



The Fairview Town Crier

THE VOICE OF OUR COMMUNITY • FAIRVIEWTOWNCRIER.COM • JULY 2015 • VOL. 20, No. 7 • FAIRVIEW, NC

Oak Floor ... In the Woods! by Pat Stone

You may already know that last fall was the biggest acorn crop our local foresters have ever recorded. These woodland scientists have an 8-point scale for measuring the mast drop. A normal autumn registers a 2. This past record-beating fall registered a 7!

There have been a number of interesting side effects of this. Last fall was a tough one for bear and deer hunters. The animals didn't have to come down from the mountains for food, so many fewer were bagged than normal. Likewise, there were a lot of bear cubs born this past winter — and a lot of homes in our area have had problems with hungry bears this spring.

But not until recently did I notice one very pleasing result of last year's acorn drop: There are huge numbers of baby oaks sprouting in our woods. There are several areas (such as the area right above my house where my grove of much-loved hemlocks died) where the forest floor is actually covered with tiny oak trees. What a delight!

I can only hope that 50 or 100 years from now, those woodland areas are filled with beautiful, mature oaks—all of which will trace their roots (literally) back to the fall of 2014.

Wouldn't that be grand?

.....LOST.....

A sweet kitty named Candy has missing since June 22. She lives in the Rainbow Ridge community off Miller Road in Fairview. She is extremely precious to her owners. If you have any information, please call 242-8029.

Have You Seen this ATV?

A much-needed ATV was stolen from a Flat Top Mountain home on or about May 26 when someone broke into the owner's locked barn. The owner is a disabled veteran who needs the vehicle to help him maintain and use his property.

The ATV is a 375 Magnum, Polaris 4x4 and has a black seat and black racks on the front and back; the back rack has some damage to it.

If you have any information that may be useful, please call Buncombe County Sheriff's Department at 255-5000 or Jason Ponder at 713-6025.



JULY

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JULY 3

Asheville Tourists Baseball Game Fireworks

The ever-popular baseball team and fireworks double feature begins at 7:05 pm, when the Asheville Tourists host the Charleston RiverDogs. After the game at McCormick Field, the Tourists present their spectacular fireworks show. Those interested should get tickets in advance since these games will sell out ahead of time. For tickets and more information visit theashevilletourists.com.

Chimney Rock Park Fourth of July Weekend

On July 3-5, visitors can meet some of Grady's live woodland friends or birds of prey, a Red-tailed hawk and Great Horned Owl and try to outwit gravity with a free climb per person on the climbing tower. The program starts at 2 pm and is free with park admission.

Grove Park Inn Fireworks

The Omni Grove Park Inn produces a fireworks display for their hotel and dining guests on July 3. For more information, visit groveparkinn.com.

JULY 4

Pack Square Park — Downtown Asheville Celebration

Join in the fun in Park Square Park with family activities and entertainment, starting at 2 pm on July 4th at the annual Ingles Independence Day Celebration. The Ultimate Air Dogs will compete at 2, 4, 6 and 7:30 pm. Children will love the bouncy houses, Splashville Fountain and activities provided from 2-6 pm. A \$2 wristband allows kids to jump, bounce and race. Stage entertainment kicks off at 4 pm. Headliner for the evening will be Grammy winner Jim Lauderdale, one of the most respected artists working in Americana, bluegrass and country music. A variety of local bands will perform during the afternoon. Beer and wine will be available for purchase including local brews (with purchase of \$2 wristband). No outside alcohol, coolers, pets or vending will be permitted. Picnic in the park. Buy from food trucks or nearby restaurants. Parking is available in nearby parking decks, on the street or in private lots. The big fireworks extravaganza begins at 9:30 pm. Best views are from the park. Free admission.

Lake Julian Park

At Lake Julian in South Asheville, fireworks show starts at dark, but the park is open to be enjoyed all day. The fireworks display is one of the largest in the area. Bring blankets and lawn chairs; the park offers picnic tables, grills, a sand volleyball court, two horseshoe pits, boat rental and a playground. Parking is at Estes Elementary school across Long Shoals Road from the Lake Julian entrance. Lake Julian Park is a Tobacco Free facility. The event is free.

Lake Lure

Watch color explode in the sky from the shores or take a ride on a Lake Lure Tours boat for the best seat in the house. Fireworks start at sundown.

Montreat Small Town Parade

Montreat will host the All-American Small Town Parade on July 4 at 10:30 am. It's a long-time local favorite. Get there early to see the short, but fun parade.

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AROUND & ABOUT

Jane Jacobs Focus of Ethical Society Meeting

“Lessons from Jane: The Enduring Urban Wisdom of Jane Jacobs” will be presented by David A. Johnson, FAICP, at the meeting of the Ethical Humanist Society of Asheville on *Sunday, July 19, 2-3:30 pm*, at The Friends Meeting House, 227 Edgewood Road in Asheville.

In her remarkable career, Jane Jacobs challenged established urban planning orthodoxies and showed us how to look at and improve our neighborhoods. Prof. Johnson will speak about Jacobs’ continuing relevance to current issues of urban and national development. After Dr. Johnson’s talk, Annie Butzner, Jane Jacobs’ niece, will share memories of her aunt.

A discussion period will follow the meeting with light refreshments available. For information visit aeu.org or call 687-7759.

Blue Ridge Naturalist Entomology Talk

The Blue Ridge Naturalist Network presents Dr. David Horn from Ohio State University on *Wednesday, July 15, 10 am* at Richland Ridge conservation easement development in Transylvania County. Bring a picnic lunch; drinks and cookies provided.

Dr. Horn will discuss local moths, these fascinating nighttime (and daytime) creatures, and their role in the lives of the plants and animals around them (including us).

For more information and to RSVP contact BRNnetwork13@gmail.com.

Puppetry Workshop at Black Mountain Center for the Arts

Adapting a 2500-year-old Jataka tale to street puppetry will be the subject of a puppet intensive offered by the Black Mountain Center for the Arts on *four Mondays and four Thursdays, July 6-30, 1-4 pm*, for adults and children 12 and up. Instructor will be Black Mountain’s Judith Toy.



The workshop series will include instruction and hands-on experience in building paper-mâché puppets, dying fabric and mounting puppets on bamboo. Workshop participants will create narration, chorus and percussion.

The series will culminate in a performance at the Black Mountain Center for the Arts on *Thursday, July 30, 7 pm*.

Tuition is \$150 plus a \$10 materials fee. For information on how to register, contact BMCA at 669-0930.

Popular Chimney Rock Features Reopen

The Subway, Grotto and Pulpit Rock, long-time popular features on the Outcroppings trail at Chimney Rock State Park, have reopened after being closed since 2008.

The features offer incredible views of Lake Lure, the Hickory Nut Gorge and the Carolina Piedmont that are unique to the Outcroppings trail. Guests can hike a spur of the Outcroppings trail that circles through the three points of interest. Views of the Gorge, Lake Lure and the Carolina Piedmont as well as the “Rock Pile” can be seen from Pulpit Rock. The Grotto offers a shady place to sit and relax while viewing the Carolina Piedmont and Lake Lure. And folks will have fun walking through the tunnel of rock known as the Subway. Access to these features is provided by two different entry points as guests walk up or down the Outcroppings trail.

Chimney Rock Park summer hours are *8:30 am-5:30 pm daily*. For more information visit chimneyrockpark.com.

WNC Knitters and Crocheters Meeting

The WNC “Knitters and Crocheters for Others” will meet on *Monday, July 13, 7-9 pm*, at New Hope Presbyterian Church, 3070 Sweeten Creek Road. The group has been making handmade items for eight years, donating their creations to 18-20 local charities.

All skill levels are welcome. Contact Janet Stewart, 575-9195.

Forest Landowner Workshops

NC State University’s Forestry & Environmental Outreach Program, along with several other land and forestry agencies, will present the Woodland Steward Series 2015 Mountains Program workshops for owners of forested land on *Wednesday, July 29-Friday, July 31 and Wednesday, August 19-Friday, August 21*. The workshops are designed to empower forest landowners to manage their properties to promote environmental and forest health through increased awareness, experience and access to resources. Each workshop will be led by natural resource and land management specialists and will include both hands-on activities in the field and instruction in the classroom.

All workshops are scheduled to take place in the Asheville area including the NC Arboretum, USDA Forest Service Bent Creek Experimental Station, and the Cradle of Forestry in Brevard.

Preregistration and a modest fee are required. Registration is offered online, by mail or by phone. For more information visit woodlandstewardsnc.org.

Fairview Fire Department Auxiliary

The Fairview Fire Department Auxiliary meets the first Monday of the month. The July meeting will be held on *Monday, July 7 at 7 pm* at the Main Fire house at 1586 Charlotte Highway. All are welcome.

The Joint Next Door – Great Music, Food & Fun

The Joint is hopping most nights with great entertainment. Monday is Trivia Night with fantastic Sue hosting. Teams of up to 5 people compete with winning team getting a prize. Tuesday is Open Mic night with rotating hosts Laura Thurston, Banjo Mitch or Shawn Hagan. And guitar Dave Perkins and bassist Cary Findley will be back on July 23. Dave will be solo on July 9. Great listening bluesy jazz. Fridays and Saturdays have special bands. The Joint Next Door is at 1185B Charlotte Hwy, 222-2012. There’s an outdoor patio and take out food available from The Local Joint located at opposite end.



Two Many Ghosts Premieres at UHNGCC

Every mansion needs a ghost – everybody knows that. But what about a mansion with two ghosts? And what if these particular two ghosts like to raid the wine cabinet when they can?



Ghosts Hagatha and Theodora, who also inhabit the mansion and enjoy a stolen glass of wine now and then, are played by seasoned actors Bonnie Moore and Ruth Hudson. Heiress Ellenor Harrington (Freddie Ann Nappi) hires a realtor (Mike Hurst) who hopes to land one of three prospective buyers: Miss Triplet (Pam Lewis), Tommy “Sweets” Thomas (Don Lewis), or Lillian Wingfield (Ruth Ann Nappi). Resisting any change to the mansion is longtime, cranky caretaker Mr. Stipplehogger and his helper Lexal (Fred and J.D. Nappi). Beth Ward on the electric keyboard will provide appropriately scary music for the haunted house.

Gerton’s Hickory Creek Players present their sixteenth-in-a-row summer play, *Two Many Ghosts*, by playwright/director Helen Brown. The play promises another rollicking evening of light fare with familiar local talent. Shows are *Friday, July 24 and Saturday, July 25, doors open 7 pm, performance at 8 pm* at the Upper Hickory Nut Gorge Community Center. This is the sixth play Helen Brown has created for the Community Center.

Set in a 150-year-old mansion, the play features a young heiress who wants to sell the house, but she doesn’t have the gift of ghost-seeing, evidently a talent granted to very few people. (All playgoers will see the ghosts, guaranteed, either night attended.)

The two-act play is 1-1/2 hours with Intermission. Tickets are \$15 and can be bought at the door. UHNGCC is in Gerton, at the top of Hickory Nut Gorge on Highway 74A, with plenty of parking and handicapped accessibility.

Danny Ellis in Concert

A rare local opportunity is upcoming to hear singer, songwriter, storyteller and writer Danny Ellis, whose music one reviewer says “can bend time and space and language so it penetrates into the deepest places of the human soul.” Audiences worldwide agree, and his tour schedule is extensive, so his Fairview neighbors and Asheville fans are glad to have the chance to see him perform in person.



Perelandra Studio in East Asheville will host Danny’s concert, “His Story and His Music,” on *Saturday, July 11, reception at 5:45 pm, concert at 7 pm*. Perelandra is an intimate venue and seating

is limited, so early reservation is essential. To reserve or for more information call Song of the Wood, 669-7675.

Three Days of Music at Straightaway Café



Pierce Edens and the Dirty Work, Lyric and Brushfire Stankgrass will be featured performers at the Straightaway Café’s SummerFest on *Friday, July 17, beginning at about 5 pm until about 10 pm; Saturday, July 18, from about noon to 10 pm; and Sunday, July 19, from about noon to 9 pm*.

The Straightaway Cafe and Pub is located at 1722 NC Highway 9, just 6 miles south of Black Mountain. For more information visit thestraightaway.com or call 669-8856.

Concerts and Movies on the Lawn at SMCC



The popular movie on the lawn returns on *Friday, July 10, 8 pm kids’ activities, 8:45 pm movie*, outdoors at Spring Mountain Community Center. Please bring lawn chairs and blankets. Popcorn and drinks available for a small charge.

July’s movie will be *Harry and the Hendersons*, a charming family comedy with a heart, starring John Lithgow.

The Spring Mountain Community Center’s popular Concert in the Park series will be held on *Tuesdays, 7 pm* throughout the summer until school begins again. All are invited to bring your lawn chairs and enjoy some old-timey bluegrass music with the Berry Pickers Jam. Admission is free.

The Spring Mountain Community Center is located at 804 Old Fort Road in Fairview. For updates and more information visit SMCC’s Facebook page.

You’ve heard of North Carolina’s wine and quilt trails, but did you know we also have our very own **Cheese Trail?**



See the video at: <http://goo.gl/E6BPkB>



Looking Glass produces exceptional handmade cheese and traditional goat’s milk caramel. During your visit, order a cheese plate and stay for awhile, enjoying your purchase while taking in the amazing Fairview scenery



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AROUND & ABOUT

Americana Art Show at Red House Gallery

Americana is the theme for the summer art show of the Swannanoa Valley Fine Arts League whose members are exhibiting images of America, not just geographical depictions but anything that represents the American life today or yesterday — the flag, the Empire State Building, the Mayflower, the people and their successes, struggles, hopes and dreams — from the big city to the farmlands, “... from California to the New York Island...”

