we arrived.

The Montford yoga program started early this fall when Vanessa, who lives on Westover Drive, stopped by Kim Kennedy's office at the community center and offered to teach adult yoga classes, on a volunteer basis at first. Kim was pleased to be able to schedule this adult activity and immediately provided time and space in the center. Soon thereafter she was able to pay Vanessa from the Montford center's share of the Asheville Parks, Recreation and Cultural Arts budget.

From Venezuela to Asheville by Way of Orlando

The warm and supportive nature of the classes reflect Vanessa's background and beliefs. She is a first-generation Venezuelan with Italian parents, who grew up in Caracas with her grandmother living nearby and practicing yoga every day, mostly for healing and meditation. Although Vanessa didn't start yoga herself until much later, early memories of her nonna's calm and peaceful ways provided her with a mental model and a goal.

After attending college in the United States, Vanessa eventually decided to settle in Orlando, where she worked in banking for many years. But when she wasn't at work, she was studying yoga—hatha yoga with Marilyn Glasser and ashtanga yoga with Lewis Rothlein—becoming more and more absorbed with the practice with every year.

Finally, about a year ago, she decided to make a major commitment to yoga, researched the training possibilities, and selected the Asheville Yoga Center. She moved to Asheville (and Montford) in February 2011 and enrolled in an intensive, nine-month certification program at the Yoga Center, during which time she practiced many different styles of yoga and immersed herself in yoga literature and theory.

While finishing up the program, she already began to give back to her community with our neighborhood classes. It's probably not a total coincidence that she recently found her former mentor Rothlein also giving back by teaching yoga at Asheville Community Yoga up in Woodfin.

Thanks to our gifted teacher Vanessa Santucci for suggesting and teaching these classes, and thanks to our generous center director Kim Kennedy for making them possible. Do drop in at the center with your yoga mat any Tuesday or Thursday at 8 a.m. There's really no reason not to.

Montford Community Center News

Kim Kennedy, Center Director

Holiday Donations Drive

The deadline for donations to this year's drive is **Friday, December 9**. See the front-page story in this newsletter.

Pawndemonium XXIII

The Kiwanis Club of Asheville is coordinating this annual chess tournament for youth K-12 grades on Saturday, January 7. Email Bunny Cabaniss at buned@main.nc.us for registration information.

Snow Day Program

Sign up to reserve your spot in the Montford Community Center Snow Day program. The center provides youth in K-8 grades a place to play during snow days from 9 a.m.-5:30 p.m. for just \$5. Parents should provide a lunch and drink. However, we must have an application on file for your child prior to the snow day, so sign up today.

Yoga

Adult Yoga classes are being held on Tuesdays and Thursdays from 8:00-9:00 a.m. Bring your yoga mat and come ready to relax. In her story on this page, Jenny Wilker gives a rave review to the class and its teacher.



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Historic Resources Commission of Asheville and Buncombe County

November 9, 2011, 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, Capi Wampler, Ashley Black, Nan Chase, J.R. Elingburg, Jonathan Lucas, David Nutter, Brendan Ross

Staff present: Stacy Merten, Peggy Gardner, Jannice Ashley

Item and Summary

Action

169 Flint Street Amended to replace concrete wall with new concrete wall and approved

7 Rosewood Avenue Approved

17 Panola Street Approved with condition

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

December 14, 2011, Meeting—Tentative Agenda for Montford

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

Old Business: Public Hearings—Certificates of Appropriateness

17 Panola Street—addition of porch to rear elevation

New Business: Public Hearings—Certificates of Appropriateness

20 Watauga Street—remove window; add deck, overhang, door with sidelights

Other Business

Committee reports

Comments from commissioners, public, and staff

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Montford Neighborhood Association News

Bill Wheeler, Secretary

The regular monthly meeting was called to order on November 15, 2011, at 7:04 p.m. in the Montford Community Center on Pearson Drive by President David Patterson. Other board members present: Bill Wheeler, secretary; Vice President Susan Eggerton; Treasurer Wanda Newman; and at-large members Karen Kellow, Michael McDonough, Joe Newman, and Ron Phillips. Also present were Community Resource Officer Jeremy Woody, Center Director Kim Kennedy, and several other neighbors.

MNA Financials

Treasurer Wanda Newman reported that the MNA account balance was \$19,145, little changed from October.

