



THE VOICE OF OUR COMMUNITY

The Fairview Town Crier

AUGUST 2017 VOL. 21, No. 8 | FAIRVIEW, NC | WWW.FAIRVIEWTOWNCRIER.COM

Community-Oriented Problem Solving (COPS) Meeting in August

The Buncombe County Sheriff's Office COPS team will hold a community meeting at the Reynolds Fire Department on 74A on August 24 at 6 pm. The COPS team will report the findings of their 30 day assignment to the community, and share the action plan they have developed to sustain the progress they have achieved during this assignment.

Each COPS team works in a particular community for 30 days, identifying

key issues, speaking with community leaders and residents in the community, creating an action plan, and then presenting their findings and suggestions to the community at the end of the 30 day period. Sheriff Van Duncan, as well as several members of the Sheriff's Office command staff, will be in attendance at the meeting.

For more information, please call Natalie Bailey at the Buncombe County Sheriff's Office at 250-4469.

Spring Mountain Community Center Picnic

The annual community picnic will be on Saturday, August 26 at 6pm. Fried chicken will be furnished and all are asked to bring side dishes to share. The Berry Pickers will entertain and the Ducky Derby will see whose duck can make it down the Cane Creek first. Rain or shine there will be fun and food for all. To participate in the Dessert Contest, bring entries upstairs by 5 pm so they can be judged. Categories are Cakes, Pies, Cookies, Other Desserts and Junior division for kids up to 12 years old. Cash prizes will be awarded. For more information, call Maria at 828 778-0279. P.S. Don't miss the Quilt Exhibit in the lower building.

4th of July Contest Winner

Congratulations to Emily Milton, whose correct contest entry was selected to win a gift bag of local products from The Hub. It was a tricky one for sure (the key word was "hidden"): the hot dog was on page 2 hidden in the *Harry & The Hendersons* photo; the balloons were on page 15 in a photo in the *Goat Yoga* article; the Firecracker was hidden on page 21 in the group photo; the American flag was part of Zoe's collar on page 24, and the fireworks (this was a tough one) were superimposed on the photo of Ivy on page 37.

Thanks to everyone who took the time to hunt down the items and entered. We'll put our thinking caps on to come up with something equally as challenging for the next issue.



Cane Creek Middle School Seeks Bus Drivers

Cane Creek Middle School is in need of regular bus drivers as well as substitute drivers. Both are paid positions. It's a great opportunity to earn some extra income while serving the kids of your community. Please call Assistant Principal Ben Alexander at 628-0824 for more information such as how to apply, hours required, etc. An online application can also be accessed at buncombeschools.org.

Fairview Public Library to Live-Stream Solar Eclipse August 21st

On Monday, August 21, 2017, all of North America will be treated to an eclipse of the sun. Anyone within the path of totality can see one of nature's most awe-inspiring sights — a total solar eclipse.

The path of totality, where the moon will completely cover the sun, will stretch from Salem, OR to Charleston, SC, and will include several communities in Western North Carolina.

Observers outside the totality path will still see a partial solar eclipse, where the moon covers part of the sun's disk. In any given location on Earth, a total eclipse happens only once every hundred years or so, making this a once-in-a-lifetime opportunity.

The only safe way to look directly at the eclipsing sun is through special-purpose solar filters, such as "eclipse glasses." Beginning in August, the Fairview Library will be giving out eclipse glasses (while supplies last) for any excited observers out there.

There has been some last-minute planning at the Fairview Library, which will now host a

live stream of the solar eclipse in their Community Room starting at noon on August 21st and ending around 4 pm. Peak hours will be from 2-3 pm. Refreshments will be provided, and eclipse glasses will be available at the live stream in case anyone wants to step outside to view it.

All are invited to come to the Library and gaze safely at the sun!



Fairview and Asheville fall just outside the path of totality

What's Up with the Crier Delivery Days?

People ask now and then why the *Town Crier* reaches them on different days in certain months, so we thought we'd let you in on our printing and delivery process:

We print the paper in Tennessee — strange as it may seem, it's the most cost-effective way — and we can print only on Mondays or Thursdays. We choose the date closest to the 1st of the month that falls on either of those days. The papers are delivered the next morning (Friday or Tuesday) to the Fairview Post Office and also to the Fairview Fire Department.

All papers have the Fairview postal address printed on the front, so the papers going to Gerton, Reynolds, or Fletcher must have an address change. Volunteers come to the Fire Department to "label" those papers accordingly (by covering up the Fairview postal address with another). The papers are then picked up and delivered to those three post offices. Fairview's papers almost always go out the day they are delivered to the

Fairview Post Office. Gerton, Reynolds, and Fletcher's papers generally go out the next business day. However, we've had issues in the past with Fletcher holding the papers for a few days, and sometimes the carriers are loaded down with other mail such as catalogs, etc., and just don't have room in their vehicles for the papers.

As another piece of information, we always stock the outside newspaper rack at the Hub, 1185-G Charlotte Highway, the day the paper comes out, so you can always swing by and grab a copy. Every issue is also online at fairviewtowncrier.com.

It's not a perfect system but it is what we have had to work with to get the *Crier* to you each month, and we do appreciate your understanding and your support of our free community paper.

Want to pitch in at the next labeling event? It's at 10:30am, Friday, September 1 at the Fairview Fire Department. Email pattiparr@yahoo.com. Plan on an hour.

The Fairview Town Crier
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COMMUNITY EVENTS

AUGUST 2-6 (WEDNESDAY-SUNDAY)

Summer Lights Concert Series

A projected-light show synchronized to music from the Blue Ridge Orchestra, 9 pm (gates open at 8 pm). Purchase tickets in advance at ncarboretum.org. \$18/adults, \$12/5-11 plus fees & tax. Open seating. Bring chairs/blankets. NC Arboretum Outdoor Events Amphitheatre.

AUGUST 3 (THURSDAY)

Fairview Chiropractic Center

Learn how to avoid debilitating back surgery, how Decompression Traction Therapy, Class 4 Laser and PEMF therapies plus regular chiropractic care can help. FREE lecture; reservations required. Call 628-7800. 2 Fairview Hills Dr., Fairview.

AUGUST 3-5 (THURSDAY-SATURDAY)

90th Annual Mountain Dance and Folk Festival

A 3-day event with the best of the region's old-time and bluegrass musicians, mountain dance groups, cloggers, ballad singers and storytellers. Doors open 5 pm. Mission Health/A-B Tech Conference Center near downtown Asheville. Adults \$22 or \$60 for 3-night package; Children 12 and under \$12; Students \$15 per person. For tickets, mdff.eventbrite.com. More info at folkheritage.org.

AUGUST 4 (FRIDAY)

FBA Summer Meeting & Cookout

Cloud 9 Farm hosts the Fairview Business Association for a meeting and cookout, 5 pm on. Come casual after work, bring the family or come alone. Enjoy hot dogs (and alternative), hamburgers, side dishes, wine, beer and soft drinks. Outdoor games, pond for swimming and fun. Potential members are welcome. RSVP to fba.president@gmail.com. Cloud 9 Farm is at 137 Bob Barnwell Rd., Fletcher.

AUGUST 4-SEPTEMBER 2

Montford Park Players Peter Pan

The family classic, Peter Pan, 7:30pm Friday, Saturday and Sunday. Hazel Robinson Amphitheatre, 92 Gay Street, Asheville. FREE. Info, 254-5146 or montfordparkplayers.org

AUGUST 5 (SATURDAY)

Annual Model Airplane Show

Asheville-Buncombe Aero modelers Flying Club, 10am-1pm at the Buncombe County Sports Park, 58 Apac Drive off Sand Hill Rd. FREE. High-flying air show and display of models. Bring the family, pack a picnic lunch & lawn chairs. For info contact Mac at mac.stanley@buncombecounty.org, 250-4269, or Dave Bowman of the club at davebowman@charter.net

AUGUST 5 (SATURDAY) CONT'D

Fairview Baptist Annual Sale

8am-12noon. Donations from area families, estates & businesses. Biscuits, coffee and juice. Proceeds go to Student Outreach Missions. 32 Church Road, Fairview. For info, visit Fairview Baptist Church on Facebook, Twitter or call 628-2908 or 231-5035.

AUGUST 8 (TUESDAY)

Customer Appreciation Ice Cream Social

Stop by Americare Pharmacy, have an ice cream and chat with a pharmacist to review your medications, 11am-2pm. 1185 Charlotte Highway, Fairview.

AUGUST 10 (THURSDAY)

FAAL Monthly Meeting

Fairview Area Art League will meet at 10am at The Hub of Fairview, 1185 Charlotte Highway in the Americare shopping center. Art appreciators and artists of all kinds welcome. For info call 628-1422.

Buncombe County Republican Women's Club Meeting

The Buncombe County Republican Women's Club will meet at The Olive Garden, 121 Tunnel Road, Asheville on Thursday, August 10, 11:30am-1:30pm.

The topic is "The Republican 'Brand' and How to Market Conservatism" with Savannah Nesbitt. Email lisabaldwin4kids@gmail.com for info.

AUGUST 13 (SUNDAY)

Drover's Road Preserve

Visit Fairview's unique conservation community during a social tour, 1-4pm. Contact Carol Fisk 674-0441 or Christie Melear 776-1986.

AUGUST 17-SEPTEMBER 2

Different Strokes Performing Arts Collective

Presenting *Best of Enemies* every Thursday, Friday and Saturday at 7:30 pm. Be Be Theatre, 20 Commerce Street, Asheville. \$18 in advance, \$21 at the door. Online opening weekend discounted to \$15. Insightful Post Show Discussions follow. For tickets 484-2014 or differentstrokespac.org.

AUGUST 18 & 19 (FRIDAY & SATURDAY)

Lake Lure Dirty Dancing Festival

Celebrate the 30th Anniversary of the movie *Dirty Dancing* at the 8th Annual *Dirty Dancing* Festival, Morse Park Meadows, Lake Lure. Beginning at 5:30 pm Friday, enjoy 2 days of live music, dancing, food, storytelling and fun. Visit dirtydancingfestival.com for ticket pricing and event details.

COMMUNITY EVENTS

AUGUST 18 & 19 (FRIDAY & SATURDAY)

ASHEVILLE WINE & FOOD FESTIVAL

Featuring Renowned Chefs

The Asheville Wine and Food Festival celebrates the togetherness of a town-oriented festival with the global love for food and wine. This year's Festival features a Chef Highlight Series providing guests with the best worldly cuisine Asheville has to offer. This year's highlight chefs are Tariq Hanna, acclaimed chef of New Orleans; Nicole Blastow of Twisted Laurel; TJ Centanni of Calypso; Anthony Cerrato of Strada and the Social Lounge downtown; Duane Fernandes of Isa's Bistro; Chef Matthew Miner of Jargon; and Don Paleno of The Colorful Palate.

The Festival is outside at Pack Square Park on Friday and Saturday, August 18 and 19. The Grand Tasting will feature an array of gourmet bites, and the "SWEET & SAVORY" event will be held in the Renaissance Hotel atrium and ballrooms Saturday at 4 pm.

For details and tickets visit ashevillewineandfood.com.

AUGUST 19 (SATURDAY)

Poor Man's Supper Benefits Kids

Fairview Sharon United Methodist Church will host a supper and benefit for Packs for Kids and Totes for Homeless, 4-7 pm. Spaces and tables for donations. 2 Laura Jackson Road, Fairview, across from Fairview Elementary School. For information call 338-0233.

Monthly Country Dance

Enjoy dancing on a hardwood floor in air-conditioned comfort, 7-10:30 pm. Inclusive, no partner needed. Two-step dance lesson 7-8 pm; open dancing 8-10:30. Music by DJ Sonny Day. Two-Step, East & West Coast Swing, Cha-cha, Triple-two, Nightclub and Polka. Asheville Jewish Community Center, 236 Charlotte Street, Asheville. \$10-dance only. \$15 Dance & lesson package. Pay at the door or at DanceForLife.net. For more info contact Richard at 333-0715.

AUGUST 20 (SUNDAY)

Ethical Society Meeting

"Ethics in Journalism" by 30-year news veteran Larry Blunt, 2-3:30 pm at the Ethical Humanist Society, Friends Meeting House, 227 Edgewood Rd, Asheville. Larry will discuss the impact of technology, changes in broadcasting, government regulation and the effects of a polarizing political climate. For info call 687-7759 or visit EHSAsheville.org.

AUGUST 22 (TUESDAY)

TLA Yoga in the Garden

The Lord's Acre yoga class, 7:15-8:15 pm, by Meredith Allen of Merry Heart Yoga. To register email merryheart03@gmail.com. \$10/person. Bring your own mat. The Lord's Acre garden, Joe Jenkins Road, Fairview.

AUGUST 26 (SATURDAY)

Motors for Missions

Car, Truck and Motorcycle show at Trinity of Fairview Baptist Church, 646 Concord Road, Fletcher. 10-2 pm. Rain date September 2. Food, raffles, silent auctions, exhibits and fun for kids. Trophies awarded. Pre-register at: trinityoffairview.com. Early online entry \$20, day of \$25. For more information call 628-1188 Ext. 202.

Spring Mountain Annual Picnic, Dessert Contest & Quilt Exhibit

See front page for more information.

Moscow Meets Manhattan Dueling Pianos Plus

Diana Wortham Theater presents international award winning pianist/vocalist Katherine Alexandra and American piano powerhouse Brian Gurl in a fusion of classical, pop, jazz & ethnic folk — with shades of Victor Borge. 7:30 pm. Tickets: 257-4530 or www.dwttheatre.com.

SEPTEMBER 1 (FRIDAY)

Opening Reception and DIY Ten Year Retrospective

Jessica (Lynn) Nesseth is launching a pop-up gallery and DIY Ten Year Retrospective: One Storied Show; 5-7pm at 20 Sugar Hollow Lane in Fairview. The event will be catered by Vianda with guest performances from 7-8pm and an open mic 8-11pm. For info visit lynnneseth.wixsite.com/website

ONGOING EVENTS

Fairview Farmer's Market

The Farmer's Market is open every Saturday 9 am-1 pm. Fairview Elementary School parking lot. For information visit fairviewfarmersmarket.org.

Fairview Welcome Table Lunch

A community lunch every Thursday, 11:30 am-1 pm in the Community Room of Fairview Christian Fellowship, located behind the Fairview Library. Visit their Facebook page or fairview-welcometable.com.

