

RAPID RIVER

Arts & Culture Magazine

January 2010 • Vol. 13 No. 5

discover why this night at the *Opera* is the *Perfect Date*

Asheville Lyric Opera presents the
enchanting and funny story of

Don Pasquale PAGE 5



international dance troupe, "Les Ballets Trockadero de Monte Carlo," livens things up with original works and comic interpretations of classic ballets. PAGE 6



Bobby Potts and Josiah Hyatt are the owners of Asheville's new Downtown Market, which carries products created by Asheville artists, crafters, musicians, farmers, and chefs. PAGE 18



Business owner Lydia Scott, and Daniel Simmons, provide us with customized and flexible therapies at the new Luminaj Boutique Spa in the Haywood Park Hotel. PAGE 30



Identity Theft Hits 5-Year High

Leader in I.D. Theft Protection Strikes Back with Free Protection Offer for All

TEMPE, ARIZONA – Identity theft has topped the Federal Trade Commission's list of consumer complaints for the past eight years.

Now, a stunning new survey shows a record 9.9 million Americans were victims of identity theft last year – a shocking 22% increase over the prior year – according to Javelin Strategy & Research. This news mirrors a just-released report from the Federal Trade Commission that cites a 21% increase in identity theft complaints during the same period.

Apparently, individual consumers are not the only ones at risk: a recent review cited by the Wall Street Journal reports that the cost of information breaches to U.S. companies was also on the rise, with the average total per-incident cost in 2008 rising to \$6.65 million*.

These studies send a clear message: in the wake of the global economic crisis, identity theft is a big business. It's up to consumers to take proactive steps to protect themselves.

That's why for a limited time, LifeLock, the industry leader in identity theft protection, is offering 30 days of guaranteed identity theft protection service at no cost.

"All you have to do is call 1-888-252-5862 for an individual membership, or 1-888-261-1335 if you

are enrolling more than one member," said Todd Davis, the CEO of LifeLock known for giving out his real Social Security number in advertising to show his confidence in the service. "It's that simple."

Immediately upon enrollment, all LifeLock members are protected by LifeLock's \$1 Million Total Service Guarantee.

Why should you protect your identity? Consider some of the Javelin survey's specific findings:

According to the survey, more than one in every ten victims knew the person who stole their identity.

The Javelin survey also revealed women are 26% more likely to be victims than men. The survey also named higher income consumers (households with combined incomes of \$75,000 or more) to be at higher risk. Latinos are 47% more likely to become victims of new account theft, versus 32% of all victims. It's important to point out that no one can stop all identity theft, but what LifeLock doesn't stop, they fix at their expense, up to \$1 million.

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"When I first learned about a company called LifeLock that protects families from identity theft, my husband was skeptical. I signed us up anyway, and forgot about it. A couple of months later, on a family vacation, my husband received a phone

call asking if he was applying for a new credit card. Someone was trying to steal his identity. LifeLock had stopped the thief cold." **Kim Barnes**



"I'm a former chief of police of a major city. I knew identity theft was a \$50 billion a year business, and a prime focus of organized crime. But they got me anyway. Even though I was a senior law enforcement official, it took weeks to clear my name. I decided:

never again. A reporter recommended LifeLock to me and I tried them out. I've never had a problem since. I highly recommend them to you." **Bobby Jo Harris**

Never give your Social Security number out unnecessarily. Source: Javelin 2009 Identity Fraud Survey Report.
*Source: M.P. McQueen, "Data Breaches Cost Businesses More", Wall Street Journal, February 2, 2009

WANTED:

Writers for Feature Articles

Rapid River Magazine needs good writers willing to cover local businesses, artists, performances, and events. This is not a paid position. Compensation could include gift certificates to local restaurants, as well as tickets to the Opera, LEAF Festival, and other local performances.

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The Asheville Art Museum Plans to Expand

BY KIM ZDANOWICZ

The Asheville Art Museum, celebrating its 60th anniversary and its extraordinary growth and success since it relocated to Pack Square in 1992 as a founding partner in Pack Place, is pleased to announce plans for a future expansion. These plans were discussed at a meeting with the Asheville City Council and Buncombe County Commissioners on Tuesday, July 14, 2009.

As Pack Place partner The Health Adventure plans to leave downtown, the Asheville Art Museum is taking advantage of this opportunity to expand and create

larger, state-of-the-art galleries, public art-filled space and education space to meet the demands of the large and diverse audiences it serves. With the agreement of all Pack Place partners, the Asheville Art Museum determined that it could develop its facility creating a central arts destination and 21st-century museum for the community by expanding in its current location.

"The new design will bring a contemporary feel to the most important corner of downtown. It will also honor our great history of architecture and the sense of place on Pack Square. My dad, Roger McGuire, helped found Pack Place, and he hoped that Pack Place would grow and change. This is exactly the kind of exciting evolution he would have wanted," said Kim McGuire, a community leader and Museum supporter.

After an exhaustive recruitment process conducted by the Asheville Art Museum staff, board and a building committee of local design professionals including Jim Samsel, John Rogers, Peter Alberice and others, the renowned firm Polshek Partnership Architects of New York has been chosen to design the new Asheville Art Museum and restore the historic Pack Memorial Library building. Polshek is continuing to work with John Rogers, Beverly-Grant and the building committee.

The Museum needs to expand in order to better serve Western North Carolina and visitor audiences of all ages and to help Asheville remain competitive with other cities' as a top arts destination. The permanent collection is currently stored in overcrowded conditions. The size of the permanent collection has tripled since 1996 and now includes an outstanding collection of nearly

2,500 works of art. Only 3% of the collection can be on exhibit at any given time in the current facility and new, improved galleries are necessary to showcase these American and Western North Carolina treasures. Important special and traveling exhibitions need spaces significantly larger than the Museum's current galleries. They require higher ceilings, larger uninterrupted areas of wall space, specific lighting and climate control.



Night view of the new Asheville Art Museum. Courtesy of Polshek Partnership Architects, New York.

The Museum's planned expansion project is anticipated to generate as much as \$31.7 million in local economic impact with up to 80% of construction funds spent regionally. The Museum will expand into Pack Place when The Health Adventure moves, renovating interior space, restoring the Pack Memorial Library and constructing a new 21st-century signature building on the corner of Biltmore and Patton on the new Pack Square Park.

The new building will anchor the new Pack Square Park and continue to be the central arts destination spurring economic and cultural activity in the region and downtown Asheville.



Centrally located in downtown Asheville on Pack Square, the Museum is open 10:00 a.m. to 5:00 p.m., Tuesday through Saturday and 1:00 p.m. to 5:00 p.m. on Sunday.

Special docent-guided tour packages are available for groups and students.

Admission to the Museum is \$8.00 for adults and \$7.00 for seniors, students with ID and for children 4-15 (children age three and younger are admitted free). Members are admitted free to the Museum.

COMEDY • ROMANCE



EXCITEMENT

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The Fringe Arts Festival

January 21-24, 2010

The annual multi-day and multiple venue performing arts extravaganza invites artists of all types to push their boundaries and present original and innovative performance art to a culturally adventurous audience.

Now in our eighth year, join us and explore the Fringe. Let's help keep Asheville weird! Plans are underway for a fabulous, fringe-y, opening night gala event on Thursday, January 21 to showcase Asheville's unique performing art talent – theatre, movement, music, spoken word, puppetry, spectacle, whatever!

The 2010 Fringe venues include the purple LaZoom Bus, which will host a mobile show that will tour around town stopping at unique Fringe spaces for performances as well as performances on the bus itself.



Dr. Cayenne Chardonnée and the Guerrilla Divas. Photo: Benjamin McDowell

Also featured is the Black Mountain College Museum and Arts Center on Broadway Street, which will host audio arts and experimental music on January 22 and 23. Musicians, performers, and composers will premiere and showcase new music and avant garde ambient sounds.

The Asheville Fringe Arts Festival is an annual presentation of the Asheville Contemporary Dance Theatre and is recommended for mature audiences.

IF YOU GO: Tickets and Fringe Freak All Access Passes are available at the BeBe Theatre, 20 Commerce Street in Asheville.

Call the Box Office (828) 254-2621. For more information visit www.ashevillefringe.org



Tranceform Venus, – Blacklight. Photo: Benjamin McDowell

Correction to Our December 2009 Issue



The December 2009 issue of *Rapid River Magazine* featured an article on photographer Kathey Avery, whose work is on display at Affordable Treasures. Kathey, we are so sorry we misspelled your name.

Please visit Affordable Treasures, located in the Haywood Park Hotel at 1 Battery Park Avenue, to view Kathey Avery's beautiful photographs.

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About the Cover: Costume illustrations designed by Jayne Harnett-Hargrove for ALO's 2010 production of "Don Pasquale." Jayne is cross-trained in fine & theater arts, costume to couture, commercial and interpretive installation. To see other works go to harnethargrove.blogspot.com

6 Performance

Trock Ballet 6

SoliClassica 7

Hendersonville Chamber Music . . 16

Les Ballets Trockadero 32

8 On Stage

Bo Eason's *Runt of the Litter* . . . 8

The Big Bang - ACT 9

Asheville Comedy Club 13

10 Columns

Greg Vineyard - Fine Art 10

James Cassara - Music 14

Peter Loewer - Thoreau's Garden . 17

Michael Parker - Wine 19

Joseph Rathbone - Youth Culture . 22

Ted Olson - Poetry 29

Bill Walz - Artful Living 31

Joe Zinich - Beer 35

Max Hammonds, MD - Health . . 39

11 Fine Art

Gallery 86 11

Heritage Weavers (HWFA) . . 12

sutherland 12

Philip Jackson 38

13 Music

Jeff Daniels 13

Robinella 15

Those Darlins 23

Red June 32

18 Asheville Shops

The Downtown Market 18

Luminaj Boutique Spa 30

The Chocolate Fetish 33

20 Restaurant Guide

24 Movie Reviews

36 What to Do Guide™

Best in Show by Phil Juliano . . 37

Callie & Cats by Amy Downs . . 37

Corgi Tales by Phil Hawkins . . 37

Dragin by Michael Cole . . 37

opera asheville style

The Asheville Lyric Opera presents "Don Pasquale"

Your girlfriend's friends all say you're not good enough for her. They think your air-brushed tuxedo T-shirt is tacky. They call your 1991 Dodge caravan a clunker.

They openly mock the fact that your favorite restaurant is the all-you-can-eat breakfast buffet at Shoney's. What you need, desperately, is a game-changer. Something refined. Something sophisticated. Something that shows just how classy you really are. Something — suggests Asheville Lyric Opera founder and director David Craig Starkey — like a night at the opera.

"What we have here," says Starkey, "is the perfect date event."

January is of course a time for New Year's resolutions, and those WNC residents who've resolved to raise their monthly intake of high culture by supporting the local arts scene while also getting the chance to simultaneously exercise their funny bones and dress-to-impress need look no further than the Asheville Lyric Opera's upcoming presentation of "Don Pasquale."

Written by the famed Italian composer Gaetano Donizetti, "Don Pasquale" is a *bel canto*-style *opera buffa* (or, comic opera). Its plot revolves around the romantic misadventures of Don Pasquale, a wealthy old bachelor who sets out to marry a younger woman in the hopes of producing an heir so as to disinherit his nephew Ernesto from the family fortune after Ernesto falls in love with a widowed commoner named Norina.

Pasquale's amorous ambitions are foiled, however, thanks to an elaborate ruse engineered by his friend Dr. Malatesta, who supports the young couple's love and conspires with them to teach the aging Don a lesson. He urges the elderly curmudgeon to wed his younger sister Sofronia, a sweet convent girl. Pasquale is initially delighted, but then the good doctor secretly tricks him into a false marriage with Norina, who disguises herself to conceal her identity. As soon as their fake vows are exchanged, the Don's blushing bride-to-be transforms into a terrible shrew who drives him crazy by spending all his money and making his life a living hell.

Hilarity ensues as the cantankerous know-it-all Pasquale gets raked over the coals time and again until he finally realizes the folly of his ways and reconsiders his decision to stand in the way of his nephew's tying-the-knot.

Originally performed in Paris in 1843, "Don Pasquale" was hailed as a comic masterpiece and has remained popular around the world ever since. Much of this, explains ALO's Starkey, is due to the opera's focus on everyday situations and characters mass audiences can easily relate to. As opposed to *opera seria*, which historically catered to elite tastes, *opera buffa* utilized comic plot lines and local dialects to address contemporary concerns in raucous fashion while eschewing the gloomier, social critique-driven formulas employed by its



Kristen Yarborough, "Norina"



Benjamin Smith, Director

Good laughs and enchanting music will lift one's spirits.



Illustration by Jayne Harnett-Hargrove. See "About the Cover" on page 4.

BY TIM HENDERSON

more satirically-minded predecessors in the genre of operatic comedy.

"It's very accessible, matter-of-fact humor," says Starkey. "Almost like a sit-com." Starkey believes that just as the original "Don Pasquale" helped to introduce a new class of European patrons to the opera in the 19th Century through its laugh-inducing lyrics, ALO's forthcoming performance could do much the same here in Asheville, especially with Old Man Winter bearing down so harsh and cold during these troubled times of recession and war — and not solely because of its comedic components.

"Music uplifts your life, no matter how bad the news is or how rainy the day," says Starkey. "That's why we listen to music, why we turn on the radio and buy CDs. It's why we attend concerts in the first place."

The tag-line for ALO's 2009-'10 season reads: "This is opera, Asheville-style" — and indeed, there is plenty of local flavor and homegrown (as well as nationally-renowned) talent in this month's production. Bass-baritone Daniel Webb — a Knoxville resident, Broadway veteran, and longtime ALO contributor whom audiences may remember from *The Barber of Seville* and *The Marriage of Figaro* — stars in the lead role.

Soprano and area native Kristin Yarborough is taking a break from her duties as ALO's company manager to play Norina. The role of Dr. Malatesta will be performed by Gregory Gerbrandt, a New York-based baritone who has worked all over the country and debuted with ALO in 2007 as Figaro in *The Barber of Seville*. Gennard Lombardo, an up-and-coming young tenor who has been called "the perfect Donizetti tenor" will make his ALO debut as Ernesto. Also debuting with ALO is director Ben Smith of the Seattle Opera, who is widely considered one of the best young directors on the West Coast.

Musical accompaniment will be provided by the Asheville Lyric Opera Orchestra, led by the former longtime Asheville Symphony conductor Dr. Robert Hart Baker. An impressive array of local artisans are slated to provide sets and technical support, including costume designer Jayne Hargrove, an area native whose original outfits display a sensitivity to concerns about sustainability and the environment.

The Asheville Lyric Opera's performance of "Don Pasquale" runs January 29-30 at Diana Wortham Theatre. Shows start at 8 p.m. Tickets range from \$28-\$49 and are on sale now through the Diana Wortham box office and on-line at www.ashevillelyric.org.

For opening night, ALO is holding a "Young Professionals Night," and is inviting all WNC-area young professionals in search of "a classy experience, a brush with high culture, or just a good date event" to attend a special reception during intermission where they can meet and mingle with the show's cast.

SNEAK PEEK AT 2010

Happy New Year! Asheville Lyric Opera will begin the new year with many exciting projects. Take a peek below to find out what is to come.

Pirates, Sailors, and the Lord High Executioner: A Taste of Gilbert & Sullivan

January 21, 2010, from 6 p.m. to 9 p.m.
Dinner: Heavy hors d'oeuvres by Vincenzo's.
Show: A revue of the works of Gilbert and Sullivan.
Tickets: \$40/\$50. Event takes place at The Venue, downtown Asheville. To order tickets, call the opera office, (828) 236-0670.

Der Rosenkavalier, January 9 at 1 p.m.

Carmen, January 16 at 1 p.m.

Simon Boccanegra, February 24 at 1 p.m.

Hamlet, March 27 at 1 p.m.

Armida, May 1 at 1 p.m.

Asheville Lyric Opera thanks you for your support of the opera and all the arts in this wonderful community!

Alternatively, on January 27, ALO is staging a sneak-peek dress rehearsal at a steeply-discounted rate for seniors and students. "It's a great opportunity for fans on fixed-incomes, especially those who want to bring their grandkids so they pass along the experiences they had growing up to a younger generation," says Starkey. Tickets for this special preview are available through ALO's office in Pack Place.



Tickets are available and range from \$28 to \$49 with discounts for children and students. Future ALO special events include opera guild recitals of local singers the first Tuesday (February-June) and "Carmen" in April. For tickets, call the

Diana Wortham Theatre Box Office at (828) 257-4530 or go to www.ashevillelyric.org.

Sorry, We Neglected to Mention...



Rapid River's December 2009 issue featured an article on the Asheville Ballet's performance of "The Nutcracker." This informative article was written by Tim Henderson, who also wrote a great piece on the NC Symphony's Holiday Pops concert. Due to a production error, that article never made it into the publication. Thank you Tim, the work that you do for *Rapid River Magazine* is appreciated.

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performance

The Comedy of Ballet

Extraordinary Troupe of Dancers to Perform
One-of-a-Kind Show in Asheville

BY PAM J. HECHT

After years of trying to bring Les Ballets Trockadero de Monte Carlo to Asheville, at last the timing was right. The internationally renowned dance troupe performs at the Asheville Civic Center on January 22.

"We were finally able to match our season with their busy international touring schedule," says Chall Gray, marketing director for Asheville Bravo Concerts, a non-profit organization that brings world-class music, opera, ballet and other classically-based works to Asheville.

The talented dancers of Les Ballets Trockadero de Monte Carlo and their brand of ballet are anything but ordinary. Since they formed in 1974, their style has met with rave reviews and sell-out crowds across the globe.

"They're in a league of their own: part high art, part campy humor," says Gray. "It's exclusive, world-class ballet but with a definite difference — it's an amazing aesthetic experience."

Les Ballets Trockadero de Monte Carlo, or "The Trocks," as they are affectionately called, is a company of professional male dancers performing both ballet and modern dance, including classical and original works. What makes them different is the comedy they bring to the mix, by accentuating intentional "mistakes" while parodying a variety of scenes from works like Swan Lake and Giselle, and the choreography of George Balanchine and Martha Graham, among others. (Also, picture big, strong men delicately, and expertly, balancing on their toes as swans, sprites, princesses and angst-ridden Victorian ladies.)



"The Trocks" performance of Raymonda's Wedding.

Aside from impeccable comic timing, The Trocks are also known for their brilliant dance techniques and an obvious joy in performing, making their shows accessible and enjoyable for everyone, from dance connoisseurs to neophytes.

"It's not just men in pointe shoes — these are talented, great dancers," says Gray. "It'll be a treat."



Les Ballets Trockadero de Monte Carlo, January 22, 2010 at 7:30 p.m. Wolfe Auditorium, Asheville Civic Center.

Tickets: \$20-\$55. For tickets, go to: www.ashevillebravoconcerts.org; the Asheville Civic Center Box Office, 87 Haywood Street Asheville; Ticketmaster at www.ticketmaster.com or (800) 745-3000; or call Asheville Bravo Concerts at (828) 225-5887.



Les Ballets Trockadero de Monte Carlo

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of the
ordinary



blue

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performance

SoliClassica Concert January 17

Featuring two Metropolitan Opera Artists

SoliClassica presents: "A Musical Offering" featuring Vinson Cole, tenor and George Darden, piano, performing artists with the Metropolitan Opera. SoliClassica is Asheville's premier classical print and music store. Their January 17 program will include works by Chopin, Bellini, Strauss, Debussy, Duparc, and Rachmaninov.



Vinson Cole, tenor.

American tenor Vinson Cole is internationally recognized as one of the leading artists of his generation. His career has taken him to all of the major opera houses across the globe including the Metropolitan Opera, Opera National de Paris Bastille, Teatro alla Scala Milan, and many more.



Pianist George Darden

Equally celebrated for his concert appearances, Cole has been a frequent guest of the most prestigious orchestras throughout the world and has collaborated with the greatest conductors of this era including Christoph Eschenbach, Claudio Abbado, James Levine, Sir Georg Solti and the late Herbert von Karajan. He was recently given the Lifetime Achievement Award presented by The Licia Albanese-Puccini Foundation.

Pianist George Darden, a long-time musical coach and pianist with the Metropolitan Opera, has appeared in recital with such distinguished artists as Placido Do-

mingo, Renee Fleming, Samuel Ramey, and the Three Tenors.

He worked with the Metropolitan Opera for 21 years until his retirement in 2006. His long and distinguished career has taken him throughout America, Canada, Europe, the Middle East, and Asia.

Darden has worked with numerous great conductors, including James Levine, Charles Dutoit, Antal Dorati, Nikolaus Harnoncourt, and Valery Gergiev.

He recently returned from his seventh trip to Moscow at the invitation of the Bolshoi Opera where he was the first pianist/coach to work with the newly-established Young Artist Program at the Bolshoi.

"A Musical Offering" at the

Diana Wortham Theatre on Sunday, January 17 at 3 p.m. Tickets can be purchased online at dwttheatre.com or by calling the Diana Wortham Theatre at (828) 257-4530.

Special discounted tickets are also available by visiting the SoliClassica store at 1550 Hendersonville Road, in Asheville just South of the Blue Ridge Parkway. Call SoliClassica for more info at (828) 277-4111 or visit www.soliclassica.com.



"The Rivals" at 35below

January 8-10, 2010

A Readers Theatre Showcase production presented by The Autumn Players of Asheville Community Theatre. Written by Richard Brinsley Sheridan, directed by Hal Hogstrom.

Written by one of the greatest playwrights in the English language, Richard Sheridan, who was a personal favorite of George Washington, *The Rivals* features three men bent on marrying the same woman. Complicating the situation is the fact that one of them is wooing her in disguise and another has been tricked into paying court by letter to the wrong person.

These intrigues lead to embarrassing discoveries, outraged rejections, and challenges and duels. Much of the action comes from Sheridan's own experiences - while

still a young man he had to fight two duels in the course of obtaining the hand of the woman he loved.

The object of affection of the three suitors is Miss Lydia Languish, who has never suffered a moment's deprivation and is therefore determined to marry a poor man and live a life of amorous impoverishment.

Local Note: Asheville's Malaprop's Bookstore derives its name from a character in *The Rivals*, a lady of affected learning who manages the language the way a sausage-maker deals with meat. The invention of this character was so apt her name added the word "malapropism" to the dictionary.