The exhibit continues *through July 29* at the Red House Studios and Gallery located at 310 West State Street, Black Mountain. Gallery hours are *Monday-Saturday 10 am-5 pm, Sunday 12-4 pm*. For more information visit svfalarts.org.



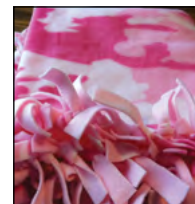
Cancer Support Group

Us TOO of WNC, a prostate cancer support forum for men, caregivers and family members, will meet on *Tuesday, July 7, 7 pm* at the First Baptist Church of Asheville, 5 Oak Street. For more information call 338-0290.

Make No-Sew Fleece Blankets for Children

The Laurel Chapter of the Embroiders' Guild of America will hold its next monthly meeting on *Thursday, June 4, 9:30 am-12 pm* at Cummings United Methodist Church, 3 Banner Farm Road in Horse Shoe, NC. Janet Stewart, a guild member, will lead the chapter in making no-sew fleece blankets for Project Linus, a non-profit organization which provides blankets to children in crisis.

Registration is 9:30-10 am followed by a short business meeting and the program. Contact Carol Foster, 686-8298 or Janet Stewart, 575-9195 for information.



July at the Light Center

The Light Center, a nonprofit center for prayer and meditation, has scheduled the following events for July:

Friday, July 3, 7-8:30 pm: Full Moon/Freedom Sound Circle at the Labyrinth.

Saturday, July 11, 2-4 pm: Recognizing & Expressing the Divine through Music and in Communication.

Saturday, July 18: Mind Body Spirit Day.

Saturday, July 25, 10 am-6 pm: Enlightenment Seminar with Mary Nadler. Fee: \$125. For registration or information: Mary@MastersWay.us; MastersWay.us.

The Light Center is located at 2190 NC Route 9. For more information visit URLight.org.



It Takes a Village to Raise a Child?

Well, it certainly takes a community to raise a garden! The Lord's Acre would like to thank everyone who has helped our hunger garden grow for the past seven years—and to thank the many people who helped make our May Square Dance Fundraiser a success, including:

Charlie Dunlop
David Fletcher
Bradley Brewer
Tim Brewer
Anne Babcock
Janna Perkinson
Aline Carlon
Joe Kollmeyer
Marty Kollmeyer
Watha Kollmeyer
Terri Lenhart
Eric Lenhart
Kathy Rauch
Bridget McCurry
Ron Schon
Rich Shumacher
Mickey Beland
Barry Kempson
Popsie Lynch
June Grimes
Jen Rattigan
Imladris Farms
Emily Bolton
Grace Bolton
Megan Bijese
Noah Bijese
Jared Bijese
Garren Darling
Madison Peace

Sarah Seldin
Mary Pearl Ivy
Danny Szemple
Casey Auch
Keith Powell
Gabe McNair
Anastasia Walsh
Cat Vibert
Amelia Fletcher
Kristina Deacon
Adam Sacora
Sandy Lynch
Mickey Beland
Will Hamilton
Annie Ager
Janet Peterson
Watha Kollmeyer
Joyce Painter
Anne Tansey
Nancy Shoch
Cindy Vandewart
Jan Borsky
Farmer Jane Soaps
Paddy Lynch
Maria Horton
Rebecca Kempson
Don Neblett
Kent Campbell
Janna Perkinson

Helen Yamada
Sandie Rhodes
Tim Leary
Roger Klinger
O.P. Taylor
Sue Miller
Mick McClung
Jackie Kenaugh
Crystal Gerhart
Ruth & Ranshaw
Jane Hambley
Tim Leary
Shampoodles
Happy Tails
Brixx Pizza
131 Main
Regal Movies
Garden Spot
Nels Arnold
Local Joint
Corner Kitchen
Chestnut
Troyers
Shuford Lumber
Steam Master
The Yoga Hut
Dee Trivette
BB Barns
Tom Ross

Green Sage
Luella's BBQ
Esmeralda Inn
Dolci di Maria Bakery
Rhubarb Restaurant
Woof In The Woods
Hill Top Ice Cream
Fairview Animal Hospital
Fairview Massage & Body Works
Hickory Nut Gap Farm
Everybody Fitness of Asheville
Dr. Michael Trayford
Larry Hopkins
Lynn Wright Photography
Ace Hardware
Barbara Trombatore
French Broad Chocolate Lounge
Cane Creek Valley Farm
Jackie Dobrinska
Thyme in the Garden
Dotson's Greenhouse
Dave Henderson/Ron Curran
John Myer/Jane Lawson
Dr. & Mrs. Dean Hutsell
Biltmore Company
Asheville Community Theater
Spring Mountain Shiners
TLA Advisory Team

www.thelordsacre.org

P.O. Box 271

Fairview, NC 28730



THE COMMUNITY

Strada Chef to Cook for The Lord's Acre and The Welcome Table Fundraiser



Anthony Cerrato of Strada Asheville will cook a dinner at The Lord's Acre on *Tuesday, July 7, 6:30 pm*. All proceeds will go to the Fairview Welcome Table and The Lord's Acre. The 4-course dinner with wine is \$45 per person. There are only 40 tickets available for this event and it will sell out quickly. Call Strada at 348-8448 to make a reservation. Strada, located at 7 Broadway, is open for lunch and dinner 7 days a week and brunch on the weekend.

Fairview Author's New Novel Set at Biltmore

Fairview author Robert Beatty's novel, *Serafina and the Black Cloak*, a spooky mystery-thriller on Disney Hyperion that takes place at the iconic Biltmore Estate, is set for nationwide release on *July 14*.

The book tells the story of an intriguing and brave 12-year-old girl who lives secretly in the basement of the grand Biltmore mansion. It's an idea that grew out of the author's love of writing stories for his daughters. Early reviews indicate that although it was written for middle-grade students, Serafina's mix of historical fiction, fantasy and mystery makes it appealing to adult readers as well.

Biltmore House and its opulent furnishings, as well as the gardens and grounds of the estate, play a big role in the book. The story takes place in 1899, during the time of George Vanderbilt, and Beatty exhaustively researched the history of the house to ensure he was depicting accurately the 250-room chateau and its period in history.

For more information visit robert-beatty.com.

IDENTIFICATION STATEMENT

The Fairview Town Crier is a 501 (3) (c) company that publishes a monthly community newspaper. Twelve issues per year are delivered free on or about the first of every month to 8,400+ households. Distribution is limited to 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 may be purchased for \$30 per year and will be mailed First Class postage on or about the first of each publication month.

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.

FRIENDS OF THE LIBRARY

Join the Summer Reading Program and Earn Free Books

The Buncombe County Libraries' Summer Reading Program's theme this year is "Every Hero Has a Story." Readers and book lovers aged 0-18 can stop by any Buncombe County Library branch and sign up simply by picking up a bookmark. On the 4th visit to any library this summer, SRP readers will receive a free book.

Special SRP summer events at the Fairview Library include:

Fab Feet Friday

On *Friday, July 10, 2 pm* — Bring a pair of old shoes to decorate. You bring the shoes, we'll supply the FAB! All ages welcome.

Music with Alina Celeste

On *Saturday, July 11, 2 pm*, all ages are invited to enjoy music with Alina Celeste, internationally touring family musician.

Fancy Friday

On *Friday, July 17, 2 pm*, we celebrate all things Fancy Nancy with crafts, activities and photo-ops. Dressing fancy is encouraged! This activity is for ages 4 and up.

Call the Fairview Library at 250-6484 for details.



NEW ARRIVALS

As Chimney Sweepers Come to Dust by Alan Bradley

Where Rivers Part by Kellie Coates Gilbert

Day Shift by Charlaire Harris

An Honest Ghost by Rick Whitaker

Double Down by Fern Michaels

Bertie's Guide to Life and Mothers by Alexander McCall Smith

Written in the Blood by Stephen Jones

Our Souls at Night by Kent Haruf

Book Groups

Neither the afternoon nor the evening book group will meet in July.

Fairview Public Library

1 Taylor Road, Fairview, 250-6484

MON/WED/THURS/FRIDAY 10-6 PM

TUES, 10 AM-8 PM SAT 10 AM-5 PM

CLOSED SUNDAY

MOTHER GOOSE TIME (4-18 MO)

TUESDAYS, 11 AM

BOUNCE 'N BOOKS (TODDLER, PRESCHOOL)

WEDNESDAYS, 11 AM

PRESCHOOLER STORY TIME (3-6 YRS)

THURSDAYS, 10:30 AM

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Cane Creek Cemetery Funding Needed, Long and Short Term

July is the middle of mowing season for Cane Creek Cemetery. This spring has been drier than the past several years. Hopefully summer will be very dry. And if that WLOS weather man doesn't stop saying we need more rain, we will drag his butt out to the cemetery and let him weed-eat around 3000-plus graves. I believe he will soon agree that 5 or 10 inches a year is more than enough for anybody.

The drier weather has saved the cemetery two mowings. This is good news, but unless it turns dry again we will run short of money by late August. Still, the cemetery will need donations from the public to finish out the season. I wish that weren't true, but Cane Creek Cemetery was started May 10, 1795 by William Whitaker, Sr. (1772-1860). Apparently he and his wife Mary Canady Whitaker (1772-1848) lost a child and buried the body on their property.

What started as a Whitaker Cemetery soon became the community cemetery. Cane Creek (now Fairview) Baptist Church began ten years later and was located next to the cemetery for around ninety years. Almost every family that first settled in Fairview was from what is now Davidson County or neighboring western Randolph County. Most of these families knew each other or were related to each other by birth or marriage before they arrived in Fairview. It was only natural that they would be buried in William Whitaker's cemetery, since it was next to the church and the Whitaker family were friends or relatives.

Cane Creek Cemetery was maintained by community workdays until around

1960. Thirty to sixty people would show up on a Saturday with their tools to mow down the weeds with a sling and remove the sprouts that had come up since the last workday. The cemetery would look pretty good for a week or two but after that it was an overgrown mess again.

By the late forties and early fifties most of the people in Fairview were no longer self-sufficient farmers; they worked in cotton mills. After people began working in the cotton mills, their hands became allergic to hoe and ax handles. Slings began to feel like a safety hazard. Cemetery workdays became a rare event. This resulted in the formation of the Cane Creek Cemetery Association.

After people began working in the cotton mills, their hands became allergic to hoe and ax handles. Slings began to feel like a safety hazard. Cemetery workdays became a rare event.

The Cemetery Association was formed mostly by elder leaders. They decided to raise \$25,000 for perpetual care of the Cemetery using only the interest from the money to pay for mowing. The idea was good but the math wasn't. Our current interest rate for that sum won't pay for mowing the cemetery even twice.

The Cemetery Association is looking into finding safe ways to draw a better return on our money. Even if we do, it will not be enough to last forever. We will still need money from the community to



maintain Cane Creek Cemetery. Old timers used to say "maybe we will hit oil digging a grave some day"... well if we did, they wouldn't let us drill it.

Old timers used to say "maybe we will hit oil digging a grave some day"... well if we did, they wouldn't let us drill it.

The fact is that unless we receive some very large donations this problem will continue. We hope that those who are able will consider such a gift; in addition to immediate donations, in cases like this people will often specify an amount in their wills.

I have talked to several other non-profits in the area and they gave me some suggestions. The Swannanoa Valley Museum suggested we try a cemetery tour. This has worked well for them. The idea is to charge people to take a one- or two-hour guided tour of the cemetery, stopping at the graves of individuals and telling about

their lives. I believe Cane Cemetery to be a good candidate for such a tour. The other non-profits also suggested we check into applying for grants, and gave me the name and phone number of a person in Black Mountain who helps non-profits find such grants.

Another possibility is creating an *Images of America* book for Fairview. The Swannanoa-Black Mountain Area has three or four books, so does Brevard. Even Chimney Rock has one. For those not familiar with these, they are books of old pictures from towns and communities, of people, places, schools, houses, etc., from the community. Besides the money-raising possibility, this would help preserve Fairview's past in pictures. Great-great-grandpa's picture could be put in a book, labeled and preserved, before your grandchildren sell the pictures to Cracker Barrel to hang on the wall.

The Cane Creek Cemetery Association would greatly appreciate any donations to help pay for the mowing of the cemetery. We would also be glad to listen to ideas on how to raise money for upkeep. Please send your checks to the Cane Creek Cemetery Association, P.O. Box 162, Fairview, NC 28730. For more information contact Bruce Whitaker, 280-9533; Tommy Miller, 628-2294; or Pat Jenkins, 628-2092.

Here Comes the Rain Again

As mentioned in an earlier article, in the summer months our precipitation tends to be spotty and directly related to where showers and thundershowers set up on a daily basis. This changes from day to day and week to week depending on the particular upper air pattern. It is very difficult to pinpoint where these storms will form.

It is a lot easier to predict a case of no rain versus a thunderstorm or shower day because sometimes the atmosphere gets "capped." This occurs where a ridge of high pressure builds and inhibits the daily buildup of thunderstorms caused by surface heating. If this happens frequently enough it can lead to a hot dry summer with local drought conditions. In fact, for most of the next three months (July, August and the first part of September), you could put out a forecast of, "Partly Sunny and Warm with a 40 % chance of an afternoon or evening thunderstorm." On a fair amount of those days you would be right.

