

## Perspectives recital hopes to redefine dance ideas

By Maggie West  
STAFF WRITER

During most dance performances, audience members sit down and be quiet. However, people who attend tomorrow's break dancing recital will walk around and listen to their iPods while watching.

"Dance performances are kind of homogenous," said Connie Schrader, program director of UNC Asheville's dance department. "I wanted to invite a new perspective about coming to watch dance."

The dance, appropriately titled "Perspectives: Concert Dance in a Happening Format," will be held in the gym on Friday. The performance is comprised of two separate shows, one starting at 7:30 p.m. and the other at 9:15 p.m.

"I wanted to re-examine the relationship between dance and music," Schrader said.

The recital is made up of four different tours, each led by a guide. The tours will consist of 25 audience members. Attendees are expected to bring a CD player, iPod, or other MP3 player in order to listen to the music the performers will dance to.

"Dancers are used to being enveloped in sound," Schrader said. "In the gym, this is virtually impossible."

Prior to the show, each patron must pick up a copy of the CD that contains the show's soundtrack. After that, the audience members must either load it on to their MP3 players or bring it to their CD players. While the department is not charging for the CD, there is a \$5 suggested donation.

"You have to plan ahead early enough to get the music," Schrader said. "The audience that attends will definitely be invested."

Schrader inspiration came after seeing Merce Cunningham perform at the Diana Wortham Theatre. At the show, audience members traded in something of value, such as keys or a credit card, in exchange for an iPod.

During the performance, the patrons chose one of the six tracks loaded onto the players to listen to while they viewed the show.

"During the course of watching one piece, you could change the music if you wanted to," Schrader said.

After seeing the show, the dance instructor said she wanted to do something that deviated from the conventional methods of more traditional dance performances.

"I hope it will lead to an open dialogue and an exchange of ideas," Schrader said.

The performers in "Perspectives" are mainly comprised of members of UNC Asheville's break dancing class. Unfortunately, this is the first and only semester the class will be offered.

"Each spring we try to offer one street-style class," Schrader said.

Although the class is only a temporary feature in the dance department, it has been well-received by both teachers and faculty alike.

"It filled up almost immediately," said Joe'tse Adams, break dancing class instructor.

Because of how quickly it was filled, senior students make up the majority of participants.

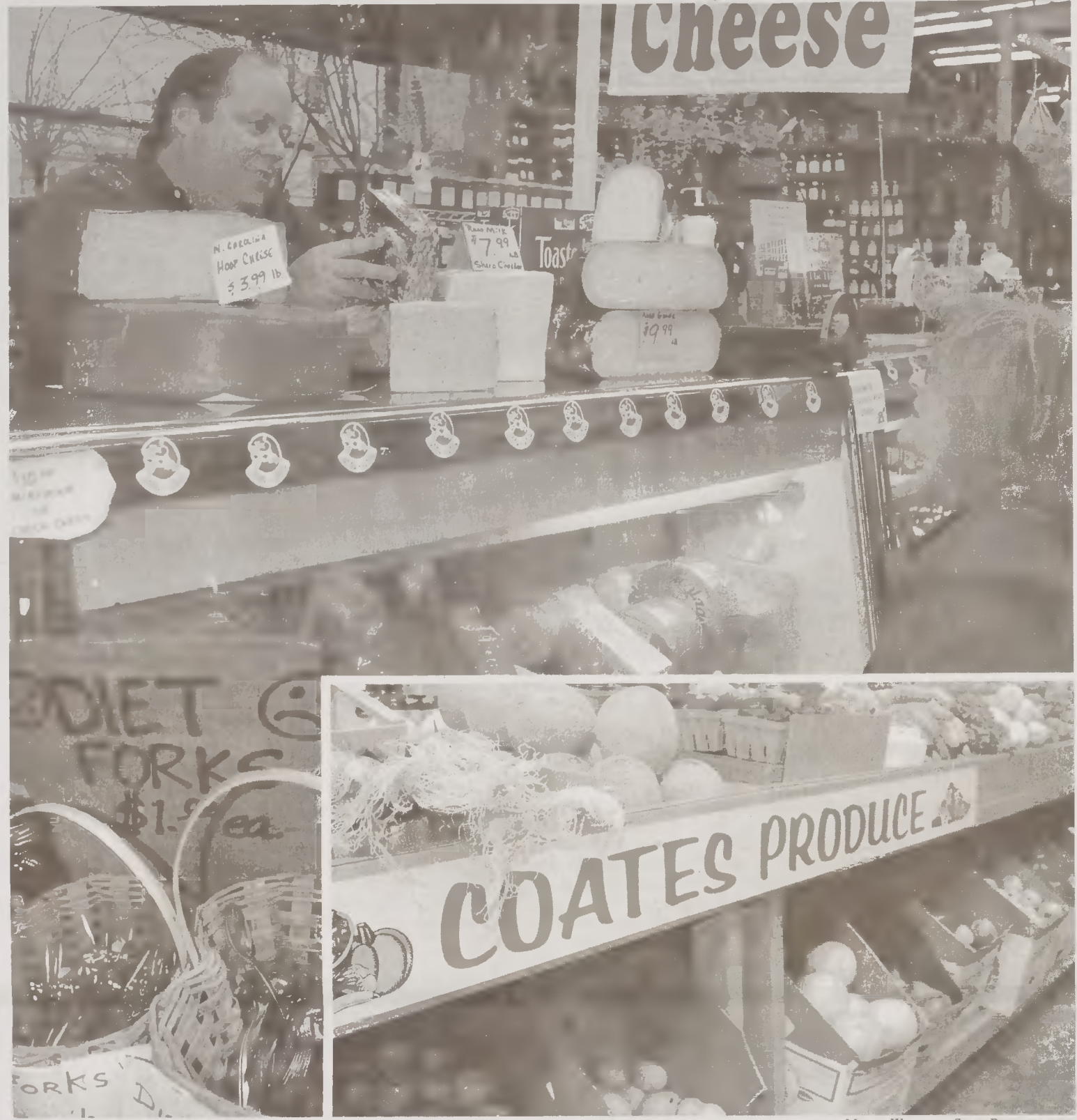
"Break dancing is one of the most creative forms of dance and it's a great workout," said Maurice Legendre, local break dancer who helps assist Adams in class, and member of the dance troupe Hunab Kru.

