News from the Mayor
Roger Snyder

Boylston Creek Reclassification
We continue to follow this closely. Our State Representative have introduced local bills in both the House and Senate to void any reclassification of the Boylston Creek. An alternate bill was worked out in a General Assembly committee, which made it mandatory that the NC Department of Environment and Natural Resources hold 2 public meetings in the affected area. Additional information on the public meetings is available inside this edition of the newsletter. We encourage everyone to attend a public meeting.

Farmer’s Market
The Farmer’s Market seems to be doing a brisk business. We still need to get the word out and support these local vendors.

Hooper Property
Our new building – Town Hall/Library construction is moving forward and the contractor tells us that they are running about 2-3 weeks ahead of schedule. We are looking at moving into the new facility sometime in April.

Safety Note
It’s time to start getting that firewood closer to the house. Be careful operating that chainsaw and follow all safety precautions. Have your fireplace checked by someone trained and never leave a fire unattended.

THE TOWN OF MILLS RIVER
5046 Boylston Highway, Suite 3
Mills River, NC  28759
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Office Hours: 9:00 am—5:00 pm
Monday-Friday
info@millsriver.org
www.millsriver.org

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Mayor Pro Tem: Lois Pryor
Councilman: Wayne Carland
Councilman: Shanon Gonce
Councilman: Larry Freeman

Staff:
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jaime.laughter@millsriver.org

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Zoning Enforcement Officer: Pat Christie
pat.christie@millsriver.org

Email for Free Newsletter Subscription:
newsletter@millsriver.org
Website: www.millsriver.org

Community Farmer’s Meeting
Friday, October 22, 2010 – 9:00 AM
Mills River Community Building
Schoolhouse Road
Pesticides, Pesticide Applications, and Water Quality
This meeting is open to all farmers, home owners and other interested citizens.
Representatives from the NC Department of Agriculture, Henderson County Soil and Water Conservation, NC DENR, NC DWQ and others will be available to provide information and answer questions.
Please make plans to attend this important meeting

Newsletter Editors
Articles: Paula DeLorenzo      Layout: Kathie Doole
Before the arrival of electric power lines and the installation of home refrigerators and freezers, Mills River farm families still managed to maintain a varied diet even during the non-growing season. Many of them utilized some ingenious methods of food preservation which were passed down, often with some modification.

When I was young, our family grew our own vegetables in a garden near the house. The vegetables included Irish and sweet potatoes, green beans, sweet corn, carrots, cabbage, lettuce and beets. We stored the Irish potatoes in our root cellar to last through the winter with enough left over to plant the following year. My mother canned beans, corn, tomatoes, and pickled beets in glass Mason jars, and these also were kept on shelves in the root cellar.

An interesting variation was pickled beans which became one of my favorite winter treats. My mother, Velma Gillespie Brittain (1903-1971), provided me with written instructions on her method of preparing pickled beans. One began by preparing beans for cooking and then cooking them for about two hours “until tender enough to eat.” The beans were then rinsed in cold water and placed in a stoneware jar, a half gallon at a time. One heaping tablespoon of plain salt was sprinkled over each half gallon of beans with the sequence of beans and salt being repeated until the jar was full. The treated beans then were to be covered with cold water. Then the top of the container was covered with a clean white cloth. The cover cloth was weighted down with a plate or a “round white oak board” with the added weight of a “clean flint rock.” The instructions continued that one should keep checking to make sure that the beans were covered by brine throughout the pickling process. Water and salt were added as needed. Finally, one tied the white cloth over the top of the jar and set it aside “for eight or nine days, depending on the weather and taste.” The pickled beans then were to be removed from the briny bath and brought to a boil in plain water before being sealed in Mason jars. The canned pickled beans were cooked like regular canned beans before serving. The instructions mentioned that “the old people never canned them” but they were kept in a stoneware jar. In that case, they were removed in small portions every few days to prevent molding.