IF YOU GO: *The Rivals*, at 35below, January 8 and 9 at 2:30 p.m. At the Reuter Center January 10 at 2:30 p.m.

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stage preview

Bo Eason's *Runt of the Litter*

BY JOHN ELLIS

Runt of the Litter, written and performed by former Houston Oilers safety Bo Eason, is a one-man play, directed by Larry Moss, that looks at what happens to two brothers in a family of over-achievers.

Newsday raves, "Raw power rarely seen on stage," and *The New York Times* calls it, "One of the most powerful plays about sports in the last decade." Soon to be a major motion picture, Eason is adapting *Runt of the Litter* for the big screen, which will be produced by Frank Darabont (*The Shawshank Redemption*, *The Green Mile*).

Runt of the Litter is a semi-autobiographical account of Bo Eason's life and career. Bo grew up in the shadow of his older brother, Tony Eason, a star quarterback and first-round draft pick in the 1980s who led the New England Patriots to Super Bowl XX in 1986.

Growing up with his older brother as the "golden child" of the family, at nine years old Bo took a crayon and paper and made a plan: to play professional football in the NFL and become the best in the league at his position. However Bo was told he was too small to play and was passed over by every college in the country.

Bo subsequently tried out for a small Division II college, but after two days of practice he was sent home. Instead of packing his bags, Bo decided to stay, showing up for practice day after day and eventually earning a spot on the team. Four years and seven knee surgeries later Bo was the first safety chosen in the 1984 NFL Draft. Despite all odds he went on to play five years for the Houston Oilers, and as a safety Bo's determination and killer instincts on the playing field remain the stuff of legend.

Runt of the Litter takes place just before the "big game", from the perspective of one player who is about to go up against a team quarterbacked by his older brother. The solo play explores such themes as the competitiveness and violence of sports, sibling rivalry, and underdog versus favorite, cutting



"Runt of the Litter" with Bo Eason. Photo: Joan Marcus

One of the most powerful plays about sports in the last decade.

~ NEW YORK TIMES

across demographics from sports enthusiasts to theatre lovers.

After retiring from football, Bo Eason began his career as a writer and performer. He appeared in television and movies before writing *Runt of the Litter*, which opened Off-Broadway in New York to rave reviews. After seeing a performance of *Runt of the Litter*, Leonardo DiCaprio hired Bo to write a screenplay for his company based on the 1924 Olympic Rugby Team.

Bo continues to perform *Runt of the Litter* for audiences across the country, traveling to college campuses, corporations, pro sports teams and inner-city schools. His inspirational personal achievement program, "The Bo Eason 21-Day Runt Program," will be presented on January 15 to

area students as part of the Diana Wortham Theatre Mainstage School Show Series.

The Asheville performances of Bo Eason's *Runt of the Litter* are made possible by Performance Sponsor Clear Channel Asheville, and by Mainstage Theatre Series Sponsors Drs. Lee & Mario DiCesare, BMW of Asheville, and UBS.

For more information about Bo Eason's "Runt of the Litter" go to www.runtothelitter.com

Photo: Joan Marcus

IF YOU GO:

The Mainstage Theatre Series presents Bo Eason's "Runt of the Litter," January 15 and 16, 2010, at 8 p.m. Diana Wortham Theatre at Pack Place.

To obtain more information or to purchase tickets (Regular \$30; Senior \$28; Student \$25), call the theatre's box office at (828) 257-4530 or visit www.dwtheatre.com.

Student Rush tickets (\$10 for students with valid I.D.) are sold the day of the show, based on availability. This performance contains strong language.

stage preview

The Big Bang

Get set for the most expensive musical ever produced!

It's short. It's smart. It's funny. And it's about the most fun you can have at the theatre. It's *The Big Bang*, presented by Asheville Community Theatre, January 15-31, 2010.

The *Big Bang* is a musical staged as a backers' audition for an 83.5 million-dollar, twelve-hour stage history of the world from creation to the present. The audition takes place in the Lipbalms' lavish Manhattan apartment. They are away on a two-week trip to Israel, and *The Big Bang's* creators, Jed Feuer and Boyd Graham, have invited their prospects to an audition at which they will perform all the parts from the show.

Eighteen side-splitting numbers portraying Adam and Eve, Attila the Hun, the building of the pyramids, Julius Caesar and Columbus, among others, give potential investors — the audience — a taste of the impending extravaganza. In the process, the opulent Park Avenue apartment Feuer and Graham have "borrowed" for the occasion is trashed as the two snatch its furnishings to create makeshift costumes while singing and clowning their way through the show.

BY WILLIAM TIERNAN

Douglas Keating of *The Philadelphia Enquirer* called *The Big Bang* the "funniest, most spirited, and downright goofy 80-minute survey of history we've ever seen."

ACT's production of *The Big Bang* stars Michael Cheek and Jerry Crouch. Cheek recently starred at ACT's *35below* in *Miss Gulch Returns!* Crouch directed ACT's first production of the season, *Peter Pan*. *The Big Bang* is directed by Eric Mills.



The Big Bang, written by Jed Feuer. Book and lyrics by Boyd Graham. Directed by Eric Mills.

Asheville Community Theatre, Mainstage. 35 East Walnut Street, Asheville, NC. January 15-31, 2010. Fridays and Saturdays, 7:30 p.m.; Sundays, 2:30 p.m.

Tickets: \$22 adult; \$19 senior/student; \$12 children. ACT Box Office, 35 East Walnut Street, Asheville, NC. Phone: (828) 254-1320 or visit www.ashevilletheatre.org

"The funniest, most spirited, and downright goofy 80-minute survey of history we've ever seen."

~ THE PHILADELPHIA ENQUIRER



Michael Cheek (left) plays Jed, and Jerry Crouch plays Boyd in ACT's production of "The Big Bang."



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fine art

STUDIO
SAFETY
PART II

The Return of "Oops!"

And other words overheard, but not fit for print

BY GREG VINEYARD

In Part I of this series, I wrote about painful studio mishaps; apparently, being M.K. ("Majorly Klutzy") was a hit. Thanks, I think. Unfortunately, I don't have any personal injury stories to report this time around (but if I ever write about my life as a T.S.D. ("Total Social Dork"), hilarity will ensue). This column is about avoiding the word "Oops!" And other words. You know, the ones that require the Shift key on a keyboard.

Let's start with S.D.E.'s ("Spilled Drink Emergencies"). Some of us can't walk and talk and carry a cup of hot tea at the same time. OK, that's just me, but as you probably suspect, liquids and art environments are a risky mix. Unless you're a performance artist who splashes drinks on canvases. (Not that I've done that. Regularly. OK, it was in college.) I highly recommend setting your well-balanced, flat-bottomed, non-skid cup in an un-bumpable place.

Test your range by swinging your arms in an arc around you. If the cup is JUST out of reach, you'll likely avoid an S.D.E. For soda cans, try setting them into a coffee cup. One time years ago I was prying the letters off my keyboard with a screwdriver in order to wipe Dr. Pepper out of every crevice. After the second time I never did it again.

"Oops!" can be a very long, slow-motion utterance. Like during that eternity between when you bump into that recently-fired, gorgeous — and poorly-secured — ceramic bowl, and when you ALMOST catch it. And then in another eon (with lots of time to throw in an "Aack!" if you like) from when your fingers just miss it, to when it shatters on the ground. Which can lead to the C.F.I. ("Ceramic-Finger Intersection") mentioned last month.

Artifact wax or putty, available under several brand names, is quite handy. I'll admit that when I was in California, I rarely secured my work to the shelves. My quasi-famous F.W.O.B. ("Fabulous Wall Of Bowls") was one earthquake away from being a shard disaster.



Photo: Greg Vineyard

To avoid Plug Overload (P.O.) unplug everything at the end of the day and sleep soundly.

Another issue with "Oops!" potential is P.O. ("Plug Overload"). Know your voltage. Always use UL-rated appliances and surge protectors, and never plug one surge protector into another.

Pay attention to how much current ("Amps") is running through one circuit. Some brief math: your Wattage divided by your Volts equals your Amps. So, if you are in a house serviced by 120 Volts, and you plug in a 120 Watt item, 120 divided by 120 equals 1 Amp. Try not to exceed three-quarters of your surge protector's capacity. At the end of the day, unplug everything — and sleep soundly.

Here's one more big "Oops!" to avoid: H.D.C.I. ("Hard Drive Crashing Incident"). You don't have to do anything to make this happen, except not having a back-up. It KNOWS.

Imagine your life without not only your business papers and critical correspondence, but also all of your retouched photos you were going to use for

self-promotion, competition entries, books and licensing. OK, NOW imagine yourself G.T.T.M. ("Going To The Mall") and getting a back-up hard drive.

Sometimes the littlest thing, like spilled coffee, can alter our schedule and finances and take time away from creating art. Take some little steps to avoid a big "Oops!" and enjoy your day!

To be continued...



Greg Vineyard is a visual artist and creative consultant in Asheville's River Arts District.

See his Ceramics for Contemplation and Connectivity at Constance Williams Studio & Gallery, 12 Riverside Drive. Open 11 a.m. to 4 p.m. www.riverdistrictartists.com

fine art

Haywood County Arts Council's Gallery 86 presents

CURVElinear, Selected Works
from CURVE Studios

The Haywood County Arts Council is proud to present, "CURVElinear, Selected Works from CURVE Studios" on display from January 11, 2010 through Saturday, February 6, 2010. Greg Vineyard, a CURVE Studios artist is serving as curator of the show.

"CURVElinear" artists are Constance Williams, encaustic painting; Greg Vineyard, hand thrown ceramics; Patty Bilbro, hand thrown ceramics; Fran Welch, whimsical ceramic sculpture and vessels; Misty Masiello, silver and gemstone jewelry; Kelly Prestwood, entomological steel forms; Cynthia Wynn, recycled steel furniture; Steve Hauger, painting; Pattiy Torno, quilts and eclectic clothing; Meagan Cheney, mixed media sculptural clay; Maria Andrade-Troya, hand thrown ceramics; Cassie Ryalls, hand built ceramics; Jenny Mastin, hand built embossed ceramics; Cynthia Lee, hand built ceramic sculpture; Holly de Saillan, hand built ceramics; and Barb Butler, handweaving.



"Luna" Ceramic sculpture
by Jenny Mastin

BY KAY S. MILLER

Experiencing "CURVElinear" in Gallery 86 will give you a taste of the CURVE Studios & Garden working studio experience where seven days a week visitors encounter artistic lines, shapes, colors and textures at 6, 9 and 12 Riverside Drive in Asheville.

With a synergistic communication amongst the group nurtured by artist-owner Pattiy Torno's desire to incubate a creative community, along with extensive collaboration by Constance Williams, the energy is palpable, and every day new works with interesting lines and edges and surfaces take shape.

For more information about CURVE Studios & Garden visit 6, 9 & 12 Riverside Drive in Asheville's River Arts District; contact Greg Vineyard at (828) 707-1641 or vineface@earthlink.net; visit www.curvestudiosnc.com.

For more information about the Haywood County Arts Council and the Gallery 86 show, "CURVElinear" visit the Arts Council website at www.haywoodarts.org. The mission of the Haywood County Arts Council is to build partnerships that promote art and artists, explore new cultural opportunities, and preserve mountain artistic heritage.

This project received support from the North Carolina Arts Council, an agency of the Department of Cultural Resources, and the National Endowment for the Arts, which believes that a great nation deserves great art.



Haywood County Arts Council's Gallery 86 presents CURVElinear. Selected works from CURVE Studios in Asheville's River Arts District will be on display from

Monday, January 11, 2010 through Saturday, February 6, 2010.

Gallery hours: 10 a.m. to 5 p.m. Monday - Saturday. Artists' reception on Saturday, January 16, 2010 from 6 p.m. to 9 p.m.

Haywood County Arts Council's Gallery 86 is located at 86 N. Main Street in Waynesville, NC. FREE & open to the public. All artwork is for sale.



"Uprising II" Encaustic painting
by Constance Williams

The show title, "CURVElinear" is all about what people see and feel when they walk through the doors of the three historic brick buildings in Asheville's River Arts District: the flow of the horizon in an encaustic landscape, the vibrant colors in the fabric blocks of a larger-than-life quilt, the black-eyed pea glaze design on a teapot, patterns carved into the rims of bowls, a sinuous twist in a rebar candle holder. Functional clay and decorative ceramics, textiles and weaving, jewelry, metal works, furniture and paintings will be for sale in Gallery 86 plus a beautifully landscaped garden.

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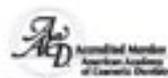
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noteworthy

Funny Woman Debra DiGiovanni AT ASHEVILLE'S FUNNY BUSINESS COMEDY CLUB

Debra DiGiovanni is a very funny woman... it says so on her business card! And the people agree — voting her as Canada's Best Female Comedian at the 2009 Canadian Comedy Awards, her third win.

In 2002 she was voted Canada's "Best New Stand Up," and in 2007 she won for Best Female. Toronto's *NOW Magazine* have called her "The best comic to see after a messy break-up."

In 2007 DiGiovanni taped her first Gala at the Just for Laughs Festival in Montreal, and has since been back to host the prestigious Home Grown Competition (2008/2009). She's also performed at the Halifax, Winnipeg, Sudbury, Moncton and St. John's Comedy Festivals. In the spring of 2008, DiGiovanni enjoyed a successful west coast run with her "Girls Night Out" tour and she ended that year by headlining Massey Hall for their New Year's Eve gala.

DiGiovanni appeared on the 5th season of NBC's hit show *Last Comic Standing* where she was chosen as a top ten finalist, competing against comedians worldwide — making it to the top eight. In 2008, she taped her second "Comedy Now!" special for CTV/Comedy network and in 2009 she



Debra DiGiovanni

BY NATE CANTON

hosted the Cream of Comedy award show for the Comedy Network. She is also a fan favorite on the hugely popular Much Music Show "Video On Trial."

She can regularly be heard on the CBC radio show *The Debaters* as well as the voice

of Zellers radio. She co-hosted the Genie awards in 2008 with Sandra Oh and during the summer of 2009, DiGiovanni taped her second gala at Just for Laughs as well as her first Comedy Central special, "Live at Gotham."

IF YOU GO: Debra DiGiovanni performs January 15 and 16. *Funny Business Comedy Club* is located at 56 Patton Ave., downtown Asheville, inside the S&W building.

Showtimes: Friday & Saturday 8 p.m. and 10:30 p.m. For more information phone (828) 318-8909 or visit www.ashevillecomedy.com. Shows are 21+.

Tickets are available online at www.ashevillecomedy.com, by phone at (828) 318-8909, or at the box office located in the lobby of the S&W building the night of the show.

Jeff Daniels Performs His Grassroots Music

The Diana Wortham Theatre at Pack Place continues its Mainstage Special Attractions Series with *An Evening with Jeff Daniels*, 8 p.m., Saturday, January 23 at the Diana Wortham Theatre at Pack Place in downtown Asheville.

Well-known by Hollywood and Broadway audiences, Jeff Daniels has played everything from villains and cadts to heroes and romantic leads to tragic figures and lovably goofy idiots, in movies and on stage — but less known is Daniels as an accomplished musician and vocalist who has been writing songs for more than 30 years. Detroit Free Press declares, "The man can sing, the man can play the guitar, the man can write a song."

His albums *Live and Unplugged* and most recently *Grandfather's Hat* showcase Daniels' range as a songwriter, from the laugh-out-loud humor of "Have a Good Life (Then Die)", to the self-deprecating tongue-in-cheek of "If William Shatner Can, I Can Too", to the quiet and poignant lyrics of "Middle of the Night." Originally recorded as a means of raising money for The Purple Rose Theatre in Chelsea, Michigan — the equity theatre that Daniels founded in 1991 — the albums have become a back road journey that taps into the storyteller's head.

Daniels has been recognized for his honest, sincere, and relatable approach to his songs, showing that he is not an actor who sings, but an accomplished singer/songwriter whose musical talent does not require the support of his acting. His talent is evidenced by the musicians Daniels has performed with over the last couple of years, having been invited on stage to perform with the likes of legends Lyle Lovett, John Hiatt, and Guy Clark during their rare *Songwriters* tour, and with Keb Mo' at other times.

Jeff Daniels has received Golden Globe, Screen Actors Guild, Satellite, and Independent Spirits Awards nominations throughout his long film career. Most notably, he is known for his roles in the movies *Terms of Endearment*, *The Purple Rose of Cairo*, *The Squid and the Whale*, *Speed*, *Gettysburg*, *Because of Winn-Dixie*, *Blood Work*, and *Dumb and Dumber*.

Daniels has also worked extensively on television and stage, where he first distinguished himself by winning an Obie Award in *Johnny Got His Gun*, and was most recently nominated for the Tony Award for Best Actor in the hit Broadway



Photo: John Sobczak

BY JOHN ELLIS

play *God of Carnage* with fellow actors James Gandolfini, Hope Davis and Marcia Gay Harden.

Jeff Daniels' Asheville performance is made possible by Performance Sponsors Richard Blomgren & Tami Pearson, and by Mainstage Special Attractions Series Sponsors Eaton Corporation

and Grove Park Inn Resort & Spa, with additional support from Media Sponsor WNC magazine.



Jeff Daniels on stage.

Photo: Steve Curran

... a darned good guitarist, whether he was flashing some fancy finger-picking or slashing through some slide guitar blues.

~ *TIMES UNION, ALBANY, NY*

For more information about Jeff Daniels go to www.jeffdaniels.com

IF YOU GO: An Evening with Jeff Daniels, January 23, 2010 at 8 p.m. Diana Wortham Theatre at Pack Place.

Tickets: Regular \$38; Seniors \$36; Students \$33. Student Rush day-of-the-show (with valid ID) \$10. Info/Tickets: Box Office (828)257-4530, or visit www.dwthatre.com.

The Haywood County Arts Council presents

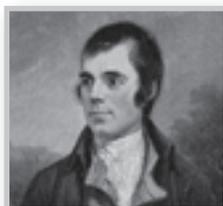
Dinner With The Bard

Sponsored and hosted by Jim and Marjorie Warren, "Dinner with the Bard" will provide an authentic Scottish experience. No Scot is more celebrated than the poet Robert Burns.

Each year on his birthday, dinners and parties are held in his honor worldwide.

2010 marks the 250th anniversary of Burns' birth. Marjorie and Jim Warren will host a traditional Burns supper and party. Supper will consist of traditional Scottish foods, including a wee taste of Haggis and perhaps a "wee dram."

There will be toasts to "the immortal memory, to the lassies and to the Haggis." Partygoers will hear specially selected Robert Burns poems and songs, and enjoy traditional music on the harp



Poet Robert Burns

and bagpipes. No doubt you will be moved to join in some Scottish dancing. Don your kilt, tartan, sash or scarf (not required but encouraged), and join Jim and Marjorie Warren for a great evening of good food and celebration to support the arts in Haywood County.

IF YOU GO: Friday, January, 29, 2010, 6:30 p.m. at the Gateway Club, 30 Church Street, Waynesville, NC. Limited to 100 participants, \$50 per person. Deadline for ticket purchase is Wednesday, January 20, 2010.

Tickets available at the Haywood County Arts Council office, 86 N. Main Street, or call (828) 452-0593.

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JANUARY CD Reviews

by James Cassara



**Jerry Garcia
Band**
**Let It Rock
Garcia Vault
Records**

This double disc performance, culled from a pair of November 1975 shows at the Keystone Theatre in Berkeley, is both a welcome addition to anyone's Garcia collection and sturdy evidence that, when the stars aligned and the instruments were tuned, the early incarnations of Garcia's ever evolving ensembles were most certainly the best.

Long available as a bootleg this official version offers dramatically better sound – almost unworldly to be certain – and a stripped down quartet showcasing the very first version of the Jerry Garcia Band: Pianist Nicky Hopkins, drummer Ron Tutt and longtime bassist John Kahn.

Ideally paced the songs offer a diverse range of styles, opening with the rousing Chuck Berry title track and moving briskly through such Dead favorites as "Sugaree," "They Love Each Other" and an invigorating "Friend of the Devil."

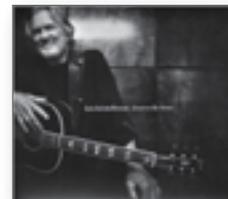
Hopkins' rhythm and blues versed playing is ideally suited for "Tore Up Over You" and "Roadrunner" and truly shines during a nearly twenty minute take on the Stones' "Let's Spend the Night Together." Of course he'd already cut his musical teeth playing with Mick and company – not to mention having previously played with Garcia in Quicksilver Messenger Service – so his presence here is both natural and inspired.

Unlike many performances from this era the band is focused, rehearsed, and unbelievably tight. It's a perfect mix of improvisation (such as an off the cuff wandering into the theme song from The Addams Family) and professionalism. Kudos should also go to veteran sound engineer Jeffrey Norman, who has mixed and mastered countless Dead-related projects through the years, for resurrecting this monumental evening and giving it the treatment it (and we) deserve. The clarity of the vocals and instruments is absolutely stunning.

Rounding out this deluxe package is an informative and meticulously researched essay by David Gans which offers insights into the all too brief but pivotal Garcia-Hopkins collaboration, as well as a bevy of delightful photographs. Except for the notable absence of a certain familiar burning smell it is almost like being there. ****

Good heavens, is it really 2010 already? This marks my thirteenth year of penning these monthly missives. I trust our readers enjoy perusing them as much as I enjoy plunking down my thoughts! Remember, given two stars or five, be assured anything reviewed in these pages is worth your time and dollars. Just be certain to spend that dough at any of Asheville's fine independent record stores. They're the ones who really know and support the music.

Kris Kristofferson
Closer to the Bone
New West Records



It's widely acknowledged that Kris Kristofferson is one of the most insightful and persuasive songwriters of his generation, an artist whose footprint may be small in size but hugely influential. Which, given his singing, is a good thing. Much like his one time mentor Bob Dylan or his contemporary Tom Waits, Kristofferson's voice is a distinctly instinctive taste; it either works for you or it doesn't.