WNC Knitter and Crocheters for Others

2nd Mondays, 7-9 pm at New Hope Presbyterian Church, 3070 Sweeten Creek Rd. All skill levels welcome. Contact Janet Stewart, 575-9195. Facebook: CharityKnitting4Others.



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COMMUNITY EVENTS

ONGOING EVENTS

Buncombe County Democratic Party Women's Club Dinner

BCDP monthly dinner meetings are held the 3rd Thursday of the month (8/17), 6–7:30 pm at Democratic Party HQ, 951 Old Fairview Rd., Asheville. Dinner by Artisan Catering, \$12. Information and RSVP at buncombedem-women@gmail.com

Buncombe County Republican Women's Club

BCRWC meets the second Thursday of every month, 11:30 am–1:30 pm at the Olive Garden, 121 Tunnel Road, Asheville. On August 10: Keynote Speaker Anglican priest William Martin will speak about separation of church and state. For information contact lisabald-win4kids@gmail.com

Brain Tumor Support Group

Every third Thursday at MAHEC, 6 pm. Refreshments. Visit wncbraintumor.org.

Reynolds/Fairview Scrabble & Cribbage Club

Wednesdays, 12:30–4:30 pm at Mountain Mojo Coffee Shop, 381 Old Charlotte Hwy in Fairview, 216-7051.

Pritchard Park Summer Series in August

For more complete information, go to ashevilledowntown.org

BEAR Closet

Fairview Sharon United Methodist Church operates a Baby Equipment and Resource (BEAR) Closet for newborns to 5-year-olds, 1st and 3rd Mondays of the month, 3–5 pm. Free clothing, shoes and baby equipment to pregnant women and people preparing for a baby. Volunteers are welcome as are donations of clean, new or like new clothing and equipment.

SPRING MOUNTAIN COMMUNITY springmountaincc.com

Tuesdays Summer Concert Series. At 7 pm, enjoy an eclectic music mix from the Berry Pickers, or bring your instrument to jam. Refreshments available for a freewill offering. Contact Jim Stilwell at jamesstilwell@bellsouth.net.

Friday, 8/11, Outdoor Family Movie Night. Sponsored by Balken Roofing Kids' activities at 7:30 pm, movie at dusk. Pizza, popcorn, drinks, snacks, and cupcakes available. Bring lawn chairs and blankets.

Mondays in the Garden Meet Jim and help work in the SMCC garden, 5–7 pm

Quilting Bee Meet every second Tuesday, 10am–2 pm. Bring a project and lunch. Call 628-7900 or 628-1938.

Thursday Yoga Classes Thursdays 6:15–7 pm; \$5–\$10 suggested donation. Contact 243-8432 or sabrina.alison.mueller@gmail.com

THE LORD'S ACRE

thelordsacre.org

Wednesday Volunteer Night

Dig in and learn more about gardening while sharing in the experience of growing in community. Wednesday night open volunteer sessions run from 6–8 pm. Email susan@thelordsacre.org with the subject 'Wednesday Night Volunteer.' The Lord's Acre garden, Joe Jenkins Road, Fairview.

Yoga in the Garden

Meredith Allen of Merry Heart Yoga offers Tuesday morning yoga, 9:30–10:15 am through August. All skill levels welcome. To register email merryheart03@gmail.com. \$10/person. Bring your own mat. The Lord's Acre garden, Joe Jenkins Road, Fairview.

THE LIGHT CENTER

urlight.org

Saturday, 8/5 Afternoon Meditation and Talk with Swami Kena, 2–4 pm.

Saturday, 8/19 Neuroscience Workshop w/Eldon Bearden, 10 am–4 pm.

Sunday, 8/20 Sound Healing Journey-work Guided by Ben Carroll. 2–4 pm.

Wednesday, 8/30 An Evening of Music, Meditation and Mindfulness with John Two-Hawks. 7–9 pm.

For ticket costs and details, urlight.org, Dome@urlight.org or 669-6845.

HICKORY NUT GAP FARM

hickorynutgapfarm.com/upcoming

Friday 8/4, 6–9 pm: Squaredance with the Boys of Buncombe. \$6; kids 4 & under for free. Dinner served 6–8 pm.

Saturday 8/5, 6:30–9 pm: Movie night, featuring *Hook*. Hot dogs served at 6:30, movie starts at 7. \$6 admission; free for kids 4 & under.

Friday 8/11, 6–9 pm: Squaredance with Carolina Express. \$6; kids 4 & under for free. Dinner served 6–8 pm.

Saturday 8/12, 6–8 pm: An evening with Zoe & Cloyd, original and traditional Appalachian songs. \$12 for 13 & up; \$6 for 5–12; kids 4 & under free.

Friday 8/18, 6–9 pm: Squaredance with The Saylor Brothers. \$6; kids 4 & under free. Dinner served 6–8 pm.

Saturday 8/19, Renaissance Fair, 12–4 pm.

Thursday 8/24, 6–8 pm, Making Tasty Sausage Class. Learn how to make sausage with our butcher. \$55 per person.

Friday 8/25, 6–9 pm: Squaredance with the Spring Mountain Shiners. \$6; kids 4 & under for free. Dinner served 6–8 pm.

Saturday 8/26, 8:30–10 pm, Stargazing & Cosmic Storytelling with astronomer Stephan Martin. \$6; 4 & under free.

COMMUNITY EVENTS

PET EVENTS

Asheville Humane Society ashevillehumane.org

Friday 8/4, 6–9 pm, The Hop Ice Creamery. Happy Tails Doggie Ice Cream available for pups. 167 Haywood Road, Asheville.

Wednesday 8/9, 6–9 pm, light bites, raffle prizes and family fun at Homes for Hounds AVL community event & fundraiser at Roy Pope Memorial Park behind Woodfin Town Hall. For info, visit HomesForHoundsAVL.com

Saturday 8/26, 1:30–3 pm, enjoy a behind-the-scenes guided tour of Asheville Humane Society and the Buncombe County Animal Shelter, starting at the Adoption Center.

Saturday 8/26, 2–5 pm: Low Cost Vaccine & Microchip Clinic *Cash only*. Hall Fletcher Elementary, 60 Ridgelawn Road, Asheville.

Animal Haven Events in August animalhavenofasheville.org

Thursday 8/10, 5–9 pm: Live music, 56 craft beers, wine, ciders; dog friendly. Pour Taproom, 2 Hendersonville Rd. 15% of beer/wine sales donated to Animal Haven.

Thursday, 8/31 Mayfels (22 College Street) once again donates 10% of their sales all day to Animal Haven of Asheville during their "Dog Days of Summer."

Brother Wolf Adoption Events bwar.org

Friday 8/4, 12–3 pm, Wicked Weed Brewing, 91 Biltmore Ave, Asheville.

Saturday 8/5, 12–3 pm, Sweeten Creek Brewing, 1127 Sweeten Creek Rd, Asheville.

Saturday 8/12, 12–3 pm, Greenlife Grocery, 70 Merrimon Ave, Asheville.

Sunday 8/13, 12–3 pm, Fun with the kids at Asheville Outlets, 800 Brevard Rd, Asheville.

Friday 8/18, 2–5 pm, Lookout Brewing, 103 S. Ridgeway Ave #1, Black Mountain.

Saturday 8/19, 11–2 pm, Second Gear, 444 Haywood Rd, Asheville

Sunday 8/20, 1–4 pm, Archetype Brewing, 265 Haywood Rd, Asheville.

Saturday 8/26, 11–2pm, Vance Birthplace State Historic Site. Plus a retriever presentation and slide show. 911 Reems Creek Rd, Weaverville.

SAVE THE DATE

SEPTEMBER 1 (FRIDAY)

Labeling the August Town Crier

Volunteer labelers welcome, 10:30 am at the Fairview Fire Department. If you have an hour to spare, come help your community paper get in the mail. All volunteers: kindly RSVP to Patti Parr, pattiparr@yahoo.com

SAVE THE DATE

SEPTEMBER 9 (SATURDAY)

Asheville Humane Society at Mix 96.5's Dog Day Afternoon

12-5pm at Salvage Station. Huge adopt-a-thon, doggie contests, pet-friendly vendors, music, food & beer. Tickets \$8, \$5 if you bring your dog.

SEPTEMBER 23 (SATURDAY)

Democratic Party Hoedown

Candidate Meet & Greet, music and dancing and a pig pickin' with the fixins from 5–8pm at Sherrill's Inn, Fairview. For info or to help, email mprescottwalsh@yahoo.com or betty@lifftheadership.com



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OCTOBER 6 (FRIDAY)

Fairview Elementary Fall Festival

Beginning at 4pm on the ball fields.

OCTOBER 22 (SUNDAY)

First Annual Fairview Area Art League Art Show.

1–5pm in the parking lot at The Hub of Fairview. For info, 628-1422.

IDENTIFICATION STATEMENT

The Fairview Town Crier is a 501 (3) (c) company that publishes a monthly community newspaper. Twelve issues are delivered free on or about the first of every month to 8,400+ households in Fairview, Gerton, and contiguous parts of Reynolds and Fletcher, North Carolina. The Fairview Town Crier is located at 1185F Charlotte Highway, Fairview, North Carolina 28730; mailing address is PO Box 1862, Fairview, North Carolina 28730. Subscriptions are \$30 per year and will be mailed First Class on or about the first of each publication month. Visit fairviewtowncrier.com for details or to order online.

Editorial Policy: The Fairview Town Crier reserves the right to refuse any advertising or editorial submission deemed inappropriate for the tone and style of the publication. A best effort has been made to verify legitimacy of information received and published. Views expressed in columns and/or articles do not represent those of The Fairview Town Crier.

Submissions: Announcements, community news, upcoming events, personal notices, letters, etc. will be published free as space allows. Email to copy@fairviewtowncrier.com. For staff directory, contacts and additional information, please see page 31.

BACK TO SCHOOL SPECIAL

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If you decide to purchase additional treatment, you'll have three days to change your mind and receive a refund.

Edward Reilly, DC

I had been suffering from lower back pain for over three months and the drugs I was taking to ease the pain, were not helping. Seeing a chiropractor helped me in multiple ways...I don't have the back pain anymore, I can bend over better, and most importantly, my attitude has changed. Thanks to Dr Reilly I'm less crabby! I suggest anyone with similar conditions, visit a chiropractor!

— Chuck B.

I came to Dr. Reilly for excruciating back pain that was making it difficult for me to walk. I had the pain for approximately 1–1/2 weeks prior to coming in the office. Dr. Reilly adjusted my spine and manipulated my lower back. The next day I was pain free. I was able to walk a lot easier after the adjustment. I had previous back surgery in May 2013 and physical therapy on my shoulder more recently. I would highly recommend a consultation with Dr. Reilly.

— Daniel B.

I suffered with lower back pain for years and had good results with chiropractic years ago. My friends told me how Dr. Reilly of Fairview Chiropractic Center had helped them and I decided to call. Dr. Reilly explained my condition in terms I could understand and laid out a treatment plan designed just for me. I followed this plan and today I am out of pain. After my course of care I find I am able to do things without pain that I previously could not do — housework, yard work and even brushing my teeth. I have more energy throughout the day to do activities that were limited before due to pain. If anyone is putting off getting care for any reason, pick up the phone and call Dr. Reilly, it is worth the effort.

— Bernice C.

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PROGRAMS AND EVENTS FOR KIDS



Ready for the Eclipse?
We're Live-Streaming It!

The library will have solar-filter glasses that make it safe to view the eclipse. Pick up a pair anytime during the month (while supplies last). The library will also be hosting a live video stream of the eclipse on August 21 from 12–4 pm in the Community Room. *See full story on page 1.*

Summer Reading Program

The Buncombe County Public Library Summer Reading Program is still going strong, but is set to end on the last day of August. Until then the library will still be hosting fun-filled programs and events and also giving away a free book to any child who visits the library just 4 times this summer.

To earn a free book, each child must come to the library and pick up a special summer reading bookmark. Each time they visit the library between June and August, they bring the bookmark with them to collect a stamp.

Once they have collected all four stamps they can pick out a book to keep forever.



LEGO Club

On Friday, August 4 at 3:30 pm, join us for special builds, creative challenges, and a whole lot of fun. You bring your creativity; we'll provide the blocks!

Maker Space

Creative opportunities abound all summer in our Maker Space, with self-directed activities available for children and teens, including blackout poetry, book cover selfies, and grown-up coloring. The station is always changing, so make sure to check out the latest project next time you're in the library.

ADULT PROGRAMS

The Friends of the Fairview Library will meet on Tuesday, August 8 at 7 pm. All in the community are welcome to attend.

NEW BOOKS IN THE LIBRARY

Adults

On Her Majesty's Frightfully Secret Service by Rhys Bowen (8/1)

The Address by Fiona Davis (8/1)

Morningstar by Ann Hood (8/1)

Any Dream Will Do by Debbie Macomber (8/8)

Barely Legal by Stuart Woods (8/8)

The Last Tudor by Philippa Gregory (8/8)

TEACHERS & HOMESCHOOL PARENTS

The Fairview Library is here to support you in any way we can. As you start a new school year, be sure to see the Teacher Subject Request from on the Library website. Our librarians will pull books and other materials relating to any area of classroom study (e.g. ancient Egypt, seasons, emotions or families) and then email you when they are ready to be picked up.

BOOK SALE AT THE LIBRARY



The Friends of the Fairview Library Book Sale is always accepting donations. If you have any gently used books, CDs, or DVDs that you would like to donate to the book sale, drop them off during open hours to the circulation desk. Receipts can be provided upon request.

Fairview Public Library

1 Taylor Road, Fairview
828-250-6484

MON/WED/THURS/FRI 10 am–6 pm

TUES 10 am–8 pm SAT 10 am–5 pm

CLOSED SUNDAY

MOTHER GOOSE TIME (4-18 months)
Tuesdays 11 am

BOUNCE 'N BOOKS (toddler, preschool)
Wednesdays 11 am

PRESCHOOLER STORY TIME (3-6 years)
Thursdays 11 am

Children must be accompanied by
a parent/adult

Resist, Reroute, Renew, Restrict

Devious Tactics

As you are cleaning up email, trying to cut down the amount of spam you get, you may decide to unsubscribe from mailing lists. Unless you really trust that company, the unsubscribe link at the bottom of junk email may do nothing more than confirm you actually read email, thus raising the value of your email address to be spammed.

Go With the Flow

Sometimes a flowchart is the best, perhaps even the only way, to visualize how to work through complicated tasks and decisions.