We grew several apple trees and my mother had several ways to preserve apples for use during the off-season including canning apple sauce, drying, and smoking apples. I still have a set of her written instructions on how to prepare smoked apples. One began with a stoneware jar with a capacity of 5 or 6 gallons, a box of sulphur, a small saucer or cup, a teaspoon, a quilt folded twice, and a bushel of apples. The apples were then to be peeled, cored, and cut into 4 or 6 slices, depending on the size of the apples. The slices were placed in the jar, a half gallon at a time, and a cup or saucer of live coals from the wood-burning stove was set on the apples. One then added a half teaspoon of sulphur on top of the hot coals and covered the jar quickly with the folded quilt. A heavy object was placed on the quilt to prevent the smoke from the burning sulphur from escaping. After about 20 minutes, the quilt was removed and the process was repeated with another layer of apples and new coals. When the jar became half full, the smoked apples were removed and placed in gallon glass jars or another stoneware container. The treated apples would keep for several months in stoneware jars covered with white cloth. They could be eaten like fresh apples, after washing with cold water, or cooked. The smoked apples were to be kept in a cool place such as a cellar.

Dried apples were cut into small slices and solar dried by placing them on a frame of wood and screen wire and leaving them on our roof on a sunny day. After drying, they were stored in a cloth bag. My mother used them to make dried-apple fruit cakes. The ingredients for her cake included 2 cups of dried apples soaked overnight and then further down sized with scissors or a “chopper.” Other ingredients were added including 2 cups of molasses, 1 cup of sugar, a box of raisins, 2 eggs, one-third pound of butter, 3 cups of flour, a cup of nuts, and a cup of halved maraschino cherries. Her recipe also called for a teaspoon of soda, a half spoon of ginger, cinnamon, allspice and cloves. The cake was baked in a stem pan for about 3 hours at 275 degrees. She concluded that “it will keep for months.”

I remember picking buckets of wild blackberries on our mountain and wild fox grapes from vines along the river. My mother prepared and canned blackberry jam and grape juice and also strawberry jam. As a holiday treat, during the Christmas season, we often had a few oranges or tangerines from Florida and a box of cluster raisins for my father. My mother also made such treats as Irish-potato candy, chocolate fudge, pies, and a variety of cakes. She sometimes used recipes from her grandmother Sitton’s cook book, including one for “cream cake” and another for “marshmallow cake. She also made “Angel Food Cake,” “Devil’s Food Cake,” and upside-down pineapple cake. During World War II, when sugar was scarce or unavailable, she sometimes made a “sponge cake ”which did not require sugar. We also had molasses to eat with corn bread. Sourwood honey collected from our own bees enhanced the flavor of hot biscuits baked in a wood-burning oven.
## MEETING & OTHER DATES

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<thead>
<tr>
<th>Date</th>
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<tr>
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<td>Planning Board</td>
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<td>Oct 14</td>
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<td>Jan 17</td>
<td>Martin Luther King</td>
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<td>Jan 21</td>
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<td>Jan 25</td>
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<td>Jan 27</td>
<td>Town Council</td>
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### Recipe Corner

**Spinach Mushroom Casserole**

from Joyce Davis

**Bottom Crust ingredients:**

- 1 ½ cups brown rice
- ½ cup barley
- ½ to 1 cup grated parmesan cheese

**Casserole ingredients:**

- 2 - 14 oz bags of frozen spinach: one with mushrooms and roasted garlic sauce; one plain chopped spinach
- 4 Portabella caps (Large ones) Dice into small - medium pieces
- 1 medium onion chopped fine
- 4-5 cloves of garlic chopped fine
- 1 can artichoke hearts drained and chopped
- 1 can Water chestnuts, chopped up
- ½ to 1 cup grated parmesan cheese

For the bottom crust layer, cook the brown rice and the barley per box instructions.

Spray the bottom of a medium Pyrex pan with Pam and just pack the cooked rice and barley into it assuming there will be enough liquid from the spinach mixture to soften and make it stick together.

Sprinkle the top of the rice with about ½ to 1 cup of parmesan cheese.

Sauté onions and garlic on medium heat a couple of minutes then add portabellas. Cook for a few more minutes – 2 to 3, then stir in the frozen spinach. When spinach defrosts, stir in artichoke hearts and water chestnuts.

Spread over top of the rice base and sprinkle with ½ to 1 cup parmesan cheese.

Bake 350 for about 30 minutes. You can put it into the oven when you start preheating and let it warm up with the oven and then cook it about 15 minutes more. You just want it heated through and the cheese melted to let the flavors blend a bit.

**Enjoy!**
LOCAL SMALL BUSINESS ADS

The Mills River Town Newsletter is printed quarterly: at the end of March, June, September, and December. In order to defray the cost of publishing, the newsletter will be taking small business ads. These ads will be business card size and black and white. The business must be located within the town limits. There is a $50 fee for each quarterly advertisement and since there is a limited amount of space, ads will be taken on a first come, first served basis. The ad must accompany payment and checks should be labeled for the newsletter. The fee collected goes directly for newsletter costs. Site selection within the newsletter is to be determined by the newsletter committee. The committee reserves the right to refuse an ad. Both ad and payment will be returned if this occurs.