Safety and Security

CRO Jeremy Woody reported that the neighborhood has been quiet in the past month. He noted that police are aware of the presence of homeless people living close to Issac Dickinson School and have notified the appropriate city department to address the issue. Officer Woody also reported that magazine salespeople are once again working in the neighborhood. He reminded residents that they can contact police if any salesperson will not leave a private property when asked. He also noted the increased bear sightings in the neighborhood and asked residents who want to report bears to use the police non-emergency number.

Announcements

David Patterson made several announcements.

- The city is still requiring that residents bag all leaves for pickup. Susan Eggerton reported that city council is reviewing this policy in light of numerous protests.
- The flashing four-way stop lights on West Chestnut Street have been removed by the city.
- The Montford Park Players are presenting *A Christmas Carol* at the Masonic Temple downtown, December 8-23. See the story on the front page of this newsletter for details.
- The annual Montford Tour of Homes is being held on Saturday, December 10. Coordinator Cate Scales is looking for volunteers to staff the locations on the tour; anyone interested can email her at scalesfamily@charter.net. Wanda Newman reported that this year's tour will feature not only residences but businesses and a church as well. Cate's story on pages 1-3 of this newsletter provides more information.
- After several years, Laura Lowe is retiring from the job of maintaining the music and arts festival website. Any volunteers who wish to take up this task should contact David Patterson.
- The MNA is looking for residents' suggestions of worthy causes and projects for the association to help fund in 2012. Contact David Patterson with your ideas.

New Business

Sharon Fahrer, codirector of the annual Montford Music and Arts Festival, is asking that neighbors join in the effort to bring in more sponsors for the festival. This is in response to a request from the MNA Executive Board that the festival organizers look at new fundraising possibilities. Sharon reported that this year's event will once again feature two stages of performers and have a new emphasis on kids' events. Sharon Daphne Young have written an article that appears on page 4 to explain the fundraising effort, which is being called The Montford Challenge.

Michael McDonough reported that the City Transportation Department has told him that the Soco/ Cullowhee/Montford intersection improvements are funded in the 2012 budget. Repaving of Montford Avenue and construction at the intersection are expected to start in the spring.

Sharon Fahrer asked that the MNA not forget to take up the issue of adding the Chamber of Commerce property to the Historic Overlay, which was discussed as a neighborhood goal in the spring when the chamber announced plans for the Montford Farmer's Market. The parcel is currently only partially in the Montford Historic District.

Pam Jo Brown announced that all lights are operational in Montford Park. The MNA thanked her for her efforts in trying to insure that all areas of Montford are lit for safety.

Kim Kennedy, director of the Montford Community Center, is looking for neighbors' contributions to Christmas gifts for needy children. Kim also reported that the center's Halloween program was well attended and that the center has a sponsor to fund the LEAF arts program for the coming year.

The meeting was adjourned at 7:50 p.m..



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Crunchy Caramel Apples

INGREDIENTS:

- *1 package (6 ounces) pecan chips (13 cups)
- *2 containers (1.75 Oz. Ea.) rainbow sprinkles (2/3 cup)
- *2 packages (2.25 Oz. Ea.) nut topping (1 cup)
- *½ cup mini chocolate chips
- *Nonstick cooking spray
- *2 packages (14 ounces each) square-shaped caramels with sticks included
- *8 large Golden Delicious, Granny Smith or McIntosh apples, stems removed
- *¼ cup water

DIRECTIONS:

1. In large skillet, toast pecans over low heat 3 to 5 minutes or until lightly browned, stirring frequently. Transfer to pie plate or wide, shallow dish to cool completely. Stir in sprinkles, nut topping and chocolate chips. Freeze 15 minutes.
2. Meanwhile, spray cookie sheet with nonstick cooking spray. Insert 1 stick halfway into stem end of each apple. Unwrap caramels and place in medium saucepan; add water. Heat over medium-low heat 8 to 10 minutes, stirring until caramels are melted and mixture is smooth. Reduce heat to low.
3. Dip and swirl each apple into melted caramel until evenly coated, using a spoon to pour caramel onto apple near the stick and allowing excess to drip off into saucepan. Dip top and roll sides of apples in nut mixture to evenly coat. With gloved hand, lightly press mixture into caramel. Place apples, stick side up, onto prepared cookie sheet. Refrigerate at least 1 hour or up to 2 days. To serve, let apples stand at room temperature 30 to 45 minutes or until caramel softens slightly.

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