However, you don't need flowchart software very often so take advantage of free software. Dia at <http://dia-installer.de/> is one of the granddaddies here, often compared to Microsoft's Visio. Another one to consider is ThinkComposer at <http://thinkcomposer.com/> which can handle more complex charting needs than just visualizing flows.

Try a Change of Scene

Changing out the wallpaper on your desktop can make your day more beautiful. But manually doing it is such a hassle, so make use of some of the wallpaper managers like Splashy <https://splashy.art/>, Wallcat <https://beta.wall.cat/>, or Irvue <http://irvue.tumblr>.



Encrypt your USB flash drives by using a whole drive tool, like those listed below.

com/. Sometimes, the little daily changes make it all feel new again.

Encrypt a Little

Many of us use USB flash drives to copy or back up our data, but we need to be careful, as it's very easy to lose these small, portable drives. So, encrypt those drives by using a whole drive tool like VeraCrypt <https://portableapps.com/apps/security/veracrypt-portable> or Rohos Mini Drive <http://www.rohos.com/products/rohos-mini-drive/> if you need something that does not require Windows administrator rights to run.



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Ramsey Garden Featured in Southern Living

Check your newsstand for *Southern Living* magazine: the garden and yard of Terry and Mary Alice Ramsey of Fairview will be featured in the August issue.

Following an unanticipated email by an admiring gardening friend, *Southern Living* contacted the Ramseys in the summer of 2015 with a request for photos and information about their garden and yard. The Ramseys, who have participated for the past two years in The Gardens of Fairview Tours and this year in the Buncombe County Extension Master Gardeners garden tour, were pleased to agree. They were photographed last summer and interviewed this spring, and will enjoy the honor of the article in the August issue. So thanks to their extraordinary gardening and landscaping skills, Fairview is in the spotlight!

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Sviatlana (Lana) emigrated to the United States in 2003 from Belarus and is fluent in Russian and Belarusian languages. Lana began her career as a pharmacy technician in a small family-owned pharmacy in Boston and quickly fell in love with the profession. In 2008 Lana and her husband Chris moved to the Asheville area where she worked as a pharmacy technician at Mission Hospitals. Lana began attending Wingate University School of Pharmacy and graduated in May 2017. Together she and Chris have a little girl Viktoria and a hound dog named Bim. During non-working hours, she enjoys cooking, swimming, reading, traveling and spending time with her family. Lana prides herself on superb customer service and is super excited to be part of the Americare team.

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50 ACRES IN CANE CREEK VALLEY. Equestrian property with 10 pasture and 40 wooded acres to the ridge top with spectacular views, trails, springs and creeks. **\$950,000, MLS 3208439.**

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Best, Swannanoa Bridge, Biltmore or Foster Place

The area we call *Biltmore* has had many names over the years. The township and mail delivery area goes from the soccer field at the old recreation park to the French Broad River, and south from Newton Academy Cemetery to Skyland. Most of the two- or three-square-mile area of what might be called downtown Biltmore was originally owned by the Forster/Foster family.

"Frontier Luxury"

Buncombe County historian Dr. Foster Alexander Sondley wrote in his *History of Buncombe County* that William Forster Senior or 2nd (1748-1830) was the first resident of what is now Asheville. Forster's home was located at the head of the present McDowell Street viaduct. He chose this higher location because both sides of the Swannanoa River were mostly swampland from the river's head at North Fork to where it emptied into the French Broad River. The Forster property ran south from Mission Hospital to around Rock Hill Road. William Forster drained much of the swampland along the Swannanoa River, and most of it became very rich farmland, although in rainy years his crops suffered as a result of the high water table. William Forster was said to live in "frontier luxury."

Captain Thomas "Tommy" Foster (1774-1858) (he dropped the r from his name) ended up owning the lion's share of his father's land and added more land to his

holdings. Foster married Ora Sams (1778-1857), the daughter of Captain Edmund Sams, Buncombe County's first coroner, and built his home on Sweeten's Creek near the point where it empties in the Swannanoa River. Foster built the first bridge across the Swannanoa River; it was located a short distance east of the present Swannanoa River Bridge near where Sweeten's Creek enters the Swannanoa. Tommy Foster not only farmed but also built a hotel, a gristmill, a sawmill and other enterprises on his property. He also built the road that is now called Biltmore Avenue, from the entrance to Kenilworth Road to the foot of the hill. The road then curved east to the bridge Foster had built over the Swannanoa River.

The Old Drover's Road from Tennessee and Kentucky to the rich markets of South Carolina and Georgia passed through Foster's property. Foster's daughter Rachael Rebecca Foster (1820-ca.1902) met her future husband William Garner (1810-1873), a drover from Winchester, KY, as he passed through the area. Aunt Rachael moved to Winchester, where the Garner family was very prominent. Rachael's son John Edwin Garner (1851-1941) was mayor of Winchester and a well-known businessman, as was his brother William H. Garner (1849-1937). John Garner was called "Kentucky Mayor" and was a popular dinner speaker at meetings all over the eastern United States.

Capt. Thomas Foster died in 1858. Joseph



Reed bought 1250 acres of Foster's land after his death, a purchase that included almost all of central Biltmore. Reed was born in Fairview in 1827, the son of John Reed (1802-1885) and Lavina McBrayer (1807-1875). Joseph Reed's grandfather was Eldad Reed II (1768-1849), husband of Achsa Lanning. Joseph Reed tore Thomas Foster's house down and built a new house for himself. Reed built several ponds in Biltmore, plus a sawmill, gristmill, carding mill, hotel, butcher shop, store, and brick railroad station.

On March 29, 1880, W.J. Best and Associates bought the state of North Carolina's interest in the Western North Carolina

Railroad Company. The railroad was under construction at the time and had not quite reached Biltmore yet, but it soon arrived at the place where Joseph Reed had built his brick railroad depot, a short distance east of the Swannanoa Bridge. The depot was called Asheville Station. A post office was built there and named the Best Post Office, but the people of Asheville refused to use that name and called the depot and area around it the Swannanoa Bridge.

William Henry Vanderbilt died in New York City in 1885. He was a son of Cornelius Vanderbilt (1794-1877), who was worth \$100 million when he died in 1877. That's

a lot of money even in today's world, and in 1877 it was equal to billions of today's dollars; it was more money than was in the United States Treasury. Cornelius Vanderbilt left all of his children well off, but he left at least 80 percent of his wealth to his son William Henry Vanderbilt. Cornelius believed that the hardest-working, most ambitious male in the family — his son in this instance — should get the bulk of the Vanderbilt fortune in each generation. He believed this would ensure that the family's wealth would continue to grow and increase in value.

William Henry Vanderbilt proved his father correct. In the eight years after his father's death, he increased the family fortune to around \$400 million. However, William Henry did not follow his father's advice; he divided his fortune more or less equally among all his children. The result was exactly what Cornelius Vanderbilt had feared — the fortune was for the most part squandered. William's sons Cornelius and William Vanderbilt were hard workers and managed their money fairly well; their wives, however, made them build outrageously expensive mansions in New York City and Newport, RI, so they could break into Mrs. Astor's New York "high society."

George W. Vanderbilt, the younger son of William, brought his mother Maria Kissam Vanderbilt to Asheville on a visit. George like the area and decided this was the place to outdo all his brothers and sisters and

build the grandest mansion of all. He began buying up land south and southwest of the Swannanoa River in 1888, eventually acquiring over 130,000 acres. But the land where he planned his village was so wet and swampy that he had to haul in over 40,000 cubic feet of dirt to make it buildable.

Best to Biltmore

The name of the town of Best was changed to Biltmore on March 20, 1890. Vanderbilt spared no expense on his Biltmore mansion, but he apparently never paid attention to his finances — one day he had to tell his builder that he had run out of money. This shocked the builder, who had thought the budget was limitless; he told Vanderbilt that if he had only known, there were many ways he could have saved money.

The house was not completed until many years after Vanderbilt's death, but Cornelius Vanderbilt was surely already turning over in his grave over his grandchildren wasting his money. Or perhaps not, since if he had known what his worthless blatherskite (one of Cornelius' favorite words) grandson George was doing, he might very well have come right up out of his Staten Island grave and killed him.

Local historian Bruce Whitaker documents genealogy in the Fairview area. He can be reached at 628-1089 or brucewhitaker@bellsouth.net

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WEATHER CORNER TOM ROSS

A Special Look at the Hurricane Hunters

If I could predict the location of where tropical storms/hurricanes would hit the United States a month in advance, I could retire on Easy Street and run the best forecasting operation in the world. However, we really aren't there yet and quite frankly I'm not sure we ever will be.

However, the important thing to remember with Hurricanes is this: it's not very important to predict the number of named storms each year. The whole story with hurricanes is location, location, location. Where are they going to strike? All it takes is one category 3 hurricane striking a populated area along our eastern seaboard and we have a multi-billion dollar disaster on our hands. Since the US coastline is in a favored path of these storms each year, it's only a question of time until a major hurricane will strike the coast again.

People have been flying into hurricanes and typhoons ever since 1943, when Colonel Joe Duckworth flew a single-engine AT-6 trainer aircraft into a Category 1 Surprise Hurricane off the coast of Texas. Hurricane hunting

became safer with the introduction of sturdier four-engine planes, but flying through the eyewall of any hurricane remains a dangerous occupation — one that has claimed six hurricane or typhoon hunter planes, with loss of 53 lives. Five of these flights were into Pacific typhoons, and one into an Atlantic hurricane.

This month we deviate a bit from our regular report and look more in depth at what the Hurricane Hunters do. The primary mission of "Hurricane Hunters," the 53rd Weather Reconnaissance Squadron (53rd WRS), is to conduct tropical storm reconnaissance. The 53rd WRS is aligned under the 403rd Reserve Wing located at Keesler AFB in Biloxi, Mississippi. Although the airplanes and people are Department of Defense assets, the unit's "primary tasking" command is the Department of Commerce. Although it's a strange setup it has worked well. Tropical reconnaissance is governed by the National Hurricane Operations Plan, which specifies that the 53rd WRS will support

24-hour-a-day continuous operations and have the ability to fly in up to 3 storms at a time with a response time of 16 hours. I am sure you're now thinking "3 storms a day, that would never happen!" Well, the Area of Operation is not just the Caribbean and the Atlantic; it actually extends from the Mid-Atlantic (55W Longitude) to the International Dateline in the Pacific.

The impact of hurricane hunter data is significant — up to 30% more predictive accuracy, according to the National Hurricane Center. That 30% metric sounds great, but what does it really mean to the public and the government? Without recon data, the forecast would have a much larger margin of error; and considering the estimated cost to evacuate one U.S. coastal mile at one million dollars, the savings can be enormous.

Indirectly, the Hurricane Hunter's data save lives as well. Since people believe the forecast, they heed warnings and evacuate the affected areas. Without the only operational hurricane reconnaissance unit in the world flying into storm every season, the negative impact on forecast accuracy could be devastating. For more in-depth information on what these folks really do during a mission visit hurricanehunters.com/mission.



Meteorologist Tom Ross managed the Climate Database Modernization Program at the National Climatic Data Center.



A 1950 *Popular Mechanics* cover story dramatized the dangers that the early typhoon hunters faced. "It is impossible for me to describe accurately or exaggerate the severity of the turbulence we encountered. To some it may sound utterly fantastic, but to me it was a flight for life.... It is amazing to me the ship held together as it did."

August Trivia Question

What is the main instrument used by the Hurricane Hunters to collect actual hurricane data?

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LOT 4	SPEC HOUSE	\$525,000
LOT 5	0.86 ACRES	\$7 SOLD 0
LOT 6	0.83 ACRES	\$69,000
LOT 7	1 ACRE	\$7 SOLD 0

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Faith

Two years ago I started having trouble catching my breath when I first lay down in bed at night. My doctor explained a list of possible problems and proceeded to run test after test, checking off heart disease, COPD, pulmonary edema, cancer, etc. As it turned out, I was actually quite healthy. Still, my breathing capacity was significantly reduced. Four months after the breathing symptoms began I was sent to a neurologist whose physical exam gave me a tentative diagnosis and recommended a test called an EMG, which confirmed that I had the last illness on the original list: I was diagnosed with ALS, a neurological disease which causes muscles to atrophy.

The current prognosis for ALS is the life expectancy of 2 to 5 years. My diaphragm has now weakened to the point where I have about 35% of my normal breathing capacity. I need a machine to breathe for me if I lean back in a chair or lie down. I can still walk but avoid hills. I get choked easily, it is difficult to chew and swallow, and my speech gets slurred if I talk much because my mouth and throat muscles are also weak. My right arm and hand hang limp at my side. The FDA has approved one new drug for ALS in the last 20 years that may help slow it down, but there is currently no cure for ALS.

So what does all this have to do with faith? I believe I am connected to all things in ways I don't yet understand. This faith helps me to acknowledge the existence of these

and other unknowns or unknowables. By accepting the fact that there is much I don't know, I open the door to possibilities I may have otherwise missed.

I have reason to grieve for my physical losses, but at the same time I feel a responsibility to pay attention and to live each day open to possibilities. Though I get frustrated sometimes when confronted with my losses, I also feel challenged to open: my eyes, my ears, and all my senses, including my emotions, in spite of my fear and anxiety. I don't want to miss opportunities to experience and gain knowledge my journey may offer me.

There are many paths to faith. Faith, for me, is not about some particular set of rules or anticipated outcomes. Consider the difference between praying for something within your limited knowledge — “Cure me” — and seeking to expand your knowledge, to better understand, accept and deal with possibilities — “Teach me.”

My last article mentioned something called “assuming the poise of a dying man.” “It is the poise of knowing what is important and what is not, and of being accepting and forgiving.” Our journeys are less complicated if we attain this poise. Of course I don't expect you to be jealous when learning of my illness, but I do hope you are somewhat intrigued about developing some of the aforementioned poise, connectedness and faith without having to first get a terminal diagnosis.

How are you at matching your values to your actions as you set your priorities? How are you doing in terms of accepting and forgiving? One key to developing “the poise” seems to be related to how you handle fear. Fear is a useful tool, often a starting point, so it's not about disparaging the emotion of fear. The unknown, such as death and dying, can be frightening. New perspectives expose us to our own ignorance and can add to our anxiety. Faith in possibilities, connectedness, and acceptance of the unknown allows us to see through this fear and anxiety. You are challenged to move through fear and anxiety into possibilities, through being judgmental into acceptance and forgiving.