Predicting the PoP

Let's dig a little deeper and explain some of the meteorological lingo, like what does the term, "40% chance of rain or a thunderstorm" really mean?

Does it mean it will rain 40 percent of the time? ...Or will it rain over 40 percent of the area?

The "Probability of Precipitation" (PoP) describes the chance of precipitation occurring at any point you select in the area. The PoP = C x A where "C" is the confi-

dence that precipitation will occur somewhere in the forecast area, and "A" is the percent of the area that will receive measurable precipitation, if it occurs at all.

So in the case of the forecast above, if the forecaster knows precipitation is sure to occur (confidence is 100%), he/she is expressing how much of the area will receive measurable rain. (PoP = "C" x "A" or "1" times "4" which equals 4 or 40%.)

But most of the time the forecaster is expressing a combination of degree of confidence and area coverage. If the forecaster is only 50% sure that precipitation will occur, and expects that, if it does occur, it will produce measurable rain over about 80 percent of the area, the chance of rain is again 40%. (PoP = .5 x .8 which equals .4 or 40%.)

Slight Chance or Likely?

Meteorologists also use phrases in conjunction with the PoP: 10%-20% is a slight chance of rain, 30-50% is a chance, 60-70% is likely, and at 80% or higher, no additional phrase is used. So if the forecast mentions that rain is "likely," there is a 70% chance of precipitation. When the PoP exceeds 70%, it's a pretty good bet that you'll need an umbrella.

Remember, the important point is that the odds are for precipitation to fall on any place in the area covered by the forecast. This means that the probability could be low — say 30% or 40% — yet you could have hard rain for a few hours. In this case, the forecast isn't wrong, you're just one of the unlucky people who happened to be in the small part of the region that got wet that day. Or, if your lawn and garden

AUGUST'S TRIVIA QUESTION
Why are the mornings so foggy in our area during August and September?

JULY'S TRIVIA ANSWER
On average, how many tropical storms or hurricanes form each year and how many make landfall in the United States?

Month	Tropical Storms		Hurricanes		U.S. Landfalling Hurricanes	
	Total	Average	Total	Average	Total	Average
JANUARY	2	0	1	0	0	0
FEBRUARY	1	0	0	0	0	0
MARCH	1	0	1	0	0	0
APRIL	3	0	0	0	0	0
MAY	20	0.1	4	0	0	0
JUNE	86	0.5	33	0.2	19	0.12
JULY	117	0.7	55	0.3	25	0.15
AUGUST	375	2.3	236	1.4	76	0.48
SEPTEMBER	566	3.5	393	2.4	105	0.67
OCTOBER	335	2	200	1.2	52	0.33
NOVEMBER	88	0.5	57	0.3	5	0.03
DECEMBER	17	0.1	6	0	0	0
YEAR	1608	9.9	987	6.1	282	1.73

needed the rain, you were one of the lucky ones. Your friend a couple of miles away who needs the rain can't complain about the forecast not working out, since rain did fall on at least one place in the area.

For more information on understanding weather forecast terminology, check out the following link: usatoday30.usatoday.com/weather/wforund.htm.

When is a Storm Severe?

Another handy definition for our summer weather is that of a severe thunderstorm. The National Weather Service classifies a severe thunderstorm as a storm that has winds greater than or equal to 58 miles per hour and/or hail one inch (quarter-size) in diameter or larger. Hail size is determined by the largest size observed, not an average or mean. Lightning does not factor into the designation of a severe thunderstorm warning.

Meteorologist Tom Ross managed NOAA's Climate Database Modernization Program and was involved in educational and community outreach during his 25-year career at the National Climatic Data Center (NCDC) in Asheville. He was a senior weather forecaster at Accu Weather in Pennsylvania. Tom currently teaches classes on weather and climate at various venues in Western North Carolina.

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TO YOUR HEALTH.....

Top 10 Brain Health Tips: Part 2

By Dr. Michael Trayford, Apex Brain Centers



What follows is the second part in my series of Top 10 Brain Health Tips guaranteed to help your brain work at its optimal level. Enjoy, and more importantly, put these into consistent

practice, as knowledge without application is simply just knowledge!

Get plenty of sleep

While there is no definitive number of hours proven to be best, a minimum of 7 hours of uninterrupted sleep is suggested by many experts. Barriers to obtaining quality sleep should be removed from your sleeping quarters (TVs, computers, poor quality bedding, etc.). Memories are strengthened when we sleep, and improved quality of sleep CAN slow cognitive decline due to aging.

Manage your stress

Stress, namely the long-term stressors many of us face on a daily basis (jobs, relationships, traffic, finances, etc.), is touted as the root cause of the majority of chronic diseases of our modern society. There are countless techniques available to us to help us manage stress (meditation, journaling, counseling, prayer, yoga, NLP, and T'ai Chi), and they all help our brains perform better. The majority of the research on stress reduction and the brain has been done in the area of meditation.

Exercise

We all know we should do it and we need to "Make the Time" instead of trying

to "Find the Time." The evidence is irrefutable: exercise makes your brain work better...period! From increased blood flow carrying oxygen and nutrients to our brain, to production of chemicals that help connect nerve cells and even grow new ones, we all need to exercise.

Drink plenty of water

Yes, WATER! While the occasional naturally flavored drink is fine, water should be your main source of hydration as it will eliminate intake of sugars, sugar substitutes, and artificial flavors/colors that can all be harmful to your brain. Our bodies are roughly 60% water content, and the volume of our brain even higher at upwards of 80%. Consuming one half of your body weight in ounces of water per day (e.g. 140 lbs = 70 oz.) is a great place to start.

Eat the right kind of fat

Our brain is made of fat. Under normal circumstances our bodies are made up of 20-30% fat, and our brains approximately 60%. Avoid processed, man-made fats that fall under the general heading of Trans Fats. These are dangerous for our brains and bodies in so many ways, many of which we do not even know yet. Limiting saturated fat intake is advisable for most (red meats, butters, etc.). However, poly- and mono-unsaturated fats found in whole food sources (nuts, vegetable oils, greens, etc.) and omega-3 fatty acids found in fish and other whole food sources are desirable for building a better brain.

TO YOUR HEALTH.....

Tennis

By Dr. Kim Fox, DPT, Western Carolina Physical Therapy



Dr. Kim Fox on the tennis court

Tennis is one of the most popular racket sports worldwide, with over 28 million people participating in the U.S. Unlike many other sports, tennis allows the young, middle-aged, and elderly to actively play and enjoy the sport. However, this wide range of ages and ability may increase the potential for injury. Fortunately many of the injuries that may occur while playing tennis are either preventable or respond well to conservative treatment.

Tennis injuries can be categorized into two general groups: traumatic injuries (e.g. sprains, fractures) or overuse injuries (e.g. tendinitis, low back pain). Traumatic injuries are not easily preventable but, with proper training, the risk can be reduced. Overuse injuries are more common but are preventable.

In tennis, the shoulder goes through frequent and rapid acceleration and deceleration phases. The type of serve can place additional demand on the shoulder joint and surrounding tissue; overhead serves and smashes place a high-velocity stress on the shoulder joint. Shoulder injuries typically involve the rotator cuff, a group of 4 muscles that provide stabilization to the shoulder joint. Weakness of even one of the rotator cuff muscles can lead to inflammation and pain in the shoulder during movement.

Tennis elbow, or *lateral epicondylitis*, is an overuse of the muscles that extend the wrist. Aggravating factors include leading with the elbow, excessively loading forearm muscles and improper racket weight and size. Skilled players hitting

a one-handed backhand, for example, will make contact with the ball with their wrist extensors in a shortened position. Novice players tend to allow the wrist to flex prior to and at impact; faulty stroke mechanics like this may lead to lateral epicondylitis. Painful gripping motions, tenderness around the outer elbow and pain with wrist extension are common findings with tennis elbow.

The most common back injury in tennis players is an acute lumbar strain due to repetitive trunk extension and rotation. The strokes that place the greatest stress on the low back are serves, overheads and the backhand ground stroke. Weakness or improper biomechanics of the hips, legs and pelvis may force the low back to work harder than it should, leading to pain and muscle spasms.

Knee and ankle injuries are also common due to the sharp side-to-side and quick movements that are required while playing tennis. A dull ache in the front of

the knee around the kneecap may be due to patellofemoral pain syndrome, which can progress to constant pain if not properly treated early. Meniscal injuries can occur during pivoting activity and often cause pain on the affected side of the knee. . Sensations of buckling or joint locking are also common symptoms. The most common ankle injury is an inversion sprain with tenderness, swelling, and bruising in varying amounts.

Preventing tennis injuries is possible by maintaining a good overall fitness level, with emphasis placed on targeted strengthening of shoulders, legs and core muscles as well as proper stretching before and after play. However, strengthening and stretching alone are not enough to prevent injury. Proprioceptive (sensing body position) training and agility drills are imperative in all training programs, regardless of age or ability. It is beneficial to learn and practice proper stroke techniques from a qualified tennis instructor and ensure that you are using the correct racket that is right for you.

Following any injury, it is imperative that therapy include proprioceptive and sports-specific training to reduce your risk of re-injuring the same area.

For more information, contact Western Carolina Physical Therapy at 298-0492 or visit WesternCarolinaPT.com.

Fairview Farmer's Market — Don't Miss It!

The second Fairview Farmer's Market will be held on **Saturday, July 11 from 9-12 noon** in Fairview Elementary's parking lot. Going forward the market will be



on the first Saturday of each month. Stop by for fresh local produce, homemade cinnamon buns, jam, jewelry and a great big dose of awesome community.

Vendors include Hickory Nut Gap Farm, Looking Glass Creamery, Adelbert Farms, Farmer Jane Soap, Ruth and Ranshaw Bakery, Evolutions Jewelry, Imladris Farms, Troyer's Amish Blatz, Natural Creations Jewelry, Rise Up Rooted Farm, Natalie's Naturals, Sidetrack Sedums, Cane Creek Organics and Cari Common Massage. Musical entertainment in June was performed by The Cane Creek Boys and The Berry Pickers. Vendors join community partners: The Lord's Acre, FES Playground Project, the PTA, the Welcome Table and Food For Fairview. And the school garden table was a hit with kids who got to plant veggie seeds, make pinecone bird feeders and create seed balls.

Last month the Fairview Fire Department stopped by with their big ladder truck and the Fairview Fliers unicycle team performed. The market has its own Facebook page to keep everyone informed.

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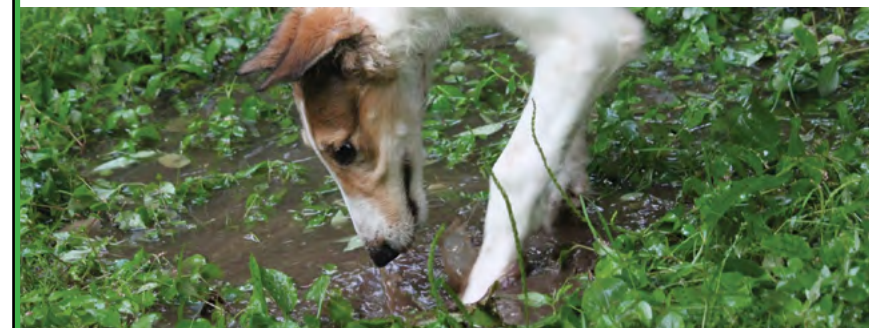
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BACK ON MARKET Extraordinary Estate Property. Nearly 40 acres, ideal for discerning buyer seeking privacy less than 15 min. from downtown Asheville. Would make great family compound, camp or retreat/event center. Access to city water/natural gas. Romantic winding drive passes through lush pasture, crosses picturesque bridge over a pristine creek between ponds, follows a brook through the woods to a stunning level home site. There is nothing like it available in Buncombe County. Shown by appointment only. Call Karen Cernek 216.3998

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Lot 3	0.57 acres	\$50,000
Lot 4	0.83 acres	\$69,000
Lot 5	0.86 acres	\$79,000
Lot 6	0.83 acres	\$69,000
Lot 7	1 acre	\$79,000

TO YOUR HEALTH

Whiplash or CAD Injuries

Ed Reilly, BA, MBA, DC, CCSP, FIAMI, GT-C, Fairview Chiropractic Center



Whiplash or Cervical Acceleration Deceleration (CAD) is a common ailment after a rear-end car collision. Even low-speed car accidents can result in whiplash, which is the result of a sudden jolt that causes unnatural movement of the cervical spine located in the neck. The result is often painful, stiff muscles and headaches, restricted neck movement and upper extremity tingling or numbness. Though every whiplash case is as unique as the patients who suffer them, proper care to treat whiplash is a proven way to restore mobility, reduce pain and help you move on with your life.

What are the symptoms of whiplash?

- Symptoms appear within 24–72 hours after injury
- Headache
- Numbness into the arms
- Jaw pain
- Back pain
- Painful bending or moving of the neck
- Spasms of the neck muscles

Why see a specialist for whiplash?

Specialists, like chiropractors, take a unique approach when it comes to treating whiplash. While some medical professionals may turn to medication to relieve pain and take a wait-and-see approach hoping time will help the injury heal, chiropractors treat whiplash differently. Chiropractors understand the underlying causes of whiplash pain, and know that restricted movement and muscle stiffness need special care than can only come from

spinal manipulation. Helping to relieve the pain of whiplash is an important part of the treatment chiropractors offer, but chiropractic care for whiplash goes beyond the pain, treating not just the muscles involved in the injury, but the nerves, joints and tendons that may also be affected. The holistic approach to whiplash treats the entire spine and protects the overall health of the body as a whole.

