



NEWSLETTER

Fall 2010
Volume 7, Issue 3

News from the Mayor

Roger Snyder

Boylston Creek Reclassification

We continue to follow this closely. Our State Representatives 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

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Councilman: Shanon Gonce

Councilman: Larry Freeman

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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



HISTORY CORNER

by Jim Brittain

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 beats. 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 over night 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.

Jollene J. Austin, AAMS®
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MAKING SENSE OF INVESTING



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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!

MEETING & OTHER DATES

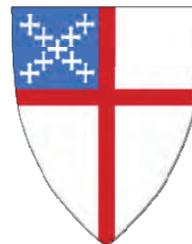
Oct 5	Planning Board	7:00 PM
Oct 12	Board of Adjustment	7:00 PM
Oct 14	Town Council	7:00 PM
Oct 19	LGCCA-Flat Rock	3:00 PM
Oct 21	Finance Committee	7:00 PM
Oct 22	Agricultural Advisory	9:00 AM
Oct 22	Farmer's Meeting	9:00 AM
	Mills River Community Center	
Oct 26	Parks and Recreation	7:00 PM
Oct 28	Town Council	7:00 PM
Nov 2	Election Day	
Nov 2	Planning Board	7:00 PM
Nov 6	Daylight Savings Time Ends	
Nov 10	Finance Committee	7:00 PM
Nov 11	Veterans Day	Town Hall Closed
Nov 18	Town Council Special	7:00 PM
Nov 19	Agricultural Advisory	9:00 AM
Nov 23	Parks and Recreation	7:00 PM
Nov 25-26	Thanksgiving	Town Hall Closed
Dec 7	Planning Board	7:00 PM
Dec 8	Finance Committee	7:00 PM
Dec 9	Town Council	7:00 PM
Dec 14	Board of Adjustment	7:00 PM
Dec 17	Agricultural Advisory	9:00 AM
Dec 23	Town Council	7:00 PM
Dec 28	Parks and Recreation	7:00 PM
Dec 24, 27	Christmas	Town Hall Closed
Dec 31	New Years Day	Town Hall Closed
Jan 4	Planning Board	7:00 PM
Jan 12	Finance Committee	7:00 PM
Jan 13	Town Council	7:00 PM
Jan 17	Martin Luther King	Town Hall Closed
Jan 21	Agricultural Advisory	9:00 AM
Jan 25	Parks and Recreation	7:00 PM
Jan 27	Town Council	7:00 PM

The Episcopal Church of the

Holy Family

Welcomes You!

Sunday Worship 10 AM



419 Turnpike Road
Mills River, NC 28759
828 890 8196

www.ourhollyfamily.org

The Rev. Robert Lundquist Rector

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 25th 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.



Deidre Redden,
Second Grade Teacher
Mills River Elementary

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 through-out 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.

News from your Mills River Branch Library

by Roz Ledford, Volunteer Coordinator

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.





HENDERSON COUNTY SHERIFF'S DEPARTMENT
MILLS RIVER DIVISION
by Sergeant Ken C. McCraw—Have a Safe and Happy Fall!

Please check the Henderson County Sheriff's Office website at www.henderson.lib.nc.us/county/sheriff for links and information regarding identity theft, Community Watch programs, and crime prevention.

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
- Turn your headlights on 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

**The Town of Mills River
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