While our journeys are connected, we do get to set our own priorities. Try the following:

- 1 Take a deep breath in and as you slowly exhale; accept a possibility you have been resisting.
- 2 Repeat #1, only this time, forgive someone.
- 3 Repeat #1, only this time, proclaim “I am here!”
- 4 Repeat #1, only smile and hug someone you love or someone who likes you enough to hug you back.

You are here.



Blair Clark is a Licensed Professional Counselor Supervisor and author of *Answers to What Ails You (AWAY)*.

The Cat Still Lives

*The darkness of the unknown appeared flat
So we used our imaginations to color in the darkness with our fears and anxiety
creating an illusion of depth*

*Remembering what curiosity did to the cat
we allowed ignorance to drive our journeys.*

*Some, however, kept staring the unknown in the face
noticing something different each time eventually discovering all journeys are connected and have real depth
helping us to develop faith, to let go of ignorance and start to see through our fear and anxiety*

*We released our imaginations from the dark flat false front of the unknown
discovering how curiosity and wonder lets us explore our faith and sometimes find out what lies beyond*

So we learned to use our connection and the new light of faith to fill the darkness

*We accepted the value of curiosity, awareness and knowing
and came to find out the cat still lives.*

Drovers Road PRESERVE



Join us on August 13th, when we will have the Community Open for you to tour from 1-4 .

Located on the Drovers Road Scenic Byway, Drovers Road Preserve is a place of natural beauty and unique value. A 110 acre conservation easement surrounds this neighborhood in the heart of Fairview farm country. **10 homesites** are available with 1.6 to 8+ acres, from \$210,000 to \$265,000.

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Fun in the Sun: Protect Yourself

My wife and I were hiking down the south rim of the Grand Canyon on our honeymoon. We ended up hiking with a park ranger for several hours; he told us that every year a number of people die from heat stroke, usually due to being ill prepared, while doing exactly what we were doing.

These days, we are fortunate to live in an area that continually garners accolades as a great place to live and visit. If you love the outdoors, it is hard to imagine a location with more to offer. From being named one of the 20 coolest towns in America for outdoor adventures, to being named one of the 16 best places to live by Outside Online, there is no shortage of recognition for the many opportunities to explore the natural beauty of our community.

But there can be a downside to all that fun in the sun. As we enter the dog days of summer, with ever-rising temperatures and increasing humidity, heat-related illnesses increase. Here's what to look for, and how we can help you should you experience one of these issues.

Heat-Related Illnesses Symptoms

Heat cramp symptoms can include:

- Severe, sometimes disabling, cramps that typically begin suddenly in the hands, calves, or feet
- Hard, tense muscles

Heat exhaustion symptoms can include:

- Fatigue
- Nausea
- Headache
- Excessive thirst
- Muscle aches and cramps
- Weakness
- Confusion or anxiety
- Drenching sweats, often accompanied by cold, clammy skin
- Slowed or weakened heartbeat
- Dizziness
- Fainting
- Agitation

Heat exhaustion requires immediate attention.

Heat stroke symptoms can include:

- Nausea and vomiting
- Headache
- Dizziness or vertigo
- Fatigue
- Hot, flushed, dry skin
- Rapid heart rate
- Decreased sweating
- Shortness of breath
- Decreased urination
- Blood in urine or stool
- Increased body temperature (104°-106°F)
- Confusion, delirium, or loss of consciousness

continued on page 30

What I Wish I'd Known About My Knees

The headline above is taken from a recent article in the *New York Times* about interventions for chronic knee pain and certain procedures that are common in the treatment of osteoarthritis. As many of you understand far too well, chronic knee pain is very common. Personally, I've had two meniscal injuries from playing basketball and skiing my entire life. Damage to the meniscus, that small cartilaginous material that protects the joint between the thighbone (femur) and the lower leg bone (tibia), can lead to tremendous wear and tear on the actual bone in the knee joint. Osteoarthritis (OA) is wear-and-tear arthritis just like a meniscal injury.

New Treatment Data

We've recently learned several new facts about treating osteoarthritis and meniscal injuries. The first is that there is a lot of new data to support that Tylenol (acetaminophen) is not very helpful for large-joint arthritis. Many of you know this from personal experience, but now there is data to back it up. The unfortunate part of this new finding is that Tylenol has been the mainstay for treating chronic pain from OA for many years. Overall, it is much safer than NSAIDs (naproxen, ibuprofen) and also, of course, opioids, which are our last resort. This leaves us in a predicament.

The other startling news is that certain

procedures such as arthroscopic surgery and joint injections with steroids and hyaluronic acid aren't so helpful either. There have been several studies demonstrating that surgery versus no surgery produces the same results after six–12 months. This is not true in every case; some cases often require surgery, but unfortunately routine knee arthroscopy, we have learned, does not provide a miracle cure and may not be any better than a placebo.

A recent study in the *British Medical Journal* published in May concluded that arthroscopic surgery for OA and meniscal tears failed to result in either lasting pain relief or improved function.

The same is true for knee injections. Although I have lots of anecdotal evidence from my practice that steroid injections are helpful in prolonging the need for a total knee replacement — the ultimate and final treatment for a bone-on-bone knee — the data to support it is not very robust.

The same is true for the expensive injections of hyaluronic acid (Synvisc) — there just is no great benefit from it. Other recent studies have shown that steroid injections every three months for two years actually accelerated the loss of knee cartilage.

What To Do?

So now we have learned that not only does *continued on page 30*

The Road to Addiction Recovery: Take Action — Take Control

If you're suffering with an addiction, here are six simple actions to begin immediately to jump-start the brain's "re-wiring" process. Even if you've completed none, one, or many rehabilitation programs, you can start here immediately: you'll have far greater success meeting your long-term goals if you do.

Meditate Daily

Research continues to show how sitting quietly for periods of time with a focus on "present moment" sensations like breathing can allow for greater focus, clarity of thought, and self-regulation. Start at five minutes and work to 20 minutes daily.

Exercise Daily

One of the best ways to control and improve functions of our brain's neurotransmitters is to do vigorous exercise daily. Get your heart rate up, do resistance training and high intensity activities, but most importantly, move daily.

Eat Smart

Eat whole foods: eliminate refined and processed foods (anything in a bag, box, or can); increase healthy fat and protein intake; limit sugar (which can be as addictive as alcohol, heroin, or cocaine); and stay well-hydrated.

Breathe

While there are many types of breathing, start with a simple exercise that will send more

oxygen to your brain and relax you. Breathe in a 1:2 ratio (e.g. five seconds in, 10 seconds out), in through nose, out through mouth, 10 times, three times minimum per day.

Socialize

Our need to connect with others is directly related to brain function. Science shows that when people are socially isolated they can develop behavioral struggles and fail to thrive.

Set Goals

Setting and achieving realistic goals promotes the same rush of our "feel-good" brain chemical, dopamine, that certain drugs provide. Why not replace the unhealthy with the healthy? Start small and build momentum — you'll be amazed by what you can achieve.

Further, if you or any loved ones struggle with addiction, a relationship with a qualified therapist is of extreme importance. Once this relationship is established, you can begin to explore the variety of options available to you to help you achieve lasting recovery.

For more information on brain training in the treatment of addiction, download a free e-book at <http://bit.ly/2uHTRQp>



Dr. Trayford is a Board Certified Chiropractic Neurologist. More at ApexBrainCenters.com

I Did It!

Progress Report

I am now beginning to realize, from a consumer's point of view, how daunting a task it is to prepare for the Medicare years. Being a seniors' insurance agent gives me a distinct advantage over most. I've got a pretty good handle on the Medicare insurance A, B, C's and D's, but it's different when the decisions that must be made are about my wife and me! Yeah, I knew that I'd have to sign up for Medicare, which was easy, and I knew how, but making the decision was more intimidating than I expected.

My VA Benefits

Last time we met I had given myself a homework assignment. Since I'm a vet, I called the VA to apply for benefits. This gave me the chance to talk to some of the nicest folks ever, at the VA Medical Center located in Oteen, who are anxious to help vets find the benefits they earned and deserve. It turns out that many vets don't or won't apply to see if they qualify, says Anita, who works in the department helping vets with their applications. That mirrors the experience I've had when trying to encourage vets who were intimidated about applying for their benefits. It doesn't have to be intimidating. Anita and her team recognize that each vet is different, and they bend over backwards to get them what they need. As it turns out, the needs-based income restrictions disqualified me,

but those restrictions are a lot more generous than I expected, which means that if you're a vet, there may be some significant benefits awaiting you if you just ask.

The Decision

Because I'm on my wife's group medical plan, I had to determine if it would be more beneficial to enroll in Medicare. It has good doctor benefits with higher deductibles, along with Rx and robust dental benefits. Medicare's deductible (\$183) would have been less, and with a supplement there'd have been no additional costs. The cost of the group plan including dental and Rx is less than the combined premiums of the Part B, Medsup, and Part D Rx, but without dental. Because of my health history, we had ruled out Medicare Advantage as an option at this time. Our final decision was to stick to the group plan and delay Part B enrollment, which saves the Medsup open enrollment for another time and keeps all our options open. That seemed to be the best fit for us.

I accomplished all of this in 20 minutes online at socialsecurity.gov. What's the best fit for you? Give me a call.



Mike Richard is president of Prime Time Solutions. Contact: 628-3889 or 275-5863.



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Fairview Elementary Fall Festival Coming October 6



Fairview Elementary's PTA is hard at work planning another fantastic Fall Festival. This annual event will be held on Friday, October 6, and the fun will begin at 4 pm on the school's ball fields. As always, the festival will include inflatables, carnival games, a hayride, raffle baskets, great food and more. Make plans now to attend this fantastic event and support Fairview Elementary! Funds raised will allow the PTA to continue their support of school needs such as classroom supplies, extracurricular activities, technology and playground updates and much more.

Local businesses interested in sponsoring an event can email ptafairviewelementary@gmail.com. Several sponsorship levels are available, all of which include valuable marketing opportunities. Sponsors who meet the Platinum Level requirements will have an individualized vinyl banner hung on the

school's playground fence before the event and displayed for the remainder of the school year. Sponsorships must be received by September 15 so banners can be printed before the festival.

Also, any individual or business wishing to contribute to one of the fantastic raffle baskets that will be displayed in mid-September can send an email to ptafairviewelementary@gmail.com to arrange for someone to pick up the donation. Donations may also be dropped off at the school. Basket donations received by August 18 will be listed in the booklet to be distributed to the families of over 700 students. This is a great way to show support of your local community.

Look for more information about the Fall Festival in the coming weeks. Thank you for your support!

— Kenya Hoffart



FES to Hold Food Drive September 18–22

With Fairview Elementary School starting August 28, the first big event at the school will be the Food for Fairview food drive running September 18–September 22. This is Food for Fairview's biggest drive of the year, and the hope is that it will become a friendly competition among the different grade levels!

During the drive, volunteers will go to the school every afternoon to collect donated food, take it to the pantry to be counted, sort it, and stock it on the shelves of the pantry. The class with the most donations will receive a yet-to-be-determined reward.

Food for Fairview is an all-volunteer organization supported almost entirely by donations from individuals and businesses within Fairview. The organization serves about 160 individuals each week. The pantry is open on Mondays, 3–6pm.

Donations may be made by mail to Food for Fairview, PO Box 2077, Fairview, NC 28730, or online at foodforfairview.org.

Food for Fairview is a Tax Exempt 501 C (3) Corporation. Call 828-628-4322 or visit foodforfairview.org.

FES Supply Needs 2017-2018

- Kindergarten**
- Large book bag (must fit a pocket folder, no rolling book bags)
 - Pencils (prefer Ticonderoga, decorated ones hard to sharpen)
 - 1 pair of "Fiskars for Kids" scissors
 - 2 boxes of Crayola crayons (no more than 24)
 - Large Pencil Box (hardcover)
 - 1 box of tissues
 - A REGULAR sized bath towel (NO MATS)
 - Glue stick pack (Elmer)
 - 1 zipper pencil pouch (clear with 3 holes on the side)
 - 1 pair of headphones (no earbuds please!)
 - 1 pair of new socks (erasers for dry erase boards)
 - 3 prong pocket folder
 - Hard pencil box

- 1st Grade**
- 1 plastic folder (pockets only, no brads)
 - 1 box #2 yellow Dixon Ticonderoga pencils
 - 1" hardback 3-ring notebook
 - 3 Mead 100-pg composition books (sewn, non-perforated)
 - 24-ct. Crayola crayons
 - 1 box Crayola colored pencils (12-ct)
 - Plastic pencil box (no pouches or zippers)
 - 3 glue sticks
 - Fiskars scissors
 - Large box of tissues
 - Bottle of hand sanitizer
 - Backpack (no rolling backpacks)
 - 1 package plastic baggies (sandwich, boys, gallon, girls)
 - 1 package pink pearl erasers
 - Headphones (no earbuds, they don't stay in kids' ears)

- 2nd Grade**
- 1 set earbuds/headphones (lasting quality, made to fit a child)
 - 4 sewn 1 subject composition books (wide rule)
 - 2 PLASTIC pocket folders (no brads)
 - 24-pack of yellow wood pencils (no mechanical pencils)
 - Fiskars children's scissors
 - Glue -1 bottle white glue and 8 glue sticks
 - 1 pack white board markers
 - 2 packs Crayola Crayons (no larger than 24 pack)
 - 12-pack colored pencils AND/OR THIN markers
 - Cap erasers
 - 1 highlighter
 - 2 LARGE boxes of Kleenex
 - Book bag or backpack (NO rolling book bags)

- 3rd Grade**
- 1 1½ inch binder
 - 3 ruled marble composition books (1 black/1 green/1 red)

continued on page 26

Audrey Meigs Serves as North Carolina Congressional Page

Audrey Meigs, a student at AC Reynolds High School, recently served as a page in the North Carolina House of Representatives. Audrey is the daughter of Thomas (Ted) Meigs and Karen Wallace-Meigs, and was sponsored by Representative John Ager.

The North Carolina House Page Program provides a unique insight into government by connecting students with elected leaders. Pages observe the workings of the legislative process and the structure of state government. They attend session and committee meetings and provide assistance to members and staff of the House.



Journey Through a School Year

A year ago, the A.C. Reynolds High School Parent-Teacher Service Organization (PTSO) asked parents, teachers, grandparents, and community members to donate \$10 or more to make a genuine difference in the lives of young people, and ultimately to positively impact our community. Many of you took the journey with the PTSO in 2016-2017, and everyone — from parent members to school administrators and faculty members, and, of course, students and families — is grateful for your support.

