

S P R I N G 2 0 1 6

Haw Creek Community Association Newsletter

Spring Yard Sale NEW DATE – MAY 21ST

Due to a conflict with St. John's our spring yard sale will now take place on Saturday, May 21st. The following weekend is a holiday weekend therefore we will not have a rain date. This year we will charge \$5.00 per 8-foot space. Start cleaning out your closets, attic and basement; turn those old possessions into cash at the spring yard sale. Our annual yard sale will be held at the field on Pressley Road behind St. John's Episcopal Church, 290 Old Haw Creek Road; set-up will be 8:00am and the sale from 9:00 - noon. We're limited to 20-30 participants on a first-come, first-serve basis. Watch your in-box for seller sign-up and other details the middle of April.

Save the Date!

Open House
Wellspring
Wellness Center

Saturday, April 9th

960 Tunnel Road
1:00 -5:00pm
Door prizes,,
Giveaways, Food,
Beverages
PLEASE JOIN US!

Community Board
Meeting

Tuesday, June 21st

HCCA monthly
board meeting open
to the community.
7:00pm, St. John's
Episcopal Church,
290 Old Haw Creek
Rd.

Annual BBQ

Tuesday, July 19th

HCCA's annual
BBQ, 5:30 – 7:30
pm, St. John's
Episcopal Church,
290 Old Haw
Creek Rd.

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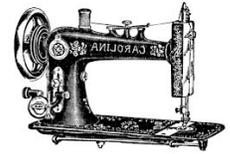
Your Board

Lisa Thomson – President
Kim Masnick - Vice President
Anita Rose – Secretary
Kim Masnick – Treasurer
Nancy Baker – At-large
Barber Melton – At-large
Linda Stanton – At-large

Spotlight on East Asheville Sew & Sew Custom Sewing and Alterations

Linda Stanton

Tucked into the corner suite at 1085 Tunnel Rd. is a small, unassuming shop where big things happen. Sew & Sew Custom Sewing and Alterations is owned and run by East Asheville resident Ace Baggott. Ace lives in the Riceville area with her husband Edward and their two daughters. Her mother-in-law Cecille Baggott helps with customer service at the shop. The daughter of a dressmaker herself, Ace grew up in the Philippines and moved to the US in 2008. "I've been sewing since elementary school. By watching my mother, I pretty much taught myself. I would make paper patterns to create dresses for my dolls. She would tell me I was wasting her fabric when I used her good material to cut them out."



Ace relates how they used an old treadle sewing machine, similar to the one she uses as the logo for her business. "We were kind of poor then, I made my own school uniforms. A lot of kids sold candy for fundraising but I wanted to be different. I was an entrepreneur even then, having my own little business making and selling hair bows and scrunches." She continues, "In the third and fourth year of high school we took home economics and had to choose classes in cooking or sewing. Of course I chose dressmaking because it was easy for me. At first I almost didn't pass because I'd be late for the early morning class. The next year class was in the afternoon and I did great, even helping my classmates learn pattern making. They said I was a better teacher than the book! That year I won dress maker of the year award at my school."

After high school and a year at a vocational program in fashion design, Ace worked out of her mother's shop but had her own clients. She specialized in formal gowns for proms and pageants and also made bridal gowns. After about ten years doing custom design work, she and her husband Edward came to Asheville for his job as a wilderness survival class instructor. When first coming to the states she began working from home making bags and hats, doing alterations for neighbors and other odd jobs. She spent time at several sewing shops in the Asheville area including a stint making children's clothing for "Just Duckie." During this time she was learning about the local market for alterations work and wanted to open her own business.

To her good fortune, in 2013 an already established alterations shop, Jack's Alterations, went up for sale. "This was wonderful because there aren't any other sewing shops in East Asheville and it is near our neighborhood." For the past two and a half years she has been building the business into the busy place it is today with a large percentage of customers coming from the local area. "My main business is alterations and some custom work specializing in designs for women, but I also do men's shirts." When asked about the future for her business Ace replied, "I would like to do more custom work. I love to help customers design unique pieces that no one else has and make them fit just right for their body."

Stop by and speak with Ace about how to help make your everyday clothing fit just right or make your prom, pageant or bridal gown absolutely perfect. Sew & Sew Custom Sewing and Alterations is open Tuesday thru Friday 11:00 am – 6:00 pm and Saturdays by appointment.

For more information call 828-505-2878 or visit their Facebook page at <https://www.facebook.com/bestcustomsewingandalterations>

Nature's Corner

Morel Mushrooms – A delicious gift from the forest

Jeanie Martin

Springtime in the southern Appalachians ushers in wild edibles to delight our plates and palates. One of my favorite foraging seasons is that short window of 4 to 6 weeks starting around the beginning of April. This is when the somewhat elusive morel mushroom makes an appearance.