On his last outing, 2006's *This Old Road*, Kristofferson sounded tired, strained, and almost intentionally out of tune. Here, teamed once again with producer/bassist Don Was and backed by a core band – drummer Jim Keltner, keyboardist Rami Jaffee, and guitarist extraordinaire Stephen Bruton – Kristofferson works those vocal limitations to his advantage. Dedicated to Bruton, who passed away just weeks after the completion of the album, the quality of the material is simply stunning.

Acutely aware of his own mortality (he's now 73) as well as those around him Kristofferson has put together some of his most piercing and poignant songs in decades. They're given to grief, the loss of people and things we love, and the quiet pleasures that abound, but mostly he sings of his deep gratitude for his life and its blessings. Surely these are not new or uncommon themes but in Kristofferson's hands (and pen) they take on fresh and renewed meaning. As such it is a somewhat uncomfortable album, one that confronts issues many of us would as soon forget.

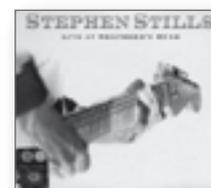
The melodies are straightforward and clear, the lyrics are unusually concise (with nary an unnecessary syllable) and Kristofferson's quivery monotone rarely rises above the level of everyday conversation. As such it is a remarkably personal work.

The album's opener kicks in with a snare drum flourish courtesy of Keltner and glides easily into a reverent shuffle, layered with acoustic guitar and mandolin and exquisitely tailored to set the tone. Kristofferson reflects upon his own blessing while the chorus, sung by Bruton, reminds us that "Everything is sweeter/Closer to the bone." The two voices intermingle as one, and while such sentiments might well translate into weeping sentimentality he's far too astute a lyricist for that.

But there is plenty of room for tribute. "From Here to Forever" is a direct love song to his children while "Good Morning John," a song written for but never recorded by The Highwaymen, wishes Godspeed to the Man in Black. There are songs of heartache, divorce, desire, devotion to finding one's own truth, and the wisdom that (hopefully) comes with age.

All are written with compassion and performed with a fervor that can only come from having lived a life worth singing about. Much like Dylan's triumphant *Time Out of Mind*, which heralded his own late period comeback, if Kristofferson were to call it quits this would be a hell of a way to leave.

But my money says this is only the start, and that for whatever years he has left it is obvious that he's recaptured whatever inspiration spurs him on. ****



Stephen Stills
**Live at
Shepherd's Bush**

Making good on his promise to open up the catacombs of his vast archives,

this October 2008 show serves as solid confirmation that Stills' musical contributions are second to none. Deftly balancing acoustic and electric numbers the song selection includes material from all phases of his career, everything from Buffalo Springfield through CSNY, Manassas, and the solo years.

Included are the expected crowd pleasers. No such collection would be compete without "Suite: Judy Blue Eyes," "For What It's Worth," "Change Partners" or "Love the One You're With." But the appearance of lesser known gems like "Bluebird" and an especially searing "Isn't It About Time" (a highlight of his Asheville show of two years back) makes this more than just another greatest hits retreat.

The inclusion of such covers as Dylan's "Girl From The North Country" and Tom Petty's "Wrong Thing To Do" might be interpreted as a lack of confidence on his own solo material but it is more likely that Stills just knows a great song when he hears one.

His voice has grown a bit rough around the edges and, at age 65, he may not rock as hard as he once could, but at

'CD's' continued on next page

what's happening

Robinella at the Grey Eagle

The brainchild of mandolin player Cruz Contreras, Robinella & the CC String Band have been mainstays of the Knoxville, Tennessee music scene for more than a decade. The group's origins go back to 1997 while Contreras was attending the University of Tennessee as a jazz piano major. It was there he struck up a friendship with singer/guitarist Robin Ella Tipton who was at that time pursuing a degree in art education.

The pair enlisted the services of a trio of other students and musicians and the quintet soon began gigging around town in a somewhat informal fashion. They were serious enough about the music but never fully intended (or expected) to make it a career. After graduation the three friends moved on, leaving the soon to be married Contreras and Tipton to make some important choices.

By 1999 they had reconfigured the group, adding Billy Contreras on fiddle, Steve Kovalcheck on electric guitar, and Taylor Coker on upright bass, to form Robinella & the CC String Band. The group built up a strong following around Knoxville while extending its touring radius to include Western North Carolina and the Atlanta area.

They self released their first albums, *Robinella & the CC String Band* in 2000 and *No Saint No Prize* in 2001. Both were for the independent and underfunded Big Gulley Records label, which clearly lacked the means to distribute and promote the effort. Still, on the

basis of local and regional radio play and an ever growing reputation for standout live performances, the band continued to make ground.

Their break occurred when they were signed to Columbia Records, which combined the strongest tracks from the early albums in the form of the EP *Blanket for My Soul*. While that effort gained further traction it was the band's tour with Kasey Chambers that gave them some real national exposure. Suddenly Robinella and company were playing to audiences many times larger than those they were used to.

In May of 2003 they released their eponymous full-length, major label, self-titled CD, which garnered strong reviews and sold surprisingly well. Six years later, the band, having officially changed its name to Robinella, has continued a slow but steady upward climb.

Their 2006 release, *Solace for the Lonely* (Dualtone Records) was a much more professional effort. Produced by Doug Lancio, known best for his work with Patty Griffin, Nanci Griffith, and Steve Earle, it captured the intense live energy of the band while demonstrating they'd fully learned how to use a studio to their advantage. It's their most focused and well rounded album yet.

As Robinella says, "The more things change the more they stay the same. The longer I live the more I see the truth in this statement, and the truth I see is that as the day to day passes, while the years roll on, our lives are full of repetition, in



Robinella - Photo: Jim McKelvey

choices, in words, and of body and mind. As an artist, and a singer and songwriter I see this in paint, in color, and in a song rolling off my lips." In music, as in all things, Robinella is a distinct and uncompromising voice.

Sharing the evening with Robinella is singer/songwriter Rob Ickes. Born and raised in the San Francisco Bay area, Ickes (rhymes with "bikes" he's quick to say) comes from a musical family. His grandparents played old-time fiddle music, while he trained his young musical ear at their weekly jam sessions.

Although his family wanted him to play fiddle, the instrument didn't interest him. Then, at the age of thirteen, Ickes was exposed to the Dobro playing of Mike Aldridge, and the sound immediately caught his attention. Soon after, he got his

BY JAMES CASSARA

first Dobro, and he has been playing music ever since.

Upon moving to Nashville in 1992, his career took off, and has continued to be a busy and successful one. Ickes is a founding member of the Bluegrass Super-group, "Blue Highway," one of the fastest rising groups in the genre and winners of a bevy of industry awards and accolades.

Aside from his work with "Blue Highway,"

Ickes has also been busy as a session player in Nashville. In 1996 he contributed to a pair of Grammy winning recordings: Alison Krauss and the Cox Family's, "I Know Who Holds Tomorrow," and the all-star Dobro release produced by Jerry Douglas, "The Great Dobro Sessions." Ickes was the youngest player to be invited to participate in the project, a virtual "who's who" of Dobro players.

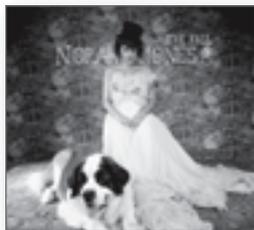
IF YOU GO

Robinella and Rob Ickes. Saturday, January 9, at the Grey Eagle: 9pm. \$10 advance / \$12 day of show with advance tickets available online and at our local outlets. There will be limited seating available.

'CD's' continued from page 14

this stage in his life, having amassed more fame and money than as a young kid from Texas he could have ever imagined, there are far worse things than a nostalgic blast that should appeal to both his devoted fans and their children. ***1/2

Norah Jones The Fall Blue Note Records



Since first breaking through nearly a decade ago Norah Jones has progressively moved away from the silken smooth lounge ingénue leanings that marked her first records and towards a more contemporary, and, dare we say, sophisticated incarnation as an upscale singer/song-

writer. Unlike 2007's *Not Too Late*, which seemed a deliberate attempt on her part to move beyond her knack for elegant lamentation, *The Fall* deftly works both sides of the fence, evincing Jones the purist and modernist.

That aspect is no doubt the work of producer Jacquire King, whose work with Modest Mouse and Kings of Leon has set a standard for up-to-the-moment hipness, but it's Jones' voice, wisely kept up front and center, that steals the show. There are few vocalists today who come even close to matching her skills of seduction and none that surpass them.

Jones is truly in a class of one. She again employs the talents of frequent collaborators and friends Jesse Harris, Ryan Adams, and Will Scheff. Such contributions give *The Fall* and certain independent street creed an artist

There are few vocalists today who come even close to matching her skills of seduction...

of Jones' stature would not otherwise have while adding a specific late night in the Big Apple essence.

That said this is by no means a loose or indifferently made album: *The Fall* may sound a

bit intentionally ragged (but not nearly so much as its predecessor) but Jones and King are clearly in charge.

The unpolished veneer adds a bit of needed air – for all her talents Jones can often sound a bit stuffy – but the sheer quality of the material ("Back to Manhattan" and "I Wouldn't Need You" are particularly affecting) and that ever so extraordinary voice makes this another triumph for an artist who seems incapable of faltering. Call it mood music ambience with heart and soul to spare. ***

NORAH JONES Brings Songs from "The Fall" to Asheville Tuesday, May 11, 2010 at 8 p.m.

At the Thomas Wolfe Auditorium. Tickets are \$59 and \$44, available at Ticketmaster outlets, by phone at 1-800-745-3000, or online at www.ticketmaster.com.

"The Fall has been billed as Norah Jones' rock album. In fact, it's something even more surprising: a hot-blooded soul record."



~ SPIN Magazine

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performance

Hendersonville Chamber Music Announces its 2010 Schedule

BY ROBERT WILEY

If you think of chamber music as old-fashioned and stuffy, think again. Because Hendersonville Chamber Music brings chamber music up to date and then some!

Featuring five quite different performing groups, this year's concert schedule is sure to attract audiences who simply enjoy great music brilliantly performed!

The series leads off with pianist Marina Lomazov who "brought the house down" when she recently performed with the Hendersonville Symphony. She'll be joined with two-piano partner Joseph Rackers in what promises to be a wonderful afternoon.



The brilliant Marina Lomazov joins two-piano partner Joseph Rackers to kick off a series of five exciting performances.

HERE IS A RUNDOWN OF DATES AND PERFORMERS:

March 7 - Lomazov/Rackers Duo-pianos

Considered one of a handful of world-class piano duos performing today, Lomazov/Rackers first came to international attention as Prize Winners of the Sixth Biennial Ellis Duo Piano Competition. Since then, they have performed as recitalists and in concert with orchestras throughout the United States and Europe with performance critics have described as "amazing!"

March 28 - Diverse Quartet

Discover how totally delightful this unusual combination of instrumentalists and voice can be as Eric Koontz, viola; Douglas Miller, clarinet; Bair Shagdarov, piano and contralto Mary Gayle, faculty members of Appalachian State University and consummate musicians, present an afternoon of both classical and modern works.

April 18 - Giannini Brass

This highly polished group from the North Carolina School of the Arts where they are in residence, brings down the house wherever they perform! Their "toe-tapping" repertoire encompasses "European Classics" by Handel and Rossini plus "American Classics" from the Broadway stage, with music of the Renaissance, Baroque and Romantic eras, Dixieland, jazz, swing and marches added for good measure!

May 2 - Pastyme

This versatile group's eight highly trained voices takes its name from a madrigal written by Henry VIII that extols the virtues of "all goodly sport" in passing away the hours. You'll have to agree as Pastyme brings you an exciting cross section of the wonderful world of a *cappella* song from

Renaissance and rock to Bach and Broadway. Charleston's Piccolo Spoleto Festival gave them rave reviews!

May 23 - Opal String Quartet

Sometimes one finds an outstanding treasure in one's own back yard! Based in Asheville, the Opal Quartet is one such. Formed in January 2006 by professional musicians who both teach and perform with area orchestras, their playing rivals the technique, excitement and sound of "name" quartets. Members include Amy Lovinger and Frances Hsieh, violins; Kara Poorbaugh, viola and Franklin Keel, cello.

Hendersonville Chamber Music Concerts will take place this season at the comfortable First Congregational Church on the corner of Fifth Avenue and White Pine in Hendersonville. This project received support from the North Carolina Arts Council, an agency of the Department of Cultural Resources, and the National Endowment for the Arts, which believes that a great nation deserves great art.



Performances are on Sunday afternoons at 3 p.m. Subscriptions for all five concerts are \$70. Tickets are available by mailing a check or money order, payable to HFCM, to Hendersonville Chamber Music, P.O. Box 271 Hendersonville, NC 28793.

Series and individual tickets at \$17 are also available at Hendersonville Visitors Center, Opportunity House, and at the door on day of performance. Subscription holders will be able to use their five subscription tickets for any or all performances. More information at (828) 697-0455 or (828) 890-4411 or visit www.hendersonvillechambermusic.org.

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CIGZNL

thoreau's garden

The Poinsettia

BY PETER LOEWER

It will be January when you read this salute to a plant that is usually sold from Thanksgiving to Christmas, but rest easy because the featured plant is the poinsettia. And unlike other blossoms famous for decorating the holiday season, here's a plant that will persist — as long as you allow it living room.

Sometimes called Christmas stars or *Flor de Noche Buena*, these flowers have been stars of the Christmas holidays since the early 1920s, when they hit the big time because the red flowers are easily manipulated by florists to provide those flowers on cue for the holiday trade. And unlike many holiday blossoms they can last well into late winter.

This is all pretty good for a winter-flowering shrub originally from Mexico and originally introduced to the trade back in 1830. The genus is *Euphorbia* (a name give by Dioscorides to this plant and said by Pliny to honor Euphorbus, a physician to Jing Juba of Mauritania) and not only are they grown as potted plants for sale up North, they're also sold during early July in the Southern Hemisphere. And they're not just red anymore but come in various shades of pinks and reds, not to mention white and sometimes yellow. Then, too, when bad taste surfaces (like often at the box stores), sprayed with sequins so they will sparkle in your living room.

What we think of as petals are really specialized leaves called bracts that only

masquerade as petals. The true flowers are the tiny yellow balls that cluster in the center of the bracts. If you look at them under a hand lens you will see that some are pistillate, or female and others are staminate, or male. The flower's tips often exude small beads of crystal-clear nectar. In tropical climates these plants assume the stature of shrubs and even small trees, and if given reasonable care, they can grow to a large size even in the home.

Poinsettias, scientifically *Euphorbia pulcherrima*, are members of a large family of succulents that include the popular crown-of-thorns and snow-on-the-mountain, each identified by their white, milky sap called latex. The sap has been blamed for causing everything from a mild dermatitis in susceptible people to outright death for children and some pets. But in recent years, most

medical authorities continue to advise not eating the flowers or foliage but the Grim Reaper is usually not in the audience when such activities do occur.

When you receive your plant — usually after Thanksgiving — remove the foil wrap from the plastic pot. The pot will usually be full of roots so be careful with the watering detail, wetting all of the soil and not just the top. There is usually a high concentration of peat moss in the soil mixes and this can dry quickly in the warm air of a typical house in winter.

If you forget water for a day or two and

the plant begins to wilt, soak it, pot and all, by plunging into a bucket of water. Keep the plant in as sunny window, rotating it every few days to maintain a symmetrical shape. If you decide to keep the plant for future use feed it every month with a liquid fertilizer. Except at night, keep temperatures around 65°F, and try to protect your poinsettia from cold drafts.

Continue with this treatment until the bracts start to fade, usually in late spring — I've had plants that have kept their bracts until July. When they finally do fade, prune the stems to below the point of flowering. Don't worry about the wounds dripping latex; they will soon dry and heal. Repot the plant in a mix of potting soil, compost, and sharp sand, one-third each. Move the poinsettia outside as soon as frost danger passes. Water well, follow the fertilizer

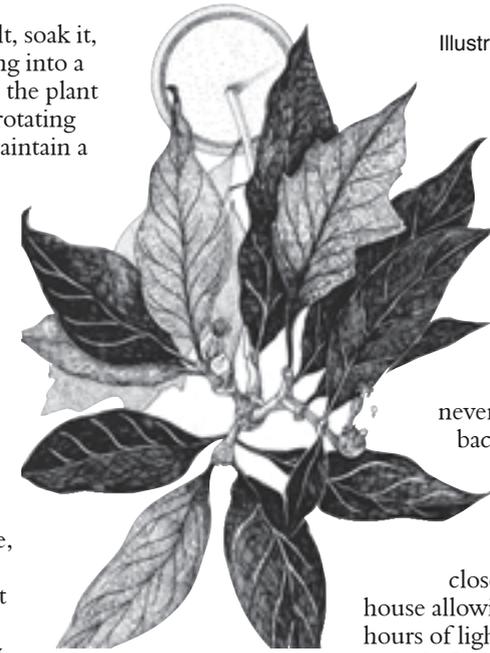


Illustration by Peter Loewer

routine, and protect plants from the searing midday sun in July and August.

With the coming of autumn, poinsettias will not set buds unless they are exposed to days no longer than 12 hours and temperatures never below 65°F. Cutting back on light is no problem in their native haunts but here, you must remember to move the plant into a dark closet or a shrouded greenhouse allowing no more than the 12 hours of light beginning around October 1. Once the buds are evident, you can forget the blackouts.

Peter Loewer is a well-known writer and botanical artist who has written and illustrated over twenty-five books on natural history over the past thirty years.



Peter examines the blossoms of early-blooming Lenten roses.

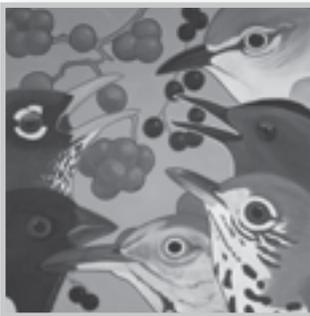
BIRDS!

F.W. FRONT GALLERY AT WOOLWORTH WALK

For the month of January the F.W. Gallery at Woolworth Walk will feature the artwork of local painter Lisa Walraven of Wren Designs in the show "Birds!"

Lisa specializes in bird and nature art inspired from her past work as a wildlife technician. Lisa has said about the link from her past occupation to her art work that "seeing each detail in the hand made me realize how individual each bird was, and I immediately began depicting bold portraits of birds because I wanted everyone to see the birds as individuals."

If you are a lover of birds or even just



art, come to the opening reception on January 8 from 4-6 p.m. and meet the artist, Lisa Walraven.

"The Berry Connection" Painting by Lisa Walraven

Paintings by Lisa Walraven. Opening Reception: Friday January 8 from 4-6 p.m. Show Dates: January 2-30, 2010.

Woolworth Walk, 25 Haywood Street, Asheville, NC. (828) 254-9234. Hours: Monday-Saturday 11-6; Sunday 11-5; closed Tuesday.



Heritage Weavers & Fiber Artists 2010 Class Schedule

Rug Hooking

Saturday, January 9 from 9 a.m. to 3 p.m. This group will meet bi-monthly. Class limit 8 students. Led by Sara-Beth Black. Cost \$25 + materials. The cost of kits range from \$49 to \$99 and can be seen at www.mountainwool.com

Beginning Weaving on a Rigid Heddle Loom

Saturday, January 16 & 23 from 9 a.m. to Noon, and Saturday, January 30 from 9 a.m. to 10:30 a.m. Class cost \$75; Material fee \$12. Class limit 4 students. Led by Ruth Howe. Learn to plan, warp and weave a scarf. Bring your own loom or rent a loom for \$50.

Inkle Weaving 101

January 27 & February 3. Wednesday 10 a.m. to 3 p.m. Bring your own lunch; tea and coffee provided. Cost \$60 plus \$12 materials fee. Class limit 8 students. Led by Ann Mullican. Create a colorful Inkle Band. Inkle Loom rental \$15.

Beginning Spinning

Saturday, January 30 from 10 a.m. to 1 p.m. Cost \$36 per session. Class limit 6

students. Led by Paula Ashworth. This class meets on the last Saturday of each month through April. Paula raises and shears sheep, spins the wool for knitting and weaving, and dyes the fibers.

January 30 - Learn about spinning wheels.
February 27 - Learn to spin fine wool.
March 27 - Learn to spin mohair and other fine fibers.
April 24 - Paula will shear a sheep for the Sheep to Shawl demonstration as part of the Farm Day Festival at Historic Johnson Farm.

After each session you will have a month to practice. It is recommended you spend at least 10 minutes every day on your spinning.

Contact Ruth Howe, (828) 458-0738 or ruth272nc@aol.com to register, or for more information.

Historic Johnson Farm, 3346 Haywood Road, Hendersonville, NC. (828) 891-6585, or visit the farm's website: www.historicjohnsonfarm.org.

Heritage Weavers and Fiber Artists (HWFA), 3346 Haywood Road, Hendersonville, NC.

asheville shops

Downtown Market Changes the Look and Feel of Downtown Shopping for the Better

Economists say the heart of a community does its actual growing in a down-turned economy, that it is during this time the foundations of businesses are built. "When things are booming," Economist Roger Dwells of Asheville says, "everyone is concerned with the here and now. When the economy goes south folks begin focusing on the future and on their community. Businesses have to be more creative to stay in businesses."

The Downtown Market at 45 S. French Broad Ave. Asheville, is a perfect example of business owners having to think "outside of the box" in order to cope with a struggling economy.

AB Tech Real Estate teacher and owner, Bobby Potts says, "Josiah Hyatt, my business partner and I, bought buildings along S. French Broad as an opportunity to resale for a profit. When the economy dropped, selling was no longer an option."

What to do with more than 42,000 square feet of space, became the question to focus on. "We tossed a few ideas around but nothing seemed right or even doable to be honest. Then a friend and economics teacher proposed the question of what to do with the huge space to her class as a project. And studying drawings and zoning codes, one group of students presented a plan to turn the building into a huge indoor market." October 17 was the Downtown Market's first day of operation in former Industries for the Blind building.

Large indoor markets or bazaars (a permanent merchandising area or group of shops where goods and services are exchanged or sold) have been huge economic builders in cities like Seattle and Chicago over the past five to ten years as more people migrate from the suburbs to urban living. Living in cities with these bazaars permits individuals and families to take advantage of the proximity, diversity, and marketplace competition.