Donations to the PTSO, along with payments from the U.S. Cellular Center for hundreds of volunteer hours selling concessions, allowed the Reynolds High School PTSO to offer \$2,748.87 in mini-grants to classroom teachers to enrich curriculum and provide students with a 21st century learning experience. Novel sets were purchased. Microphones were procured for the news team. Students were helped to attend academic and music competitions. Cooking supplies were purchased to help students learn culinary skills and presentation. Science labs were bolstered, on-line learning was enhanced, and so much more — all because donors and volunteers joined the PTSO.

Perhaps most importantly, together, for

the first time, the Reynolds High School PTSO was able to award three graduating seniors with a scholarship to A-B Tech, helping those deserving young people on the next step of their life journey, an opportunity to change their lives, and to improve the lives of their families and of our community.

Partnering for Success

The PTSO's success is your success, too, and is made possible by membership dues and donated/discounted services, goods, and financial contributions by the following partners:

- Asheville Christian Academy
- Becky's Florist
- Bellagio Bistro
- Mrs. Briden's Art Students
- Chicken Salad Chick
- Chili's (Tunnel Road)
- Covenant Community Church
- Earth Fare
- Earth Fare (Hendersonville Road)
- Dolci di Maria
- Food Lion
- Hopey & Company
- Moe's Southwest Grill (Biltmore Village)
- Piazza
- PostNet
- RentAll
- Ruth and Ranshaw
- Sam's Club
- US Cellular Center

"I am honored to serve in a school where partnerships are formed for the intent of supporting future generations."

A.C. Reynolds High School
Principal Doris Sellers



...plus countless community members, alumni and families

A.C. Reynolds High School Principal Doris Sellers is grateful for the support of PTSO members and supporters, saying, "A.C. Reynolds High School is fortunate to have support from our PTSO. Through their generosity, we have been able to provide the classroom teachers grants and teaching resources that would normally not be provided through state-allowed instructional funds, especially in times of severe budget cuts to education."

She continued, "In addition to the classroom support, the extras that our PTSO provides through the Senior Honors reception, graduation project community

volunteer dinners, and Teacher Appreciation events are incredible. The blending of school, parents, and community has always resulted in the success and rich heritage of A.C. Reynolds High School. I am honored to serve in a school where partnerships are formed for the intent of supporting future generations."

Your gift of \$10 or more genuinely makes a difference in the lives of young people and their teachers. Checks may be made out and mailed to: A.C. Reynolds High School PTSO, 1 Rocket Drive, Asheville, NC 28803

Karen Wallace-Meigs is vice president of the AC Reynolds High School Parent-Teacher-Student Organization.



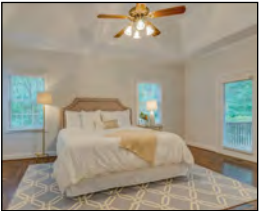
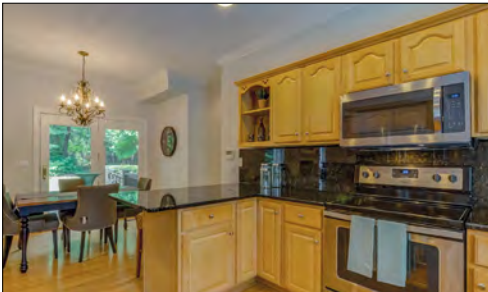
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A Taste of Pie

Sometimes topics that seem dry draw a lot of attention — perhaps they're not so boring after all! The Fund Balance for Buncombe County Schools is one of those topics. It stepped into the spotlight recently as the Buncombe County Commissioners considered their budget and the County's annual contribution to the schools.

The school system's fund balance gets publicly reported once a year, and most people look at the large lump sum figure (it was a little over \$11.3 million as of June 30, 2016) and assume that the schools have more savings than they need, and shouldn't this money be going into the classrooms?

What the public often doesn't realize is that the Buncombe County Schools relies

on this fund balance, mistakenly compared to a savings account, to keep our system running every day. Unlike a home savings account, the fund balance is divided into five different classifications, several of which are highly restricted or even unspendable. Here they are:

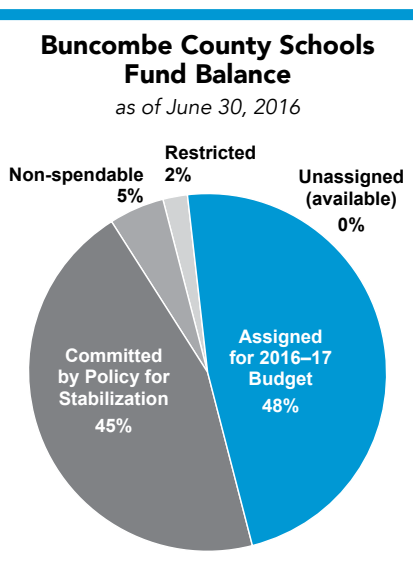
1. NON-SPENDABLE FUND BALANCE. Approximately 5% of the whole pie, these funds are either non-liquid assets (such as inventories) or are required to be maintained intact, either legally or by contract.

2. RESTRICTED FUND BALANCE (2%). These funds are restricted either by state statute or for a specific purpose (i.e. capital projects or a donor-designated program).


3. COMMITTED FUND BALANCE (45%). This amount is restricted by School Board Policy 8100, which requires that one month's worth (1/12) of the Local Current Expense Fund be set aside for use in case of emergency and to manage cash flow, since we sometimes have to pay expenses before funding arrives. Since the Local Expense Fund makes up only a quarter of the total budget, this one-month amount would not go far in the case of a catastrophic event.

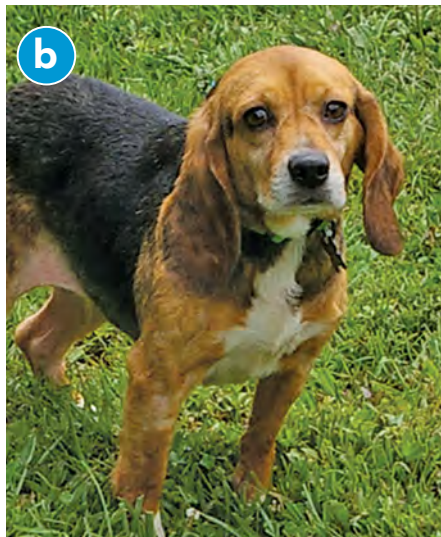
4. ASSIGNED FUND BALANCE (48%). As of June 30, 2016, Buncombe County Schools had designated nearly half the pie to balance the budget for the 2016-17 school year. Although the books are not yet closed for the year (which ended June 30), it looks likely that careful cost savings allowed the school system to avoid spending this entire amount. This is a good thing, because in all likelihood we will need to tap into this fund again to balance the budget for the upcoming school year. This part of the pie will likely be mostly or completely gone after the 2017-18 school year.

5. UNASSIGNED FUND BALANCE (0%). If we had "extra" funds in the fund balance for Buncombe County Schools, they would fall into this category. But all of the funds are assigned to one of the



other classifications; there is no "slush fund." It is the responsibility of the Buncombe County Board of Education, as your elected school leaders, to ensure both the long and short-term financial health of our school system. Understanding and monitoring the Fund Balance is a vital piece of that duty.

 Cindy McMahon is the Reynolds District Representative, Buncombe County School Board. Contact: cindy.mcmahon@bcsemail.edu.



a. Magik and Diva are a very bonded pair of kitties whose person passed away. Diva is a stunning, healthy senior girl, and Magik is about 5 years old and loves attention. During summer, older cats have a much harder time finding new homes. Please consider this lovely pair! *BWAR*

b. Abbey is a very calm, sweet, 5-year-old Beagle mix who loves people and loves to go on walks where she can explore all the exciting smells around her. She is house trained. Abbey hasn't yet been checked out medically but this will be done soon and you can still come and meet her now. *CAAR*

c. Pumba is a young guinea pig who is used to getting lots of attention from his foster family. He eats hay, pellets and salad, but romaine lettuce and carrots are his favorites. He also loves taking his vitamin C every day. *BWAR*

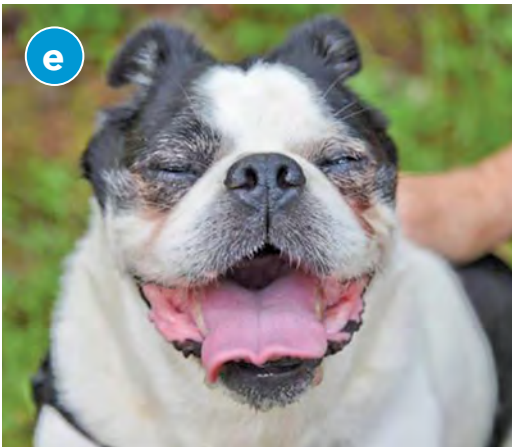
d. Magbee the rabbit is about 2.5 years old and stays at the BWAR adoption center. All of our rabbits are spayed and neutered and ready for loving new indoor homes. Stop by and meet Magbee today! *BWAR*

e. B. Max is house-trained, likes to play with other dogs and explore the world, and loves car rides. He has a pretty sit and goes into his crate when he gets tired. At the adoption center, he loved to go on Outward Hound hikes and though his legs are short and he's no spring chicken, he kept up with the big guys. Contact his foster mom at atbanskisgirl@hotmail.com to learn more about B. Max. *BWAR*

f. Crown is a chatty piglet and likes to be around people. He is very social and wants to belong in the group. He seems smart and aware of his surroundings. He lives indoors, is crate and potty trained (asks to go out by snorting), uses a ramp and small stairs well. Crown is great with kids, dogs, cats and even chickens. Contact Kristy at 4kpollicka@gmail.com to learn more. *BWAR*

g. Charlotte is an 8-month-old adorable fawn-colored munchkin of a girl and will be a medium-size dog. She adores people and is submissive with other dogs. Charlotte is in the New Leash on Life program! *AHS*

h. Belle was born on 3/26/17 and is a Diluted Torti domestic short hair; her soft gray fur looks like a cloud occasionally mixed with some apricot and darker colors....she's lovely! Belle is very smart, sweet and cuddly, and loves gentle belly rubs. *CAAR*



Local Animal Shelters and Rescue Organizations

Animal Haven of Asheville
299-1635
animalhaven.org

Asheville Humane Society
761-2001
ashevillehumane.org

Brother Wolf Animal Rescue
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Charlie's Angels Animal Rescue
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A Winter Day in Merry Olde England

As I write this, the temperature here in Western North Carolina is moving up into the 80s. The summer humidity is heading toward uncomfortable, and every afternoon the thunderstorms build up to soak us again!... and I think back to some cold, chilly days in England last winter.

England in the late winter can be pretty bleak. There are no leaves on the trees, brown fields stretch to the horizon and the sky is usually a solid shade of battleship gray. No, it's not raining! And it's not foggy in that English winter. But it's cold and that wind is whistling in from Scandinavia. So yes, it is weather designed to make one stay indoors — maybe in front of a roaring fire and armed with a hot toddy! Despite this somewhat gloomy weather, one has just got to get outside to stay sane, and many Brits love to do just that.

England's Favorite Bird

In my memory of a winter walk in the UK, a European Robin sings from atop a dead snag, its lilting song at odds with the blowing wind. This endearing orange-breasted bird has adorned Christmas Cards for many years and is England's favorite and de facto national bird. Robins all around the world have been named after their British precursor, and we can blame those travelling colonists for naming robin look-alikes in



Above, Minsters countryside, Suffolk, UK; above right, European Robin

Australia, North America and Africa.

Despite our stopping to enjoy his winter song, this delightful little bird continues to charm his admirers, although we know it's not to entertain us, but more to establish a territory and defend it from his nearest neighbors.

Farther along the path a European Blackbird calls loudly. Its staccato alarm notes are similar to those of the American Robin and serve the same purpose. There's probably a stalking cat somewhere in the vicinity, and the loud calls serve to warn other birds of this potential predator. Like the American



Robin, the European Blackbird is a member of the thrush family, a widespread and cosmopolitan family that's colonized the whole world.

A medium-sized brown bird flashes out of the bushes and quickly disappears from view. This is typical behavior from another member of the thrush family; the spotted-breasted Song Thrush used to be a common bird throughout the British Isles, but like many species, it has undergone a drastic decline over the last 30 years, and it's now quite uncommon throughout its range. The beautiful notes of the Song Thrush used

to be a common sound throughout rural England. Thankfully there does seem to have been a slight resurgence in the last few years.

The English countryside has been managed by farmers and landowners for centuries, and this has had an impact on the bird population. Many years of spraying pesticides has resulted in a lack of wildflowers, insects and consequently of birds. A walk through the bucolic fields and hedgerows can be depressingly quiet. In contrast, in a protected reserve or park where birds are often very apparent and

widespread, swallows feed overhead on the abundant insects and small flocks of tits and warblers feed through the leafy woodlands.

We finish our walk through the edge of the woods back towards the house. A Wren sings its bright song from a fallen tree and a small flock of gray and white Woodpigeons flies overhead.

With the songs of birds rarely out of earshot, this is what the English countryside is supposed to sound like.

Simon Thompson owns and operates Ventures Birding Tours. Contact VenturesBirding@gmail.com.

Handling the Heat

Now that we are in the middle of the summer, it is important to remember that heat can pose health risks to our pets. Most animals do not have an efficient cooling system such as sweating in humans, and can get overheated easily in hot weather. Panting is one of the primary ways they can cool themselves. The combination of warm temperatures, high humidity and poor ventilation can cause them to be unable to reduce their internal temperature.

Make sure that your pets have access to plenty of fresh water and shade when outside. Fleas, ticks and other parasites are also more common this time of year; talk to your vet about appropriate preventatives.

If you like to hang out with your pets outside, make sure to take hikes, runs and walks in the cooler hours of the day. Even moderate temperatures with high humidity can cause problems. Areas with creeks or ponds with easy access can help pets cool down mid-run with a soak. Pets with a heart condition and pets that are obese or have breathing problems (or are short-nosed dogs such as pugs) can be at higher risk.

You will also want to avoid hot pavement and hot sand that can burn the sensitive pads of their feet. Some haircuts can cool them down, but some lighter or thinner-haired pets (including horses) can benefit from sunscreen.