How do chiropractors treat whiplash?

Chiropractors offer non-drug treatment options for whiplash, which can be safely combined with any general medicine treatments doctors may provide. The greatest benefit is that it does not simply mask symptoms; it treats the cause of the pain and helps speed healing with natural, painless techniques proven to provide relief. Chiropractors offer a variety of treatments for whiplash:

- Painless diagnosis techniques to pinpoint the cause of the pain and identify any other damage to the cervical area and joints, nerves and muscles around it.
- Specialized spinal adjustments that realign the vertebrae and restore mobility.
- Targeted massage to soothe strained muscles around the injured area.

Whiplash usually takes us by surprise, but don't let a sudden, unexpected injury like whiplash derail your life. Seek qualified medical care and diagnosis by a professional and remember that chiropractic care is the safe, drug-free way to treat whiplash, and not just mask the pain it causes.

OF INTEREST TO SENIORS

by Mike Richard

Life Insurance — Part Three



In my previous two articles about life insurance I talked about what it is, what it's supposed to accomplish, do I need it and if so, how much. There are various reasons for purchasing life insurance with perhaps one of the most important ones being income replacement.

You're worth way more than you think!

Most folks, when talking about what they are worth monetarily, speak of bank accounts, properties, cars and other "things" they've accumulated in their lifetime. While this is basically true, one important thing is usually missing from the equation: their future earnings potential.

Let's consider our previous example of a person earning an average income of \$40,000 per year. That person dying at age 25 incurs a \$1.6 million, or at age 35 a \$1.2 million potential loss of income to their family assuming they work to age 65. So how much insurance would be necessary to protect your family from the loss of that "income asset?" You want to buy enough but don't want to buy too much either.

Don't forget about inflation

Various factors determine the amount of insurance needed. Consider not only loss

of salary income but also the extra expense to the surviving spouse of losing that "extra hand" around the house for home or automobile maintenance, cooking, transporting, baby sitting or other child care while the surviving spouse is working. So using our example, how do I replace that \$40,000 annual income loss and for how long? Assuming a 10 year need, \$400,000 would do it for you if you put it under your mattress. If you could muster up a 4% return on your money then \$340,000 would be about the right amount. A wise man also recently reminded me not to forget that truck bearing down on you from behind called inflation. Here's what he meant: a simple 3% average

annual inflation rate would mean that in terms of buying power, you'd need around \$53,750 per year in 10 years to do the same thing \$40,000 does today. Taking inflation into consideration, an amount closer to \$500,000 would then be needed.

These comprise the basic framework of things to consider when trying to determine how much to buy. The biggest consideration, however, is of course affordability. This leads us the question: "What's the best type of policy for me?" But that's a subject for next month. Hope to see you then.

Mike Richard is president of Prime Time Solutions, Inc., an insurance agency serving people across the Southeast specializing in senior insurance products since 1998. 628-3889



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“Volunteers don’t get paid, not because they’re worthless, but because they’re priceless.”

Sherry Anderson

Here at Food for Fairview, we are well aware of the truth of this quote. Food for Fairview was founded on the principle of neighbor helping neighbor. Since our inception, we’ve functioned as an all-volunteer organization. Running the pantry in this way certainly helps control costs and ensures we operate efficiently. Perhaps more important, however, it reinforces the idea that we are all in this together. What affects one of us in the community, affects us all. If our neighbor is hurting and hungry, then we all have an obligation to help.

We literally could not do what we do without our volunteers. Volunteers drive their personal vehicles to MANNA food bank to pick up our food from the MANNA warehouse each week. They stock our shelves, answer our phones and relay messages to the appropriate people, write reports, and provide each and every client with individual attention when they visit the pantry. We as a community owe a tremendous debt of gratitude to every past and current Food for Fairview volunteer and board member.

To celebrate our volunteers, a volunteer

appreciation picnic was held on Saturday, June 13, 2015 at the Fairview home of long-time Food for Fairview volunteers Ron and Roberta (Birdie) Hopewell. A great time was had by all. We played games, listened to music and had massages courtesy of Food for Fairview board member Dr. Ed Reilly of Fairview Chiropractic Center, who “loaned” us his massage therapist Petya Reyes for the event. Last but certainly not least, there was lots of great food! We even took a moment to celebrate



the graduation of Laura Tatlock, who came to us through the REACH Club at AC Reynolds High School. As of Saturday morning, Laura was officially an AC Reynolds alumna! We were thrilled she took time out of her schedule of celebratory events to spend some time with us.

We just can’t say it enough — we love our awesome volunteers! Thanks for all you do!



For information, visit foodforfairview.org, email food4fairview@gmail.com or call 628-4322 and leave a message. Food for Fairview is a Tax Exempt 501 (C) (3) Corporation.

THE WELCOME TABLE Summer Supplement

Since June 11, the Fairview Welcome Table has been providing food for the children at Fairview Elementary School who benefited from the Manna Food Bank “backpack program” this last school year. During the school year, Manna Food Bank provides dried/packaged and canned food to children who have been determined to be “food insecure.” However, they do not continue to provide food during the summer months.

The Fairview Welcome Table Board of Directors voted to supplement food for these children during the summer months. “These kids are hungry during the summer as well as the school year,” Barbara Trombatore writes. “We are so grateful that we have the resources available to continue providing nutritious food for the needy children in our area.”

This month’s recipe is a strawberry and Snap Pea salad, a refreshing and nutritious idea for an accompaniment to the traditional hot dogs or barbecue at a warm Fourth of July afternoon celebration.

The Welcome Table is thankful for any and all financial donations. Volunteers are also welcomed with thanks.

Volunteer opportunities are on Wednesdays for cooking/prepping at 11 am and set-up tables/chairs at 1 pm; and on Thursdays for final prep/serving at 9:30 am, and clean-up/breakdown at 1 pm.

For more information about the Fairview Welcome Table, visit facebook.com/FairviewWelcomeTable.

Strawberry-Snap Pea Salad

- 1 pound sugar snap peas, ends trimmed and strings removed, cut into halves
- 2 pounds strawberries, washed, hulled and sliced thin
- 1/4 cup olive oil
- 1 TBSP Balsamic vinegar
- 1 TBSP raspberry jam
- 1 1/2 tsp Dijon mustard

Whisk together the olive oil, balsamic vinegar, raspberry jam, and Dijon mustard in a bowl.

Bring about 4 cups water to a boil in a saucepan. Add sugar snap peas and blanch for about 30 seconds. Remove immediately and drain into a colander under cold running water.

Combine strawberries, snap peas and dressing in a bowl. Toss to coat....serve immediately.

FAIRVIEW WELCOME TABLE
LUNCH SERVED THURSDAYS
11:30 – 1:00

In the log cabin church behind the library
Building our community one meal at a time

CONSERVATION New Conservation Projects Along Drovers’ Road Scenic Byway

They say you can’t go home again, but somewhere in the recesses of our minds and hearts, we desperately need to believe that we can. Something about nostalgia fulfills a very deep, very human desire for connection with the greater world. Visiting places we have loved and lived evokes cherished memories, and when we return to those places and find them changed beyond recognition, we experience a sense of loss or bereavement.

Fortunately, a scenic stretch of land along the Drovers’ Road Scenic Byway in Fairview, between the intersection of Brush Creek Road and the Eastern Continental Divide at Hickory Nut Gap, has now been protected for posterity – and for our future reminiscing. The Southern Appalachian Highlands Conservancy (SAHC) recently placed 30 acres of fertile bottomland along the rural route into conservation easement, permanently protecting the scenic vistas of the valley and productive agricultural land for current and

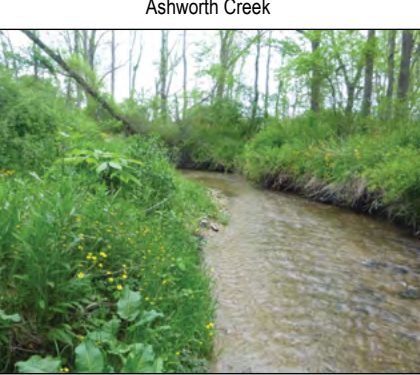
future generations. The newly protected area consists of three adjoining tracts, with portions actively farmed by Flying Cloud Farm and Bel Aire Farm.

The recently protected tracts adjoin lands already in conservation easement with SAHC, and are near over 1,500 more protected acres in the region. The project was initiated by SAHC Fairview Project Director Mike Green, who moved to the area with his wife Sydney in 2005 and became inspired by the unique conservation values embodied in the lands along this stretch of 74A. Mike’s volunteer efforts and experience gave SAHC the capacity to pursue conservation on relatively small parcels by grouping tracts together in order to protect an uninterrupted landscape along the NC Scenic Byway.

“Ordinarily it is difficult to complete conservation easements on small parcels of 5-10 acres,” says Green. “Funders generally prefer larger parcels, and the amount of work — surveys, appraisals, creation of baseline reports, drafting the conservation easement, etc. — is the same as for larger parcels. The Fairview bottomland farms competed with farms across NC for federal and state conservation funds, but because of cooperative land owners and the packaging of projects in groups of 30 acres each SAHC has been able to permanently protect 60 acres of prime soil working farms in the Ashworth Creek basin over the past five years.”

Saving Prime Soils

The concentration of nationally recognized prime soils on the parcels cannot



be overstated. Some 85-93% of the parcels contain nationally significant prime agricultural soils, primarily Statler loam, Toxaway loam, Rosman fine sandy loam, Rosman loam and Dillard loam. Prime soils in the Appalachian Mountains are a rare and threatened resource — only 2% of our land mass consists of prime soils, and much of that has already been converted to some other use. Prime soils take thousands of years to form through the geologic process of flooding, gravity, and freezing and thawing. Public incentive programs for the preservation of prime soils are backed by bi-partisan legislation at the federal level to protect food security.

A crucial element of any great farmland preservation effort is the people who farm the land. For example, Isaiah and Annie Louise Perkinson of Flying Cloud Farm grow organically produced vegetables and fruits on two of the recently protected tracts. The Lynch family’s Bel Aire Farm is home to substantial vineyards. Their pres-

ence and hard work on the land completes the story of why protecting these tracts for continued agricultural use is important.

The new conservation easements also protect 2,170 linear feet of Ashworth Creek and frontage along the NC Scenic Drovers Road Byway. Having a well-vegetated and forested buffer along Ashworth Creek protects water quality and provides important wildlife habitat, including corridors of movement for aquatic species, small mammals and non-game species like migratory songbirds. These primarily forested areas along the creek also provide for connectivity to other forested areas in an otherwise open, agricultural landscape.

These new Fairview Bottomlands conservation projects were made possible with generous funding from Fairview residents and others in WNC who want to support the permanent preservation of the valley, as well as contributions by the landowners, Buncombe County and the Federal Farm and Ranchlands Protection Program of the US Department of Agriculture’s Natural Resources Conservation Service.

About Southern Appalachian Highlands Conservancy: Since 1974, the Southern Appalachian Highlands Conservancy has protected over 68,000 acres of unique plant and animal habitat, clean water, farmland and scenic vistas of the mountains of North Carolina and Tennessee. In addition to preserving land, their conservation work includes guided hikes, volunteer workdays, educational workshops, and farmland access initiatives. For more information, visit www.appalachian.org.



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MY PLACE SLEEPS 6-9 MY ROUNDETTE SLEEPS 2-3 PRAYER RIDGE SLEEPS 4-6 OUR HOUSE SLEEPS 6-12 GARDEN CABIN SLEEPS 2-3 THE HUNTLEY SLEEPS 6-8

FES Destination Imagination Team Wins Award at Global Competition

By Melissa Spruill, DI Coordinator, Fairview Elementary School

Congratulations to our Fairview Destination Imagination Teams who competed at the Global Finals last month. All three teams had high scoring performances, and enjoyed competing, meeting and trading pins with other creative problem solvers from the USA and around the world, including teams from Qatar, China, Guatemala, Mexico, Poland, South Korea, Singapore, British Columbia, Canada, Turkey, Romania and more.

“Feary Tales” Wins Creativity Award

The Feary Tales Team placed 9th out of 61 teams and received a highly prized Renaissance Award, which was only received by a few teams out of the 1,468 teams attending. The Renaissance Award recognizes “extraordinary amounts of effort and preparation or outstanding skill

in engineering, design or performance.” The award was earned for the team-created dragon costume, which was described by the officials as “An elaborate outfit, from mask to wings to an incredible woven tail. It really fired us up!”

The tail was entirely made out of soda can tabs woven together with cord to make the shape and feel of a dragon tail...

The tail was entirely made out of soda can tabs woven together with cord to make the shape and feel of a dragon tail; the mask was made with a paper-mâché technique using old bed sheets instead of newspaper to give the mask more of a “skin” look. The teeth and horns were

made using clay. Team member Sara Rickman began constructing these pieces last summer. The wings were then created by the entire team using PVC pipes that were sawed and joined together with eyelet screws and metal cable in order to have movable joints, allowing the wings to give the appearance of “flight” when the metal cable is pulled, the wings extend and move.

For their community service project they chose to contact local businesses and ask for donations of new toys for Mission Children’s Hospital.

“Service Learning” Reaches Finals

The FES Service Learning DI Team was a first-time Global finalist from our school. For their community service proj-

ect they chose to contact local businesses and ask for donations of new toys for Mission Children’s Hospital. Their performance was heartfelt as they portrayed themselves as superheroes whose mission was to bring happiness to sick children. During their time at Global Finals they exchanged pins and gifts with their buddy team from Guatemala.