The marketplace, which saw its heyday in the U.S. during the

1920s, gave way to supermarkets and eventually to superstores like WalMart and KMart. However, these mega stores seldom supported local merchants, farmers or the community they served other than to offer many products at very low costs.

The vendors at The Downtown Market are local with the majority of goods being produced in Western North Carolina. There are plans to host and feature surrounding neighborhoods and neighboring cities in their Mountain Community Partner program.

"We currently have about 65 vendors but can grow to over 100," says Marketing Director of the Downtown Market, Pepper Parris. She adds, "We want to showcase our Asheville artists, crafters, musicians, farmers and chefs but also highlight talented folks from all around WNC."

In addition to the many arts and craft vendors, the Market also touts an onsite coffee shop, organic themed grocery store, local produce farmers and an eclectic flea market.

Hi Fi Coffee shop, locally owned by John Nelson and Greta Dietrich, serves organic/fair trade coffee, teas, chai (spiced milky tea) and apple cider. Most of the specialty coffees are their own recipes. The shop will soon be open 7 days a week via a new walk-up window.

"Hi Fi is designed for the coffee lover on the go," says Nelson. "Of course anyone can come and sit down inside on our sofas or at a table when the Downtown Market is open." The Market is open Friday through Sunday 10 to 5 p.m.

Dietrich suggests trying their Mexican Hot Chocolate — hot cocoa served with cayenne pepper, spices



Downtown Market owners Bobby Potts and Josiah Hyatt.

BY DENNIS RAY

and two shots espresso topped off with organic homemade whipped cream. "This is the ultimate picker upper," she says. Elizabeth Bloomquist, owner of Green Jade Herbal says,

"I sell at farmer's markets all around the area and it's nice to have a permanent indoor location." Bloomquist's goal with her business is to improve the quality of life for her customers through natural herbal and skincare products and consultations.

"It's a fun community experience," Bloomquist says of her involvement as vendor at the Downtown Market. "The best part is," she adds, "the booth space is affordable. It would mean charging a lot more for my products if I had a retail storefront."

"We grow and improve every week as we support each other in making this place the ultimate shopping experience." Parris says, "We also want to encourage the entrepreneur in everyone. Where else can you start a small business with no down payment or utility deposits, no long term leases and you don't have to pay out a percentage of your profits to anyone? The market is a great testing ground to find out if you can retail your art or products."

Amazing Savings, a popular local discount grocery store, has opened its newest location inside the Downtown Market. Manager Jada Nye says, "Customers really enjoy being able to grocery shop downtown. We offer organic and gourmet products at 30% to 50% off of retail prices."

For information about becoming a merchant call (828) 255-8858, Monday-Friday, 9-5 p.m.

Downtown Market

Shopping Hours:
Friday-Sunday, 10-5 p.m.

45 S. French Broad Ave.,
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(828) 255-8858

www.downtownmarketasheville.com

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restaurants & wine

Thoughts About Ageing, and a Tonic for What Ails Ya!

To hold, or not to hold?

Someone gave you wine for Christmas, and you are thinking about saving it for a special occasion. Wine gets better with age, right? Here we go again.

Some wines improve with age; many more do not. There are numerous conditions that effect ageing potential. The trick is to develop a sense about it, an instinct, and to simply enjoy the wine for what it is. And let's face it — few people give you a wine that actually is as nice as they want you to think it is.

The ageing problem recently happened to a friend who described her Sauvignon Blanc as the color her pee-pee gets after having digested a load of vitamins. (I didn't ask her if it tasted that way.) Of course it was a bad experience; it had been atop the fridge for seven years.

In 2002, someone gave her a wine rack for Christmas, and along with it a bottle of Sauvignon Blanc, and she assumed the top o' the fridge is the perfect place. Wine gets better with constant warmth, right? How is it that everybody knows that cellaring is the best storage for wine, but so many of those same people are way too eager to store wine in the swirling warm air of a large appliance?

If you lack a basement or cellar, or simply lack the energy to go down there, consider another ideal place for your wine storage: the floor of your closet. Seriously — the temperature in there is fairly constant all year. There are no devices creating heat. The floor in there is the perfect place for your wine storage, especially in the cardboard box. Do you ever think about how much wine you could buy for the price of a nice rack?

About ageing: here are a couple of simple rules to consider about a good age for a wine. Almost all whites should be drunk young, especially before they are four years old. Many reds are best drunk right at four years old. Again, this is a very general piece of advice.

I consider the four-year mark a fairly consistent expiration date for white wines. Chardonnay, especially the standard (boring) California Chardonnay recipe of oak and butter and butter and oak (the ten-dollar style often available for twice that price), can last a little longer. However, white wine is almost always ready to drink when released. More complex white varietals and blends are often just right at the two-year mark.

Cabernet — again, in general — ages longer than merlot or other lighter-styled reds like Chianti or Beaujolais. One of my favorites, old-vine zinfandel, is perfect for me right at four years. Pinot Noir is very complicated and very hard to understand, so forget about any general advice for it.

Be honest with yourself, too, because you may not like well-aged reds. You may prefer them somewhat younger than the experts say you should. You may consider not spending the money on reds with ageing potential and simply choosing reds that have a short shelf-life.

About Champagne and sparkling wine: no date, no wait. However, vintage Champagne also calls for professional advice.

Vintage Port doesn't even begin to reveal its specialness until its tenth year, but late bottle vintage is ready on release. And again: no date, no wait.

There are awesome exceptions. There are some quirky whites, full of minerals that wonder-

fully preserve the wine. From Italy, wines made from Fiano and Greco can surpass a decade. I once drank a perfect 24 year old white Rioja. Was there a way to predict this? Not without researching expert opinions. If you really want a great old white wine, it may be better to just pay the price rather than to age it yourself.

These particulars highlight the need for personal service in locally-owned wine shops. If you think you have been given a special wine, then ask your retailer.

Hot Toddy Season has arrived!

Holiday parties and ski season can certainly compromise an immune system. That does not mean you need to compromise on a good winter drink. It's almost worth having a scratchy throat to experience the goodness of a hot toddy.

Call me a fool for Southern folklore, but I do believe that Bourbon is good for the body.

There are those who believe in Bourbon. Others insist on brandy, and some prefer rum. About using expensive Bourbon: save it for when you are healthy and your taste buds are uninhibited by a stupid cold. My personal choice is Benchmark at \$10 for a .750L bottle.

Besides your liquor choice, there are a variety of ways to make a good hot toddy. The hot liquid can be water, tea, or coffee.

Personally, I have no interest in a toddy that is made from something other than Bourbon. Call me a fool for Southern folklore, but I do believe that Bourbon is good for the body. If the reason for making a toddy is an ailing body, then there is no better choice.

This is my toddy, it's not as involved as it looks, but it can get a little messy when you make a lot of them:

- Cinnamon Sticks
- Whole cloves
- Fresh lemons
- Honey
- Bourbon

Boil a stick or two with five to ten cloves in two mugs of water until the water turns brown. I use the microwave and a large glass measuring cup for this. You can reuse the cinnamon and clove at least twice. In this step, you are simply making a tea.

Put a soup spoon-sized blob of honey in your glass or mug and add the hot liquid so the honey dissolves. Add one or two ounces of Bourbon, your preference, and squeeze in a fat wedge of lemon.



BY MICHAEL PARKER

January Events at The Weinhaus

Reservations are required for these events, please call the Weinhaus at (828) 254-6453 or 1-800-283-1544.

Monday, January 18

A Mediterranean wine dinner will be held at Marco's Trattoria in Brevard featuring five courses of Chef Marco's delicious and innovative cuisine. The time is 7 p.m. The cost is \$60 all inclusive.

Wednesday, January 27

Cucina 24 will host a wine dinner with the theme of A Night in Northern Italy complete with wines from the Alto Adige area in Northern Italy. The time is 7 p.m. The cost is \$70 all inclusive.

Friday, January 29

Friday night flights at the Weinhaus will feature Pinot Noirs from France and Oregon. The price is \$10 for the tasting and light hors d'ouvres. Time is 5 to 7 p.m. Held at the Weinhaus, 86 Patton, Ave. Asheville.

Every Saturday

Join us every Saturday for a free, drop in tasting from 2 to 4 p.m. We will have something interesting to sip.

Prices are inclusive of all gratuities and taxes. Major credit cards accepted. We will mail you confirmation.

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86 Patton Ave., in Asheville
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Touted as "bohemian-chic," the Mellow Mushroom has its own unique flair while maintaining the fun, energetic and trendy atmosphere that distinguishes them from the typical pizza joint. By serving the finest products possible, the Mellow Mushroom has become synonymous with quality.

Details – Soups, Pretzels, Bruschetta, Salads, Pizza, Calzones, and Hoages. 71 beers on tap. Catering available.

Hours: Monday - Thursday 11 a.m. to 11 p.m.; Friday and Saturday 11 a.m. to 12 p.m.; Sunday noon to 10 p.m.

Mellow Mushroom
50 Broadway
(828) 236-9800
www.mellowmushroom.com

Vincenzo's

Vincenzo's Ristorante & Bistro is neither pretentious nor overly simplistic. The menu is reasonably priced and is quite extensive. They feature smaller versions (piccolos) of some of their more popular plates. You can also order side portions of practically every entrée.

Their signature dish is the Filetto Gorgonzola (\$25), two seared filet medallions accompanied by a Gorgonzola cream sauce, pine nuts and caramelized shallots.

Details – The restaurant fills up fast so call for reservations. The Bistro is California casual in style and offers live music seven nights a week. The upstairs restaurant is smoke free. You can smoke in the Bistro after 9 p.m.

Hours: Monday - Thursday 5:30 p.m. to 10 p.m.; Friday and Saturday 5:30 p.m. to 11 p.m.; Sunday 5:30 p.m. to 9 p.m.

Vincenzo's Ristorante & Bistro
10 N. Market Street
(828) 254-4698
www.vincenzos.com

Rapid River Re



Curras Dom

Curras Dom puts Mexican cuisine on the culinary map by offering modern Mexican cuisine in a friendly, casual fine dining atmosphere. It's a great place to relax, unwind and have a great meal. Only 10 minutes from downtown Asheville.

They offer a seasonal menu of authentic dishes from the interior of Mexico using locally grown ingredients. They also have an excellent wine list and a full bar. If you are adventurous, go ahead and try their very own Avocado Margaritas.

Details – Outstanding service. Lunch: Appetizers and salads \$2.50 to \$7.50; Entrées: \$7 to \$9.50. Dinner: Appetizers and salads \$7 and up; Entrées: \$17 and up.

Open Tuesday through Saturday for lunch and dinner, and Sundays for brunch from 10 a.m. - 3 p.m. Reservations are strongly suggested.

Curras Dom
72 Weaverville Road
(828) 253-2111
www.currasdom.com



Limones

An established restaurant featuring a mix of Californian and Mexican cuisine, in a cozy and classy atmosphere where the service is both professional and personable.

The old cherry floors and lacquered wood tables give the feeling of modest, unassuming elegance, setting the stage for meals that please the palette and provide something a little different and apart from the ordinary.

The word about town is that chef and owner Hugo Ramirez, a native of Mexico, graces his ever-evolving menu with local, organic vegetables, hormone-free meats and wild seafood. Ask about the Tres Leches cake for a special dessert treat.

Details – Dress: nice casual. Serving brunch (\$10-15), and dinner (\$15-20). Wine, beer, and cocktails. Reservations accepted.

Hours: Monday - Sunday 5-10 p.m., Sunday brunch 10:30-2:30 p.m.

Limones
13 Eagle Street in Asheville
(828) 252-2327

Everyone Loves Art and Chocolate

Sunday, February 7

Swannanoa Valley Fine Arts League Members' Show. Opening reception will be held Sunday afternoon at the Sourwood Gallery from 2 to 4 p.m.

This totally chocolate reception is free and open to the public. The exhibit runs through February 26 at the Sourwood Gallery, 110 Broadway St., Black Mountain, NC. Phone (828) 669-4975.



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Restaurant Guide



Forest Blue

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Details – Clean, open, modern meets warm and woodsy. Non-smoking. Down-to-earth atmosphere. Full-service bar for appetizers, mixed drinks, beers on draft and local wines.

Appetizers and salads - \$7.99 to \$10.99; Lunch: \$7.99 to \$15.99; Dinner: \$16.99 to \$25.99; Brunch: \$6.99 to \$10.99

Hours: Mon – Thurs 11 a.m. to 9 p.m.; Fri 11 a.m. to 10 p.m.; Sat 4 p.m. to 10 p.m.; Sunday brunch 11 a.m. to 3 p.m. Reservations suggested. Catering and private party space available.

Forest Blue Restaurant & Lounge
900 Hendersonville Rd.
(in Forest Center North complex)
(828) 505-7055
www.theforestblue.com



Flying Frog Café

The Flying Frog Café is one of Asheville's most unique upscale dining establishments, featuring a culmination of flavors resulting from more than two decades of experience in Asheville. The Flying Frog Café is owned and operated by veteran restaurateurs Jay and Vijay Shastri.

Passionate about great food and wines, chef and certified sommelier Shastri showcases European and Indian cuisines, both classic and innovative, enhanced by his deft hand with spice.

The restaurant also features a boutique wine list with several hundred vintages of great wines. The intense menu is matched by a professional wait staff of food enthusiasts who know and understand what composes each dish.

The Flying Frog Café has earned an impressive list of reviews from almost every major newspaper and culinary magazine in the United States.

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& Wine Bar
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(828) 254-9411

Jerusalem Garden Cafe

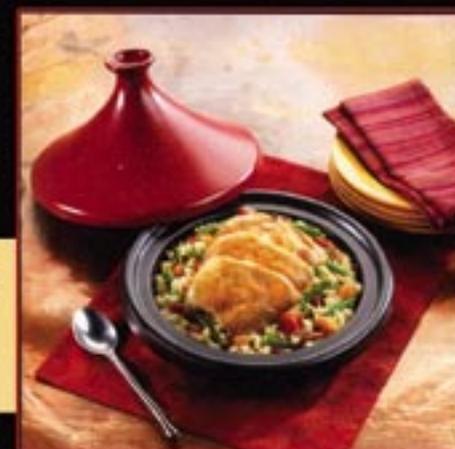
www.jerusalemgardencafe.com



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R A P I D R I V E R A R T S

youth culture

JOSEPH RATHBONE RECOMMENDS



BY JOSEPH RATHBONE

Hi, it's Joseph. I hope that you all had a very Merry Christmas and a Happy New Year! I hope that last month's article was helpful for everyone in their Christmas shopping. So now let's get down to business.

In my reading class I have been reading a book called *The Lightning Thief* and it's pretty good. It is a fiction fantasy about a young boy, wrongly accused of stealing Zeus' master lightning bolt, and his quest to find the stolen lightning bolt and to clear his name.

The book involves Greek mythology but uses a modern day setting, which adds a neat twist. I recommend this book for kids 10 and up. Recently, I discovered this book has now been made into a movie, and it comes out February 12, 2010. I figure if the movie is like the book it should be very good and worth seeing.

The trailers I've seen so far suggest the film does not accurately follow the book. Still, it looks to be a fun movie. I plan on reviewing *The Lightning Thief* movie in the March issue.

Be sure to look for my article next month when I will talk all about the Biltmore House and all of the newly opened rooms. I'll be visiting the Biltmore House next week on a school trip (I am writing this on December 14, 2009). Also I would like to encourage you to visit the Biltmore House over the winter if you get a chance. It is a great place to visit and if you go on a snowy day it is a magnificent sight. Well, that is all I have to say, so goodbye until next month.

Elevate School of Life and Art

— Just \$5 a Class

So what can you learn for \$5 a class? Elevate is a new school of life and art offered by local Asheville artists and teachers who are passionate about their subjects, excited about sharing, and happy to teach both children and adults.

Elevate was conceived by artists of the recently formed Highland Acting Company, who presented the popular Broadway musical "Godspell" at The Orange Peel last year. Over 2,500 people attended performances.

Elevate will be offering weekly classes beginning in January for 8 weeks in downtown Asheville at 34 S. Lexington Avenue.



Learning to play guitar.

BY JOHN CRESS



Classes can be joined "in process" if there is availability. Classes are being offered for various ages and skill levels in: Drama, Guitar, Graphic Design, Web Design, Life Drawing, Acrylic Painting, Sign

Language, Basic Computer, Video Editing, Sewing, Choir, Worship Dance, Keyboard, Math Tutoring, Beginning Photography, Creative Writing, and Love Languages. Most classes are designed for beginners and last between one and two hours.

About a hundred people came together last year to offer their time and talent to produce "Godspell," which was performed in both Asheville and Charlotte. Local artists gathered to build sets, paint scenes, sew costumes, sing, act, dance, perform live music, and produce marketing materials in both print and video.

Elevate's teachers are comprised largely of these artists. Highland Acting Company will next travel to The Orpheum Theatre in Wichita, Kansas in March to perform



Learning to sew.

continued on next page

music

Those Darlins at the Grey Eagle

After 140+ gigs in 2009 the word is getting out that Those Darlins are hardly just a “quirky, Carter family-influenced country-pop” act.

They are a rock rock rock band that is delivering “full-on, double-time rock shows.” Releasing their self-titled debut album in 2009 and touring with everyone from Dan Auerbach to King Khan & BBQ Show, Wanda Jackson to Black Lips, the girls and Sheriff Lin continue their never ending tour at the top of 2010.

In an interview with Nashville Life-styles magazine, Kelley Darlin explains, “People are looking for something genuine, even if it’s rough around the edges... Sometimes people need an excuse to have fun. When you get into the stress of having a family and working, we remind you that you don’t have to be just one thing – you can have fun and try new things.” Here’s your excuse to have fun. Giddy up.

You can't resist their charms.

~ WASHINGTON POST

“Those Darlins have created an infectious blend of country, rock and punkabilly on their witty, fuzzed-out self-titled debut. From the hard-driving “Red Light Love” to the tongue-in-cheek “Snaggle Tooth



Photo: David McClister

Mama,” the band has a knack for writing memorable hooks about booze, boys and everything in between.” ~ *Rolling Stone*

“The trio’s sassy Tennessee twang and nimble rockabilly swing, however, could have landed them a regional radio showcase with Cline back in the day... brisk, breathless, three-minute drum, bass, and baritone ukulele romp of no-bullshit “my way or the highway” declarations sung in slightly jaded three-part harmonies. Meet the Vivian Girls’ hillbilly cousins.” ~ *Pitchfork*



Thursday, January 7, at the Grey Eagle in Asheville, NC.
Friday, January 8 at the Evening Muse in Charlotte, NC.

‘Elevate School’ continued from page 22

“Godspell”. If you missed “Godspell” it will be performed again April 2-4 at The Orange Peel in downtown Asheville. (See www.GodspellAsheville.com.)

Asheville is known to be a unique city for both the visual and performing arts so it seemed only natural to offer classes to our community for those would like to be taught a particular subject at a most affordable rate. So for only \$40, based on eight weeks at \$5 per class, students can expose themselves to various art and life subjects, and acquire some new skills.



Instructor with drama student.

Our hope is that this learning experience will be both fun and rewarding.

Many parents are excited about finding an affordable means to introduce their children to various subjects in the arts without the greater financial investments often required for individual instruction. It really is a good way to investigate a sub-

ject with a minimal commitment of both time and money.

Adults may find themselves sitting right alongside a younger student in the same class, simply illustrating the principle that one is never too old or too young to learn.

50% of the proceeds go directly to the teachers, and 45% goes toward building a full-time community center for downtown Asheville. It is the dream of Elevate School of Life and Art to one day have its own permanent location where art and life skills can be shared with the community as well as taught to the community.



To register and/or view class schedules and descriptions, as well as teacher bios, visit www.ElevateLifeAndArt.com or e-mail info@elevatelifeand-art.com or call (828) 277-1637.

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Reel Take Reviewers:

CHIP KAUFMANN is a film historian who also shares his love of classical music as a program host on WCQS-FM radio.

MICHELLE KEENAN is a long time student of film, a believer in the magic of movies and a fundraiser for public radio.

Questions/Comments?

You can email Chip or Michelle at reeltakes@hotmail.com

REEL TAKES

with MICHELLE KEENAN
and CHIP KAUFMANN

For the latest **REVIEWS**,
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Chip and Michelle's Personal Favorites Oust the Critical Top Ten!

When Chip and I started discussing our critical Top 10 Lists for 2009, we kept hitting stumbling blocks. For one, the industry's annoying habit of releasing the best films of the year at the 11th hour prior to awards season, to ensure they are fresh in everyone's mind, makes it difficult to see everything prior to deadline.

Second, we realized we weren't having nearly as much fun assembling our Top 10 lists as we were when we talked about what films we really enjoyed this year. So it dawned on us, doing lists of our personal favorite films of the year actually presents a much more varied and interesting review of the year in film. That said here we go...

Chip's Personal Faves of 2009

Listed below in alphabetical order are 10 films that I really enjoyed in 2009. Some will make most critics 10 best list while others are films that I felt were overlooked. Finally there are those films that may not have been that great but are ones that I personally responded to. For better or worse, here they are (drum roll, please).

1. 2012 – Roland Emmerich's latest disaster effort is a surprising epic of romance and heroism that transcends the disaster film genre.

2. Bright Star – A realistic depiction of the ill-fated love between English poet John Keats and his next door neighbor. Asheville's Paul Schneider stands out in a supporting role.

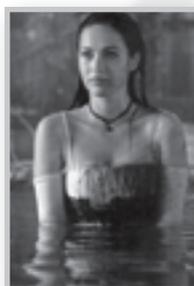
3. The Brothers Bloom – Two con man brothers hook up with an eccentric heiress in this modern day comedy with surprisingly serious overtones.

4. Everlasting Moments – This return to form from director Jan Troell (*The Immigrants*) tells the story of how a camera changes one woman's life in 1907 Sweden.

5. The Fantastic Mr. Fox – Wes Anderson's stop motion animation adaptation of Roald Dahl's children's book is a film for both kids and adults that is one of the most unique offerings of the year.

6. Is Anybody There? – Another fine little film from England with veteran actor Michael Caine as an elderly magician slipping into senility.

7. Jennifer's Body – Diablo Cody's follow-



Megan Fox in "Jennifer's Body."

up to *Juno* is smart and sassy with references to classic horror films thrown in for good measure.