All mushrooms are the fruiting part of a vast underground network of fungus strands called mycelium. These underground webs are vital in recycling nutrients, feeding plants, and building soil. Think of the mycelium like underground branches of a fruit tree and the mushrooms as the fruit. The edible mushroom is the reproductive part of the mycelium and is the way the fungus “seeds” itself by releasing spores. As with all wild foods I have a disclaimer: Be careful, be knowledgeable and when in doubt DON'T EAT IT. The Asheville Mushroom Club is a great resource to learn wild mushrooms and they meet right here in East Asheville at the Nature Center. See www.ashevilemushroomclub.com

Okay, back to the morels. These yummy mushrooms have a distinctive look. They have a cone-shaped top that looks like a honeycomb. They are hollow from the top through the stem and range in color from tan to dark brown. There is a false morel but once you have seen them side by side with the real deal you can easily tell them apart. “If they aren't hollow, do not swallow.”

Morel lovers seem to have their favorite spots for foraging and some swear by old apple orchards and under elms, ash and tulip poplars. My experience is that they can pop up just about anywhere after a good rain. I have found them under pines, hardwoods, at the edge of my yard and once even in a potted plant. They are edible for up to 3 to 4 days after they emerge. After that they are usually too buggy and begin to break down. Once you find one, carefully look around that area for more. Putting my harvest in my peach basket allows the mushroom spores to sift out through the cracks in the basket seeding the way for more morels as I walk home.

This brings up ethical wild crafting or harvesting. We should always remember to never harvest on

private land without permission.

The rules for foraging plants or mushrooms in national parks depend upon the park. Never harvest wild plants from the Blue Ridge Parkway. As far as



mushroom gathering goes, “Parkway regulations allow the collecting of up to one gallon of fungi per person each day for personal use.” I personally think we should limit our morel collecting to allow others to share in these spring delights.

To prepare your morels, or any mushroom for that matter, they should be cooked. To clean the morels I slice down the center from the top to the bottom. If they are particularly large, I will quarter them. I use my kitchen sprayer to clean out all the dirt and small bugs that can be in their nooks and crannies. I catch this water in a bowl because it contains the spores. I then put the water under the trees in the woods behind our house in hopes that I may find morels there the next year. Some people choose to soak their morels in lightly salted water for 15 minutes.

After the morels are cleaned and dried, I sauté about 2 cups of them in butter with salt, pepper and a couple of cloves of minced garlic. Some people like to add a splash of white wine. Cook over medium heat stirring occasionally for about 10 minutes and then finish off with a half-cup of cream or a little broth. Serve them up beside a fresh trout and spring greens and give thanks that you live in the Blue Ridge Mountains where nature nurtures us in every season.

Your Health

Seasonal Allergies: A “Budding” Problem”

Written by a collaboration of Blue Ridge Pharmacy pharmacists

What are seasonal allergies? Seasonal allergies (aka hay fever, allergic rhinitis): a disorder characterized by a group of symptoms (see Figure 1) caused by exposure to airborne particles that emerge during a particular season (see Table 1).

What causes seasonal allergies? Peak allergy seasons and how long they last vary based on geographical location. Allergy season typically starts in the spring when certain trees pollinate and ends in the fall with the pollination of some weeds. However, certain environmental allergies such as mold and dust can occur year-round.

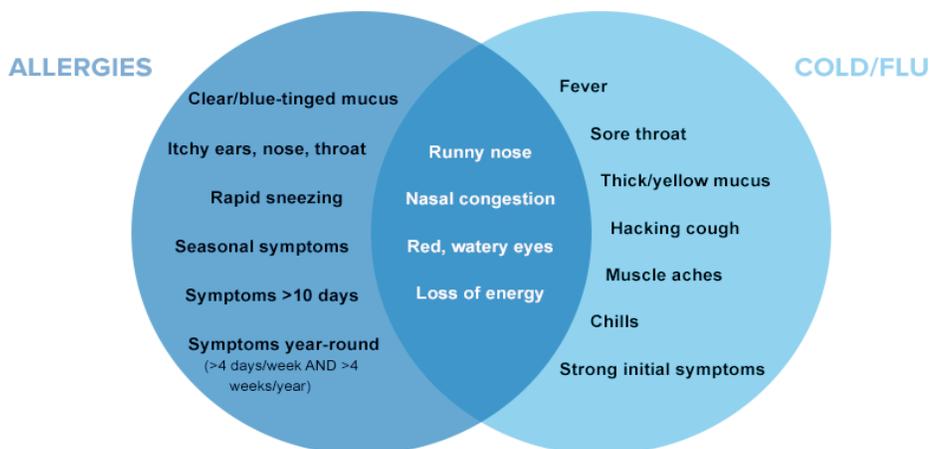
Table 1.