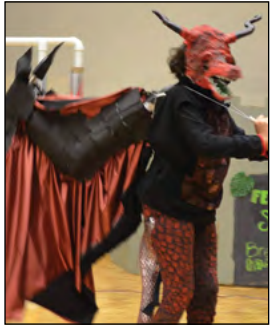
“Lose to Win” Learns With NASA

The FES Lose To Win team members also enjoyed spending time with their buddy team from Mexico. A highlight of their Global experience was participating in activities sponsored by NASA, which included flight simulator rides and a “Journey to Mars.”

Pictures/videos of all FES teams can be seen on Facebook at Fairview Elementary School Destination Imagination.



The Feary Tales Team: Jenna Barnes, Kaitlyn Howard, John Tyler Wright, Sara Rickman, Savannah Wright, Clay Morton and Alana Hanson.



The Feary Tales Team's Dragon



The Lose to Win Team: Lily Rogers, John Tyler Wright, Victoria Weatherman, Avery Hines, Logan Hodges and Ethan Durkovich.



The Service Learning Team: Ada Anderson, Haley Johnson, Abby Baker, Ryanne Dotson, Abigail Marlowe. Not pictured: Chloe Lee and Gracie Stewart.

ACR MUSIC FOR THE SOLE 5K



We would like to know if our school’s 5K race can be featured in the Town Crier? This race will benefit the high school band. The race will be at 9 a.m. on Saturday, August 29th at the school. Participants can register at <https://www.racesonline.com/events/acr-music-for-the-sole-5k-run>. The fees will be \$25 until July 15th and \$30 from July 15th through day of race. The first 100 participants who register will be guaranteed to receive an event t-shirt. Awards will go to top overall male and female and top 3 male and female in age groups

CCMS’s Yearbook Tops in State

At the North Carolina Scholastic Media Association’s annual institute at UNC-Chapel Hill, Cane Creek Middle School’s 2015 Hurricane Watch yearbook staff received several recognitions. The yearbook received first place awards in the categories of copy, theme, coverage, and layout and an overall All North Carolina rating.

The Hurricane Watch also received the prestigious Tar Heel Award, making it the top middle school yearbook in North Carolina. Yearbook is an extracurricular club at Cane Creek and is advised by teacher Heather Alexander.

Cane Creek Softball Team are Champions

Congratulations go to the The Cane Creek Middle School softball team, who ended their season as French Broad Conference Champions and Tournament Champions, finishing the season with a record of 16-1. This is the second time in four years that the CCMS softball team has accomplished both conference and tournament titles.



Front: Maddy Rhodes, Sydni Owens, Emily Bugg, Amelia Eggert, Jessica Utter
Middle: Lauren Wright, Peyton Wilkie, Krista Hendrick, Neleah Green, Kyndall Chandler, Amala Clawson.
Third: Coaches Dean Wright, Kelly Rhodes, Heather Alexander.

FES Earns Renewal as BCS Green School

Fairview Elementary School has been granted renewal as a BCS Green School. Thanks to the outstanding efforts in the garden, the plan for a new Outdoor Learning Environment and partnerships with the community, FES is ready to continue to provide a green learning environment and strive toward more green practices. Congratulations, Fairview Elementary!

EDUCATION UPDATE

by Cindy McMahon, Reynolds District Representative, Buncombe County School Board

Our Summertime Schools



When we’re lounging by the summertime pool or playing in the lake, most of us probably imagine our local schools with dark windows and echoing hallways. Just the opposite is true! Summer may be a time for kids to get a break from school days, but our schools themselves will still be filled with activity. Allow me to invite you in...

The summer months are a crucial time for maintenance and repairs that can’t happen when teachers and students fill the buildings. This summer there will be major roofing projects at Reynolds High School and Haw Creek Elementary. And our rising sixth graders at Reynolds Middle will be greeted in the fall by freshly renovated restrooms.

Athletics facilities, too, get attention over the summer when our sports teams take a break. Reynolds High School will get a new turf field, approved by the Buncombe County School Board at our April meeting. And the tennis players at Cane Creek Middle School will come back after the summer to find newly resurfaced tennis courts.

And finally, we have major work happening in our playgrounds at Fairview and Oakley this summer. Oakley’s new KaBoom playground, graciously funded by Blue Cross and Blue Shield of North Carolina Foundation, should be finished by the end of the summer. And Fairview’s new “Field of Dreams” playground will

get underway with significant earth-moving projects. Jennifer Reed, Principal at Fairview Elementary, is excited about these next big steps: “Our vision of a fully accessible and inclusive playground is taking shape and big things are about to happen.” You can visit the school website or the Fairview Farmer’s Market on July 11 to find out more about this exciting project.

It’s not just construction and dirt-moving — learning continues during the summer as well. Oakley Elementary will host a STEM summer camp during the weeks of July 6-24, from 9am to noon each Monday through Thursday. This camp will feature exciting science, technology, engineering, and math activities for rising kindergartners. Science experts from Science House and the Colburn Gem Museum will make weekly visits to enhance the learning.

Oakley will also host the Summer Reading Camp for the Reynolds District, providing a place where third graders can get some extra help with moving from “learning to read” to “reading to learn.” It’s a very important transition, and our schools are committed to helping kids at that age get the literacy skills they need.

Our school system knows that summer is a crucial time for our buildings AND our students to get the extra attention they need. It’s important that students and teachers come back in August to schools that are shined up and ready to go. I hope you enjoy your summer!

FREE BACKPACK PROGRAM

At AMERICARE PHARMACY we believe education is the vehicle to begin learning about wellness-based self improvement. It is never too early to learn, so that is why we're giving free backpacks to students at Fairview Elementary who need one... as well as the supplies required to learn.

We'll be collecting back-to-school supplies to fill the backpacks from now until early August. Won't you join us in our commitment to the community and its families in need?

Items being collected:

- “Fiskars for Kids” scissors
- Yellow #2 pencils
- Pencil toppers
- Crayola crayons (24)
- Crayola colored pencils
- Crayola washable markers
- Highlighters (wide-tip)
- Composition book (b+w)
- 1 inch 3 ring binders
- Spiral notebooks
- Wide rule notebook paper
- Baby wipes (unscented)
- Purell hand sanitizer
- Ziploc bags (quart/gallon)
- Antibacterial soap
- 8 GB flash drive

- Glue stick pack (Elmer)
- Kleenex tissues
- Expo Markers
- 3x3 Post It notes
- Plastic pocket folders
- Pencil box
- Clipboard (flat-styled clip)

More details available on our Facebook page!

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14 The Fairview Town Crier July 2015

The Fairview Town Crier July 2015 15

HNG Farm’s New Addition is Underway

Summer is shaping up at Hickory Nut Gap Farm with the construction of their new Kitchen and Butchery well underway. Amy Ager states, “This project is an exciting addition to the farm store, and we are looking forward to serving our customers deli sandwiches and BBQ from our smoker.”

The Agers also plan to butcher their own meat each week and will be able to custom cut steaks and chops to preference. Catering for on-farm and local events will also be available once the kitchen is up and running this September, as well as baked goods, new sausage blends and beef and chicken stocks.

For more information and updates visit hickorynutgapfarm.com.

FAIRVIEW REAL ESTATE STATS

Statistic	May 2015		YoY		MoM
Total Sold Dollar Volume	\$1,644,500	–	64.5%	–	43.5%
Closed Sales	6	–	68.4%	–	14.3%
Median Sold Price	\$249,000	+	21.5%	–	43.2%
Average Sold Price	\$274,083	+	12.5%	–	34.1%
Median Days to Contract	24 days	–	60.7%	–	41.5%
Average Days to Contract	24 days	–	73.9%	–	47.8%
Median Days to Settle	52 days	–	54.8%	–	30.7%
Average Days to Settle	58 days	–	59.2%	–	36.3%
Median Price per Sq Foot	\$153	+	23.4%	+	2%
Avg Sold to Orig List Ratio	95.62%	+	8.8%	–	0.7%

Cool Mountain Realty provides the monthly real estate stats for the Fairview area (zip 28730). They have recently relocated to their own building at 771 Charlotte Highway in Fairview. If you have questions concerning real estate in our community, email Jenny Brunet at coolmntn1@gmail.com or call 628-3088.

Absolute Design and Print Adds 3-D Printing Service

Absolute Design and Print, a full-service printer and digital content provider, now offers something new- prototype printing.

“This is a service that we can offer to the smaller professional designer,” said Kevin Wright, owner. “3D technology really opens up the doors to have a fully-functional, working prototype in the palm of their hand in a matter of hours.”

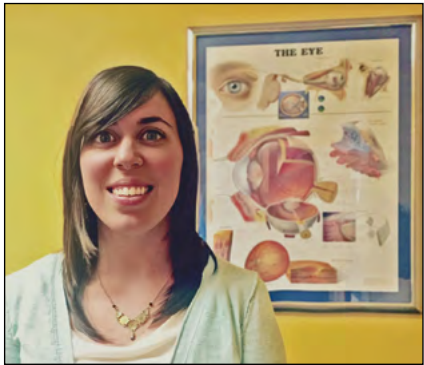
Prints up to 8 x 8 x 6 inches in various colors can be made at the business.

Absolute Design and Print is located at 75 American Way in Fletcher. For more information visit absolute3dprinting.com or call 684-6491.

Visual Eyes Welcomes New Doctor

Dr. Haley Perry would like to welcome Dr. Brittany Love to her practices of Visual Eyes Optometric in Fairview and Elite Eye Care in Arden.

Dr. Love was born and raised in Pittsboro, NC. She graduated from UNC-Greensboro with a major in Biology and minors in Chemistry and Spanish. Dr. Love attended UAB School of Optometry in Birmingham, Alabama where she completed externships in Vision Therapy, specialty contact lenses, specialty binocular vision clinic, and the Alabama Institute for the Deaf and Blind. During school Dr. Love participated in mission trips in the US and abroad. She received the William Feinbloom Low Vision Award during her fourth year of optometry school. After optometry school, Dr. Love completed a residency in Geriatric and Low Vision Rehabilitative Optometry at the Birmingham VA Medical Center.



Dr. Love and her husband currently reside in Travelers Rest, SC. They do not have children yet, so they thoroughly spoil their two dog “babies,” Juno and Bella.

Dr. Love is currently welcoming new patients. Please call the Visual Eyes office at 628-6700 to schedule an appointment.

Award-Winning Local Filmmaker Releases 3rd Film

In the newest film from Topp Scot Productions, Director Melanie Star Scot answers the question: “What if your car could talk?” Or maybe a better question: “What if your car could talk after it was stolen and missing for 3 days?” That is only the beginning of the complex storyline in this movie about a car named “Sangria.”

The trailer and the film’s full profile can be viewed at filmfreeway.com/projects/412795. For more information visit the Internet Movie Database at imdb.com.

Maegan Clawges Graduates to Google

Reynolds alumna Maegan Clawges came into The Local Joint looking as rested as if she’d just spent a week at a spa ... but in fact she had just recently returned from Las Vegas, having flown there the night of her graduation from UNC Chapel Hill. A wild and woolly graduation celebration? Not even close.

Maegan was at an IBM conference. As a featured speaker. With an audience of 600.

She had been invited to talk about the inspiration, creation and implementation of Pearl Hacks, a technology innovation event she developed in her junior year at UNC.

And now, after spending a little time at home this summer, she’s off again, first to San Francisco to intern at the *San Francisco Chronicle*, then to begin a new job in September at Google’s corporate center in Mountain View, California.



From Graphics to Google

Maegan was always interested in journalism; she was editor of the Reynolds school newspaper, and began college as a journalism major with a particular interest in graphic design. She wasn’t interested in computer science then; “Going into college I had no idea what [computer] coding was,” she said. But her journalism professors advised her to learn this ever-more-important aspect of the information age, and she took to it immediately. She soon had a double major in journalism and computer science, which might seem unusual at first, but as Maegan sees it “they’re both just about problem-solving.” And from then on, she says, although an impromptu interview at a career fair landed her an internship at Microsoft, “I was already thinking about Google.”

From Hackathon to Pearl Hacks

For those of us who are technological old-timers, the hackathon may be an en-

tirely new concept, since it only came into being in the mid-2000s.

Hacking in this sense simply means exploratory programming, and has nothing to do with the illegal form of computer use. And a hackathon is a gathering of people to work intensely together on computer-related projects. In a university hackathon, students congregate at the host school, form groups and collaborate on innovations in hardware or software. Mentors from software engineering companies supervise and participate.

Maegan began to attend hackathons as a sophomore, and though she enjoyed them, there were always extra problems of convenience, facilities and security for some 7-10% of participants — the women. Maegan could see that this minority would likely become even smaller if women were discouraged by these conditions.

From this realization came Pearl Hacks, a weekend hackathon for women only that Maegan began organizing in late 2013 and UNC Chapel Hill hosted in March 2014. That first year there were 200 participants and 100 volunteers and mentors; in March 2015, 400 women attended, both from nearby universities and as far away as California and Canada. “I had no idea what I was taking on,” Megan laughed, “or that it would take over my life and I wouldn’t sleep much — but I’m kind of stubborn and I never did rethink my decision.”

“I just see a need,” she continued, “and I find a way to fill it, and then it becomes an opportunity.”

... and on to California



Maegan relaxes at The Local Joint, taking some time at home before beginning her next adventure.

Maegan’s Pearl Hacks became an opportunity in the form of a 2014 internship and then the job offer from Google. Before that, she’s wedging in that job at the *Chronicle*, working on “data visualization,” the interactive graphics aspect of digital news.