8. Law Abiding Citizen – Solid, well-made revenge thriller with Gerard Butler and Jaime Foxx matching wits with unexpected results.

9. Ponyo – Another top notch work of

animated art from celebrated Japanese director Hayao Miyazaki.

10. Up In The Air – George Clooney returns to form in this well scripted and well directed story of a frequent flyer whose job is to fire people.

Michelle's Personal Faves of 2009

From what I've seen so far this year, these are the films (in alphabetical order) that tickled my fancy in one way or another.

1. Bright Star – Jane Campion's take on the tragic love story of John Keats and Fanny Brawne is beautiful and more authentically raw than many a costume drama.

2. The Brothers Bloom – This is my gratuitous film geek pick of the year. *The Brothers Bloom* is its own strange beast of a story, but it also gives a lovely tip of the hat to films of years gone by a la Agatha Christie.

3. The Fantastic Mr. Fox – What is not to like about Wes Anderson's stop-motion animated version of Roald Dahl's classic tale?!



Abbie Cornish and Ben Whishaw star in "Keats."



Bill Milner (left) and Michael Caine in "Is Anybody There?"



Adrian Brody, Rachel Weisz and Mark Ruffalo star in "The Brothers Bloom."

It's for all ages and all types. The vocal talent is spot on and it's just – er ... well, fantastic.

4. The Hangover – Quite simply the funniest, laugh-out-loud film to come down the pike in ages. This fairly low-budget film struck box office gold due to its writing, its ensemble players and word of mouth. It's not for the uppity or easily offended, but it is top notch entertainment for what it is.

5. Harry Potter and the Half Blood Prince – Despite a few surprising deviations from the book, *HP6* is one of the best installments, if not the best, in wizarding series thus far. I can't wait for the two-part finale for *Harry Potter and the Deathly Hallows*.



Jeremy Renner stars in "The Hurt Locker."

the war in Iraq seems the most real, relevant and utterly absorbing yet.

7. Julie & Julia – Easily the most delightful and delicious film of the year. Meryl Streep and Stanley Tucci as Julia and Paul Child are nothing less than pitch perfect and their

onscreen marital relationship was one of the best we've ever seen.

8. Pirate Radio – If you fondly remember the mid- to late-60's or you have any affinity for the music of that era, you'll likely enjoy this scarcely marketed, little noticed film by Richard Curtis. *Pirate Radio* (more aptly called *The Boat That Rocked* outside of the U.S.) delivers a happy buzz that lasts for days.

9. Up In The Air – A hired gun for fire wracks up the frequent flyer miles and life lessons in this charming but ultimately sad portrait (see review). Writer/director Jason Reitman and George Clooney deliver one of the best pictures of the year.

10. Up! – The 3-D cartoon that captured the hearts of young and old alike.

Runners Up

Defiance – A striking story of brothers and survival in WWII.

Departures – A little seen, but wonderful Japanese film about an unemployed cellist who finds work preparing the dead.

Duplicity – A smart & sassy comedy that gets the last laugh.

Inglourious Basterds – Quentin Tarantino's WWII tale is an interesting homage to various cinematic genres and a Tarantino-esque re-working of history.

Reel Takes reviewers, Chip Kaufmann and Michelle Keenan, will return next month with more reviews.

film reviews

Fantastic Mr. Fox ★★★★★

Short Take: Wes Anderson's stop motion animation adaptation of Roald Dahl's children's book is a film for both kids and adults that is one of the more unique offerings of the year.

REEL TAKE: I rarely give a film 5 stars. This is the only one for 2009. Last year there was only one (*Jimmy Carter: Man from Plains*) and no others since I began reviewing for *Rapid River* a couple of years ago. To earn 5 stars the film must not only be very good, it must also be unique and *Fantastic Mr. Fox* succeeds on both counts.

A lot of the unique factor comes from the fact that the film is in stop motion animation (hereafter SMA), a process that gave us everything from *King Kong* (1933) to *Clash of the Titans* (1981) (both recently remade as big budget CGI extravaganzas). There is something both quaint and more intimate about this technique of filmmaking that gives its characters an added personality that CGI just doesn't have.

The source material being by Roald Dahl also doesn't hurt. Dahl is one of those writers who can appeal to children and deal with adult themes at the same time. *Fantastic Mr. Fox* is a children's film that's made for adults. The story of a crafty fox trying to overcome his natural impulse to steal chickens while dealing with his family and other animal friends is compelling and so true to life (ever tried to squelch a negative impulse?).

Add star power voices the likes of George Clooney, Meryl Streep, Michael Gambon, and Bill Murray to the mix and



The Fox Family

you have an unbeatable combination. They aren't just star voices along for the ride, they ARE the characters thanks to the script and the beautifully realized animal figures brought to life by SMA.

While I admire the previous films of Wes Anderson, I'm not a big fan of his. I enjoyed *The Royal Tenenbaums* but could have done without *The Life Aquatic with Steve Zissou*. I knew that I would enjoy this movie because of the SMA. Thanks to Wes Anderson's deft direction of everything I mentioned earlier, I loved it, really loved it. After all I don't give out 5 star ratings everyday.

Rated PG for action, smoking, and usage of slang.

REVIEWED BY CHIP KAUFMANN

Up In The Air ★★★★★ 1/2

Short Take: A gun for fire flies the friendly skies.

REEL TAKE: George Clooney was good as a man who stares at goats. He's great in *Fantastic Mr. Fox* (see Chip Kaufmann's

review), but it's his portrayal as Ryan Bingham in *Up In The Air* that takes him to new heights, gracefully combining his comedic talent, his charming *je ne sais quoi* and his dramatic depth. It's also a film that I hope will take writer/director Jason Reitman (*Thank you for Smoking* and *Juno*) anywhere he wants to go.

Up in the Air is being mis-marketed as a comedy. Rather, it's a charmingly poignant and painfully timely story infused with wonderful moments of wit and humor. Ryan Bingham is a hatchet man. He flies around the country doing the dirty work for corporate managers and CEO's that don't have the guts or decency to take care of it themselves. Bingham has mastered his art and in doing so tries to bring a shred of dignity to his job. It also affords Bingham the life he wants - no attachments, lots of frequent flyer miles, and his goal of achieving 10 million mile status is within sight.

When Bingham's way of life is threatened by a young Ivy League grad set on revolutionizing the hatchet-man industry by conducting all lay-offs via web-cam conference, he takes the corporate upstart on a multi-leg termination trip to show her the harsh reality of the real world. This is done

brilliantly by Reitman's use of real people (not actors) who were recent casualties of corporate 'right sizing' for most of the termination scenes. The result is a profound commentary on our world today.

Also brilliant are the layers of Bingham's character (both the positive and negative aspects) and his emotional journey by the film's conclusion. When he meets a fellow frequent flier (Vera Farmiga) who's a female version of himself, he starts to think that maybe he's found someone worthy of a real relationship.

Reitman's screen adaptation of Walter Kirn's novel is smart and perfectly executed. The dialogue sparkles

with a wonderfully unpretentious brand of wit ranging from topics of stereotyping and relationships to corporate hijinx and Chuck E. Cheese. Reitman's inclusion of some truly beautiful aerial photography and airport sequences pay a nice homage to the aviation industry. If the success of last year's *Juno* wasn't enough to do it, *Up in the Air* should officially bolster Jason Reitman's career to the first class.

Rated R for language and some sexual content.

REVIEWED BY MICHELLE KEENAN



George Clooney earns frequent flier miles and maybe an Oscar nod in "Up in the Air."

Seven Sisters Cinema A DOCUMENTARY FILM SERIES

January 2010 marks the beginning of a brand new film series. Seven Sisters Cinema is devoted to local filmmakers in Western North Carolina and to other films of interest to regional residents and visitors.

The series selects films which are both entertaining and educational. The documentaries are a great way to learn more about regional culture and the interesting people, places, and things which make WNC unique.

WNC is home to many established filmmakers as well as several

new young filmmakers. Many of their films have won awards at numerous film festivals throughout the country but have rarely been seen in this area. Seven Sisters Cinema will provide an opportunity for these filmmakers to screen their work here in Western North Carolina.

Following the screening of each film, moderate discussions will be led by the filmmakers and other scholars.

The series kicks off on Thursday, January 21 at White Horse Black Mountain, with the documentary *The*



"The Last One," the story of moonshiner Popcorn Sutton.

Last One. The film focuses on the life and times of Popcorn Sutton, legendary moonshiner of Western NC. The filmmaker, Neal Hutcheson, will be on hand for a post-film discussion. Beer and wine will be available. Admission is \$5 (\$3 with student ID).

The Seven Sisters Cinema series is a project of local community arts organization Serpent Child Ensemble. Seven Sisters Cinema is dedicated to fostering dialogue among residents of the Swannanoa Valley about issues that impact our mountain community by presenting documentary films and discussions that are related to the past, present and future of the region.

Future Films

The Mystery of George Masa, by Paul Bonesteel on Thursday, February 18.

Tobacco Money Feeds My Family, by Cynthia Hill and Curtis Gaston on Thursday, March 18.

About The Film: The Last One

"In *The Last One*, Popcorn Sutton motors deep into Appalachia in his prized A-Model to find a suitable location to run one final batch of traditional bootleg whiskey. Through the laborious process of clearing a site, building a furnace, brewing corn mash and distilling high proof moonshine, Sutton reveals the craft of traditional distillation as practiced by his forbears and reveals a lifetime of memories in the trade."



Screenings will take place at 7 p.m. on the third Thursday of each month at White Horse Black Mountain, a 225 seat venue with a 17 x 9 foot theatre screen. White Horse Black

Mountain is located at 105C Montreat Rd. For more information phone (828) 669-0816 or visit www.whitehorseblack-mountain.com

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Violent Crime Shows Steeper Rise

The Washington Post - September 25, 2007

The FBI's Uniform Crime Reporting Program found robberies surged by 7.2% and homicides rose 1.8 percent from 2005 to 2006. Violent crime overall rose 1.9%, homicides increased more than 10% and robbery was up 12.2%.

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road trip

Big Ears Festival 2010

Featuring *Vampire Weekend*, *Joanna Newsom*,
and Artist in Residence *Terry Riley*

BY PAIGE M. TRAVIS

The Big Ears Festival, slated for the weekend of March 26-28 in Knoxville, Tennessee, is excited to unveil the initial line-up for this year's event. Building on the visionary programming of last year's inaugural festival, the 2010 Big Ears expands with a remarkable line-up of even greater depth and breadth than its predecessor.

More than 30 artists/bands are expected to perform some 50 concerts in at least eight venues this year. In addition, there will be art exhibitions, installations, film screenings, workshops, interactive experiences, lectures and discussions.

The initial Big Ears line-up for March includes Vampire Weekend, Joanna Newsom, St. Vincent, Andrew WK, The Ex, Gang Gang Dance, Clogs, 802 Tour (Nico Muhly / Doveman / Sam Amidon with Nadia Sirota), The xx, Javelin, DJ/Rupture (solo), DJ/Rupture and Andy Moor, My Brightest Diamond, the Calder Quartet, Gyan Riley, and jj.

Visionary American minimalist composer Terry Riley will be the artist in residence. Celebrating his 75th birthday in 2010, several of Riley's compositions will be performed throughout the weekend, including an all-star ensemble for his seminal *In C* and performances by the composer himself. Bryce Dessner, best known as guitarist for the acclaimed rock band the National, has signed on this year as a cura-

tor for the festival. He's involved in selecting artists to perform during the weekend, commissioning new work, and conceiving of several unique programs.

The Inner Ear Weekend Festival Pass offers premium access to all Big Ears happenings throughout the entire weekend (subject to available capacity) as well as exclusive invitations and access to select special events.

Launched in February of 2009, BIG EARS was created as a forum to present the most exciting music of our time, while exploring connections and interfaces between music, visual art, and film. The brainchild of Ashley Capps, also known as the founder and co-producer of the Bonnaroo Music and Arts Festival, Big Ears was a great success, receiving rave reviews from audiences, artists, and critics alike and achieving immediate international recognition and acclaim.



Tickets to the Big Ears Festival may be purchased through www.bigearsfestival.com or by calling (865) 684-1200 ext. 2 between the hours of 10 a.m. and 5 p.m. Visit www.bigearsfestival.com for up-to-date information, announcements, information about travel and accommodations, and more.

Nouvelle Vague COAST-TO-COAST U.S. TOUR

Beloved French band Nouvelle Vague announced a number of U.S. performances kicking off on January 22 at World Cafe in Philly. These hipshaking dynamos will take their unstoppable live show all the way to California before ending up in Washington D.C. on February 20.

Check out their album "3", out now on Peacefrog Records. This inventive band takes a song you adore and shows you how to fall in love with it all over again. With their sophisticated combination of bossa nova, jazz and sixties pop they continue to remaster post punk and new wave nuggets.

Tour Dates (partial listing)

Friday, January 22,
Philadelphia, PA, World Café.
Saturday, January 23,
New York, NY, Webster Hall.

Sunday,
January 24,
Boston,
MA, Somers-
ers.

Tuesday,
January 25,
Montreal,
PQ, Me-
tropolis.

Wednesday, January 27,
Toronto, ONT, Opera House.

Thursday, February 18, Atlanta, GA, Loft.

Saturday, February 20,
Washington D.C., 9:30 Club.



Nouvelle Vague

For more information about
Nouvelle Vague go to
www.myspace.com/nouvellevague

book reviews

2009 Books of Note

BEST HISTORICAL FICTION

The Education of Mr. Mayfield

An unusual story of social change at Ole Miss, written by David Magee

More than a decade before the media reported on the disturbing events surrounding James Meredith's enrollment at the University of Mississippi in 1962, a different story of interaction between the races quietly took place on that same campus. This story is now told in *The Education of Mr. Mayfield*.

In 1949, soon after arriving in Oxford, Mississippi, as the school's first Art Department chairman, Stuart Purser was driving through the nearby countryside when he spied some interesting sculptures on the front porch of a small farmhouse near Ecru. When Purser stopped to speak with the African-American artist, his longtime friendship with M. B. Mayfield began.

That fall, Purser offered Mayfield a job as custodian for the Art Department and

caretaker for the newly opened student art gallery. This was a time when the University of Mississippi was completely segregated. What few outside the Art Department knew was that Purser also gave Mayfield one-on-one instruction and arranged for classroom doors to be open so Mayfield could listen to lectures while sitting in the nearby broom closet. Later, Purser took Mayfield on his lecture trips, passing Mayfield off as an assistant who carted equipment and set up the projector.

While in Oxford, Purser also became friends with renowned author William Faulkner. Faulkner, along with Purser and other teachers and students in the Art Department, purchased art supplies for Mayfield and encouraged his work. They even took up a collection to send Mayfield to Chicago to see a Van Gogh exhibit. One particularly moving incident described in the book came when Purser took Mayfield to Memphis to visit the Brooks Memorial Art Gallery, only to discover that on the day of

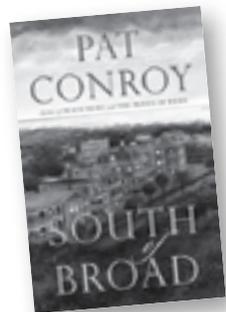


REVIEWS BY BETH GOSSETT

their visit, the museum was open to whites only.

Not long after Purser left Oxford to start the Art Department at the University of Florida, Mayfield returned to Ecru to care for his ailing mother. Ironically, in 1967, Mayfield returned to work as a custodian at the Brooks Gallery, where he studied paintings on exhibit and displayed his own artwork in the museum's stairwells and employee work areas. In 1986, the Center for the Study of Southern Culture at the University of Mississippi hosted one of Mayfield's first big art exhibits. After that show, Mayfield sold almost everything he produced for the rest of his life.

The Education of Mr. Mayfield tells the story of how M. B. Mayfield overcame many of the obstacles placed in his way due to racism, but it also tells of the quiet acts of courage displayed by some white Southerners who found ways to defy the injustices of that time and place.



FICTION FAVORITE

South of Broad

Written by Pat Conroy

Anyone who knows me knows that I adore just about any words

penned by Pat Conroy....his lyrical way of writing is music to this southern girl's ears. *South of Broad* is probably one of my favorites by Conroy (next to my ultimate fave, *Lords of Discipline*, which can never be replaced in my heart) because of its subject matter, his quirky characters and in the end, how Conroy ties everything together and makes everything cohesive and well-rounded.

South of Broad is a story of how a group of friends, composed by a group of high school outcasts, meet in the 1960's and continue their relationships 20 years later. The group of the 60's is composed of two black teens, one an orphan, one the son of the high school's new football coach, two "white trash" orphans from the mountains of North Carolina, two socially inept fatherless twins (the male twin is gay), three high society Charlestonians and one social outcast, son of the school principal, who ties the group together.

When they reconvene 20 years later to search for one of their missing friends, you can see how much each person has grown...

or regressed and how the group is there to help fill in the gaps and be a touchstone for every single one of its members. *South of Broad* is simply a tremendous work, whether you know Charleston or not, and should be one to make your reading list.

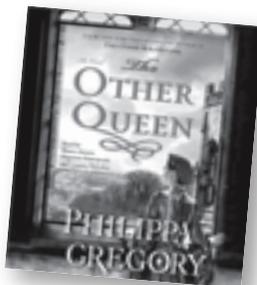
HISTORICAL FICTION FAVORITE

The Other Queen

Written by Philippa Gregory

I was amazed by how engaging, no... engrossing *The Other Queen* by Philippa Gregory (author of *The Other Boleyn Girl*) was. It is the fictionalized story of how Mary Stuart, Queen of Scots was captured by her cousin Queen Elizabeth I of England and sent to live with the Earl of Shrewsbury and his wife Bess. Against his better judgment, the Earl falls in love with Mary and under his nose, she commits every possible act of treason. However, Bess, the Earl's highly intelligent and savvy wife, is secretly reporting all that she can to the Queen's own spymaster, William Cecil.

Bess spends time trying to entertain the Queen and keep her in the lifestyle to which she is accustomed, but Mary is literally draining the coffers dry, and the Earl, being of royalty, could care less. He only cares about the time he spends alone with Mary



REVIEWS BY BETH GOSSETT

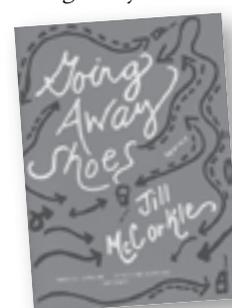
and gaining her love and confidences. *The Other Queen* is full of delicious intrigues, ridiculous people, a smattering of historical references and wonderful characterizations which all ultimately end as history notes...with Mary Stuart's death. *The Other Queen* is definitely a book worth checking out if you like a romance meets history meets death and doom.

SHORT FICTION FAVORITE

Going Away Shoes

Written by Jill McCorkle

McCorkle artfully takes us through the trials and tribulations of a vast number of characters, we encounter everything from bad parenting to divorce to death and living life after death and she tells it with an interesting perspective, aura of kindness, a bit of sass and some outright hilarious moments. *Going Away Shoes* has a story for everyone



and is a fantastic collection to add to your bookshelf to read over and over again. If you've yet to discover McCorkle's wonderfully quirky stories, you must make this your first purchase. You'll thank me later.



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JANUARY 2009

• Sunday, January 3, 3:00 p.m.
Madeleine Kay, author of **SERENDIPITOUSLY RICH: How to Get Delightfully, Delectably, Deliciously Rich (or Anything Else You Want) in 7 Ridiculously Easy Steps.**

• Thursday, January 7, 5:30 p.m.
Fastest Readings in the World! Join us for an hour of readings by Warren Wilson College MFA Faculty.

• Saturday, January 9, 7:00 p.m.
Nicole Seitz, author of **SAVING CICADAS.**

• Sunday, January 10, 3:00 p.m.
Leanna Sain, author of **RETURN TO NOWHERE.** "This is one of the best time travel books I've ever read. It has suspense, romance, mystery, and enough action to keep things interesting." Carol Guy, author of *Sins of the Past.*

• Sunday, January 24, 3:00 p.m.
Nancy Werking Poling, author of **OUT OF THE PUMPKIN SHELL.**

• Friday, January 29, 7:00 p.m.
Joseph Gatins, author of **WE WERE DANCING ON A VOLCANO: Bloodlines and fault lines of a star-crossed Atlanta family, 1849-1989.**

• Sunday, January 31, 3:00 p.m.
From 75 Western North Carolina Women Writers: **CLOTHES LINES.** Stories, poems, essays, and memoirs run the gamut from women's fascination with shoes and the color red to the history of bras, from gas masks to girdles, from communion dresses to wedding dresses, from prom dresses to muu muus, from jump suits and pants suits to bathing suits and too-tight jeans, from housedresses to uniforms, from flour sacks to polyester...



• Saturday, February 6, 7:00 p.m.
Meet John Lee a.k.a. Richard "Dixie" Hartwell author of **WHEN THE BUDDHA MET BUBBA.**

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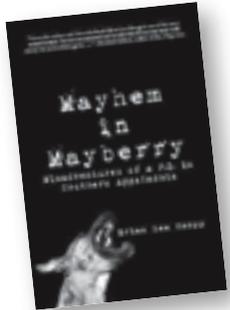
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book reviews

NON-FICTION FAVORITE

Mayhem in Mayberry: Misadventures of a P.I. in Southern Appalachia

Written by Brian Lee Knopp



Mayhem in Mayberry: Misadventures of a P.I. in Southern Appalachia by Brian Lee Knopp turned out to be my favorite book so far in 2009. It has the amazing ability of being both a great literary read as well as a pure entreeing delight.

Not since Elmore Leonard's *Maximum Bob* (1991) have I read a book about a PI that was as funny as it is entertaining, yet Knopp's characters and prose push this book closer to Steinbeck's *Cannery Row* or its sequel *Sweet Thursday*.

As funny as it is entertaining.

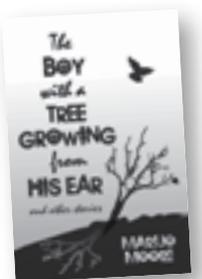
It is a non-fiction account on his days as a PI in North Carolina and the events he describes are as the old saying goes "Too incredible for anyone to have made up."

