



Pomp and Kinderstance

Valley Living, B4



Summer Softball Sizzles

Sports, D1

Black Mountain News

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WEEK OF JUNE 19 - 25, 2014

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Fighting HUNGER

Community gardens are more than neighboring plots



Kara Dillow is planting tomato plants in the Swannanoa Community Garden. She enjoys gardening for the relaxation factor. PHOTO SBY BARBARA HOOTMAN

By Barbara Hootman
Staff Writer

The Valley is home to a large community garden in Black Mountain and another one in Swannanoa to help fight hunger locally.

"Every Tuesday, we harvest from the Dr. John Wilson Community Garden and donate fresh produce to help those in our community who need it." Diana McCall, garden manager, said. "The produce is distributed locally by Bounty and Soul."

The Dr. John Wilson Community Garden, off Blue Ridge Road in Black Mountain, was established in 2004 by Dr. John Wilson at its current location on town property. He was in his late 80s at the time.

"Dr. Wilson's original mission of providing land for folks to grow their own food, to educate them about gardening and food production, and to share the harvest is still the same one we

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Ben Algerog, Warren Wilson College environmental science major, is a summer intern in the Dr. John Wilson Community Garden in Black Mountain. He is harvesting spinach.

HUNGER IN WESTERN NORTH CAROLINA

Some 348,420 children in Western North Carolina are suffering food insecurity. That is 15.3 percent and is a slight increase over last year's data. Nationally, North Carolina ranks 11th in the nation in childhood food insecurity with 26.7 percent of children struggling to have access to three square meals a day. Source: Manna Food-Bank Data

Town approves 2014 - 2015 budget

By Fred McCormick
Staff Writer

The Town of Black Mountain Board of Aldermen unanimously passed the budget for the 2014 - 2015 fiscal year Monday night. The budget is effective July 1. Town manager Matt Settlemeyer had a positive outlook on the final product in his budget overview.

"The taxpayers of Black Mountain can be proud of our emphasis on fiscal responsibility with a tax rate below revenue-neutral, a reduction in overall debt services, and the strengthening of our fund balance," Settlemeyer said.

The budget does not include a tax increase, which remains at 37.5 cents per \$100 of valuation. Residents of the Town will see a two percent increase in water rates, which will equate to roughly 64 cents per month for the average family.

Town employees will receive a two percent salary increase in the upcoming budget.

The Carver Community Center will be helped with the allocation of \$105,000 for repairs to the building's roof and new insulation.

The budget includes \$5,000 for maintaining the nearly completed Town Square, prompting local resident Elaine Loutzenheiser to inquire about where the revenue stream to support the cost would come from. The board responded that the funds would come from the recreation and parks department budget, which led Loutzenheiser to question the initial plan for maintaining the Town Square.

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CAPITAL IMPROVEMENTS IN THE 2014 - 2015 BUDGET

- General Fund**
- Replacement police vehicle: \$29,000
 - Replacement 15-passenger van for recreation and parks: \$55,000
 - Replacement Dodge 5500 for public services-streets: \$60,000
 - Carver Community Center improvements: \$105,000
 - Extension of Montreat Road sidewalks (Powell Bill): \$100,000
 - Street re-surfacing and sidewalk repair (Powell Bill): \$145,000
- Water Fund**
- Replacement of Dodge Ram 1500: \$30,000
 - Wellhead capacity pump replacement: \$40,000
 - Waterline replacement: \$27,500

Town workers 'Spring into Action'

By Kaitlin Mundy
Special To The Black Mountain News

In April and May, 33 Town of Black Mountain employees took 11,115,836 steps - enough steps to walk across the United States and back.

The employees participated in a wellness competition called Spring into Action, which asks participants to log their steps and exercise time for nine weeks every spring. Members of every Town department participated.

"It's about looking for small ways to get healthier," Jill Edwards, health service programs administrator for the Town of Black Mountain and contest director, said.

Participants were divided into different categories based on their activity levels. They competed against fellow category members to win prizes



Some of the 33 Town of Black Mountain employees that participated in the Spring Into Action wellness program. PHOTO BY KAITLIN MUNDY

provided by local businesses.

There was also an "A-for-effort" category where competitors earned entries into a raffle for things like increasing steps or minutes, recruiting other participants, attending special activities, or walking 10,000 or

more steps per day. Of the 33 participants, 24 logged at least one 10,000 step day during the competition.

This is Elaina Hensley's first year working for the Town, and she said she plans to continue participating in the

program.

"It makes you more conscious, more aware of your activity," Hensley said. "I liked the fun of the competition."

The participants found creative ways to stay active, including picking up bear garbage and spreading Easter eggs.

Spencer Elliot, the Town's fire inspector, logged 21,565 minutes in action and 803,135 steps during the nine weeks. Those numbers led both categories.

Participants celebrated their accomplishments at a wrap-up event at town hall June 5, where everyone received a prize and a certificate.

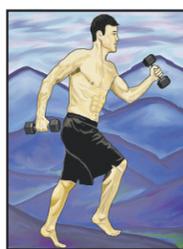
Edwards said she hopes to eventually make this a town-wide event.

"Hopefully this program sets up good intentions and habits for living healthier."

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