Common Allergens and Seasonal Peaks				
Allergen:	Spring	Summer	Fall	Winter
Tree Pollen				
Grass Pollen				
Weed Pollen				
Outdoor mold				
Indoor mold				
Dust mites				
Pet dander				
Cockroaches				

Adapted from: http://www.nasonex.com/nasx/jsp/nasal_allergies_resource_center/outdoor_vs_indoor.jsp

What are the symptoms of seasonal allergies? The symptoms of seasonal allergies can be nonspecific and similar to other disorders such as the cold or flu (see Figure 1)

Figure 1.
Common allergy, cold, and flu symptoms



<https://nasacort.com/hcp/allergic-rhinitis.aspx>

How are seasonal allergies diagnosed? Seasonal allergies are diagnosed based on symptoms and whether they occur only during certain seasons. Usually, no testing is necessary, but skin tests can help confirm the diagnosis and identify the allergen.

Avoid allergens.

Your Health, cont.

How are seasonal allergies avoided and treated?

- Avoid allergens.
- Watch the news and pay attention to pollen counts during peak seasons.
- Keep windows and doors shut at home and in the car during allergy season and stay inside during peak allergen hours.
- Wear a filter mask when working outdoors and remove clothes and shower after the work is complete.
- Do not hang dry laundry.
- Treat symptoms with over-the-counter medications
 - *Speak to your pharmacist to determine which medications are best for you**
 - **Follow the package directions or speak with your pharmacist if you have questions***
 - ***Allergists recommend starting medications to alleviate symptoms two weeks before they are expected to begin****
 - ⁱOnly use nasal decongestants for short-term relief (72 hours max). Long-term use of decongestant nasal sprays can actually worsen symptoms.*
- Consider immunotherapy (aka allergy shots)
- If the above over-the-counter treatments are not enough, or your symptoms are severe, speak with a doctor.



East Asheville Tailgate Market

East Asheville Tailgate Market is gearing up for another season of local produce and products. We have been in touch with the market and they will open on Friday, May 6 from 3:00 – 6:00pm at Groce Methodist Church, 954 Tunnel Road. Be sure to check out their web site

<http://www.eastashevilletailgatemarket.com> and follow them on Facebook at <https://www.facebook.com/EastAshevilleTailgateMarket/>.

Interested in being a vendor? Contact information is:

912-656-1251

910-515-9145

eastashevilletailgatemarket@gmail.com



COPPER CROWN

1011 Tunnel Road
Asheville, NC 28805
Home Trust Bank Plaza
t: (828) 505-7531

coppercrownavl.com

HOURS OF OPERATIONS

Monday	11:00AM – 10:30PM
Tuesday	CLOSED
Wednesday	11:00AM – 10:30PM
Thursday	11:00AM – 10:30PM
Friday	11:00AM – 12:00AM
Saturday	11:00AM – 12:00AM
Sunday	11:00AM – 10:00PM

Our menu is updated often to reflect what is new and fresh in the kitchen. Our focus as a small neighborhood restaurant is to have something on the menu that everyone will enjoy. Our cuisine pays homage to New Orleans, Italy and the American south while also utilizing our relationships that we have built up with local farmers over the years.



On The Mark

Counseling & Consulting

Mark N. Durham, MA, LPC, NCC

100 Central Avenue
Suite 2
Asheville, NC 28801
Phone: 828-251-1027
Fax: 828-251-1028

Individual and family counseling services addressing issues including anxiety, depression, grief, blended families, parenting and life coaching.

NEIGHBORHOOD SPOTLIGHT

Barber Melton

Our neighborhood was recently featured in Asheville City Source (<http://coablog.ashevilenc.gov>), the official newsletter for the City of Asheville. Below is the article.

Asheville's Haw Creek Community Association (HCCA) was formed in 1983 in response to proposed development neighbors felt was out of character with the neighborhood, and a desire to ensure residents had a say about the future of their community. HCCA is a 501 C-3 (non-profit) incorporated in 1984.

Haw Creek is located in a beautiful valley in East Asheville. Its boundaries are US Highway 70/Tunnel Road at I-240 ending at Groce Methodist Church on Tunnel Road. It was settled in the early 1700s and named for the many Hawthorne trees that grew along the banks of area creeks.

A farming community in the early years, Haw Creek has two main entrances and very narrow roads throughout our valley. The lack of public right of way has resulted in a main concern for residents – no sidewalks on its two main roads, New Haw Creek and Old Haw Creek, or along our many side roads.

With over 7,000 households, including affordable apartments, single family, townhomes and condos, Haw Creek has always been a very diverse neighborhood. While it is rural in character, it is within 15 minutes of the Asheville Mall, Blue Ridge Parkway, downtown Asheville and main highways, which makes Haw Creek a very desirable place to live. The community has excellent schools – Haw Creek Elementary School and Evergreen Charter School, plus churches, and the East Asheville Rec Club with tennis courts, swim team, and swimming pool.