Although Knopp has fun with his characters he never resorts to caricatures or stereotypes but actually creates people the reader will soon not forget. The only problem with Knopp's book is that it is too short, but like Elmore Leonard is famous for saying, "...that's because all the parts people want to skip are left out." Read *Mayhem in Mayberry* and rediscover just how much fun a well-written, well-executed book can be.

Reading/Signing of New Book by MariJo Moore

Friday, January 8 at 7 p.m.

MariJo Moore will be reading from and signing copies of her new book *The Boy With a Tree Growing From His Ear and Other Stories*.



Malaprops Books & Cafe, 55 Haywood Street in Asheville.

For more information please visit MariJo Moore online at www.marijomooore.com

NEW BOOKS

Saving Cicadas

Written by
Nicole Seitz



Saving Cicadas by Nicole Seitz is a well-thought out novel about an unwed mother of

two, with a third child on the way, told through the point of view of eight-and-a-half year old Janie Doe Macy. On the onset, a reader may just think that this is going to be a coming of age story or one of heart-break or miracles, and at that the reader may be only ... half right.

This touching, and sometimes heart-wrenching, tale is the story of a family trying to heal itself from past ills and learning to let people go, when the time is right, so that life may go on in the right direction. Janie, her sister, Rainey, who has special needs, their Grandma Mona and their Poppy all play integral parts in helping Priscilla (mother and daughter, respectively) make a decision about what to do with the new baby that is on the way.

Since the father, Harlan, is nowhere to be found, the weight of the decision lands squarely on Priscilla's fragile shoulders. Is she strong enough to care for another child on her own? Should she adopt...or consider her third option?

Saving Cicadas is a big, bold novel that

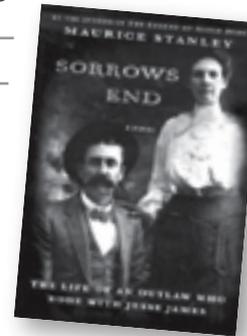
brings religion, morality, values and just about anything else we hold dear to the core of ourselves into the bright light of open thought through the eyes of an innocent.

While some may disagree with the content of the novel, I do not and feel that it is an excellent mixing of thought, idea, humanity...and knowing that there are entities out there that always watch over us, never judge us and try to move us in the direction to help us make the best decisions about our lives. No matter the cost.

So, do I recommend that you get a copy of *Saving Cicadas* this very moment? You bet I do, and kudos to Nicole Seitz for taking a delicate subject and transforming it into something uplifting.

Sorrow's End

Written by
Maurice Stanley



Written in the first person, *Sorrow's End*, by Maurice Stanley takes us on the life adventure of Henry Baker (aka, T.W. Stanley), one of Jesse James cohorts in the late 1800's.

The book is well written, well researched and aided with a bit of family admiration. Stanley introduces us to Henry Baker when Jesse James, then using the moniker John D. Howard, moves into the sleepy town of Waverly, Tennessee and begins his life over

REVIEWS BY BETH GOSSETT

as a farmer and stock-trader.

It is only after Baker's brother, Lafate, dies in a horserace that Howard has fixed, that Howard considers Baker worthy and takes him into his fold. The two, along with Howard's friend B. J. Woodson (aka, James' brother Frank) and other notables, reignite

An excellent choice for
a history buff, or a
James' gang fan.

the James gang and set off to "be soldiers in a cause of the South" ...or so Baker was told.

In fact, it became a life of deceit and thievery that ultimately caused Baker to be imprisoned. He was sent to work in a convict lease in the coal mine in Tennessee's Cumberland Mountains at Coal Creek, from which he later escaped. He spent 19 years on the run, and carefully reinserted himself into community life where he married and raised a large family, from which the author is descended.

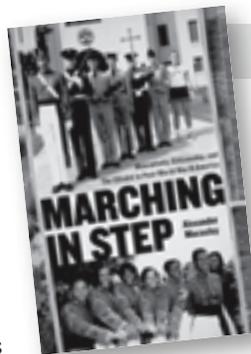
This book is definitely a page-turner and would be an excellent choice for a history buff, or a James' gang fan. *Sorrow's End* is told in great detail with wonderful flourish and prose.

WCU History Professor's Book Examines National Trends by Looking at Citadel

Alexander Macaulay, assistant professor of history at Western Carolina University, has published "Marching in Step: Masculinity, Citizenship, and The Citadel in Post-World War II America." The book, Macaulay's first, was published in October by the University of Georgia Press.

"Marching in Step" examines The Citadel's response to shifts in life after World War II, including the Cold War and the '60s student movement, and concludes that The Citadel's concept of masculinity as characterized by strength, obedience and conformity was not distinct to the school or the South, but reflective of mainstream America.

"Ultimately, this is a book about citizenship," Macaulay said. "Our understand-



BY JILL INGRAM

ing of citizenship has shifted over time and is no longer exclusively a male domain. The Citadel has mirrored larger trends and ideas nationwide."

For the book, Macaulay chiefly researched in The Citadel archives. More than 40 oral interviews also provide material for the book.

Macaulay, of South Carolina, earned his undergraduate degree from The Citadel and was a senior there in 1994, when Shannon Faulkner became the first woman in the school's history to register for day classes. That event and those surrounding it have dominated Macaulay's academic interest, serving as a catalyst for his thesis as a graduate student at the University of Tennessee



Alexander Macaulay is the author of "Marching in Step."

and his dissertation as a doctoral student at the University of Georgia. At WCU, Macaulay also coordinates the history graduate program. His research interests include the contemporary South, modern American history, and concepts of masculinity.

"Marching in Step" is part of a UGA Press series called "Politics and Culture in the Twentieth-Century South," studies of the region's social, political and economic transformation. The book is available through Amazon and the University of Georgia Press, and is on order at the WCU bookstore and City Lights Bookstore in Sylva.

For more information about the WCU master's program in history, contact Macaulay at 828-227-3497 or macaulay@email.wcu.edu.

poetry

The Cold Mountain on the Other Side of the World

My column this month looks at Cold Mountain, but I won't be discussing the Haywood County peak visible from the Blue Ridge Parkway, or the Charles Frazier novel inspired by that peak, or the motion picture adapted from that novel.

I'll be exploring the poetry of the legendary Chinese poet Cold Mountain, who many centuries ago composed universal poems about living among mountains (that poet's Chinese nom de plume was Han-shan, which meant, literally, "Cold Mountain").

Not much is known about Cold Mountain the poet: he was a hermit who resided in a cave located a short distance from Kuoching Temple in China's Tientai Mountains sometime during China's T'ang Dynasty (618-906 A.D.). Cold Mountain's Poem #207 offers some of the very few autobiographical clues present in his poetry:

*The Tientai Mountains are my home
mist-shrouded cloud paths
keep guests away
thousand-meter cliffs make hiding easy
above a rocky ledge among
ten thousand streams
with bark hat and wooden clogs
I walk along the banks
with hemp rope and pigweed staff
I circumambulate the peaks
once you see through
transience and illusion
the joys of roaming free
are wonderful indeed*

Granted its wisdom and profound simplicity, Cold Mountain's poetry was historically overlooked. Several more overtly sophisticated poets of the T'ang Dynasty — including Tu Fu, Li Po, and Wang Wei — have long garnered far greater attention in China as well as worldwide.

Many readers living in English-speaking countries first encountered Cold Mountain in Jack Kerouac's *Dharma Bums*, as that 1958 novel was dedicated to the Chinese poet. Over the past half century or so, leading English-language translators of Chinese poetry — notably, Arthur Waley, Gary Snyder, and Burton Watson — have translated some of Cold Mountain's poems.

Yet, the poet's extant oeuvre, totaling 307 poems (approximately half of the poems he was alleged to have composed), did not appear in an accessible English translation edition until 2000, when Copper Canyon Press published *The Collected Songs of Cold Mountain*. (A 1990 scholarly

edition of Cold Mountain's poetry, translated by Robert Henrick, also featured all 307 poems in English versions.)

The person responsible for *The Collected Songs of Cold Mountain* is Red Pine (a.k.a. Bill Porter), who has translated a wide range of classic poetry from the Chinese literary canon. Red Pine's translations of Cold Mountain's poems are eloquent yet unadorned, without the imposition of distracting and inappropriate English-language punctuation.

In this same book, Red Pine includes poems by two Buddhist monks who were associated with Kuoching Temple: Big Stick (Feng-kan) and Pickup (Shih-te). The presence of work by those two poets in *The Collected Songs of Cold Mountain* helps to illustrate the literary and social contexts in which Cold Mountain lived and composed his poetry.

Obviously a spiritual man, Cold Mountain possessed a complex view of religion. In his poetry, he was sympathetic toward, yet also critical of, both Taoism and Buddhism, and his personal religious stance might be characterized as having been individualistic and unorthodox.

What matters to us today about Cold Mountain's spirituality is that it infused his poetry with a remarkable sense of awe and reverence toward nature. Much of Cold Mountain's poetry reflects the poet's rapt connectedness to the natural world — a connection so deeply felt that his experiences are related in the poems as ecstatic and often as transcendent. This is quite evident, for example, in Poem #26:

*Since I came to Cold Mountain
how many thousand years have passed
accepting my fate I fled to the woods
to dwell and gaze in freedom
no one visits the cliffs
forever hidden by clouds
soft grass serves as a mattress
my quilt is the dark blue sky
a boulder makes a fine pillow
Heaven and Earth can crumble and change*

BY TED OLSON

Such a cosmic vision may be timeless, yet another quality present in Cold Mountain's poetry renders his poems especially compelling to contemporary readers — its emotional honesty. When returning to his boyhood home as an older man, Cold Mountain discovered that most of his kith and kin were deceased ("most had left for the Yellow Springs"), as he conveyed in Poem #53:

*Once I reached Cold Mountain
I stayed for thirty years
recently visiting family and friends
most had left for the Yellow Springs
slowly fading like a dying candle
or surging past like a flowing stream
today facing my solitary shadow
suddenly both eyes filled with tears*

Cold Mountain may have been a hermit "hiding" in the mountains, but he fully understood the sacrifices he had made to realize his chosen life. In his poems, Cold Mountain bravely confessed the sorrows as well as the joys he had experienced in living apart from the world of people.



Ted Olson is the author of "Breathing in Darkness: Poems" (Wind Publications, 2006) and "Blue Ridge Folklife" (University Press of Mississippi, 1998) and the editor of "CrossRoads: A Southern Culture Annual" (Mercer University Press, 2009).

His experiences as a poet and musician are discussed on www.windpub.com/books/breathingindarkness.htm and www.SonicBids.com/TedOlson.

Poets who would like for their poetry to be considered for a future column may send their books and manuscripts to Ted Olson, ETSU, Box 70400, Johnson City, TN 37614. Please include contact information and a SASE with submissions.

Chris Austin Songwriting Contest

Deadline: February 18, 2010

An extraordinary opportunity for aspiring writers to have their original songs heard and judged by a panel of Nashville music industry professionals, under the direction of this year's volunteer contest chairperson, Grammy-winning singer/songwriter Jim Lauderdale.

Contest entries are now being accepted via the following methods:

1. U.S. Mail – Send to PO Box 121855, Nashville, TN 37212
2. American Songspace – www.americansongspace.com/chrisaustinsongwritingcontest
3. www.sonicbids.com/chrisaustinsongwritingcontest

Details about entry fees, eligibility and other requirements are available at www.chrisaustinsongwritingcontest.org. The deadline for submissions is February 18, 2010. To be eligible to enter, a songwriter must not derive more than 50% of his or her total income from songwriting or music publishing.

Songs are judged by a volunteer panel of Nashville songwriters, publishers and other music industry professionals. Judging is based on a song's originality, lyrics, melody and overall commercial potential. Twelve finalists, three from each category, will be announced during the first week of April 2010. Each of the twelve finalists will compete on the Austin Stage at MerleFest 2010.

The contest recognizes winners in four categories – country, bluegrass, gospel and general. First place winners in each category receive: a performance on the Cabin Stage at MerleFest 2010 (April 29-May 2); an acoustic guitar; a check for \$300; two boxes of D'Addario strings; and one-year subscriptions to both *Acoustic Guitar* and *American Songwriter* magazines.

For additional information call the contest hotline at 1-800-799-3838 or Laurie Hayes, CASC Coordinator: 336-838-6158, laurie.hayes@wilkescc.edu.

writers wanted

To cover theatre, the arts, events and other interesting things. Please respond by email with sample writings to info@rapidrivermagazine.com

In Next Month's Issue...

In February we'll print the winning poems from our 13th Annual Poetry Contest.

Portrait Artist Opens Intimate Boutique Spa in the Haywood Park Hotel

Growing up, Lydia Scott never thought she would get into the business world. Her heart and life has always been in the arts and sciences. "I'm a third generation portrait artist," she says. "I was born of artists and I grew up with both parents making their living in the arts."

She first started drawing detailed faces at age three and began taking art jobs in her early twenties. "Art was drilled into me as a child. It was everything and everywhere. I didn't know there was another way to be; and now it is a major part of my business."

She and her husband, Gerald, opened Luminaj Boutique Spa in the Haywood Park Hotel in December of 2009. Using her eye for color Scott decorated the Spa with shades of reds and oranges accented with copper, from a CAD drawing by Douglas Stratton (a local interior architect who designs spas).

"My mother did portraits in copper," she says, "and always did beautiful interior design work. So when we were decorating the spa I kept coming back to her work. It is reflected in not only the colors but the soul and feel of the place as well."

Deep Tissue Massage

Deep tissue massage targets the deeper layers of muscle and connective tissue. The massage therapist uses slower strokes or friction techniques across the grain of the muscle. It is used for chronically tight or painful muscles, repetitive strain, postural problems, or recovery from injury. People often feel sore for one to two days after deep tissue massage.

BY DENNIS RAY

A well-executed portrait shows the inner essence of the subject (from the artist's point of view) or a flattering representation, not just a literal likeness. As Aristotle stated, "The aim of Art is to present not the outward appearance of things, but their inner significance; for this, not the external manner and detail, constitutes true reality."

Don't worry.
You're Beautiful.

Besides owning the spa Scott is a certified permanent cosmetic professional (CPCP), certified by the Society of Permanent Cosmetic Professionals. Permanent makeup is essentially a skin tattoo that adds coloring to specific areas of the face. The makeup can be used to enhance features that traditionally require makeup, such as the eyebrows, lips and eyes but are time-consuming for the average beauty regiment.

Those who cannot apply makeup themselves, or those who have a problem with their eyes that prevents them from wearing makeup can benefit from the 'tattoo' treatment while enhancing their looks, also.

"Our mission is to help people significantly reduce their time getting ready and healthy, yet to be as beautiful as if you spent the whole morning getting ready. Hence, our motto 'Don't worry. You're Beautiful.'"

Luminaj offers a number of different treatments to choose from. Here are a few of the local favorites:

- ◆ Light Activated Teeth Whitening (Free after purchase of \$600 of services)
- ◆ Customized REAL Facials (8 in 1 Facial Machines included)
- ◆ \$1500 Philanthropist Package (limo, lunch, spa day, and picture in Haywood Park Hotel)
- ◆ Body Treatments (with take home dry brush)
- ◆ Lash Extensions and tinting
- ◆ Permanent Cosmetics (Lips, Eye Liner, Eyebrows)
- ◆ Customized massages (hot stone and aromatherapy included)

"Guests arrive at Luminaj Spa for transformation" Scott says, "Here they step into a gentler pace and allow our therapists to transform them into a *masterpiece* of renewal." She adds, "What truly sets us apart are our customized and flexible therapies developed to provide exactly what the client wants and needs. We keep it simple. You pay one price for a service, that's it."

Their approach is unique in that Luminaj creates results oriented, comprehensive packages addressing the special needs of each guest, whether it is for men, mature women, couples or brides to be.

At Luminaj, Tuesday is Humane Day where 5% of revenue goes to the Humane Society of Asheville; Wednesday is Manna Food Bank day; and Thursday is AB-Tech day for an AB-Tech scholarship for displaced women.

Daniel Simmons, one of four massage therapists at Luminaj, specializes in sports massage, which is specifically designed for people who are involved in physical activity. But you don't have to be a professional athlete to have one — people who are active and work out a lot use it. Simmons says the focus isn't on relaxation but on preventing and treating injury and enhancing athletic performance.

He goes on and explains that combinations of techniques are used. "The strokes are generally faster than Swedish massage," he says, adding that facilitated stretching is a common technique. It helps to loosen muscles and increase flexibility.

As far as beauty products go the spa carries REAL Skin Renewal. These wonderful products provide complete skin care systems for both here and at home applications using only the highest quality all natural organic ingredients without harmful or damaging synthetics. All of their



Lydia Scott, owner of Luminaj, and Daniel Simmons.

Where Does the Word 'Spa' Come From?

Spa historian Jonathan Paul De Vierville notes, "One possibility is that the word is an acronym created from three words — allegedly scrawled as graffiti on the walls of ancient Roman public baths — *salude per aqua.*" Health through water.

products are made in small batches and are made locally here in Asheville.

REAL offers a complete line of skin renewal products such as cleansers and toners, moisturizers, masques and peels.

"We gave our Haywood Park Hotel Assistant GM / Sales Manager, Shanda Wyant, an acid peel and facial using REAL botanical skin care products," Scott says, "and amazingly, she returned to work that hour with no visible redness and she assured me, it was the best facial she ever had. Shanda was in the spa business for well over a decade and is a facial connoisseur, so we are ecstatic to have her as a REAL fan."

Because winter comes with short days and little sunlight, Luminaj is offering free light therapy with a free cup of gourmet coffee or tea. Light therapy, which strikes the retina of the eyes, is used to treat circadian rhythm disorders such as delayed sleep phase syndrome and can also be used to treat seasonal affective disorder, with some support for its use also with non-seasonal psychiatric disorders.

"Come in for some free light therapy, enjoy a cup of coffee and check out our products and services," Scott says. "I know you'll be happy that you did."

Luminaj Boutique Spa

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www.Luminaj.com

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Habits of Mind

“Our ordinary sense of practical reality...is a construct of socialized conditioning and repression, a system of selective inattention whereby we are taught to screen out aspects and relations within nature which do not accord with the rules of the game of civilized life.” ~ Alan Watts, from This is It

While meditation is commonly understood to be a practice of calming the mind with certain techniques, and entering into a self-observant, relaxed yet very alert awareness, in India and Tibet, the concept is more complicated, based in the root meaning of the word as concentration and familiarization of mind.

Concentration is the foundation of meditation, but the issue is always: concentration on what? Aren't we often concentrating, if what that means is training our minds upon something? Of course, yes, and what is recognized in the East is that we mostly concentrate our minds on what we have previously concentrated our minds on, that which we have grown familiar with, been directed to attend to, and what seems to be important to our particular sense of self-in-the-world.

Importantly, this can even include our focus restlessly shifting, flitting from thing to thing, thought to thought, emotion to emotion, because this is what is familiar to our minds. We are focused on using our minds in the manner we are personally accustomed to and upon what has been socially conditioned into and out of us.

We are living within set habits of mind. It is important to realize that after a fashion we are meditating, that is, concentrating, all the time, it's just that the meditation we mostly practice is the one of holding together our personal/cultural world-view and personality with its particular habits of mind.

This can be called the meditation on self, and is another way of defining ego. It is the story of “me”. We are generating the thought stream of our self-in-the-world with its past and projecting it into the future, attempting to make the story of me turn out the way we want it to, fearful that it will turn out in ways that we do not want. This meditation, or relationship to mind, is recognized in the East as what creates all the difficulties of the human condition.

We fail to experience the full potential of the moment, not within the circumstances, the environment, nor ourselves. We think we are present and fully aware of the potential of what is occurring, but how can we be when we are projecting our preconditioned expectations onto the moment? The moment is experienced primarily as a means to an end, some imagined future. It is not

BY BILL WALZ

realized as the only place that we ever have to actualize our lives. We fail to live deeply, skillfully and perceptively in the present. Obviously, when the present moment is only a blur getting from our past to our future, we guarantee that our lives will be experienced without much depth or sense of placement in life. Our experience is one of obsessive, sometimes scattered, mental activity in a story in time always colored by fears of not being enough. It is a very limited and limiting way to live.

What we more commonly know as meditation, however, emerging out of the Asiatic cultures, is the concentrating of the mind and familiarizing it with deeper, calmer and expanded dimensions of mind that are the antidotes to these human difficulties.

Meditation training in the Buddhist, Hindu and other mystical traditions teaches us to awaken out of this trance-like state of ego-story-myopia through specific practices, meditations, meant to familiarize the mind with that which is larger than the confines of our personal story, our ego, which after all, is only the *contents* of the mind, not the mind. These contents have as their source, other people and society. How can this be our essence, who we are at our truest and deepest level?

These traditions teach and guide a person to access a deeper dimension of stillness and silence within the mind that is the realm of pure awareness, free of the conflicts of the restless and noisy surface dimension of egoic mind. This dimension of pure awareness, and the regions of consciousness that become activated with the experience of unsullied awareness, is the realm that religious practices recognize as where God can be realized directly, and what Buddhism refers to as our true or original Self.

Recognizing this, these meditation practices both fulfill and then transcend mere religious practice. They become powerful tools for psychological healing, as awareness of mind activity, and what lies beneath the mind activity, awakens an intelligence that is free of conditioning and is able to intuit the true source of self as this witnessing awareness.

In all these forms of meditation, a deep

calm and capacity for insight often develops as the mind trains itself away from the restlessness and insecurity of ego into an experience of certainty about placement within life. All need for self-justification or to measure up to socially imposed standards relaxes.

We are free to be in society, pursuing occupations, maintaining relationships and families, but we are no longer the prisoner of social anxieties. In this way, meditation traditions originating in spiritual contexts can have profound psychological benefit.