So it’s no surprise that when asked what advice she might give to upcoming graduates, she paused a moment and then said, “Just keep *doing*.”

We know that Maegan will do just that; and later, when we’re curious to know what new project she’s taken on ... well, we’ll just Google her.

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Call 885-3647 or wncanimalrescue.org



Ginger

Ginger is more of brownish tiger kitten rather than the usual gray. She even has a pretty orange spot on her forehead! She is curious, energetic, and a little shy. She will nip but she is not aggressive.

Lizzie

Lizzie is 10-12 years old, but she's very lively. She needs some time to trust her owner, but once she gets to know you, YOU will be her only purpose in life and she will let you know it. She should probably be an only dog in a house with older children. She loves to take walks and ride in the car. If you want a dedicated dog, full of love, Lizzie is the one for you.

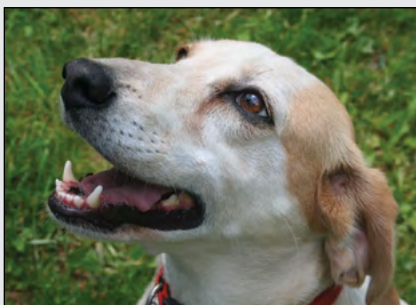


Animal Haven of Asheville

Call 299-1635 or animalhaven.org

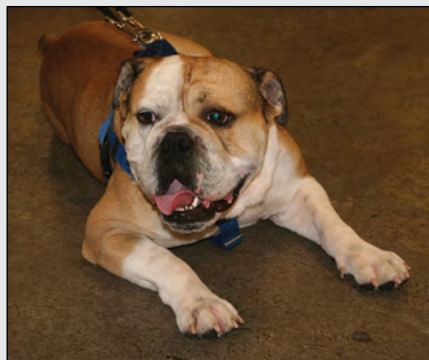
Mia

I am the sweetest Hound you will ever meet. I am submissive to humans and other dogs and haven't met either one that I didn't like. I would make a great hiking partner and would enjoy romping in the water too. I enjoy riding in the car and love dog treats. I am enrolled in the New Leash on Life program and love playing with "Hoshi" and "Higgins."



Higgins

I am all BULLDOG, English that is. I am a 3-year-old neutered male weighing 53 pounds. I am a big ham, entertaining anyone around me. I have yet to meet a stranger, either two-legged or four-legged. I am enrolled in the New Leash on Life program learning my basic obedience skills and more.



Hoshi

I am a 1-year-old spayed female Australian Shepherd mix with extremely good looks. My trainer in the New Leash on Life program says I am very smart and has big plans for me. I have a great personality with people and pets and am very eager to please.

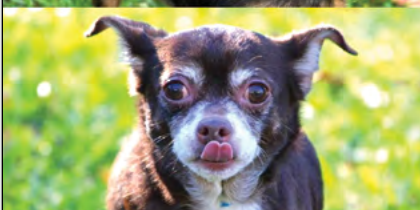
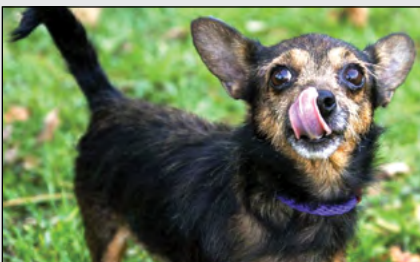


ADOPT ME!

Brother Wolf Animal Rescue

Call 505-3440 or bwar.org

Adoption Center at 31 Glendale Avenue



Willow

Willow is a gorgeous black long-haired female kitty who is staying at Brother Wolf Animal Rescue's adoption center. She is very friendly and talks a bit. Come meet her today!



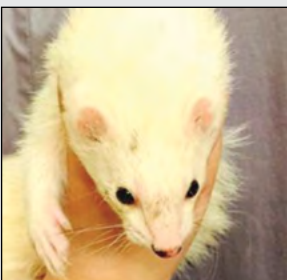
Stormy

Stormy is a very cute fella! He enjoys spending his days hopping and stretching out. He is out a lot, but he knows to go in his cage to use the litter box. Shy at times, once he is used to you he will cuddle with you on the couch! He loves carrots, lettuce and hay. Contact Laurie at laurieka@charter.net today to learn more.



Luci

Luci is a happy ferret available for adoption through Brother Wolf Animal Rescue. She currently resides in a loving foster home with her ferret buddy Dante. Please contact the adoption center for more information at adopt@bwar.org or call 505-3440.



Brother Wolf Adoption Events

Thursday, July 2, 7 am-6 pm: Mayfels, 22 College Street, 10% of sales to Brother Wolf, adoptions from 12-3 pm.

Saturday, July 4, 11 am-3 pm: Blue Goldsmith, Biltmore Village, adoption and supply drive.

Sunday, July 5, 1-4 pm: O'Henry's, 237 Haywood Street, adoption.

Sunday, July 5, 11 am-3 pm: Second Gear, 444 Haywood Road, 10% of sales to Brother Wolf, adoption.

Sunday, July 12, 4 pm: Little Volcano Yoga, 62 Wall Street, CATS — yoga with cats and adoption.

Sunday, July 19, 12-3 pm: Edna's of Asheville, 870 Merrimon Avenue, adoption.

Sunday, July 19, 12-3 pm: Asheville Outlets PetFest, adoption and more.

Wednesday, July 22, 7 pm: Asheville Brewing, 77 Coxe Avenue, bring your dogs to Wet-Nose-Wednesday; free treats and bandannas, 50% of ticket price to Brother Wolf.

Saturday, July 25, 8 am-12 pm: Mills River Farmer's Market, 2530 Butler Bridge Road, Mills River, adoption.

Sunday, July 26, 12-3 pm: Greenlife Grocery, 70 Merrimon Avenue, adoption.

Heat Stroke

by Dr. Dean Hutsell, DVM, Fairview Animal Hospital

This is the time to remember that the warm weather brings with it the risk of heat-related health issues for our pets. Heat stroke is a serious health concern for pets. The best way to avoid heat stroke is to be proactive and prevent conditions that allow it to occur.

Since dogs and cats do not sweat as humans do, they do not receive the cooling benefit obtained from the evaporation of water from the skin. Radiation of heat



from the skin and panting are the main methods of cooling for these pets. If the pet is placed in a situation where the ambient temperature is elevated, the humidity is high and ventilation reduced, then heat stroke will occur. The pet's body temperature rises rapidly and death comes quickly. Quick response time and emergency care for a heat stroke patient can save a pet's life.

Only proper cooling with air conditioning can safeguard against heat stroke when a pet remains in an automobile.

Pets should never be left in automobiles during warm weather months. Cracking a window as a means for ventilation is insufficient for all animals, and for people

as well; children left in closed automobiles have passed away due to heat stroke.

...prolonged walks, such as in parades, and exertion in other events like field trials should be avoided.

Only proper cooling with air conditioning can safeguard against heat stroke when a pet remains in an automobile. In addition, a person should be present if a pet must remain in an automobile.

Heat stroke can occur even when a pet is outdoors. If there is not enough water, shade and adequate ventilation a pet can overheat. Overexertion in these conditions can cause

heat stroke as well. Therefore, prolonged walks, such as in parades, and exertion in other events like field trials should be avoided. The short nosed breeds are especially at risk.

Please be aware of the conditions that can cause your pet to develop heat stroke. Don't take for granted that leaving a pet in a closed automobile even for only a short time is okay. Don't push your beloved pet to overexert itself on walks, running trails, or special events. Heat stroke deaths are tragic but very preventable.

COMPUTER BYTES

By Bill Scobie

Tips and Telltales



Mac System Preferences you should explore: setting Notifications to Do Not Disturb during certain hours to focus on work; setting up Hot Corners under Mission Control to trigger nearly anything, like putting your screen to sleep; programming certain "abbreviations" to expand into full text using Keyboard's Text tab; and exploring what your Trackpad is capable of under each of its three tabs, unchecking actions you don't find useful.

As more and more laptops come with touch screens, it is important to know that touch screens drain your battery more quickly. Disabling the touch screen does not work, according to research done by laptopmag.com. So, before buying a touch screen laptop, spend some time at the store "playing" to see if repeatedly raising your hand to the screen actually works for you, instead of using a small old-fashioned mouse.

Don't forget to have and use at least two web browsers. If you find a website not working in Chrome, for example, try the same site in Firefox, or Safari if you are on a Mac.

Know Who's Really Calling

Verify the phone number of a caller by looking it up with Google. If you are called by "Microsoft," reverse lookup their Caller ID number, 800-123-4567 (or whatever). Legitimate numbers will link to a real page at Microsoft or whatever company claims to be calling you. And, when you end up at a tech support site, look in the

address bar to make sure you are at the real company.

Wait a Bit on Windows

Windows 10 upgrades can be "reserved" now for when it is officially released July 29. I would wait until a few months later to actually install it, unless you are not having enough fun in your life. If you have been hoping that it will be different from Windows 8, it will, but it does not go back to Windows 7. If you want that Windows 7 look and feel again, install Classic Shell from classshell.net.

Time for a Change

Signs you do need a new computer: you can't install the latest operating system or the latest version of your software; you can't connect your latest gadgets because you don't have the right ports; it is way more noisy than it used to be, indicating fans and motors going out of balance or failing; or you are spending time fixing and replacing hardware on a regular basis, apart from getting malicious software removed. Bottom line, computers are not like cars; older computers just won't keep up on the Information Highway (apologies for resurrecting an old phrase.)

Stop, Hey, What's That Sound

There is an interesting collection of hard drive sounds, hard drives failing, at data-center.com. Click on the Sounds menu tab and see if you can find the ones that even sound musical.

Any questions? Call Bill Scobie, of Scobie.Net; fixing computers and networks for small businesses and home. 628-2354 or bill@scobie.net.

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Suffering with NEUROPATHY? Burning Feet? Pinched Nerves? SPINAL STENOSIS?

NEUROPATHY

For more than four years, Homer Luther of Fairview had suffered from excruciating pain in his feet related to diabetic neuropathy. His wife had been suffering with chronic pain as well until she started treatment with Dr. Edward Reilly. One day she came home with the news that the practice had added new technology for the treatment of neuropathy and Homer made an appointment.



After the treatment plan that Dr. Reilly prescribed for me, my pain went from a 10 to a 1. I can wear socks and shoes again without debilitating pain. My advice to others is do not wait, get it done ASAP!

—Homer L.

Reilly said the new treatment options have been life-changing for patients, whether their neuropathy originated from diabetes, chemotherapy, poor circulation, trauma or environmental neurotoxins.

"We see so many patients who have been told they will have to learn to live with neuropathy, or that their only choice is more medications," Reilly said. "In the last nine months we have introduced a program unavailable anywhere else. Using a combination of advanced electrotherapy technology, advanced lasers, both Class 4 and Class 3, with infrared and LED light therapy, and MRT-magnetic resonance therapy, we have been helping people with neuropathy get back on their feet again."

NEUROPATHY

I've been back and forth between neurologists and orthopedic doctors for years now. The neurologist says I don't have neurological problems... the orthopedic doctors say the numbness must surely be neuropathy. All sorts of therapy treatments didn't help. By this past summer I was losing my balance and flexibility of the feet and becoming very concerned. Then I read about Dr. Reilly's new approach to treating the numbness. As I end the eight-week therapy under his care I can say that I've experienced a measurable and significant improvement in my balance and ability to walk and especially in the flexibility of my toes and the rest of my feet.

—Walter S.

STATE-OF-THE-ART TREATMENTS

The new program is just the latest example of Asheville Neuropathy & Class 4 Laser Center's commitment to providing treatments using the most recent technology available to alleviate pain and facilitate rehabilitation, allowing patients to regain their quality of life.

"Our advanced treatment protocols are routinely helpful for back and neck pain not helped elsewhere. Patients with diabetic, post-chemotherapy or post-shingles neuropathy, degenerative or ruptured discs, sciatica, stenosis and other debilitating conditions can often find relief without surgery or drugs," Reilly said.

"As a leading provider of state-of-the-art treatments in Western North Carolina, we offer advanced laser therapy, advanced decompression traction technology as well as leading-edge Class 4 deep tissue laser therapy, electronic nerve rebuilding and MRT-magnetic resonance therapy. There is nowhere else within 300 miles that offers these treatment options in one place."

If you decide to purchase additional treatment, you have 3 days to change your mind and receive a refund.

NEUROPATHY

Francis Ewing had been suffering with neuropathy in her feet for over two years. Medications prescribed were causing too many side effects for her to continue. Francis had been seeing Dr. Reilly off and on for years for relief of sciatica so she was ready to try his new program for treating neuropathy.



"After only 3 neuropathy treatments I noticed the feeling in my feet and legs improved and I had less burning in my feet at night. My advice to others is to START with chiropractic care after a diagnosis. In many cases it may be all you need. At 71 years old I feel great!"

—Francis E.

NEUROPATHY

"A few years ago, I was diagnosed with having neuropathy in my feet and hands by a podiatrist and later by a neurologist. I received some treatment for the disease but nothing seemed to help. When I saw the advertisement of Asheville Neuropathy & Class 4 Laser Center for the treatment of neuropathy I decided to try that approach. After completing my recommended treatments, I believe my situation has improved 50%, which is huge to me. I would tell other people with a similar problem to start treatment earlier. I was treated very well by Dr. Reilly and his staff and appreciate their honest dedication to helping people."

—David E.