Thank you for your support.

NEWSLETTER SUBMISSIONS

The Town of Mills River newsletter is published and distributed quarterly. Articles submitted may be edited for brevity. Deadline for submission of articles is the 25" of each of the following months: March, June, September and December. Submit articles in writing to:

Paula DeLorenzo
9 White Birch Drive
Mills River, NC 28759

or by email to p828@bellsouth.net. Articles can also be dropped off at the Mills River Town Hall. If you need assistance, have questions or need more information, feel free to call Paula at (828) 890-8131 or email.

A Special Thank You to those generous Mills River residents who purchased school supplies for Mills River Elementary students during the drive sponsored by Prudential Lifestyle Realty.
Smoke Alarms: Up, Down and All Around
by Jeannie Moore-Pfeffer

Mills River Fire and Rescue Reinforces Newer Smoke Alarm Recommendations
during Fire Prevention Week, October 3-9, 2010

(October 3, 2010) – In an effort to better educate communities throughout the U.S. about smoke alarm recommendations, the nonprofit National Fire Protection Association (NFPA) is promoting “Smoke Alarms: A Sound You Can Live With!” as the theme for this year’s Fire Prevention Week campaign, October 3-9, which Mills River Fire and Rescue is supporting locally. NFPA has been the official sponsor of Fire Prevention Week for 88 years.

"Many homes in Mills River may not have any smoke alarms, not enough smoke alarms, alarms that are too old, or alarms that are not working," says Jeannie Moore-Pfeffer, Fire and Life Safety Educator of the Mills River Fire Department. "We want residents to understand that working smoke alarms are needed in every home, on every level (including the basement), outside each sleeping area and inside each bedroom. And, if a smoke alarm is 10 years old or older, it needs to be replaced."

According to Jeannie Moore-Pfeffer, smoke alarms can mean the difference between life and death in a fire. NFPA statistics show that working smoke alarms cut the chance of dying in a fire nearly in half. But they must be working properly to do so. The association’s data shows that many homes have smoke alarms that aren’t working or maintained properly, usually because of missing, disconnected or dead batteries. Roughly two-thirds of all home fire deaths result from fires in homes with no smoke alarms or no working smoke alarms.

The Mills River Fire Department will be available during Fire Prevention Week and throughout the whole year, to promote “Smoke Alarms: A Sound You Can Live With!” locally, and to help Mills River residents understand NFPA’s smoke alarm recommendations. Mills River residents can feel free to contact the fire department for more information about the power of smoke alarms, newer options for installing and maintaining them properly, and ultimately, how to better protect their loved ones from fire.

NFPA and Mills River Fire Department agree that interconnected smoke alarms offer the best protection; when one sounds, they all do. This is particularly important in larger or multi-story homes, where the sound from distant smoke alarms may be reduced to the point that it may not be loud enough to provide proper warning, especially for sleeping individuals.

"Most people have a sense of complacency about smoke alarms because they already have one in their homes. Fire Prevention Week provides an excellent opportunity to re-educate people about smoke alarms, new technologies and expanded options for installation and maintenance," says Judy Comoletti, division manager for NFPA public education. "Ultimately, we want this year’s campaign to serve as a call to action for households nationwide to inspect their homes to ensure that their families have the full smoke alarm protection that’s recommended."

Mills River Fire and Rescue offers the following tips for making sure smoke alarms are maintained and working properly:

- Test smoke alarms at least once a month using the test button, and make sure everyone in your home knows their sound.
- If an alarm “chirps,” warning the battery is low, replace the battery right away.
- Replace ALL smoke alarms, including alarms that use 10-year batteries and hard-wired alarms, **when they’re 10 years old (or sooner) if they do not respond properly when tested.**
- Never remove or disable a smoke alarm.

For more information regarding smoke alarms or other fire prevention or life safety programs, please contact Jeannie Moore-Pfeffer with Mills River Fire Department at 828-891-7959, or to learn more about “Smoke Alarms: A Sound You Can Live With!,” visit NFPA’s Web site at [www.fireprevention-week.org](http://www.fireprevention-week.org).
As we head toward Fall 2010, we're very excited about recent changes at the Mills River Branch. In mid-July, Brittany Smith, formerly a staff member of the Fletcher Branch Library, was selected by the Henderson County Public Library to serve as our Branch Manager, coming to work on July 19, 2010. Brittany is doing an outstanding job at our Branch and the Branch volunteers are extremely excited about having her here. She has streamlined many of our tasks and has many great ideas that we will be able to present to our patrons when we are able to move to our new location, hopefully by April 2011.