"Although the class only meets once a week, it is super challenging," Adams said. "We expect people to come to class already warmed up."

While all of the students get a

SEE DANCING PAGE 7

## WNC Farmer's Market attracts tourists, locals with its mix of variety and service



At top, James Robinson, 40, a worker at Mountain Sunshine Farms sells one of their 200 different kinds of cheeses, which come from at least 17 different countries. The WNC Farmers Market is open seven days a week, from 8 p.m. to 6 p.m. year and closes for only four days throughout the year: Easter, Thanksgiving, Christmas and New Year's.

MEGAN WILDMAN-STAFF PHOTOGRAPHER

## Still going strong after 30 years in business

By Meredith Wagner-Hoehn  
STAFF WRITER

Since opening in 1977, the Western North Carolina Farmer's Market has more variety while still maintaining diverse customers and a reputation for healthier, cheaper food, according to long-term vendors.

"We have a good quality, local product, and we're well-priced. We're not a big conglomerate," said Nancy Carlson, who with her husband, has run Mountain Sunshine Farms in the market for over 20 years. "Western North Carolina has one of the nicest farmer's markets in the states."

At the market, you can find anything from produce, to meat, to souvenirs.

Mountain Sunshine Farms has 200 different cheeses from at least 17 different countries, including Tibet, Canada, France, Greece and Switzerland, according to Chris Sparks, long-time employee of Carlson. They also sell baked goods, birdhouses, dried snacks, Amish butter, local honey, eggs, sausage, ham, jam and jellies.

"The Amish use no hormones for their cows and no pesticides on their land so you're getting more of a natural product," Sparks said. "We have Amish yogurt cheese which has the live yogurt culture."

The Carlsons carry cow, goat, sheep, yak and buffalo cheeses, while constantly reassessing their selections, according to Carlson. Their most recent addition is raw milk white cheddar cheese.

"Sometimes it's just cheeses we've tested and we like, sometimes it's because of customers' requests," Sparks said.

Although some products, such as a portion of Mountain Sunshine Farms' cheeses, come from great distances, a decent quantity comes from local areas as well.

"We've got squash coming from Georgia and strawberries from

"It's a personal shopping place. When you go to a big store, you don't talk to anybody. When you come here, it's one on one."

NANCY CARLSON  
Mountain Sunshine Farms  
owner

South Carolina," said Kevin Jarvis, son of proprietor Ken Jarvis of Jarvis Produce. "It'll eventually become more and more local. The middle of May on through August we have mostly local stuff. And when I say local, I mean like even Eastern North Carolina; that's still pretty local."

The products' fresh quality beats that of a grocery store any day, Jarvis said, as he pointed out some fresh tomatoes from Florida on display.

"What you get at the grocery store, that are from California and stuff, they pick them green and they ship them green. When they get closer to the East Coast, and they take them to places and they gas them, they're able to ripen them so that they look red, but inside there's no juice," Jarvis said. "These are field-packed. They pick them, they put them in boxes down in Florida and bring them straight here, and we buy them."

Groceries often store their produce, along with other products, in warehouses. Although they keep the temperatures low enough to keep the produce good, by the time the consumer gets hold of it, it has lost a lot of quality flavor, according to Jarvis, a native of West Asheville.

Another reason to choose the farmer's market over a grocery store is availability; the market has some products that the groceries don't have, according to

"These are field-packed. They pick them, they put them in boxes down in Florida and bring them straight here, and we buy them."