STENOSIS

"Last fall a neurosurgeon recommended a four and a half hour surgery to repair stenosis, remove bone spurs, fuse back and place rods in my back. I chose not to have the surgery.

In June of this year God allowed and blessed me to learn of Dr. Reilly and his Chiropractic Center. I immediately made an appointment to find out if he could help me. When I saw Dr. Reilly, after x-rays and examination, he told me he could help me and gave me a 70-90% chance to be helped without surgery. I began treatment of realignment, laser therapy, traction, heat treatment and Magnetic Resonance Therapy, which is amazing.

These treatments have given me my life back. I am now smiling, feeling much better and able to enjoy life again. It is a joy to arise in the morning knowing a much better day is ahead, whereas it was hard to face each day, even with the pain medication that did not give me much relief. I thank God everyday for Dr. Reilly and his wonderful staff."

—Becky

Dr. Reilly was past president of the North Carolina Chiropractic Association (NCCA), is board-certified in acupuncture and sports medicine chiropractic, spinal decompression traction, advanced nerve testing and soft tissue treatments, Graston Technique. Reilly said, "We currently use the most advanced laser available in the area, Asheville Neuropathy & Class 4 Laser Center is one of the only offices in NC offering Class 4 laser (Lite Cure) and magnetic resonance therapy & miracle treatment. This same treatment is used by over 50 professional sports teams because it works quickly and safely."

CAN YOU BE HELPED?

Asheville Neuropathy & Class 4 Laser Center offers free evaluations to help patients determine if chiropractic care, Class 4 and Class 3 laser, nerve builder therapy, decompression traction, magnetic resonance therapy, is appropriate for their condition. "We encourage patients to bring in their MRIs, CT scans and nerve studies to provide as much information as possible," Reilly said. "In those cases where we can't help, we refer to other specialists." Conditions that have responded well to this type of care, in addition to neuropathy, include: disc herniations, stenosis chronic spine pain, failed back surgery syndrome, back and leg pain, degenerative discs, numbness, tingling, sciatica, posthepatic neuralgia syndrome. "Advanced technology care is about more than just making the pain disappear. It is about learning, understanding and taking care of your body to improve your quality of life," he said.

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Dr. Reilly being presented the Doctor of the Year Award from the North Carolina Chiropractic Association

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YOU ARE HERE

By Blair Holland Clark



I am not married, in my thirties and in a relationship with a good person. My girlfriend believes in God and goes to church and calls it her community. I don't

know if I believe in much of anything other than there will be another day. I feel like most religions are about controlling you or trying to get something from you. One problem I have is that sometimes I feel lonely even though I have some friends. Do I have to become some kind of follower to get rid of my loneliness? What can I do to feel less lonely without giving up my independence?

Great questions. Your loneliness/independence/non-believer issues have given you a chance to discover more about who and where you are, what motivates you and where your momentum is taking you. The loneliness you feel, like all emotions, has created a crossroads or intersection on your journey. Congratulations in advance on what you are about to discover.

You have the capacity to understand your journey in a way that brings you a sense of self-empowerment. No, you don't have to be a follower, regardless of your spiritual beliefs. You get to make your own choices. There are many ways to learn from your loneliness, and just as many paths that lead towards a sense of connection.

Here are some ways to look at your journey using the structure in AWAY; but they are by no means the only ways. Your belief that there will be another day offers a place to start.

Beliefs and values exist to offer you guidance; your autopilot uses them to keep you on course and to protect you from threats to that course. While beliefs can open you up to new opportunities, they can also limit you when they no longer take you where you want to go.

Ask yourself if your beliefs about religion and followers are serving you well now. You may want to see if you can separate your beliefs about religion from spirituality, faith and trust. Read about spirituality, faith and trust. See if you can find some ideas that are closer to some of your own beliefs.

Discoveries can use a lot of energy. Your autopilot will pull at you to simply stay your current loneliness course to save energy. I believe it is helpful to speak out loud, tell someone you trust and/or journal about who and where you are at this crossroads or intersection on your journey. The answers you discover will help you choose to stay the course or alter it. Consider the following exercise.

Part 1

It may sound obvious, but your senses can be very helpful tools for identifying road signs. Allow your senses to take charge for the next few minutes. Do this part of the exercise when you have at least thirty minutes of uninterrupted time.

Find a comfortable position sitting, standing, or even walking. Take time

with each of the following five questions. These questions may help you be more present on your journey.

• What do you see from where you are at this moment?

You may see details you haven't noticed before. Take your time to bring them into focus.

• What do you hear?

Open up to the many levels of sound inside and outside of your head.

• What are you experiencing emotionally?

Start with two words describing these emotions.

• What do you feel physically — the pressure of the chair under you, the temperature, your feet on the floor, any pain you may have, or the texture of the clothing against your skin?

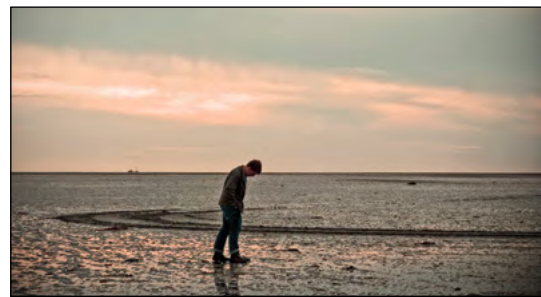
• What do you smell?

Sniffing is a lost art. Help your olfactory nerves wake up. Breathe deeply through your nose. What do you smell? What taste is in your mouth?

Part 2

When you feel you have identified the available sensory road signs, begin the next leg of this experience. Transition from a focus on sensory-based road signs to values, beliefs, thoughts, behavior, emotion/feeling, or other kinds of road signs. The following questions may help you make the transition.

• What "caution" or "hold back" road



signs are you aware of? Don't judge these road signs; they represent your autopilot.

• What do you value most in life?

Note that the question is not "what should you value most?" *On what paths do you spend most of your time?*

• How do you access your personal energy?

For example, emotionally, intellectually, physically, spiritually, or socially.

• What have you tried to address your loneliness?

• How did it work for you at first, later, most recently?

• When was the last time you did something you have never done before?

• What is one thing you have learned about your journey today?

We are all followers of our own autopilot, and we live in autopilot mode much of the time. We also have our Humanity to take us places we have not been before. Be kind to each part of you.

You are here.

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WORSHIP & COMMUNITY OUTREACH

Fairview Sharon Has New Worship Schedule

Fairview Sharon United Methodist Church, 2 Laura Jackson Road, now meets for worship at 9:30 am on Sundays. This new worship time, which is earlier than the church's traditional meeting time, is intended to provide the congregation and its guests with more time to enjoy Sabbath day pursuits after worship.

Family Movie Night at Trinity of Fairview

Trinity of Fairview invites the community to come out and join the church family in a Family Movie Night on Wednesday, August 5, 6-8 pm in the Family Life Center at Trinity of Fairview, 646 Concord Road, Fletcher.

The movie is Run On, which is described as "a perfect show to inspire seekers of Christ as well as mature Christians relating to the difficult and sometimes perilous journey known as our faith. You'll laugh as you see yourself, you may shed a tear over the pain, and you'll find healing and inspiration from one of the freshest and most unique comedy projects the Christian world has ever created."

Families are encouraged to bring chairs and snacks; drinks and popcorn will be provided. Please visit trinityoffairview.com and click on the banner to register so organizers know who will attend.



Pleasant Grove Baptist

- VBS with a purpose" the week of July 13-17, 6:30-8:30 pm at 455 Hollywood Road in Fairview. Participants will:
- Sing great music with TREE-mendous songs;
- Hear Bible storytelling at TREE-top Storytelling;
- Try Bible challenges at the Big Timber Bible Challenge;
- Make keepsake memories with Wilderness Crafts;
- Eat yummy treats at Campfire Snacks; and
- Have fun with Splash and Dash Games.

For more information call 628-2032.

Trinity of Fairview

Announcing the coolest week of summer! New friends, amazing experiments, glacier games, lip-smacking snacks, surprising adventures and incredible music await children from age 3 years to 5th grade at Trinity of Fairview Baptist's Vacation Bible School Monday, June 19-Friday, June 26, 9 am-12:30 pm. The theme of the week's fun is "Everest: Conquering Challenges with God's Mighty Power."

Trinity of Fairview Baptist Church is located at 646 Concord Road in Fletcher. The VBS is a free event; register children at trinityoffairview.com or call 628-1188.

Reynolds Baptist VBS

Join the Reynolds Baptist Church on Monday, July 5-Friday, July 9, 6-8:30 pm, for a "Journey Off the Map" into fun and learning.

Reynolds Baptist is located at 520 Rose Hill Road. For more information call 628-9783.

Buddhism Class at Cloud Cottage Community

Based on an ancient ethical system, the Fourteen Mindfulness Trainings of the Order of Interbeing constitute the moral core of Buddhism. On second and fourth Tuesday evenings monthly, 7-8:30 pm, Cloud Cottage Community of Mindful Living offers a class on the Trainings as they apply to our daily lives now. Suggested donation per class is \$10. For more information, contact Judith Toy at 669-6000 or cloudcottage@bellsouth.net. For information about Cloud Cottage visit cloudcottage.org.

Educational Theater for Schools Campaign

Attic Salt Theatre Company, the team who has produced family-friendly shows for over fifteen years, is pleased to announce the kickoff of their Local Hearts, Local Arts campaign. As a benefit to area children, Local Hearts, Local Arts aims to pair Asheville-area businesses with Western North Carolina schools to bring educational shows to local children.

Businesses are invited to donate the cost of a 45-minute production and then choose the school they'd most like to benefit from their gift. The Attic Salt Theatre Company gets in touch with that school and offers them a free show on the behalf of that business. Attic Salt will then promote the donating business via show programs, website, social media and newsletters.

All of the shows come with study guides for the children's teachers; workshops can also be arranged.

For more information as to how you or your school or business can get involved, please contact Marci Bernstein at 347-678-9869 or marci@atticsalt.org.

Send news, events and services by the 15th of the preceding month to copy@fairviewtowncrier.com

Equine Therapy Camp for Active Duty and Veterans

The non-profit Heart of Horse Sense organization in Marshall, NC is partnering with Trauma and Resiliency Resources of NYC to host a 7-day Warrior Camp retreat for active duty military and other veterans on July 18-25.

This retreat, located on a 110-acre horse farm in Marshall, fosters the development of a close-knit community within which healing can occur. It will include a healthy balance of trauma therapy, relaxation and leisure activities, including Equine Assisted Psychotherapy, EMDR, Yoga, Narrative Therapy and more.

The retreat is designed to help with the transition from battlefield to community by addressing such issues as combat-related PTSD, Moral Injury, Military Sexual Trauma (MST) and other challenges.

Heart of Horse Sense (HOHS), a local nonprofit supporting quality, professional Equine Therapy in WNC, has been supporting equine therapy services for Veterans and their families since 2014, hosting half-day and day-long retreats that allow individuals to interact with horses in a safe, professional environment. In 2014, HOHS held 7 such events, serving 42 men and women through day-long retreats. In 2015, HOHS supports family fun afternoons and couples' retreats to the services, as well as the Warrior Camp event.

During these retreats, Veterans learn how to build healthy relationships and practice self-regulation skills.



They learn the principles of horse psychology and how the horse's brain mirrors a traumatized human brain, then how to help the horse build resiliency in the face of challenges inherent in being a horse in "humanville;" the exercises transpose the experience of someone back from combat adjusting to civilian life. The continuation of these retreats allows families and couples to work alongside each other and our horses as they are guided through traumatic issues, developing valuable communication skillsets within the guidance of a professional, caring environment.

For more information and the calendar of retreats email heartofhorsesense@gmail.com or call 649-7064.

Habitat for Humanity Donor Match Opportunity



Asheville is in the midst of a housing crisis, with housing availability in general, and especially affordable housing, nearly impossible to come by. For more than 30 years, Asheville Area Habitat has provided affordable homeownership and home repair programs for individuals and families seeking safe, decent and affordable housing. More than 1,100 adults and children have been served directly, and thousands more have been impacted indirectly due to the generational and long-term impact of homeownership.

An anonymous donor who wants to address the housing crisis head-on is putting up a \$25,000 challenge match and inviting local business of all sizes to get involved in Habitat's first ever "Business Bungalow" House. Each cash donation made to this house will be matched (up to \$25k) by this caring donor. To learn more, contact Betsy Warren, Sponsorship Coordinator, at bwarren@ashevillehabitat.org or 210-9363.

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On June 19 I attended a memorial service in Asheville for the nine slain victims of Emanuel AME Church. My temperament tends to be optimistic, that we Americans CAN solve our problems, and that politics at its best can identify and prioritize the real issues and not just the noisy ones. Race in America has been our deepest wound, and our most confounding national challenge.

Race in America has been our deepest wound, and our most confounding national challenge.

From the beginning, the hope for liberty was in contrast to the ‘peculiar’ institution of slavery. The bloodiest war ever fought in North America was in the shadow of this paradox. Now we see in the mirror once again this horror that blights our history, and the lives of us all as Americans.

At the core of the history of the United States has been the battle to extend to all Americans the equality that precedes freedom.

This article will come to you just as we are celebrating the 239th anniversary of the Declaration of Independence, and I go there looking for hope and inspiration. “We hold these truths to be self-evident: That all men are created equal; that they are endowed by their Creator with certain unalienable rights; that among these are life, liberty, and the pursuit of happi-

ness...” At the core of the history of the United States has been the battle to extend to all Americans the equality that precedes freedom.