When it is hot, please leave your pets at

The temperature inside your vehicle can rise almost 20°F in just 10 minutes. In 20 minutes, it can rise almost 30°F — and the longer you wait, the higher it goes. At 60 minutes, the temperature in your vehicle can be more than 40 degrees higher than the outside temperature. Even on a 70° day, that's 110° inside your vehicle.

home whenever possible. If you have pets that are used to traveling with you, make sure to check whether they are in the vehicle you're using to prevent them from being accidentally trapped in a hot car or truck. The temperature inside your vehicle can rise almost 20° F in just 10 minutes. In 20 minutes, it can rise almost 30° F — and the longer you wait, the higher it goes. At 60 minutes, the temperature in your vehicle can be more than 40 degrees higher than the outside temperature. Even on a 70-degree day, that's 110 degrees inside your vehicle.

Heatstroke in Pets

Signs of heatstroke include: rapid panting, bright red tongue, red or pale gums, weakness, dizziness, vomiting (sometimes with blood), diarrhea and shock.

If the animal's temperature is between 104-106°F, it can often recover with prompt first aid and veterinary care, but severe heatstroke of more than 106°F can be fatal and immediate veterinary care is needed.

If you suspect that your pet is suffering from heatstroke, the best action is to start cooling your pet with cool water and seek emergency veterinary care. Move pets from the hot area and start immersing them in water, particularly on the abdomen and neck. You can check their temperature with a rectal thermometer. Allow them free access to cool water if they can drink on their own.

Your veterinarian will continue to cool their internal temperature to a safe range, start them on fluids and monitor for shock, respiratory distress, and organ abnormalities. Blood samples will be tested, particularly to check for clotting problems, as this can be a common complication.

Since this health risk is preventable, please do everything you can to keep your pets cool during your summertime fun.

Sarah Hargrove is a Doctor of Veterinary Medicine.



Humane Society Note of Thanks to the Crier

To the Editor,

I just wanted to let you know how much we appreciate how much coverage you give the Asheville Humane Society and all the animal rescues in the area and how much it helps us find homes for our animals.

I grew up in a small town and loved my town's newspaper. I enjoy reading *The Town Crier* because it reminds me so much of that experience. You all do a really wonderful job.

Thanks!!

Tracy Elliott
Executive Director
Asheville Humane Society

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Supporting the Fairview FD

Greetings, residents of the Fairview Community!

We would like to introduce our team, explain how we came to be, and share our goals with you.

In the fall of 2016, the Fairview Fire Department Auxiliary reorganized and became Fairview Fire Department Support Operations. Support Operations is comprised of people who wish to assist the firefighters and fire department in practical ways.

The Fairview community has grown exponentially since the Fire Department was first organized in 1959. The rapid rise in population created a need for growth within the department as well. What started as a strictly volunteer department has grown to encompass a main station, two substations, and two ambulances, with 29 full-time paid employees, 15 part-time employees and 12 volunteer firefighters. These personnel, while maintaining the highest level of training and professionalism, strive to provide the very best service to the citizens of Fairview.

The Support Operations' goal is clearly defined: we exist for the purpose of providing support to the fire department. While the departmental budget covers expenses such as equipment, trucks and the physical needs of personnel, the Support Operations' mission is to fill in the gaps. Emergency Services is a stressful profession; its effects often manifest physically and reach into the family lives of the personnel. Our goal is to assist in creating and furnishing a stress-free environment that allows the firefighters and paramedics to decompress before responding to the next call. In addition, Support Operations is committed to assist personnel by providing nourishment while they are on scene of larger operations, such as structure fires, searches, brush fires, etc. We hope to accomplish all of this through fundraising events and donations.

If you would like to help, you are invited to either join the Support Operations team or make a monetary donation. The Support Operations team meets at the Main Station, 1586 Charlotte Highway, on the first Monday of each month at 7 pm. Come anytime! All monetary donations can be sent to Fairview Fire Department, P.O. Box 244, Fairview, NC 28730. Please note that you wish for your donation to go towards the Support Operations team. All donations are tax deductible.

We are community members desiring to give back to the responders who take care of us all. Thank you,

Fairview Fire Department Support Operations
628-2001

The Heart of Fairview

Dear Editor,

In recent weeks I have been asking myself, and others, this seemingly simple question: "Where is The Heart of Fairview?" Several Fairview residents have tried to answer my question. Suggestions so far include the *Fairview Town Crier*; the Welcome Table; The Hub of Fairview; our library; The Lord's Acre; Food for Fairview; the Fairview Community

Center; and the glorious view of Ramsey's Farm from Highway 74 East.

On a recent Saturday evening, I dropped \$15 while looking for my favorite sauce at Food Lion. Within minutes of my loss the following sequence of events took place:

First, one of the ever-helpful employees at checkout made an announcement over the PA speaker that customers should be on the lookout for my missing \$15. Then the employee who was sweeping the floor put down her broom and helped me scour the aisles in a vain search for my lost dollars. As soon as we returned to the front of the store, a kind gentleman who was in the checkout line offered to pay for the sauce — an offer I gratefully declined. No sooner had this happened than an angel of a customer slipped the cashier a \$20 bill along with instructions to pass it on to me!

Yes — that Saturday evening the "Heart of Fairview" was certainly on display at our local Food Lion. Where will it be found next weekend?

With thanks to all those who helped me,
Tom Milroy

Reunited

Dear Editor,

I just wanted to post a public THANK YOU to our neighbors, old, new, and previously undiscovered, on Flat Top Mountain. Some weeks back, my sister and her family were visiting us from Colorado and their young dog got frightened and ran away. We were all touched by the kindness, genuine concern, and sincere efforts our neighbors put forth in tracking down Brena and helping us get her back to her family that day. (She is a sight hound mix and could have run for days and miles!)

This experience once again reminded Randy and me why Fairview is such a wonderful place to live: its people!

In gratitude,
The Wetzel Family
Flat Top Mountain Road, Fairview

Fairview Christian Fellowship
Affiliated with the Presbyterian Church in America



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Poor Man's Supper Benefit for Kids

Fairview Sharon United Methodist Church will host a benefit for Packs for Kids and Totes for Homeless on Saturday, August 19, 4–7 pm. Spaces and tables for donations will be available. Fairview Sharon is located at 2 Laura Jackson Road. Glenda Hayner is the pastor.

Fairview Sharon UMC Sunday Services are held at 9 am, and Thursday night Bible study at 6 pm. For more information call 338-0233.

Fairview Sharon United Methodist Church's K-5 Backpack Drive

On Saturday, August 5, 3–5 pm, Fairview Sharon church invites the community to participate in its Back to School Backpack Drive by bringing needed items to the church for collection. Light refreshments will be served. For a list of needed items see page 16.

The church is located at 2 Laura Jackson Road opposite Food Lion.

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Sunday: Sunday School – 10:00 AM
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It's a Boy!

Chris Norton and Jessica Sayles of Fairview welcomed Luca Stone Norton into the world on June 13, 2017, to the delight of grandparents Leon and April Sayles of Fairview and Ervin and Michaelle Norton of Candler. Luca weighed in at 7 pounds 7 ounces. Congratulations to all!

Rob Elliott Named NC PTA Director

Congratulations to Fairview resident Rob Elliot for recently being named an At-Large Director for the North Carolina Parent Teacher Association. Rob will serve on the NCPTA Board of Directors where he will offer input on important decisions that will affect all children. Rob will also continue to serve on the Fairview Elementary PTA Board as Advocacy Chair and inform the general membership about education issues and NCPTA goals.



Rob is an active community member who proudly serves on the board of directors for the Fairview Farmer's Market and supports many other local organizations and activities. He's a musician, a volunteer, a husband, and a proud father of two wonderful girls.

The Fairview Elementary PTA expresses much gratitude to Rob for his commitment to the well-being of all children and for being a voice for so many. Congratulations on this new role, Rob!

ON THE ROAD: LE MANS, FRANCE

Jay Walton of Fletcher writes: "In June, I was fortunate enough to attend the 24 Hours of Le Mans auto race in France. My son, Alex — who'd just graduated from UNCA in May — was already in Europe. The weather was outstanding — low humidity and comfortable daytime temps... and no rain this year. (From what I understand, it's not uncommon to get at least a few showers each year at this race.)

In addition to the race itself, with over 250,000 motorsport fans from all over the world, and seeing the American flag flying alongside the other nations represented at the Circuit des 24 Heures du Mans, I felt proud of my homeland. Oh, and the croissants weren't half bad either! If you're into racing, you gotta take this trip!"



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OMH Solutions Focuses on Wellness in the Workplace

Dr. Nikki Williamson Weiner and her husband David Weiner have just relocated to Fairview and re-established their family business. Their firm, OMH Solutions, provides organizational wellness solutions for businesses of all sizes. Their background is in health and wellness; David comes from a career as a social worker and Nikki is a licensed and widely experienced occupational therapist.

OMH Solutions’ business goal is to enhance employee wellbeing, engagement and productivity through customized interventions in workplace and organizational health. Their evaluations and customized job analysis tools identify areas of growth that can affect employee health, morale, and productivity. This data is used to generate an implementation plan that identifies effective strategies to improve and maintain workplace wellness.

The Weiners moved to Fairview in May after living in Haw Creek for five years. Rounding out their family are three-year-old Lola, 10-month-old Remy, their dog Ginkga and cat Pete. They look forward to checking out all the community events and taking advantage of the many local businesses in the Fairview area.

For more information on OMH Solutions, visit omhsolutions.com.

BUSINESS SHORTS

As everyone reads this issue of the *Town Crier*, our local dynamite bakery **Ruth & Ranshaw** will have closed its doors. We wish Claire and Coleen all the best in their next life venture and know the memories of sweet things will live on.

With “every door that closes another opens” and we expect **Smokey & the Pig** to open early in August. Look for the smoke and it’s a good bet there will be some succulent BBQ and ribs and chicken waiting inside.

New hours for Fairview Pizza! Later night and longer breakfast hours mean lunch service is no more. New hours are Sunday–Thursday, 3-10pm, Friday/ Saturday 3-11pm and Saturday/Sunday breakfast until 12. Seasonal hours may change so fairviewpizzacompany.com for up-to-date info and menu.

What’s with the clearing at Southcliffs? Billy Taylor told the *Crier* he’s developing *Cedar Cliff Village*, a residential sub-division of quality, single family and vacation rental homes. The 23-acre site may incorporate retail businesses as well. Construction to start in September. We’ll keep you posted.

JUNE FAIRVIEW REAL ESTATE STATISTICS				
		Max \$	Lowest \$	Average \$
Homes Listed	37	2,200,000	135,000	486,773
Homes Sold	24	1,750,000	40,200	362,394
Land Listed	17	980,000	26,000	245,212
Land Sold	8	219,000	24,000	96,750

Cool Mountain Realty provides the monthly real estate stats for the Fairview area (zip 28730).

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Members Picnic

Know what our 100 members have learned? Networking and socializing with local business folks pays off. When someone needs your services, odds are they'll think of you if they just saw you at an FBA meeting or event. And we've got the perfect Friday night “unwind” coming up. Come as you are after work (after 5 pm) on **Friday, August 4** to relax by Peterson Pond at Cloud 9 Farm. The FBA is providing the grillables, some basic sides and beverages because we want you to just come and relax. There will be soft drinks but BYOB for other beverages and if you have any special dietary needs, please let us know. **Must RSVP by replying to the email sent or email fba.president@gmail.com or call 585-7414 so we have food count.** Bring a camp chair so you sit and catch up with other local business owners and friends. Or you can go swimming, play bocci, croquet or horse shoes. Feel free to bring family members or those who wabt to learn more about the FBA.

Directions: Take 74A to Emmas Grove Road. Go 1.5 miles and make a right onto Bob Barnwell Road. Go 1/2 mile and turn left at mailbox #137. Stop at the gate and call 628-1758 if it isn't open. (Address is 137 Bob Barnwell Road in Fletcher)

Future Membership Meetings
Thursday, September 7 Lunch @ The Welcome Table Behind the Library in the community room of Fairview Christian.
Tuesday, October 10 @ Whistle Hop Brewery 1288 Charlotte Hwy

Monday, November 13 @ The Hub
(hosted by 3 different members)
1185 Charlotte Hwy, Fairview

Monday, December 4 @ Highland Brewing FBA Holiday Party

Why Join the FBA?

All FBA members live or do business within our community. When you choose a local business, you help our community thrive... and your community thrive.

Your \$60 membership includes:

- Listing in the Directory at right printed in the *Fairview Town Crier* each month
- Opportunity to display business cards in the enclosed case on the bulletin board outside of the Fairview Post Office.
- Listing on FairviewBusiness.com (logo, photo and link to email and/or website).
- Networking events at member meetings and social gatherings throughout the year.
- Opportunity to host a member meeting.

Visit the FBA website to join online via Pay Pal or your credit card. All communications are done via email so be sure the email you use to set up your profile is one which will reach the correct person in your business for future communications.

You can mail your \$60 check payable to FBA to Fairview Business Association, PO Box 2251, Fairview, NC 28730 or stop by the The Hub/*Town Crier's* office at 1185-G Charlotte Highway, Monday–Friday, 10am – 5:30pm and join in person (cash or check only). A fourth option is to join at any members’ meeting. It will be a great investment.

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Motivational Speaker321-626-2622
Mighty Oaks Montessori School338-0264
Emporium/Flea Market/Gift Shop

New Moon Marketplace.....222-2289
The Hub of Fairview.....628-1422
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Carolina Equipment Rental.....628-3004
Ed's Small Engine Repair.....778-0496
Eyecare Center

Elite Eye Care.....687-7500
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Financial Moves for “Empty Nesters”

When your children leave home and you become an “empty nester,” you’ll probably make several adjustments in your lifestyle. But how will your empty nest status affect your financial situation?

Everyone’s story is different, involving a range of variables. But here are a few issues to consider:

- Insurance – If your kids are through school, your mortgage is nearly paid off and your spouse has accumulated a reasonable amount of money in an employer-sponsored retirement plan, you may not need life insurance to replace income or pay off debts. However, you might start thinking about other goals, such as ensuring your savings will last your lifetime or leaving a legacy to your loved ones or a charity. Life insurance may be able to help in these areas.

- Downsizing – Deciding whether to downsize your living space isn’t just a financial decision – it’s also a highly personal one. Still, downsizing can offer you some potential economic benefits. For one thing, if you still are paying off your mortgage, a move to a smaller place could free up some of your monthly cash flow, which, again, you could use to boost your retirement accounts. Furthermore, if your home has greatly appreciated in value, you might make a sizable profit by selling. (If you are



single, you may be able to exclude \$250,000 of the gain on the sale of your home; married couples may have a \$500,000 exemption. Some restrictions exist on this exemption, though, so you’ll need to consult with your tax advisor before selling.)