KEVIN JARVIS  
Jarvis Produce

Jarvis. "This is like side meat, which is from the same part of the animal as bacon, but bacon is smoked and this is cured. So, you take it, and get it cold, you don't have to refrigerate it just get it cold and then you slice it and just fry in smaller pieces and put cooked beans on top of them and then it seasons it," Jarvis said. "You can use just a couple of strips of it and season a whole pot of beans, and you really can't get it a lot of places. You just can't get it in the grocery store."

The side meat that Jarvis indicated was from nearby Hickory. Jarvis also pointed out Sourwood honey, which is collected by local James Bateman. The Sourwood Tree is unique to this area and creates clear, sweet honey, according to Jarvis.

The reduced prices are another benefit to the farmer's market, according to Sparks.

"The reason I started carrying spices is because I went to the grocery store because I was going to cook a ham for Thanksgiving or something, and I wanted to get cloves, and they had an itty-bitty jar of cloves that was like \$8," Jarvis said. "Here, we can carry like 2 ounces for \$2.50."

The WNC Farmer's Market customers are split between tourists and locals, according to Jolene Coates of Coates Produce, the first person to put

anything on the market.

"Through the years, we've had so many regular customers that we've had some grandchildren of regulars come by," said Coates, a native of Madison county.

The familial atmosphere of the market brings locals back, according to Carlson.

"It's a personal shopping place. When you go to a big store, you don't talk to anybody. When you come here, it's one on one. I mean, we give out samples of cheese all day long," Carlson said.

The market is located near Biltmore Estate, I-26, I-40 and I-240. This location is prime for attracting the tourist sect of the clientele, according to Sparks.

Aside from Mountain Sunshine Farms, the Carlsons have a shop called The Big Cheese, located downtown in the Grove Arcade.

"Downtown has changed over the past few years: more tourists are now focusing downtown, so why not get those customers also?" Sparks said.

The market consists of two main retail buildings, called A and B. Across from the buildings is Jesse Israel and Sons Garden and Nursery Center. At the bottom of the hill, there are open-air coverings for wholesale farmers who wish to sell directly to the public.

Several tailgate markets spring up during specific times at various locations around Asheville, such as French Broad Food Co-op, Greenlife Grocery and Bier Garden. However, the WNC Farmer's Market is open seven days a week, from 8 a.m. to 6 p.m., according to Carlson. The market only closes four days out of the year: Easter, Thanksgiving, Christmas and New Year's.

"It's becoming more than just a late spring, summer and fall business," Sparks said. "It's beginning to be an all-year business."

## Green Games get campus conserving

By Hannah Doyle  
STAFF WRITER

Campus dorm residents started conserving water and power on Monday for Green Games competition measuring which dorm saves the most energy over the period of a week.

Mills Hall won Green Games in October, reducing its energy consumption by 20 percent, according to Katie Blanchard Reid, junior environmental studies student.

"A lot of people in Mills were really into it," Blanchard-Reid said. "I heard people talking about shutting the elevators down and stuff, so that was pretty hardcore. They got the competition going, which is what I intended."

A chocolate fountain pre-empted the winning dorm.

"Without some sort of positive incentive, sometimes it can be difficult to convince people to try to reduce the impact of their ecological footprint," said Stephanie Solaka, sophomore environmental chemistry student. "Rewarding people for the environmentally-responsible efforts is much more effective in changing people's attitudes than making them feel guilty about their poor decisions."

UNC Asheville's Physical Plant determines the winning dorm, comparing the energy consumption from the previous week to this week's.

"Many people are unaware of the impact of their choices, so the only way to create change is to educate them," Solaka said. "The purpose of the competition is to raise awareness of the importance of individuals making sustainable lifestyle choices. Every little bit of energy saved, or wasted, adds tremendously."

One of four co-chairs of the Student Government, Environment, Blanchard-Reid said she hopes Green Games increases students' concern for the environment.

"ASHE has a main goal of trying to raise environmental consciousness on campus," she said. "We want people to realize that it's not just a shower, it's not just having the room air

SEE GREEN GAMES PAGE 7

## Pet of the week: Dino deserves a second chance

By Daniel Hartis  
STAFF WRITER

For the last year, Dino, a year-old pit bull terrier, stayed at the Asheville Humane Society as evidence to a crime he did not commit.

"He was seized from his owner because he was not given proper food, water or shelter," said Geoff Friedman, assistant manager of Asheville Humane Society's Animal Shelter. "He's lived the entire time."

Dino's former owner contacted the trial brought against him, leaving Dino under the care of the shelter for over a year, according to Friedman.

"He just became available for adoption about a month ago," Friedman said. "We had to wait that full year for his owner to relinquish ownership."

Many hesitate to adopt pit bulls, especially older ones like Dino, according to Friedman.

"Not a lot of people want to adopt an 11-year-old dog," Friedman said. "And he's a pit bull, so he's got two strikes against him. But he's been our favorite dog."

Animal shelters nationwide are abundant with pit bulls and other breeds generally thought of as

SEE PET OF THE WEEK PAGE 7