Since Brittany's arrival, Mills River Branch has changed/increased our hours. We are now open:

- Monday – Thursday 9:00 a.m. – 5:30 p.m.
- Friday and Saturday 9:00 a.m. – 1:00 p.m.
- Story Time Tuesday & Thursday at 11:00 a.m.

These hours will remain in effect until our move to the new location. If you are not a regular visitor to the Branch, we hope you will stop in to visit us. We are a great resource for the Mills River area. Please call the Branch at 890-1850 if we can assist you in any way.

Brittany and I were recently invited by the Mills River Town Council to participate in a “walk through” of the new facility being constructed off Hooper Lane here in Mills River. The new facility is progressing nicely and is visible from Route 191. These photos were made during that tour.
BE PART OF THE NEW MILLS RIVER TOWN HALL BRANCH LIBRARY CONSTRUCTION
by Roz Ledford

To enhance the entry way into the new Mills River Town Hall and Branch Library, the Friends of the Mills River Library is sponsoring the use of brick pavers to be placed in the sidewalk entry way. (Please see the two samples below.) These pavers can be engraved to honor parents, children, grand children or simply engraved with your name, your business name, or your message to show your support for this major milestone in Mills River.

The use of these pavers is an effective way we can give local residents the opportunity to take an active part in ensuring our new facility has stunning curb appeal and this material will enhance the entrance to our Town Hall and Library.

Adding a paver walkway at the entrance to our new facility is a wonderful way to showcase both the facility and its landscaping. This entry way should be inviting to our visitors and guests and will definitely add interest to our outdoor space appeal.

The pavers are 8" x 8" x 2 3/8". Each paver has space for 6 lines of text, each containing 16 characters / spaces. Cost is $100 per paver. This cost includes the 8x8 paver, the engraving cost and the placement within the sidewalk.

Construction on the facility is ahead of schedule and it will take some time to engrave the pavers prior to placement. To ensure you are included in this effort, if you have not already signed up for a paver, we need to speak with you very soon. Please contact either Lois Pryor at 828-684-8425 or Roz Ledford at 828-891-5344.

Boylston Creek Reclassification – Update
by Susan Powell

For the last two (2) years, the NC Department of Environment and Natural Resources (DENR) has been working to pass a change to Rule 15 A NCAC 02B.0304 which will effectively reclassify a portion of Boylston Creek to a Class C Trout Stream.

In October 2008, the NC Division of Water Quality held a public hearing in Mills River to hear comments from residents. A record of that hearing was reviewed by the Environmental Management Commission in April, 2009 and the Rule Change was approved. However, the large number of negative comments from the October 2008 hearing invoked a statute allowing Legislative review.

In July of 2010, Senate Bill 1259 (Session Law 2010-157) was passed requiring two (2) additional public meetings be held. This same Bill delayed the effective date of the Rule change to July 1, 2011. A report from those meetings will be filed with the Environmental Review Commission (ERC), a commission of the NC General Assembly. The ERC will choose whether to make a recommendation to the Legislature.

PUBLIC MEETINGS
Tuesday, October 26, 2010

Mills River Community Center 1:00 PM to 4:00 PM
120 School House Road, Mills River

Transylvania County Courthouse 7:00 PM to 10:00 PM
7 East Main Street, Brevard

Questions: Adriene Weaver, NCDENR, 919-807-6414
adriene.weaver@ncdenr.gov
I hope everyone has a safe and happy fall season. I want to remind everyone to drive safely. Below are a few driving reminders:

- Obey all posted speed limits
- Observe speed regulations in school zones
- Slow down and use caution during times of inclement weather
- Wear your seat belt
- Watch out for children around schools and near school buses
- Come to complete stops at all stop signs
- Burn your headlights when operating your windshield wipers in the rain
- Please properly secure children in the correct child seats for their weight and age
- Increase your following distance in traffic
- Make sure your vehicle is in safe operating condition (tires, lights, signals, wiper blades, brakes, etc.)

For Emergencies—911 Non–Emergencies—697-4911 NC Highway Patrol—693-4141