It has an activist neighborhood association, with many members serving on committees for City Council and efforts to improve our community, such as working to get a new library. The Association provides support to other neighborhoods with concerns or needs because of our members' experience working with the city, county and state Legislators on many community issues.

Association activities include yard sales, an ice cream social, pot luck supper, Cider Fest, annual barbecue, National Night Out and a "Haw Creek Litter Brigade" to pick up litter. To stay in touch residents use NextDoor.com and have an active Facebook page, newly designed web page (hawcreeknc.wordpress.com) and Twitter. Each quarter board members deliver welcome kits to new residents that contain information on schools and churches, garbage collection and how to contact the police. Our goal is to make new residents feel welcome so they get involved. Newcomers also receive a copy of our current newsletter with information about upcoming Association events. The newsletter goes out quarterly to our email list of over 600 people. The summer issue is mailed to all residents of Haw Creek.

The Association meets at St. John's Episcopal Church at 290 Old Haw Creek Road, where it has been meeting since it was formed. The annual meeting is held in January.

The Association will be asking all Haw Creek residents to participate in a vision process as part of the updating of the City of Asheville Comprehensive Plan. We want to have a say in what Haw Creek looks like in the future for things like the location of businesses and how to improve traffic flow.

Haw Creek is a great place to live and raise families, but to make it even better we need all the residents to belong and participate in this organization. That is the goal of the Haw Creek Community Association.

For more information, visit the Haw Creek Community Association website.

Open City Hall

City of Asheville launches new engagement tool

The online platform offers the public more ways to weigh in on Asheville projects and issues

The City of Asheville is pleased to announce the launch of [Open City Hall](#), an online platform designed to engage citizens in conversations about important Asheville projects and issues.

The first topic on Asheville's Open City Hall is a [survey](#) about whether accessory dwelling units (ADUs, also known as garage apartments or granny cottages) should be allowed to be used as homestays and what impacts on neighborhoods that might have. Participants can read background information in an introduction and then take a brief survey.

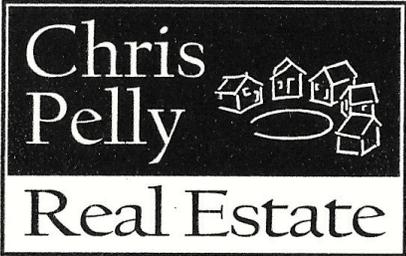
City staff will use that public input, in addition to other traditional means, to help guide the decision-making process. Further, the City of Asheville aims to engage citizens by providing them information on each issue to enrich online comments and to provide more opportunities for citizen interaction and engagement.

"This tool gives residents the opportunity to participate in the decisions that shape our community from the privacy and convenience of their own home," said Dawa Hitch, Director of Communications and Public Engagement (CAPE). "We want the public to be part of the process and they're online."

Registration is quick and easy, though not required to participate. "We encourage participants to register as the information really helps us identify where comments are coming from," said Polly McDaniel, Communications Specialist, the primary liaison for Open City Hall. "With registration we can sort input from Asheville residents vs. input from someone who doesn't even live in North Carolina, for example."

Other topics under consideration for future use on Open City Hall include the City's upcoming comprehensive plan update and the future of the Haywood Street and Page Avenue properties. The City plans to stagger roll-out of topics, rather than post a lot of them all at once.

The URL address for Asheville's Open City Hall is <http://www.ashevilenc.gov/OpenCityHall>.



**Chris
Pelly**
Real Estate

828-231-3704
chris@
chrispelly.com

www.chrispelly.com

2016 Dues

A friendly reminder that 2016 membership dues for the Haw Creek Community Association were due in January. These dues cover the calendar year and are only \$12 per household, which you will realize is a steal when you see what your Association is cooking up for this year. Membership dues account for almost all of our income and if we are to continue to send out printed newsletters and sponsor neighborhood events we need your help. If you can give more than \$12, your tax-deductible donation will be greatly appreciated.

You may pay by check or pay online at our website through PayPal (no PayPal account necessary - credit cards accepted) by clicking on the "donate" button on our membership page. Our website address is www.hawcreeknc.wordpress.com

If paying by check, make your check to HCCA and mail to:
HCCA
P.O. Box 9193
Asheville, NC 28815

Education Seminar NEW DATE Tuesday, September 13

Our seminar will be on Monarch butterflies. More information will be in the summer



Join Our Board

If you like having fun, planning fun activities, participating in fun activities with your neighbors without having to leave your neighborhood then do we have an opportunity for you! Consider joining the Haw Creek Community Association Board of Directors. Our goal is to connect neighbors through activities that build community and create a great place to live.

Email: hawcreeknc@gmail.com