- Estate plans – Years ago, you might have made various arrangements in a will or a living trust that dealt with taking care of your children if something should happen to you and your spouse. For example, you might have established a trust and directed it to make payments to your children at certain times and for certain purposes, such as education. But once your children are grown and have left your home, you may need to review and update your estate plans.

Keep in mind, though, that “empty nester” status is not always permanent. You’ve no doubt heard about “boomerang” kids who return home after college and stay until they

can afford a place of their own.

If your children become “boomer-angers,” even for a short while, will it greatly affect your financial situation? Probably not. However, if your children are going to drive your car, you may want to be sure that they are listed on your car insurance. Also, if they are going to bring guests to your home, you might want to consider an “umbrella” insurance policy, which typically provides you with significantly greater liability protection

than your regular homeowner’s policy. (In fact, it may be a good idea to purchase an umbrella policy even if you don’t have grown kids at home, as this coverage offers you wide-ranging protection from potentially devastating lawsuits that could arise from injuries on your property or through an auto accident in which you are involved.)

You may have mixed feelings about becoming an empty nester, but, like most people, you will adjust. And by making the right financial moves, you can get off to a good start on this new phase of your life.



This article was written by Edward Jones for use by your local Edward Jones Financial Advisor, Stephen Herbert, contact 628-1546 or stephen.herbert@edwardjones.com.

FES Supply Needs *continued from page 16*

- Ticonderoga yellow pencils
- Eraser toppers (no grips or big erasers)
- Crayola crayons
- Tissues (2 family size boxes)
- Glue sticks (packs with multiple sticks)
- 1 pair of scissors (Fiskars)
- Dry erase markers (1 pack)
- Earbuds/headphones (over-ear headphones last longer)
- Clorox wipes

4th Grade

- 4 sewn composition notebooks
- 4 Two-pocket folders (plastic are more durable)
- Colored pencils
- Scissors
- Hand-held pencil sharpener
- Glue sticks
- 1 package wide-ruled notebook paper
- Large Eraser
- #2 pencils- Ticonderoga only
- Tissues 2-boxes
- 1 package 3x5 lined index cards
- 1 pair earbuds or headphones
- Laptops: students must either have a backpack with laptop pocket or an 11.6" laptop sleeve that fits in a backpack.

5th Grade

- 2 packs of #2 yellow pencils (12 pack) – no mechanical pencils
- 1 One inch white binder with plastic sleeve cover
- 1 pack of 5 subject dividers
- 2 bottles of Elmer’s White School Glue
- Scissors (larger size needed)
- 4 sewn black and white composition books
- 2 plain pocket folders without brads
- 2 highlighters (wide tip)
- 2 packs of 12 colored pencils (Crayola)
- Handheld pencil sharpener (that catches the shavings)
- 1 pack skinny markers (Crayola)
- 1 pack of 4 Expo markers
- 2 boxes of Kleenex
- 1 pack of wipes
- Shoebox size plastic container with locking handles
- Earbuds or headphones (durable and labeled with name)
- Hand Sanitizer (Purell)
- Laptops: students must have a backpack with laptop pocket or an 11.6" laptop sleeve that fits in a backpack. Students may use the FES case from 16-17.

For a complete list, including wish list items, please visit <https://fes.buncombeschools.org/>

Taxes, Energy and Midnight Antics

The 2017 “Long Session” finished at 2 am Friday morning, June 30th. It was one of the shortest “Long Sessions” in recent memory; by contrast, two years ago it lasted through September. We adjourned, however, with orders to return for two special sessions, one on August 3rd and one on September 6th. The unfinished business includes drawing the new state House and Senate districts, as ordered by the court, and some vetoes by Governor Cooper that will come back for override votes. The September session will discuss possible amendments to the North Carolina constitution. So, enjoy the rest of your summer knowing that there is little time for mischief in Raleigh!

When I am speaking to a group, I emphasize two issues that I think are monumental in the future of North Carolina and the USA: climate change and the growth of income inequality. As the destructive forces of these two problems play out in the future, people will wonder why our leaders chose to ignore the gathering storm clouds. I do not want to be one of those leaders.

For the past 30 years, income inequality has been growing in our state and country. The rich have been getting richer, because the value of assets has been growing faster than wages. To a large degree, the problem is occurring because of strong economic forces like globalization, automation and loss of factory jobs. These trends are likely to continue. North Carolina State economist

Michael Walden has just published a book showing that our state has been hit particularly hard by the loss of middle-class jobs.

No country in the history of the world has benefitted from the fruits of capitalism more than the U.S. The role of government is to both promote the creation of wealth for our citizens and to referee the competition. Raw capitalism turns workers into a commodity. Government needs to provide opportunity through education and infrastructure. We have to have the vision to turn all medical and technical advances of our time to the benefit of all of our people, not just the wealthy — North Carolina has always been the state of the common man, where we all do better when we all do better!

Current tax and policy decisions in Raleigh have actually made income inequality worse. Cutting income taxes for the wealthy has been ongoing for the past six years, and the same is true for corporate taxes. At the same time, sales taxes have been increased. All in all, North Carolina gave away billions of dollars that could have been budgeted for teacher pay, road building and medical support for our people. Our state is growing in population and so are our expenses. Most of the economic growth is occurring in a few urban counties that need new schools and transportation, while at the same time our rural areas desperately need investments to remain fiscally viable. The legislative staff just completed an

analysis of the latest round of tax cuts, most of which will occur in the next fiscal year. The results were a sobering reminder that you get what you pay for.

Climate change is not a political question but a scientific fact, as is the contribution made to this change by so much carbon being dumped into the atmosphere. It was not too long ago that we could count on the natural world to be so grand that it was beyond the effect of human life on the planet, but that has changed. The natural world of our mountains, truly a source of inspiration, was a constant reminder of our Creator; now, tending to our planet is the responsibility of all of us, and we need our government to take the lead.

Renewable energy sources have become more reliable and less expensive, beyond what I would have predicted, and that is especially true for solar energy. In Raleigh and across the country, there is a fierce battle between new, renewable energy sources and the fossil fuel interests. Coal is being priced out of the market by natural gas, which burns more cleanly but releases carbon at the fracking sites. The Atlantic pipeline project, costing billions, will bring natural gas into North Carolina from the shale fields where it is produced. With all of the coal ash problems, natural gas will serve as a bridge fuel to keep the lights on.

However, solar and wind power will be at the other end of the bridge. We have in

the east and off the coast perhaps the best potential for wind in the U.S. However, in 2015 fossil fuel interests took away our state’s solar tax credit, which had helped to make North Carolina #2 in the nation (behind California) in this field.

One of the last bills to pass, after midnight, was a solar bill. It was a model of good legislation, vetted over months by many different interests including Duke Energy, the Environmental Defense Fund and a solar interest group. When it passed the House, I voted for it. But in the Senate, Harry Brown, who has a vendetta against wind power, tried to place a 4-year moratorium on wind projects in North Carolina, despite two large economically viable projects on the verge of being implemented. Late night negotiations scaled the moratorium back to 18 months, but I was upset with the efforts of one senator to obstruct this bill, and I voted no. The governor has vetoed it, and perhaps there will be some cooler heads to take out this last-minute, unnecessary moratorium and constraint of a better energy future.

Please remember how precious our energy sources are, and as always, I thank you for the chance to serve you in Raleigh.



*Rep. John Ager, District 115
North Carolina House of
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The Lord’s Acre’s Powerful Impact



My name is Yadi Sanchez-Esparza, and currently I am spending my time at the Lord’s Acre as their summer intern.

Every weekday begins early at the garden in order to be as productive as possible before the Western North Carolina heat arrives. Tasks for the day include general garden maintenance such as: weeding, planting and turning compost. On certain days we have groups from different organizations visiting, both from just down the road and out of state. These tend to be my favorite days, because I get to show others the powerful impact that the Lord’s Acre has on Fairview, the volunteers, and myself.

SPROUTS is a program that has allowed me and the rest of the garden crew, whom you may already know, to meet many locals on Friday mornings. Beyond these

responsibilities, our garden also supports the food security effort by harvesting our food for local pantries and food programs, such as Bounty and Soul and the Welcome Table.

Along with the educational component of my work, I do most of my learning as I work with the many plants that inhabit our garden. Every day that I spend at the Lord’s Acre I learn an immense number of small details — when to harvest leafy greens, plant names, identifying harmful pests, and how to string tomatoes. My role as the summer intern gives me the opportunity to learn under Susan Sides, who is as kind to her plants as she is to people.

The Fairview community is one of the most welcoming places I have ever spent my time, and I am thankful for the many people who have contributed to my experience.



Organic Growers School “Farm Beginnings” Training Program

Organic Growers School’s Farm Beginnings® Farmer Training is entering its third year, having graduated 45 farmers in the last 2 years. Farm Beginnings® Farmer Training is a 12-month training that uses a mix of farmer-led classroom sessions, on-farm tours, and an extensive farmer network, tapping into the knowledge of the most innovative and skilled farmers in Western NC.

Many skills are required to start a successful farm: passion, clear goals, production experience, financial and marketing know-how, and more. The Farm Beginnings® class is helps beginning farmers clarify their goals and strengths, establish a strong enterprise plan and start building their operation. The course uses a mix of farmer-led classroom sessions, on-farm tours and an extensive farmer network. Farm Beginnings® is designed for new and prospective farmers who want to plan a profitable farm business. Students do not need to currently own land, but some farming or production experience is helpful to get the most out of the class.

Organic Growers School will begin this year’s program on October 15 and is now accepting applications until September 1. New in the 2017–18 program is a 15+-hour Mentorship Program offering each student a farmer mentor to guide them in farm development, offer problem solving, provide support and guidance, as well as practical advice. Scholarships and payment plans are available.

For more information and to apply for Farm Beginnings® Farmer Training visit organicgrowersschool.org/farm-beginnings.

Pawpaw Trees

Where, oh where is pretty little Susie?
Way down yonder in the paw-paw patch.
Come on, boys and girls, let’s go find her,
Come on, boys and girls, let’s go find her,
Way down yonder in the paw-paw patch.
Pickin’ up paw-paws, puttin’ ‘em in her pockets,
Way down yonder in the paw-paw patch.
—“The Pawpaw Patch,” an Appalachian folk song

How many of us learned this traditional Appalachian folk song as kids and sang it around a campfire without knowing that pawpaws truly exist, let alone thrive, throughout our amazing Appalachian forest regions?

Back in the 70s, I had my first taste of pawpaw fruit, picked off the ground on the banks of the Potomac River near Great Falls National Park in Maryland, and it changed my life forever! My wild edible guru, best friend, and backpacking buddy turned me on to these amazing trees and fruits which grew by the hundreds along the river, with large, dark green tropical leaves and unusual rich burgundy hanging bell flowers adorning the leafless trees in spring.

We picked up the ripe, oblong, sweet-smelling fruits off the ground and peeled them, revealing their rich yellow,



Pawpaw seeds should not be eaten, as they are listed as emetic; however, the abundant seeds are a gorgeous polished deep brown hue and make beautiful necklaces.



“...when we bit into [the papaw], it was like a dream or revelation. They were so rich and luscious, bursting with flavor from the tropics, that the only comparison I could make was that they tasted like a mix between a banana, mango, and vanilla pudding....”

custardy flesh, and when we bit into one, it was like a dream or revelation. They were so rich and luscious, bursting with flavor from the tropics, that the only comparison I could make was that they tasted like a mix between a banana, mango, and vanilla pudding. The seeds were gorgeous large mahogany-colored jewels, and I was hooked for the rest of my life on pawpaws.

That September, we went down to the river a dozen times and we’d shake the 20- to 30-foot-tall narrow trees laden with fruit, and hundreds of unripe green pawpaws would rain down on us, some 3-4 inches long — and they hurt! Unripe, they were like rocks. I laughed and said we needed to get construction hardhats for protection! We gathered bushels of these amazing fruits in a few hours, brought them home and transferred them into paper bags. Several days later, the house was perfumed with the heady, sweet aroma of ripe pawpaws.

Pawpaws (*Asimina triloba*) are members of the Custard Apple family and are native to the eastern deciduous forests of North America. Pawpaws produce the largest edible fruit in North America, and they are

one of the last trees to leaf out in our region, which shows their tropical origins. One unique characteristic of pawpaws is that their flowers come out first; they are a deep burgundy hanging bell-like flower similar in color to wild ginger, a shade of red that is not common among our native wildflowers.

Pawpaws are not only delicious but highly nutritious; their vitamin and mineral composition exceeds that of peaches, apples and grapes, and their water content is similar to that of a banana. Pawpaw fruits contain many chemical compounds and are likely high in antioxidants. Pawpaw fruits are also rich in minerals such as magnesium, copper, zinc, iron, manganese, potassium and phosphorus. The fruit also contains abundant concentrations of Vitamin C, proteins and derivative amino acids.

The bark and seeds are high in acetogenins, chemical compounds that are poisonous to most insect feeders, but these compounds are also being researched for their anti-carcinogenic potential.

The fruit of the pawpaw can be eaten raw, made into ice cream or used as a pie filling. An Appalachian tradition is to make pawpaw custard, which is similar in consistency to banana pudding. Microbreweries are experimenting with pawpaw beer, and there are many references to a white wine made from pawpaws. My favorite method for eating them, however, is to simply peel them and enjoy their intense and unique tropical flavors. Mostly ripe pawpaw that are still somewhat firm can keep in the refrigerator for 1-2 weeks, but they are best used quickly as their flavors are volatile.

Pawpaws were used extensively by native peoples and the colonists of eastern North America. Lewis and Clark’s expedition feasted on pawpaws on their return trip in the fall of 1806, when they found themselves in Missouri with low food rations and little game to hunt. Many towns were named after these trees, including Pawpaw, West Virginia.

Many people are now cultivating these

unique fruits. They can be a little tricky to get established but are well worth the effort. We plan on introducing a few along our creek bed where the shade is thick and the soil is moist and loaded with natural leaf mulch.

Doug Elliot, a friend and local treasure-trove of Appalachian history, music and folklore, showed me his beautiful handmade pawpaw whip, which he made from a single small sapling. The pawpaw’s fibrous nature also led to its use for fishnets , traps and cordage.