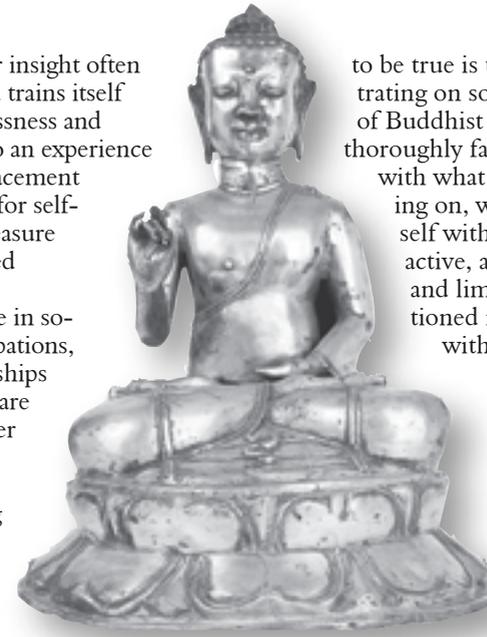
In Buddhism, albeit practiced by millions as a religion, we find what is fundamentally the most psychological tradition of meditation. Having emerged from the Hindu cultural context that teaches that the Divine (Brahman) is to be found within the human soul (Atman) as well as all of life, Buddhism teaches that the divine source is Nature, the Universe, needing no naming or deification. Nature penetrates all existence, including, of course, humans.

Buddhist meditation is meant to awaken the realization that the perfection of Nature unfolds within as well as around what is experienced as self. It realizes that beneath the small self, within the realm of inner silence, there exists a greater Self uncorrupted by socialization into dualistic thinking of inside and outside. Self is then a function of the Universe unfolding through localized awareness in the form of a person. At first glance, this can seem an obscure, esoteric concept, but in reality is immensely practical and liberating.

In Buddhist meditation, the mind is trained to “awaken” beyond the confines of the small egoic socially conditioned self, into where there is only Life, and the mind that can comprehend this directly is an awakened mind, untainted by social/cultural training into dualism. The mystery of the Universe unfolds everywhere, including within and as human consciousness.

Buddhist practice is specifically intended to bring a person in touch with their own nature and source, free of the confusion and delusion of egoic constructs. Thus, it functions non-dualistically as a psychology that is also a theology, a cosmology, a way of life. One need not be a religious Buddhist to benefit deeply on all these dimensions from its practices. The practice can even deepen spiritual experience that is not Buddhist in doctrine, as Catholic priest Thomas Merton famously discovered.

Moment to moment, what we know



to be true is that the mind is concentrating on something. The purpose of Buddhist meditative training is to thoroughly familiarize the practitioner with what the mind is concentrating on, what it is familiarizing itself with, what habits of mind are active, and to see how limited and limiting our socially conditioned mind is, literally living within a conceptual prison.

Then the practice and philosophy leads a person into deeper and deeper insights as to the true dimensionality of mind. It deliberately retrains the mind into expanded and deeper awareness, able to encompass non-dualistic experience and ultimately

awakening into Enlightenment,

mind's true and original nature, completely breaking free of the trance of the meditation on self and social/cultural conditioning, while still free to live a completely engaged and productive life.

But don't let ego entice you into Enlightenment as a goal. In a twist on that old saying from Maine, “You can't get there from here,” likewise, you can't get here from there. Just stay with here. Be free of habit, meaning you can use or not use habitual patterns of thought and action, for habits have their uses, but they can also be what trap us.

Let your new habit be to hold your habits in clear awareness, seeing them for what they are. Enlightenment is the freedom to see and act clearly, your meditation concentrating on the truth of the moment, the universe unfolding through your experience.

You can change the habits of mind. Most importantly, you can change the habit of mind from imprisonment within ego and conditioning into freedom and harmony with life unfolding. This liberation is Buddhism's “awakening.”



Bill Walz teaches meditation and mindfulness at UNCA and public forums, and is a private-practice meditation teacher and life-coach for individuals in mindfulness, personal growth and consciousness.

He holds a weekly meditation class, Mondays, 7 p.m., at the Friends Meeting House, 227 Edgewood.

He will hold a “Satsang,” an opportunity for deep meditation and issue exploration, on Saturday, February 20, from 2 to 5 p.m. at the Friends Meeting House.

Info on classes, personal growth and healing instruction, or phone consultations, at (828) 258-3241. Or send an e-mail to healing@billwalz.com. Visit billwalz.com.

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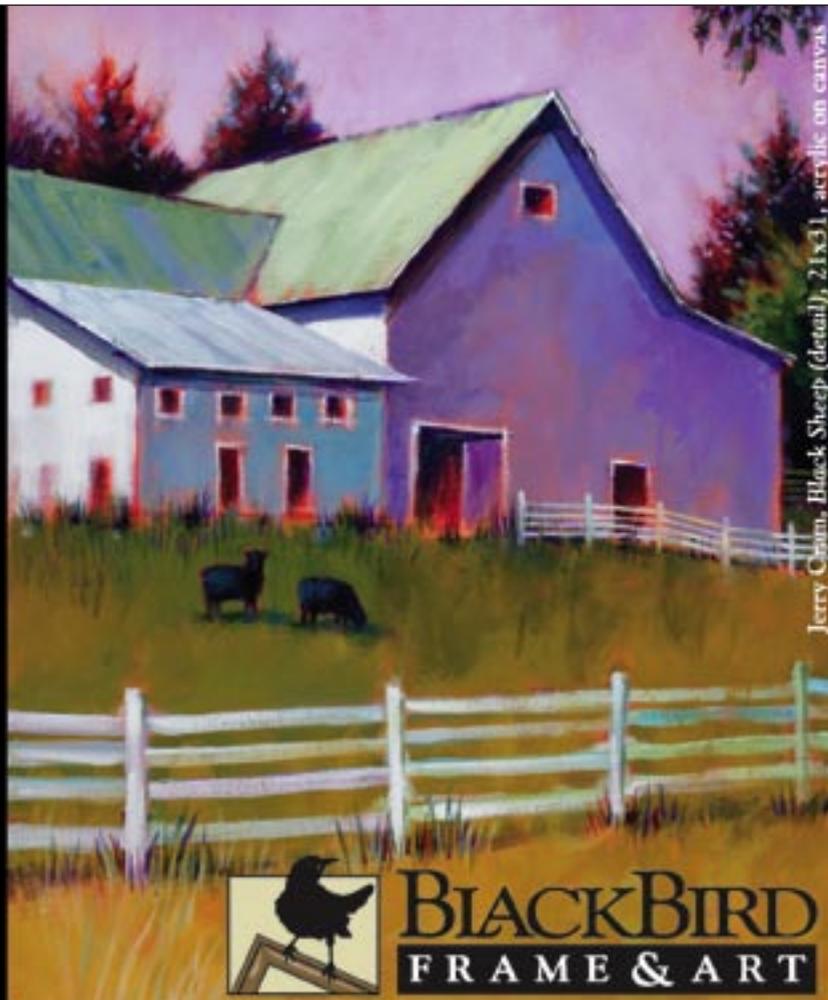
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Jerry Cain, Black Sheep (detail), 21x31, acrylic on canvas



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music

Red June in Concert

Haywood County Arts Sunday Concert Series

BY KAY S. MILLER

The Haywood County Arts Council is proud to kick-off the 2010 concert season with the Asheville-based trio, Red June in concert on Sunday, January 17, 2010 at 3 p.m. at the Haywood County library auditorium in Waynesville. The concert is part of the Sunday Concert Series at the Library which is co-sponsored by the Friends of the Haywood County Library. The concert is free and the public is cordially invited to attend.

Red June is a musical collaboration that brings together three contrasting but complementary musicians in a beautifully distilled form. Will Straughan performed with the Emma Gibbs Band from 1996 to 2004 and is a talented multi-instrumentalist, songwriter and singer with an instantly recognizable vocal style and approach. He is a highly sought after session player and works with Eliza Lynn and Lance Mills, among others.

John Cloyd Miller is a versatile singer/songwriter as well, concentrating largely on bluegrass music for the past several years in the band Lo-Fi Breakdown. His vocal and instrumental style is soulful and genuine with an unmistakably authentic old-time flavor.

Natalya Weinstein plays almost any style of fiddle or violin and is a solid harmony singer. Over the past few years she has performed regularly with Polecat Creek and Lo-Fi Breakdown, has recorded on several albums, and is an accomplished instructor in the Asheville area. The trio began performing together in The Will Band in 2005 once or twice a year as schedules allowed.

With the desire to make more time for a project, Will, Natalya and John started rehearsing again in late 2008 and



Red June band members, Will Straughan, Natalya Weinstein, and John Cloyd Miller.

soon coalesced into the current ensemble, Red June. The band is a vehicle for Will Straughan and John Cloyd Miller's original music as well as songs we all know and love.

For more information about Red June visit www.myspace.com/redjunemusic. For information on the Sunday Concert Series at the Library and other arts programming, please visit the Haywood County Arts Council website at www.haywoodarts.org, or call the office at (828) 452-0593.

This project received support from the North Carolina Arts Council, an agency of the Department of Cultural Resources, and the National Endowment for the Arts, which believes that a great nation deserves great art.



Red June, Haywood County Arts Council's Sunday Concert Series. Sunday, January 17 at 3 p.m. at the Haywood County Public Library, in Waynesville, NC.

UNC Asheville's January Events

Thursday, January 7 – Asheville Chamber Music Series Lecture: La Catrina Quartet, 4:15 p.m., UNC Asheville's Reuter Center, free and open to the public.

Tuesday, January 19 – Martin Luther King Day Unity Service: "Celebrating King's Faith and Dream Through Song, Word, and Art," 7 p.m., UNC Asheville's Highsmith University Union Grotto, free.

Wednesday, January 20 – UNC Asheville's Free Noontime Concert, 12:45 p.m., UNC Asheville's Lipinsky Auditorium, free.

Thursday, January 21 – Martin Luther King Day screening of "Let's Get Real," 4:30 p.m. and 8 p.m., UNC Asheville's Highsmith University Union, room 104, free.

Call (828) 251-6585 for more information on these events.

asheville shops

Artist Elizabeth Foley Demonstrates Chocolate Sculpture at National Show

For artist Elizabeth Foley the concept of art is something fluid, like water, where you have to look down through it, not at it, to see how the objects you're familiar with bend and twist. Instead of clay or stone or metal, Foley chose as her medium, chocolate. Her works lie somewhere between the philosophical designs of metal sculptor Bruce Gray and the imagination of novelist Roald Dahl who penned *Charlie and the Chocolate Factory* (1964).

Through her sculptures, sometimes larger than three feet, Foley uses the idea of balance as a metaphor for a chaotic world that somehow manages not to crumble in



Forming the basic structural elements which will represent the Earth, Sun, and Moon.

For Chocolate Connoisseurs

Fine chocolate now shares the status of wine and cheese: connoisseurs have learned to taste differences among producers and even among cacao growers, with single-plantation and single-origin chocolates emerging from Indonesia, Venezuela and the Cote d'Ivoire.

The Theobroma tree, from whose seeds chocolate comes (Theobroma is Greek for "food of the gods") grows in hot humid climates within 20 degrees of the equator.

BY DENNIS RAY

on itself. She first began using balance as an art form during her time spent on the west coast doing performance rock balancing. Rock balancing is about placing some combination of different or same size stones in arrangements, which require patience and sensitivity to build, and which appear to be physically impossible while actually being only highly improbable.

"There is great beauty about balance," she says. "With some of my pieces people have come up to me and said, 'How do you keep it from falling down? Do you use a metal frame?'" She laughs with memory then adds, "I tell them I do not and sometimes I think they don't believe me."

In the spring 2007 Foley moved back to Asheville permanently to help with her parents' award winning chocolate store, the Chocolate Fetish, in downtown Asheville. What began as a temporary job turned into what Foley considers the most "perfect job in the world" for her.

"I didn't want to get into business," she said. "I wanted to focus on my art for awhile to find myself, so to speak. And the funny thing was I did find myself. It's kind of strange how things work out in ways we never would have imagined."

Chocolate sculpting, although a very respected art form, isn't heavily practiced here in the U.S. Chocolate, for one, is a very expensive material (when producing sculptures of large size and weight) and has a short shelf life. Second, the tools needed to create the sculptures are also very expensive and cumbersome. Also, the techniques are not taught at many of the schools and universities.

"It helps to come from a family that happens to be in the chocolate business," she says. "They (her mother and father Sue and Bill Foley) have allowed me to really hone in on my skills. And I'm constantly attending seminars, lectures and conventions across the country to better my abilities as a chocolatier as well as a sculptor."

On January 10, Foley will be attending the Philadelphia National Candy Gift and Gourmet Show held in Atlantic City where she will demonstrate chocolate artistry and sculpture techniques culminating in a finished chocolate sculpture that embodies the life of a cocoa tree.

"Indulge Your Dark Desires." Edible chocolate sculpture created by Elizabeth Foley.



"I'll be using couverture chocolate," she says, "which is much more difficult to sculpt with than molding chocolate but couverture is what people would want if purchasing a chocolate sculpture, which is meant to be eaten, as a center piece for a wedding or other prestigious event." Couverture chocolate is a very high quality chocolate that contains only cocoa butter and no vegetable oil. The cocoa butter combined with the processing, gives the chocolate more sheen, firmer "snap" when broken, and a creamy superior flavor profile.

"This will be huge," she says. "I will be putting together a sculpture in about two hours in front of 150 or more people. The show isn't opened to the public so everyone attending has a pretty good knowledge of what I'm doing, so I cannot make any mistakes without everyone knowing."

The Philadelphia National Candy Gift and Gourmet Show founded in 1949 by a few local suppliers to display Christmas and Easter goods to retailers has grown to become America's largest trade show dedicated to the retail confectioner. Originally held in Philadelphia at numerous locations, the show moved to the Atlantic City Convention Center in 2006 to comfortably accommodate all of the attendees on a single floor.

The show, now in its 60th year, attracts over 3,000 gourmet, candy and gift retailers. These attendees converge for the free, trade-only show, intent on filling their shelves with new products for Valentine's Day and beyond.

Shirley Cox, event organizer of the Philadelphia National Candy Gift and Gourmet Show, said, "The three-day trade show offers buyers, vendors and retailers the chance to network, chart product and display trends and take advantage of professional development opportunities."

"It's amazing how many tricks of the



Establishing the balance of the sculpture.



Guiding moulded cocoa pods with 24 carat, edible gold dust.

trade I've learned from other chocolate artists at these conventions; things that have saved countless hours in producing my craft," Foley says. "And I'm there to help others as well. As an artist it's very satisfying to meet other artists and just share stories or anecdotes."

Archimedes once said, "Give me a lever long enough and a fulcrum on which to place it, and I shall move the world." If the dream

is the lever and the fulcrum the art then Foley is doing just fine. She might not be putting the art world on its ear, or painting another Sistine Chapel ceiling, but that's all right with her. Her art keeps her life in balance. And that's something worth hanging your hat on.

For more information about The Philadelphia National Candy Gift and Gourmet Show visit www.phillycandyshow.com.

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noteworthy

Phil Lesh & Bob Weir Take it Furthur



Phil Lesh - Photo: Jenn Mahoney

Grateful Dead members Phil Lesh & Bob Weir embark on a musical adventure with their new band Furthur, arriving in Asheville on February 9.

Fans can expect Lesh & Weir to push the musical envelope with jaw-dropping improvisations and loving renditions of Grateful Dead classics, with an all star band that includes keyboardist Jeff Chimenti and percussionist Jay Lane (RatDog), drummer Joe Russo (Benevento - Russo Duo, Trey Anastasio), and guitarist John Kadlecik (Dark Star Orchestra).

New and old fans of the Grateful Dead alike will be entranced as Phil & Bob take the musical journey "furthur," exploring some of the Grateful Dead's most beloved songs in a show that promises to keep the feet stomping and the bodies shaking.

IF YOU GO Furthur featuring Phil Lesh and Bob Weir, Tuesday, February 9, at 8 p.m. Thomas Wolfe Auditorium. Tickets are \$57 and are available at all Ticketmaster outlets, Asheville Civic Center box office, by phone at 1-800-745-3000, or online at www.ticketmaster.com. For more information on Furthur please visit www.furthur.net.

Win a Season's Worth of Tickets to WNC Musical Performances

BY ANDREA ROSAL

The Asheville Choral Society (ACS) has opened raffle ticket sales for "Magical Musical Moments in the Mountains," an ACS fundraiser that promotes the musical arts across western North Carolina. Two identical grand prize packages will be awarded to two lucky winners of the raffle on May 23, 2010, during the final ACS performance of the current season.

Each winner will receive a pair of tickets to at least 15 different musical performances across Western North Carolina in 2010-2011, an entire season's worth of local performing arts culture and entertainment. Only 500 tickets will be sold.

While proceeds from the raffle will support the Asheville Choral Society's operations and artistic goals, the raffle also celebrates the broad variety of high quality musical performances regularly offered in Buncombe and adjoining counties.

"This is a fabulous opportunity for music-lovers to get to know mountain-area performing arts groups... and what a joy it is to have all this music close to home!" said Jan Milin, ACS board president.

Each prize package includes two tickets from 13 regional non-profit performing arts organizations for the 2010-2011 season, including Asheville Chamber Music Series, Asheville Choral Society, Asheville Community Theatre, Asheville Contemporary Dance Theatre (ACDT), Asheville

Lyric Opera, Asheville Symphony, Blue Ridge Orchestra, Brevard Music Center, Flat Rock Playhouse, Mars Hill College Musical Theatre, Southern Appalachian Repertory Theatre (SART), Swannanoa Chamber Music Festival, and Western Carolina University Musical Theatre.

Raffle tickets are \$25 each, and can be purchased online at www.ashevillechoral-society.org or by calling (828) 232-2060. Winners need not be present at the drawing to win. The raffle will close once 500 tickets have been sold. Visit www.ashevillechoralsociety.org for more details and updates to the participant list.

The mission of the Asheville Choral Society is to inspire and to enrich performers and audiences through the presentation of remarkable music at the highest artistic level.

IF YOU GO Contact information for auditions, donations, sponsorships, collaborations, and general information: phone (828) 232-2060; visit www.ashevillechoralsociety.org; mail PO Box 7112, Asheville, NC 28802; email info@ashevillechoralsociety.org.

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joe's brew notes

Craggie Brewing Company, Asheville's Newest Brewery

In late November of 2009, the much anticipated Craggie Brewing Company opened for business. The new brewery produces a variety of flavorful American and European style session beers (4-5% alcohol) which can be enjoyed through the course of an evening. Their Public House (tasting room) has an atmosphere you might experience at a pub in the British Isles — a place where friends and family gather for a pint and socialize as the night's events unfold.

Craggie Brewing is co-owned by Bill Drew and Jonathan Cort. They were introduced by a mutual associate and became friends when they worked together at Highland Brewery. After leaving Highland, they decided to open a brewery with Bill focused on beer production (brewmaster) and Jonathan on sales and promotion.



From the left, Jonathan Cort, Simone Seitz, and Bill Drew. Photo: Jessica Lee

The company was complete when Simone Seitz joined them to handle business and marketing. Bill now refers to their team as “2 guys, a gal and a brewery.” Their business is based on the production of easy-to-enjoy, flavorful beer and community support.

Bill's appreciation for beer flavor and styles began in college and increased while he studied in Europe. In his travels he learned highly flavored beers do not need a high alcohol content and, also, the importance of the local pub in the European family's social life (not just singles). He returned to the states with a passion for beer and a desire to make it commercially. He studied styles and production, worked two different times at Highland Brewing (once as a brewer), and worked as a brewer at Dogwood Brewing in Atlanta (since closed). Now, with twelve years of experience, it was time to start a brewery.

Jonathan's desire to own and operate a brewery started in college. A lucky draw (projects were picked at random) in biology class led to a paper on fermentation. He learned his favorite beers were made with that process. From then on, projects in his

BY JOE ZINICH

business classes were focused on plans for a craft brewery. After graduation, to gain practical experience, he joined Highland brewing. He left Highland with knowledge, experience and passion; it was time to open a brewery.

Simone Seitz met Jonathan through her friendship with Bill and his wife. Over time she took an interest in and then contributed to their business-planning process and was welcomed to the team. Simone has worked in education, catering, event management and advertising as well as owned and operated a fitness business. A former beer agnostic she has achieved full beer snobbery and enjoys the marvelous flavors of craft beer and the Asheville brew scene.

Craggie's current beer lineup is Battery Hill Bitter, Solshine, Swannanoa Sunset, and a seasonal, Test Batch No. 1 (English, Belgium, German, and American style ales). My favorites are the Battery Hill Bitter, which isn't bitter but tart with a crisp finish, and the Solshine, a balanced flavor of malt and hops livened by the citrusy/spicy flavors from the yeast,

finishes clean. All are 4.2% alcohol with a variation of gold in color. The beers are unfiltered (Bill believes filtering decreases flavor) which produces a cloudy appearance. They plan to offer three standard beers and a seasonal which will change regularly. Craggie's beers are one of the few I've tried where the first sip is very good and later sips are even better.

Their public House, managed by David Lee, is a relaxed place to have a beer. It has two sections, one with 3 shuffle board tables and one with cozy booths and a bar. The booths have narrow, unique wooden table-tops (just big enough for your beer glass and snack bowl) and low seat backs to encourage conversation with your neighbors. Historical pictures of Asheville are displayed on the walls. Beers are served in Willibecher glasses (22 ounce glass designed for session beers). You can buy a full or half “Willi” or a “Willi Special”. Although still evolving, events, such as live music, are planned; drop in with your suggestions.

Community support begins with the brewery's name which recognizes Asheville's regional history and mountains (the 1904 Craggy Trolley Line, Craggy Prison, and



The Mural created by Alex Sacui.



Patrons enjoying a beer in the Public House.

Craggy Gardens) while the spelling (ie instead of y) honors this area's and Bill's and Jonathan's Scotch-Irish heritage. Also, the brewery buys from local vendors when possible and supports three area non-profits (Manna Food Bank, Children First, Holiday Angel) through their “Willie Special” program (when you bring in items for one of these charities you get a special price on your beer).

Craggie has a mural, not a sign, to advertise their business. To support Asheville's arts community, they held a contest to select the artist. Local artist Alex Sacui won. The mural, painted on the building's west side, depicts the historical landmarks

from which Craggie derived their name. Its rich colors add to the visual vibrancy of our fair city. Take a look, enjoy, and ponder the meaning of the observer depicted on the right hand side.

The Craggie Brewing Company is a wonderful addition to the Asheville beer scene. Visit, have a beer, and relax with conversation or a game of shuffleboard. Return for a brewery tour (every Friday at 4 PM, call ahead) where you'll learn about their commitment to quality beer and to our community with some local history thrown in for good measure.