Pawpaws are a delight to eat and beautiful to see in the forest, and wildlife love their delicious fruits as much as humans do. This is a special tree well worth taking the time to get to know and enjoy.



Contact Roger at rogerklinger@charter.net.

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VENDOR OF THE MONTH

Morningside Ferments

Jon was one of The Lord’s Acre managers a few years ago before creating and refining his fermented foods business, **Morningside Ferments**. He takes local, organic produce and creates delicious fermented foods like Sauerkraut and Kimchi, which are rich in probiotics and support healthy gut flora.

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FUN IN THE SUN: PROTECT YOURSELF

continued from page 14

- Convulsions

Heat stroke can occur suddenly, without any symptoms of heat exhaustion. If a person is experiencing any symptoms of heat exhaustion or heat stroke, **get medical care immediately.** Any delay could be fatal.

Seek emergency medical care for anyone who has been in the heat and who has the above symptoms or any other heat-related symptom that is not alleviated by moving to a shady or air-conditioned area and administering fluids and salts.

Hot Weather Tips

Stay hydrated before and during activities; try drinking half your body weight in ounces of water a day (that is, 60 ounces of water for a 120-pound person) for baseline

summer hydration. Don't begin activities if you are already dehydrated, and you should drink six to eight ounces of water or sports drink every 15 to 20 minutes during exercise, especially in the heat. Eat bananas when expecting high heat outdoor activities. Always bring a friend when doing strenuous outdoor activities so you have a buddy system in place. Make sure you supplement your diet with a high-quality multivitamin-mineral compound, and consider a travel pack of a mineral supplement.



Dr. Reilly is past president of the NC Chiropractic Association. drreilly@fairviewdc.com, fairviewdc.com, 628-7800.

WHAT I WISH I'D KNOWN ABOUT MY KNEES

continued from page 14

Tylenol not work well, but also our mainstay surgical procedures are not very effective either. What's one to do to battle chronic pain from OA?

Lose weight. Every pound one sheds represents several pounds of pressure off the knees due to the fulcrum effect. This is a very important concept. Significant wear and tear happens over years of simply being overweight. Oftentimes, ironically, exercise can be helpful for pain. Moving the damaged joint is still very important. Exercises like swimming and biking can also allow you to continue to be active.

Drugs like ibuprofen and Aleve can also be helpful, but they pose a risk to your

kidneys if taken for long periods of time, so be careful.

Physical therapy and building up the muscles that support the knees are ultimately the most effective way to protect the long-term health of your knees and to delay the inevitable total knee replacement.

These new results will have a significant impact on the way I treat OA and chronic knee pain, but again, we try to consider that everyone is unique and approach patients on a case-by-case basis.

Benjamin Gilmer is a family practice physician at MAHEC Family Health Center at Cane Creek. www.mahec.net

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COMMERCIAL BUILDING right on Charlotte Hwy in Fairview for lease. 1300 sq ft. up and \$1300 down. Potential for restaurant, brewery, many possibilities, nice outdoor space along the creek, additional parking available. Upfit to suit. Cool Mountain Realty, 779-4473.

WANTED

REAL ESTATE AGENTS! Thriving, established local real estate firm in need of experienced agent. Lots of leads furnished! Call 628-3088.

YARD SALE

HUGE YARSALE at the Li'l Church That Could. Saturday August 5, 8am-2pm. 139 Old Hendersonville Road, Fletcher.

SERVICES

CONSTRUCTION/HANDYMAN

ALL CONSTRUCTION SERVICES:



Customized building, turn-key homes, remodeling, decks. 75 Years of quality customer service. Free estimates. David Frizsell, 458-2223.

HOME IMPROVEMENT Does your house need a face lift or just a nip and tuck? 30 years of exp. in home improvement. Reliable and insured. Call Charlie at 989-4477.

SMALL CONSTRUCTION / REPAIR Experienced retired builder available. Carpentry, remodeling, repair, concrete work, small barns, porches & gazebos. Steve Norris, 777-7816, earthsun2@gmail.com.

MAINTENANCE

SHELTON TRACTOR WORKS. ROAD MAINTENANCE, post holes, dig out for storage buildings and retaining walls, tilling. Free estimates. 779-0490.

MOTOR REPAIR

CREEKSIDE MOWER AND SMALL ENGINE REPAIR Pick-up and delivery available. Michael: 275-1794

HOME CARE / CNA

COMPANION/CNA available for Private Duty, In-Home Care. CPR, Hospice Certified. 15 years exp. with excellent references. Flex. hours, 24-hour shifts available. Dependable, non-smoker. Call 400-1699 cell.

HOUSECLEANING

TRADITIONAL/GREEN CLEANING. Experienced, references available. Flexible days and hours. Call Ana at 582-1252.

LAWN/LANDSCAPING

JUAN WORX LAWN SERVICES. Mowing/trimming/blowing, mulching, pruning, pressure washing. Call for bid and misc. jobs. Insured. 712-3488.

PRAYTOR'S LANDSCAPING & GRADING — Landscape installation, Grading, Lot clearing, Retaining Walls, Excavating, Licensed septic system installer. Matt Praytor, 674-4339.

NESBITT LAWN MOWING — Basic lawn mowing, weed eating, blowing, mulching. Free estimates. Call Matthew Nesbitt 243-4759 or 338-5148.

COMPLETE LAWN MAINTENANCE. General cleanup, mowing, pruning, mulching, clearing overgrowth, tree removal. Call 628-1777 or 242-4444.

MASSAGE THERAPY

MASSAGE THERAPY, CRANIOSACRAL THERAPY. 573 Fairview Road. NaturalHealingBodywork.com \$75/hour. Sonja 407-0842.

ORGANIZING

LEWIS ORGANIZING, STAGING & CLEANING SERVICES. Free estimate. References/Insured. Email: peggyspagesinc@bellsouth.net or call 231-9777.

PET / HOUSE SITTING

EXPERIENCED PET SITTER with AAS Degree in Veterinary Medical Technology. Visits and overnight stays. Excellent references. Call 808-4350 or email Littlefriendspets.com

PERPETUAL CARE PET SITTERS in-home pet sitting. Bonded & Insured. All pets and livestock. 215-2119.

LIVING HARMONY PET SITTING Reliable, experienced care for your best friends. Insured and bonded. Pet CPR and first aid trained. Visit livingharmoniypetsitting.vpweb.com or call Gretchin DuBose, 582-3363.

ADORABLE TLC PET BOARDING/SITTING. Reasonable rates. Local home. References. 216-7051.

PLUMBING

RANDY THE PLUMBER 35 years experience. All types of home repair at reasonable prices. "I can fix it!" 216-2081.

WINDOW WASHING

FELIX THE WINDOW WASHER will make your windows shine. Residential and commercial. References. 398-8977

CLASSES

ART

ADULT ART CLASSES — Beginner to Advanced Instruction in various mediums, styles and subjects taught by nationally recognized artist, Bob Travers in Fairview location. For more information on classes, visit bobtraversart.com or call 776-6376.

MUSIC

PATIENT, COMPREHENSIVE INSTRUCTION GUITAR/MANDOLIN. Bluegrass and jazz, other traditional styles. Over 40 years experience, references. Rob Hinson 747-9616.

VIOLIN TEACHER OFFERING LESSONS. Teaching methods are music theory, Suzuki, and ear method. Call: 707-8807

MUSIC CONT'D

EXPERIENCED PIANO TEACHER convenient location on 74A in Fairview. Artistic teaching. Children through adult. Free interview lesson. Call Suzan at 777-0061.

YOGA

YOGA, RELAXATION MEDITATION AND TRANSFORMATION with Tami Zoeller. An intimate, fully equipped studio at 90 Taylor Road in Fairview. Call 280-0297 for class schedule and questions you may have. Cost is \$10 per class.

NOTICES

NEW SONS OF CONFEDERATE VETERANS CAMP (Cane Creek Rifles) maating at Fletcher Fire Department, Tuesday, August1 at 7 pm. Find out about your Confederate ancestors and southern heritage. For more info call 628-1376.

FOR CLASSIFIED ADS, CALL ANNIE AT 828 628-2211 OR VISIT OUR WEBSITE AT FAIRVIEWTOWNCRIER.COM.

VOLUNTEER FIRE DEPARTMENT PUBLIC HEARING LEGAL NOTICE

Notice is hereby given, pursuant to Public Law No. 100-647 S1013(a)(24)(A) (1988),the undersigned will hold public hearing on August 22 at 7 pm at the location listed below to discuss its acquisition by lease purchase of: one (1) 1999 Used New Lexington International Pumper, one (1) 2001 Used KME International Pumper/Tanker and Refinance of the Fire Department's Existing Debt & Financial Arrangements Related Thereto.

Approximate amount of issue: \$445,594.24.

All interested persons are invited to attend. IN WITNESS WHEREOF, I have hereunto set my hand and Official Seal at my office in Gerton this 10th day of July, 2017. Signed, Karl Bradley, Corporate Secretary. Gerton Volunteer Fire Department and Rescue, Inc. 4975 Gerton Highway, Gerton, NC 28735.

celebrating 20 years!

The Fairview Town Crier

THE VOICE OF OUR COMMUNITY™

OFFICE OPEN MONDAY – FRIDAY 10 AM–5:30 PM
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628-2211

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www.fairviewtowncrier.com

CLASSIFIEDS / ADVERTISING / SUBSCRIPTIONS

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EVENTS Annie MacNair, events@fairviewtowncrier.com

Submissions/Announcements/Events/Stories

Announcements, community news, upcoming events, Just Personals, Letters, etc. will be published free as space allows. Send a SASE if you would like your photo returned. Articles submitted must have a content and tone in keeping with the Town Crier's editorial policy. All submissions will be edited for clarity, style, and length. Materials must be received by the 10th of the month preceding publication. Include name and phone number. Unsolicited manuscripts/photos are welcomed, and will be returned if a SASE is included. Anonymous submissions will not be published. The Town Crier reserves the right to reject editorial or advertising it deems unfit for publication.

Editorial Policy

The Fairview Town Crier reserves the right to refuse any advertising or editorial submission deemed inappropriate for the tone and style of our non-profit community newspaper. Information provided has been submitted and a best effort has been made to verify legitimacy. Views expressed in columns and/or articles do not represent those of The Fairview Town Crier. Email editor@fairviewtowncrier.com or mail to Fairview Town Crier, PO Box 1862, Fairview, NC 28730. Letters of 400 words or less may be submitted. All letters may be edited and will print as space allows. No letters will be published anonymously. We will not print letters that endorse or condemn a specific business or individual, contain profanity, or are clearly fraudulent. Views expressed do not represent those of The Fairview Town Crier. Include name, address, and phone. Email letters to editor@fairviewtowncrier.com or mail to: Fairview Town Crier, PO Box 1862, Fairview, NC 28730.



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FAIRVIEW! 3 BR, 3.5 baths, private 1.19 acre lot w/ views, amazing ktchn w/stainless appliances, master ste on main w/study, gas FP, family rm, 2 ht pumps, 2-car gar, lg wraparound deck, *MLS#3279639, \$499,900!*



LEICESTER! Immaculate 3 BR, 3 bath brick home on 1.05 acres, gas logs, walk-in closets, huge garage space, **HOME WARRANTY**, long range mtn views, *MLS#3289371, \$469,000!*



FAIRVIEW! 4.78 flat acres on Cane Creek Rd in Cane Creek Valley, property not in flood zone, has well, septic tank - buyer to verify, 330 ft of road frontage, call Elizabeth 712-2469, *MLS#3296048, \$485,000!*



NORTHWEST IN COUNTY! Spacious home w/4BR, 2.5 bath on 1.55 acres, full bsmt (some finishing), 2-car gar, deck, home warranty, siding, sec sys, LR w/ gas FP, *MLS#3263712, \$370,000!*



FAIRVIEW! 3 BR, 2 bath home on .75 acres, re-modeled w/new HW floors, paint, kitchen cabinets, granite countertops & appliances, full unfinished bsmt, 2-car garage, *MLS#3282382, \$349,900!*



WEAVERVILLE! 3 BR 3.5 bath, office, cov rear deck, patio, pool, fenced backyard, home warranty, 2-car gar on main + gar in bsmt, den w/FP, fam room in bsmt *MLS#3273008, \$339,000!*



FAIRVIEW! 3 BR, 2 bath home on level 3.22 acres, **HOME WARRANTY**, nice loc, land may be divided, creek along side of property, 2-car detached gar, call Elizabeth 712-2469, *MLS#3297557, \$325,000!*



NORTHWEST IN COUNTY! 3 BR, 2 bath well built home, 1.15 wooded acres, **HOME WARRANTY**, office, private w/nicely landscaped yard, unfinished basement, *MLS#3249598, \$249,900!*



LEICESTER! 5 private wooded hilltop acres, 2 BR, 2.5 bath home, gorgeous setting, lovely views, huge great room, 2-story rock FP (gas), **HOME WARRANTY**, office, *MLS#3154545, \$239,000!*



CANDLER! 1.5 story farmhouse on level 1.18 acres, Private setting with creek & waterfall, **HOME WARRANTY**, newer ht pump, landscaped front yard, Call Tamra Fore 713-3712, *MLS#3298852, \$175,000!*

RESULTS!

Timberwood	Pending in 13 days	Mtn. Meadow Circle	Pending in 8 days
Winding Way	Pending in 34 days	Rotunda Circle	Pending in 28 days
Ridgeway Dr	Pending in 14 days	Fairfax Ave	Pending in 7 days
Bramblewood	Pending in 27 days	Liberty Rd	Pending in 39 days
Blalock Ave	Pending in 35 days	Melody Ln	Pending in 29 days
Campground Rd	Pending in 4 days	Richmond Ave	Pending in 3 days
Oregon Ave	Pending in 1 day	Lakewood Dr	Pending in 7 days
Mitchell Ave	Pending in 2 days		

Fairview Town Crier

2017 Deadlines

Editorial deadline is always the 10th!

Advertising Deadlines

September	Thur	8/10	8/17	9/4
October	Mon	9/11	9/18	10/2
November	Tues	10/10	10/17	11/1
December	Fri	11/10	11/17	12/4
January 18	Mon	12/11	12/18	1/3

Classified Ads

Deadline for Classified ads is always the 21st of the month before.

The minimum cost is \$10 for 20 words and 25¢ per word thereafter. Call Annie at 628-2211, M-F, 1-5 pm or email office@fairviewtowncrier.com.

Classified ads must be prepaid in order to run.