Craggie Brewing Company

197 Hilliard Avenue
Asheville, NC 28801
(828) 254-0360
www.craggiebrewingco.com



For eight years, Joe Zinich has been taking a self-guided, high-intensity tour of the Asheville beer scene. Contact him at: jjinich@bellsouth.net.



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what to do guide™

Sunday, January 3

Auditions for The Boxcar Children

Directed by Lori Beland Hilliard. Auditions will be held Sunday, January 3, from 4 to 6 p.m. and Monday, January 4, from 6 to 8 p.m. Seeking: four students (8 years+) and ten adults (all ages); families encouraged to audition. Show dates: weekends, March 5-21, 2010, plus two daytime school matinees. Scripts available at the Asheville Community Theatre box office, (828) 254-1320.

Sunday, January 10 Jazz Concert

The band *Joe Mambo* will present a program of Afro-Cuban jazz beginning at 3 p.m. at St. Matthias Church in Asheville. The band is led by Rich Willey on trumpet, who has played with such jazz legends as Maynard Ferguson, Lionel Hampton and Mel Torme, to name a few.

Other players in the band include: Stuart Reinhardt on sax, Jeff Knorr on piano, Grant Culbertson on bass, and Juan Louis Merced and Ozzie Orenge, Sr. and Jr. on percussion.

A free-will donation will be taken

How to place an event/classified listing with Rapid River Art Magazine

Any "free" event open to the public can be listed at no charge up to 30 words. For all other events there is a \$9.95 charge up to 30 words and 10 cents for each additional word. 160 word limit per event.

Sponsored listings (shown in boxes) can be purchased for \$12 per column inch.

Deadline is the 19th of each month. Payment must be made prior to printing.

Email Beth Gossett at: ads@rapidrivermagazine.com
Or mail to: 85 N. Main St, Canton, NC 28716. Call (828) 646-0071 to place ad over the phone.

– Disclaimer –

Due to the overwhelming number of local event submissions we get for our "What to Do Guide" each month, we can no longer accept entries that do not specifically follow our publication's format. Non-paid event listings must be 30 words or less and both paid and non-paid listings must provide information in the following format: date, time, brief description of what your event is and any contact information. Any entries not following this format will not be considered for publication.

Building Bridges Events

The next session of Building Bridges starts January 25, 2010 at MAHEC, you can sign up and pay with a credit card through PayPal on the website.

The Martin Luther King Breakfast is Saturday, January 16 at the Grove Park Inn.

On Saturday, January 23 there will be a meeting to develop an inclusive vision for Asheville.

On Thursday, January 21 there will be a meeting of United to End Racism.

Please check the blog on the Building Bridges website for more information, www.buildingbridges-asheville.org

for the artists. The church is located in Asheville just off South Charlotte Street at Max Street on the hill across from the Asheville Public Works Building (1 Dundee St.).

January 15-16 Runt of the Litter

Bo Eason's powerful, semiauto-biographical solo play *Runt of the Litter* touches sports enthusiasts and theatre lovers alike. Mainstage Theatre Series, Diana Wortham Theatre at Pack Place. 8 p.m., Friday and Saturday, January 15 and 16, 2010. Contains strong language.

Regular \$30; Senior \$28; Student \$25; Student Rush day-of-the-show \$10 (with valid I.D.) Tickets/Info: (828) 257-4530 or online at www.dwthatre.com.

January 15-31 The Big Bang

Written by Jed Feuer; book and lyrics by Boyd Graham; directed by Eric Mills; starring Michael Cheek and Jerry Crouch. Asheville Community Theatre – Mainstage,

Miscellaneous Nothing

Gayle Paul's "Miscellaneous Nothing", a collection of abstract paintings that explore the relationship of color and line. On display in the lobby of Asheville Community Theatre, 35 East Walnut, through February 2, 2010. For more information visit www.gaylepaulart.com.

35 East Walnut Street, Asheville, NC. Fridays and Saturdays, 7:30 p.m.; Sundays, 2:30 p.m. Tickets: \$22 adult; \$19 senior/student; \$12 children. Phone (828) 254-1320 or online at www.ashevilletheatre.org.

Thursday, January 21 Haywood County Arts Council Annual Membership Meeting

The Haywood County Arts Council will hold its annual membership meeting from 5:30-6:15 p.m. in Gallery 86 located at 86 N. Main Street, Waynesville. The public is cordially invited to attend. New board members will be elected, highlights of 2009 will be discussed, and the 2010 schedule will be presented. Light refreshments will be served.

For information about Haywood County Arts Council and its programming visit www.haywoodarts.org or call the Arts Council office at (828) 452-0593. The Haywood County Arts Council is a 501(c)(3) non-profit organization partially funded by the North Carolina Arts Council and the National Endowment for the Arts which believes that a great nation deserves great art.

Friday, January 22 More Than Just the Parkway

Rob Bell of the Blue Ridge Natural Heritage Area, 11:30 a.m., UNC Asheville's Reuter Center, free. Call (828) 251-6140 for details.

Sunday, February 7 Flute and Piano for Valentines

Kate Steinbeck on flute, Dan Weiser on piano. Performance begins at 3 p.m. at St. Matthias Church in Asheville. Free admission. The church is located just off South Charlotte Street at Max Street on the hill across from the Asheville Public Works Building (1 Dundee St.).

February 26-28 Dancers Wanted for 48 Hour Project

The 2nd annual 48 Hour Dance Project is coming soon and we are looking for dancers! Last year's festival was a huge success, and we are hoping this year's will be even better. This festival randomly pairs 5 local choreographers with a group of dancers. They then have only 48 hours to put together a piece of choreography and perform it at the end of the festival.

Elevate School of Life and Art

Just \$5 a class. Classes are between 1 and 2 hours long and will be offered for 8 weeks (Jan/Feb) in downtown Asheville at 34 S. Lexington Avenue. For varied ages and skills in Drama, Guitar, Graphic Design, Web Design, Life Drawing, Acrylic Painting, Sign Language, Basic Computer, Video Editing, Sewing, Choir, Worship Dance, Keyboard, Beginning Photography, Math Tutoring, Creative Writing, and Love Languages.

Classes start the week of January 4 and can be joined in process. To register and/or view class schedules and descriptions, as well as teacher bios, visit www.ElevateLifeAndArt.com or e-mail info@elevatelifeandart.com or call (828) 277-1637.

Stained Glass Classes

Cheryl Stippich will be teaching an 8 week stained glass class starting Tuesday, January 12 through February 2, from 1 to 4 p.m. at the Opportunity House in Hendersonville, NC.

Learn the fun and addictive craft of stained glass just in time for holiday gift giving. The class will focus on the copper foil method of stained glass, made popular by Tiffany, and is geared for beginners as well as intermediate students.

In the class students will learn how to cut and fit glass properly, foil, solder, patina and finish their own glass projects starting with small sun-catchers and working up to larger hanging panels. The class is also open to intermediate students wanting to perfect their technique guided by a professional instructor or glass grafters interested in refreshing their skills or working in a group setting.

For more information contact Cheryl at: theglassylady@bellsouth.net or call (828) 693-0781. Or phone the Opportunity House (828) 692-0575.

Asheville Hardware Classes

There is plenty of room in our winter classes. Gift certificates for classes (or merchandise) are available! Call Rob Kimzey at (828) 252-8088 with questions about classes.

Introduction to Woodturning, January 12-14, from noon to 4 p.m. \$175

Google Sketchup I – Sketchup is free and downloadable from Google. It is a program for 3D design of furniture and more. Students must come to the class with the program already loaded onto their laptop. Instructor: John Yurko. January 16 from noon to 4 p.m. \$60. For the novice.

Fundamentals of Woodworking, Instructor: Tim Williams. January 23 & 30 from 9:30 a.m. to 4 p.m. Max. enrollment: 6; Cost \$145.

Intermediate Woodturning with Instructor Joe Ruminski. February 9-11 from Noon to 4 p.m. \$195

Advanced Woodturning with Instructor Joe Ruminski. March 23-25 from Noon to 4 p.m. \$195

Demo General Finishes – Demo January 23 from 11 a.m. to 3 p.m. For everyone, from the novice to the professional.

Asheville Hardware, 91 Biltmore Ave. in Asheville. (828) 252-8088. Hours: Monday-Friday 9 a.m. to 6 p.m.; Saturday 10 a.m. to 5 p.m. Visit www.ashevillehardware.com.

We do require that all of the dancers be experienced (any technique is accepted) and be college age or above. The dates for the festival are February 26 and 27, and the performance

will be on February 28. If you are interested in participating or have questions about the festival, send us an email at office@acdt.org or give us a call at (828) 254-2621.

JANUARY EVENTS ~ ANNOUNCEMENTS ~ CLASSIFIEDS

what to do guide™

Directors Wanted for 2010 Summer Season

The Montford Park Players, North Carolina's Longest Running Shakespeare Festival, is seeking directors for the 2010 outdoor season for the following productions:

- The Complete Works of William Shakespeare (abridged). May 20-30
- King Lear June 18 through July 11
- Troilus & Cressida July 30 through August 22
- Twelfth Night September 10 through October 3

Interested candidates should request a guidelines packet by emailing info@montfordparkplayers.org. For more information call (828) 254-5146.

Call for Artists

Deadline: February 12, 2010

The Public Art Commission of Waynesville, North Carolina, is issuing a call for artists to create a piece in honor of the Great Smoky Mountains National Park, and the Town of Waynesville's unique and historic connection to it.

This distinctive and lasting work, in the form of an artistic railing in the downtown Mini Park, must be designed to stand up to environmental and human factors, and meet NC building codes for a railing.

Open to all professional artists or teams over the age of 18, residing in North Carolina or Tennessee, the two states contiguous with Great Smoky Mountains National Park. The Commission and a community advisory panel will select a finalist.

For more information click on the Public Art button on the town website, www.townof-waynesville.org. Or, phone the Downtown Waynesville Association for more information (828) 456-3517.



2nd Annual Winter Still Life Workshop

February 18-20

A three day workshop in the artist's studio. 9 a.m. to 4 p.m., Thursday, Friday, and Saturday. Tuition: \$300. Maximum students: 6

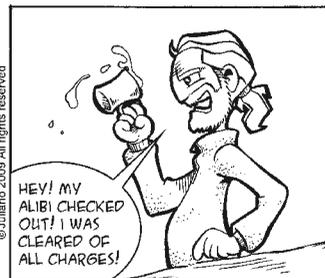
This workshop is designed for intermediate students to improve their still life oil painting skills. Students will explore all aspects of still life paintings. Working on canvases (9x12, 11x14, 12x16) with large brushes will help stu-

dents focus on the bigger shapes of a composition. Emphasis will be put on values, edges, and color, and simplifying a composition to create paintings that have unity.

Instructor demonstrations daily. Individual instruction and critique easel necessary.

Contact Richard Oversmith at richardoversmith@gmail.com or by phone at (828) 299-1066 for more information and a supply list. Visit www.richardoversmith.com.

Best in Show



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Callie & Cats



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by Phil Hawkins

Dragin



by Michael Cole

sutherland Classes & Events

sutherland, a new handweaving studio, gallery and learning center in Asheville's River Arts District, presents a series of beginning weaving classes and casual gatherings for weavers.

January 8, 9 or 10: Just Weave©. Weave a scarf in a day on a pre-warped loom. For beginners who want to give weaving a try or experienced weavers with no time to warp who simply want to spend a day weaving. \$75/person, plus yarn. 9 a.m. to 4 p.m. Instructor: Karen Donde.

January 11: Web Chats at sutherland© "Face-to-face social networking for weavers." sutherland invites area weavers to gather in the studio for informal chat and support sessions. Come in, grab a snack and a chair, and share weaving successes, problems and challenges with others who speak the same language. 4 p.m. to 6 p.m. Free.

January 17 - March 7: Weaving I - Three Warps, Three Towels©. This in-depth introduction to weaving guides students through planning, warping and weaving three separate projects on three different short warps in eight weekly classes. Designs will progress in complexity. For beginners or weavers who need a warping refresher. \$275, plus yarn. Noon to 4 p.m. on Sundays. Instructor: Karen Donde.

January 29, 2010: Web Chats at sutherland© Area weavers share weaving successes, problems and challenges with others who speak the same language. 9 a.m. to 11 a.m. Free.

To register for classes or RSVP for Web Chats, contact Barb Butler or Karen Donde at sutherlandstudios@gmail.com or (803) 513-1814.

For questions about classes, contact Donde at karendonde@gmail.com or call (856) 261-4324.

sutherland is located in Curve Studios, 6 Riverside Drive, Asheville.

Our VOICE 10th Annual Survivors Art Show - Call For Art

Our VOICE is seeking works of art for the 10th Annual Survivors Art Show. Display your art in the Survivor's Art Section - Art as a medium for encouraging wounds to heal and spirits to persevere. Or, display your art in the Art Auction. All silent auction proceeds support the work of Our VOICE.

All submissions must be received by March 1. Exhibited art will be reviewed. For more information please contact Our VOICE, 44 Merrimon Avenue, Suite 1, Asheville, NC 28801. Phone: (828) 252-0562, or visit www.ourvoicenc.org.

In pursuit of a community that is free of sexual violence, Our VOICE serves all individuals of Buncombe County affected by sexual assault through counseling, advocacy, and education.

fine art

UNC Asheville Hosts Exhibit by Noted Painter Philip Jackson

BY TRACIE POULIOT

Still Life as Theater, an exhibition of some 30 paintings, drawings and photographs by noted artist Philip Jackson, will be on view at UNC Asheville's Highsmith University Union Gallery from January 6 through February 2, 2010. A closing reception and artist talk will be held from 4 to 6 p.m. Tuesday, February 2, in the gallery. The exhibition and reception are free and open to the public.



"Snake In The Tacks"
by Philip Jackson

Jackson is a contemporary realist painter whose work has been exhibited nationally and internationally. His work is included in the permanent collections of the Evansville Museum of Art and the Fort Wayne Museum of Art, both in Indiana. Jackson has been featured in a number of premiere magazines, including *Southwest Art*, *American Artist* and *Art in America*.

He has received numerous awards, including an Individual Artists Grant from the Mississippi Arts Commission, a research fellowship from the University of Mississippi and an internationally juried fellowship from the Elizabeth Greenshields Foundation in Canada. Jackson holds a bachelor's degree from the Columbus College of Art & Design

and the master's degree from Bowling Green State University. Currently, he is on the faculty at the University of Mississippi.

"Jackson's paintings celebrate precarious and unpredictable experiences through commonplace objects. Referencing, but moving beyond the concept of 'still life' he intentionally places inanimate objects into theatrically charged, animated spaces," said Tracie Pouliot, UNC Asheville's

Highsmith University Union Gallery director. "Motivated by his own visual curiosity, Jackson hopes that his paintings will stir the hearts and minds of viewers to pause during their daily routine and experience special moments of wonder."

IF YOU GO: UNC Asheville's Highsmith University Union Gallery is located on the lower level of the Union.

The Gallery is open 9 a.m. to 9 p.m. Monday-Friday, 9 a.m. to 6 p.m. Saturdays, and noon to 6 p.m. Sundays. For more information, call (828) 251-6991.

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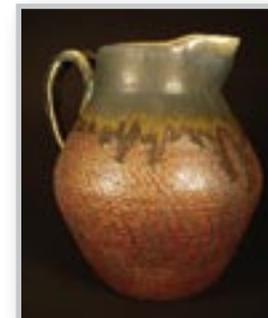
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Call for Artists for "Art Teachers Create"

Art teachers are invited to submit work for the exhibition, *Art Teachers Create*, which will run from February 5 through March 6 at the Arts Council of Henderson County.

Art Teachers Create will focus on the art of Henderson County students and those that teach them. All exhibitions will be in the D. Samuel Neill Gallery at the Arts Council of Henderson County, 538 North Main Street, 2nd floor, in downtown Hendersonville. All shows are free and open to the public.

Art Teachers Create is the first annual exhibition presented by artists and art teachers who provide art instruction



Ceramic by Robert Wallace, art teacher at East Henderson High School.

to Henderson County children. This show is open to Henderson County public, private and parochial school art teachers who have students eligible to participate in either the elementary or secondary student exhibitions. All art submissions must be available for sale.

All media accepted. A maximum of five pieces may be submitted by each art teacher. Work must be delivered on Friday, January 29 or Monday, February 1, between 1:00 – 5:30 p.m.

For more information or to receive an artist prospectus please contact the Arts Council at acofhc@bellsouth.net, or phone (828) 693-8504.

healthy lifestyles

Beginning the New Year

The beginning of the year seems like a good time to review some significant news stories and review some articles that will be helpful to most readers. The intention is not to exhaustively discuss each topic, but to give an overview and a list of websites for more detailed information.

Number One News Story

The number one medical news story of 2009 is the H1N1 flu. The facts are:

1. This flu is a new strain of influenza A, therefore no one has immunity to it.
2. This type of flu differs from other flus in that it occurred out of the flu season, is more catching, and attacks children more easily. Highly contagious and attacks kids means more sick kids than usual.
3. Like the regular flu, H1N1 flu can cause death but is less likely to do so than the regular flu – that is, more catch this flu but a smaller percentage die from it.
4. Like all flus, those who already have a chronic illness are more likely to have severe complications with the flu.
5. The vaccination for the flu is 70-90% effective, which means 10-30% of those vaccinated will still get the flu, but NOT from the vaccination itself.
6. A 70% vaccination rate of the popu-

lation lowers the ability of the virus to spread, stopping an epidemic, lower rates of vaccination allow the epidemic to go on spreading.

7. If the information you are hearing sounds horrific, unbelievable, or ridiculous – it probably is. Avoid rants and panic messages. For example, the flu vaccine does NOT contain swine products of any kind and can not be caught from pigs. Here are several excellent websites for more accurate information: www.preventinfluenza.org and www.flu.gov.

Excellent Article

Back pain will afflict 80% of the adult population at some time. There is a tremendous amount of misinformation about back pain, some of it spread by physicians. So a well-written article on back pain is a wonderful find. The article in the November, 2009 *Good Housekeeping* is so well done, it deserves to be read in its entirety. If you or someone you know has a back pain problem, get the article and share it with them. Read it yourself. You are likely to need it.

Mammograms

A new study has recently suggested that the guidelines for recommending mammography for detection of breast cancer in 40-year-olds is probably being overdone. As a result many

females are experiencing false positive results and undergoing unnecessary biopsies or other procedures.

PLEASE NOTE: This does NOT apply to those who have a history of breast cancer in their families or have some of the other risk factors for increased chance of having breast cancer. This does NOT apply to other age groups. This does NOT suggest that no one should have mammography. It only suggests that the risk of having complications from unnecessary procedures outweighs the benefits of the procedure in this age group. Remember, this is only one study. It needs to be confirmed by other studies.

There are many other organizations who will not be changing their guidelines without conformational studies, including the American Cancer Society. This is not a time to panic or be angry or be suspicious. This is one study that doctors will now consider along with many other ones. The 24 hour news cycle is not built for the carefully considered and purposefully slow vetting process that accompanies any “new” medical information.

When considering any medical information, stick with reputable information and reasoned thought processes, devoid of hype, accusations, and fear tactics.

HAPPY NEW YEAR

BY MAX HAMMONDS, MD

Independent Businesses Campaigning for Support

On Saturdays shoppers will see a new sign in the windows of local businesses in Asheville. The poster with the logo “Asheville Grown – Buy Local” will raise the consciousness of consumers as to which businesses were started and are run by entrepreneurs in Asheville.

By displaying these posters, shoppers will be made aware of the vast variety, quality and affordability of the goods and services that can be found in Asheville. Local business owners project that this educational campaign will make a difference in where shoppers choose to spend their money.

Some independent businesses have their employees wearing t-shirts with the “Asheville Grown – Buy Local” logo to further spread the message on the busiest of shopping days.

December marked the official launch of the Asheville Grown Campaign. The group’s mission is to build

awareness of why independent businesses are essential to maintaining Asheville’s unique character and local economy. The Asheville Grown Campaign hopes to make it easy for consumers to buy from local, independent businesses.

Asheville Grown intends on continuing its efforts this season with placing “Buy Local” stickers on the shopping bags of independent businesses, distributing an educational handbill outlining the top ten reasons why buying local is important and launching a collectible letterpress poster designed by a local artist.

In addition, t-shirts with the “Asheville Grown – Buy Local” logo will be available for purchase at select businesses downtown. All proceeds will go to LAMA, the Lexington Avenue Merchants Association and will be



BY FRANZI CHAREN

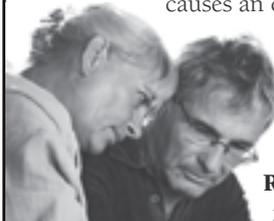
used to continue to build awareness throughout the year via additional posters, a website and directory of independent businesses in Asheville.

Top 10 reasons to support locally owned businesses:

1. Keep Asheville Unique
2. Get Better Service
3. Reduce Environmental Impact
4. Invest in Our Community
5. Create More Good Jobs
6. Conserve Local Tax Dollars
7. Have More Choices
8. Support Our Community
9. Ensure that Asheville Stands Out from the Crowd
10. Buy Local – Support Yourself

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A dye used with some MRI and MRA scans is linked to a serious disorder called Nephrogenic Systemic Fibrosis or NSF, also known as NFD. Symptoms of NSF include:

- Swelling And Thickening Of The Skin (Especially On The Arms Or Legs)
- Joints Contract And Become Inflexible (Especially The Hands, Wrists, And Elbows Or The Feet, Legs, And Knees)

Symptoms usually begin within a few days to several months after being injected with contrast dye. In some cases, NSF can be fatal. If you or a loved one suffered symptoms of NSF following a MRI or MRA scan, call James Rolshouse & Associates at 1-877-636-0495.

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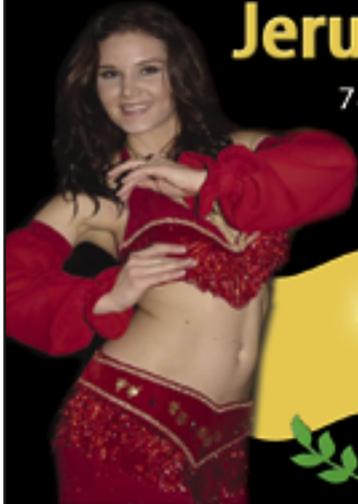
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