It began with the rise of the Common Man and the overthrow of the class prejudices inherited from Europe. Our founding fathers were aristocrats, studying Greek and Roman texts, and the philosophy of John Locke, and inspired by the spirit of the Enlightenment sweeping France and all of Europe. But I like to believe that the men and women of the frontier, places like Western North Carolina, were living the true life of freedom, and that they made their mark when they joined together and rode to Kings Mountain to rout General Ferguson and the English army. Thomas Jefferson’s election in 1800 and Andrew Jackson’s in 1828 are considered watershed in the rise of the Common Man.

The abolishment of slavery in 1865, one-hundred and fifty years ago, speaks for itself as a monumental moment in the extension of equality and freedom. Later in the 1800’s our nation struggled with immigration. The Irish, Italians, Eastern Europeans, Jews and so many more poured through Ellis Island seeking jobs and a better life in the United States. Chinese laborers came to build the Transcontinental Railroad. Our American identity as Western European, Anglo-Saxon and Protestant was severely tested. A powerful anti-immigrant political party, the Know-Nothings, arose to spread fear. Today, we continue to struggle as an American people with immigration.

In the Twentieth Century the battles for equality and freedom continued. In 1921 women finally were allowed to vote, and

were granted more and more freedoms throughout the following decades. “Rosie the Riveter” during World War II broke barriers in the working world. The Sixties saw a transformation of attitudes regarding women throughout our society. The change has been nothing short of breathtaking.

The Sixties also was marked by the Civil Rights movement, a return to that most difficult wound: racial justice. I grew up, proudly, in Atlanta, the home of Martin Luther King. But I grew up in the world of segregation, and I freely admit that many of those attitudes are buried not too deeply in my soul. People often ask me what has surprised me most about being a member of the Legislature. With half of the Democratic delegation being African-American, I would have to say that confronting the ghosts of my upbringing might be the most surprising. Becoming friends with this group of men and women has been a joy. I have felt their acceptance and respect, and for that I am so grateful.

Last week we spent two days debating a gun bill, and as I listened to the arguments I could hear echoes of the fears of our racial past. One key point of contention was whether local sheriffs should remain in charge of issuing gun permits. The argument was made that this system was arbitrary, and was originally instituted to deny African-American gun ownership during the Jim Crow era. Our Southern past has been a violent one, for sure.

And now we have this horrible massacre in Charleston. When Speaker Moore announced during our Session that the killer had been apprehended, there was an immediate standing ovation among ev-

eryone in those chambers. And in fact, he was apprehended in Shelby, Tim Moore’s home district.

I attended the St. James AME Church yesterday looking for hope in the midst of this tragedy. And the service was all about hope, and faith and love. How easily it could have been about hate and a call to violence.

I attended the St. James AME Church yesterday looking for hope in the midst of this tragedy. And the service was all about hope, and faith and love. How easily it could have been about hate and a call to violence. But our gospel message does not pull us that way. If you want to see hope, listen to family members of the slain, who are somehow able to utter forgiveness towards the young murderer.

And let us all re-commit this Independence Day, despite all of our differences, to searching our own hearts for a way forward to making the United States of America a more perfect union.

John Ager’s Contact:
NC House of Representatives
16 West Jones St. Room 1004,
Raleigh NC 27601-1096
John.Ager@ncleg.net or
jagerhng@gmail.com
628-2616 / 713-6450 cell
NCleg.net



The concept of “retirement” has changed dramatically in recent decades. Today’s retirees are traveling, volunteering, pursuing their hobbies — and even working for money.

The concept of “retirement” has changed dramatically in recent decades. Today’s retirees are traveling, volunteering, pursuing their hobbies — and even working for money. In fact, as a retiree, you can essentially do anything you want, as long as your health and finances permit it. Through exercise, proper diet and avoidance of bad habits, you can do a lot to stay physically healthy. And by clearly identifying your retirement goals and estimating their financial impact, you’ll know how to stay “financially healthy” throughout your retirement years.

So, what are your retirement goals? Here are some of the more common ones:

Set aside enough money to cover all your travels for a year...

Travel. Many people can’t wait to see the world once they retire. If you’re one of these eager travelers, you’ve got more choices than ever. Programs such as Road Scholar (formerly known as Elderhostel) provide educational travel programs to

Know the Impact of Retirement Goals on Your Finances

virtually every area on the planet. And, of course, you are free to journey on your own. But however you decide to hit the road, you’d better bring your wallet — because travel is expensive. One way of dealing with these costs is to place a certain amount of money each year in a liquid account that offers significant protection of principal. Set aside enough money to cover all your travels for a year, and when it’s exhausted, you’ll know it’s time to stay home for a while.

...you’ll need to decide whether you want to rent or buy.

Rent or buy a second home. During retirement, many people like to spend a few months each year in a more pleasant climate or in a location nearer their grown children. If you are considering a second home, you’ll need to decide whether you want to rent or buy. You’ll find considerable differences from a financial point of view, so you’ll want to think carefully about your choice.

...have fun with your pursuits, but set a budget

Pursue your hobbies. While you were working, you might have wished that you had more freedom to pursue your hobbies. Once you retire, though, you’ll probably have a lot more time to do what you like, whether that’s driving your classic car, painting landscapes, golfing, fishing, building furniture — whatever.

er. Be aware, however, that some people do get over-exuberant and spend more money on their hobbies than they can really afford. So have fun with your pursuits, but set a budget — and stick to it.

Get back to work. Upon your formal retirement, you may decide to do some consulting or open a small business. Any wages you receive can greatly improve your retirement income picture. For example, the more money you earn, the less you’ll have to take out each year from your 401(k), IRA and other retirement plans. (You will have to take at least minimum withdrawals from some of these accounts.) Plus, if you make enough money, you may be able to postpone Social Security for a few years, thereby increasing your monthly payments when you eventually start taking them.

As you can see, your retirement goals will be closely tied to your finances. So think carefully about what you’d like to do when you retire — and connect these objectives to the money you’ll spend and the money you may earn. By being aware of both your dreams and your “bottom line,” you should be able to enjoy the retirement lifestyle you’ve envisioned.

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

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New Kitchen Completes UHNGCC Rejuvenation

by Margaret Whitt

The new kitchen in the Upper Hickory Nut Gorge Community Center replaces many original aspects of the old kitchen. Community members started a rejuvenation of the complete building in the fall of 2010, prioritizing what needed to be done — for the environment and for the preservation of a building that is the one gathering place for the entire community. We began with a grant from the Janirve Foundation for \$10,000. Along with this, people donated for “naming rights” for each window, and plaques were placed accordingly. For four years, we placed all our earnings from fundraisers in a savings account. From the WNC Communities, we won Community of Distinction three times and Community of Promise one time, for a total of \$7,000. This, too, went into the savings account.

Along the way, we have replaced all the windows, added insulation to floor and ceiling, re-furnished both bathrooms with new paint, flooring and sinks, and turned one into a handicapped-accessible unit. We added space to the storage closet and re-built a rotting floor. We built storage

closets for our supplies in the serving room to the kitchen. We rebuilt the light fixtures in the dining area, painted the ceiling and added lattice strips and chair molding. We replaced and expanded the doors, re-sanded the patio picnic tables and added umbrellas. We added a handicapped accessible ramp entering the front doors.

We saved the kitchen for last. First, the two rooms had to be gutted, appliances moved and the old cabinets emptied. New drywall was hung, new lighting was wired, new fans and fixtures purchased. The empty space was painted, the flooring was installed, and finally the cabinets.



This has truly been a community project and people have stepped up to help whenever they have been asked. The leadership, of course, was indispensable. At the end of what we have collectively done, we thank Jim Earnhardt and Jim Sane in particular for their endless hours of work on every detail of the kitchen.

Flower Picking and Arranging with Annie Louise on Saturdays
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Welcome New/Returning Members

- Daylight Asheville
- The Local Joint

June Member Meeting

The June meeting was held at The Lord's Acre garden on June 9. It was a lovely setting and a beautiful evening. Members got a chance to see and hear first hand how much of a positive impact our local “garden against hunger” makes through food and community.

At the end of the meeting, Susan Sides gave a tour of the garden followed by a social time.



July Member Meeting

The July meeting will be held at The Joint Next Door on Thursday, July 9 at 6 pm. We expect to sit out back (weather permitting). After the meeting, there will be a social networking time. The Joint Next Door is located at the other end of the building from The Local Joint.

Facebook Page

Search for Fairview Business Association on Facebook and join the group. We post reminders about meetings and events and members can post promotions, updates and recommendations to fellow members as well as the public at large. If you've done business with another member, post it here. Snap a photo of a finished job or a happy customer and post on Facebook page. The best advertising is a personal recommendation and if you people can see a photo of you, it's almost like they know you.

Upcoming Meetings and Locations

Thursday, July 9, The Joint Next Door
Saturday, August 8, Picnic at Cloud 9
Tuesday, September 8, Sunrise Sawmill
Thursday, October 8, Fairview Forest CC
Tuesday, November 10, Fairview Preschool
Monday, December 7, Holiday Party at Highland Brewing

Interested in Joining?

Join at FairviewBusiness.com or send \$60 check to FBA, PO Box 2251, Fairview, NC 28730. You can also join at the Town Crier office, 1185F Charlotte Hwy, M-F, 1-5 pm. FBA Voicemail – 338-9628

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Helpful Products We Use at The Lord’s Acre

Hortinova Trellis Netting

A lightweight polypropylene mesh strong enough to support heavy crops, Hortinova comes in various mesh sizes and can be used vertically or horizontally. It’s easy to install and resistant to UV rays and chemical degradation. Rot and rust proof, this stuff lasts for at least fifteen years, its greatest enemy being a gardener with wayward clippers. Available at various places on the web including Johnny’s Selected Seeds.

Proteknet

We discovered this material while on a garden tour at Goldfinch Farms and knew we had to try it. It protects against even the smallest insects and keeps rabbits from nibbling our crops. You can see and water right through it and there is no thermal buildup in the summer heat. Even crops that are not bothered by insects grow dramatically better under this UV-resistant netting. We stretch it over fiberglass hoops. Available at Johnny’s Selected Seeds and at a better price if purchased in larger lengths, at Dubois Agrinovation out of Canada.

Fiberglass hoops

We purchase ours from Reems Creek Nursery, though there may be other local sources. These straight, flexible rods are approximately 5/16 inch wide and 8 ft. long and can be bent over beds to form hoops on which to place many types of protective fabric.

Bt (Bacillus Thurengensis)

The number one garden question we get is “What is eating my cabbage, broc-

coli, kale, collards, etc., and what can I do about it?” Our answer is Bt, a naturally occurring soil bacteria ideal for controlling all types of caterpillars. Bt is most effective when applied when caterpillars are still small, and reapplied after a rain or a second hatching. A stomach toxin, it must be ingested by the insect. It’s harmless to humans, animals and beneficial insects. Bt biodegrades quickly in sunlight and may require reapplication; to maximize effectiveness, apply in the late afternoon.

There are several types of Bt that target different pests, but the most commonly sold type is Bt-K (K for kurstaki bacillus) for caterpillars. Bt comes in liquid, flowable or powder form (we prefer the liquid). Check labels closely to see if it’s listed as the main ingredient. Some brand names include Dipel and Thuricide. We source ours at 5th Season, Reems Creek Nursery and Professional Landscape Solutions. Be sure to purchase current stock since it loses effectiveness as the bacteria ages.

Sluggo

This organically approved product is approved safe for use around children, pets and wildlife, and it provides excellent slug and snail control for home gardens. The iron phosphate and bait combination immediately stops slugs and snails from feeding after the bait is eaten. Free-flowing pellets make it easy to spread around the base of plants. Widely available.

Spinosad

This natural substance is made by a soil bacterium that can be toxic to some insects including many beetles, thrips, leafminers, ants, mosquitoes, fruit flies, ants and

spider mites. Spinosad is extremely low in toxicity to people and other mammals, though it is highly toxic to bees, so spray it in the very early morning or evening when honeybees are not around. Once it dries, spinosad has little or no effect on honeybees or beneficial insects. It is broken down rapidly by sunlight, so applying in the late afternoon or early evening is ideal. Monterey Garden Insect, Captain Jacks, and Boniude are a few of the brands that contain active spinosad.

Surround WP

This substance protects against insects, disease, sunburn and moisture loss.

Derived from kaolin clay, a natural mineral, Surround WP forms a barrier film that acts as a broad spectrum crop protectant. It coats the plants with a white powder film that creates a hostile environment for insects and mites; the particles adhere to the insects, acting as a strong irritant, and the film creates a physical barrier as well.

Surround WP also helps prevent sunburn damage and can enhance fruit coloring. It’s applied as a water-based slurry and needs to be applied before pests arrive. We mix it in a clean bucket with water with our hands so we can be sure the slurry is smooth and free of lumps that would clog the sprayer. Whatever type of sprayer you use, continuous agitation is recommended. We call this the “sprayer dance.”

Surround is labeled for use with stink bugs, cutworms, Japanese beetles, leaf-rollers, mites, thrips, codling moth, flea beetles, Gypsy moth, grasshoppers and more.

WHAT TO PLANT IN JULY

July is a brief pause in the middle of the growing year. Summer crops are really coming on these days and must be picked every other day (if not every day) and we’re replanting many of the things we grew in spring for a fall go-round. For one week sometime in July we entertain the illusion of being all caught up in the garden. That feeling lasts for about 3 days and then in the heat of summer, we start dreaming of fall. Here’s what can still be done:

- Bush beans can be planted through July 15th.
- Kale, leeks and lettuce can be started in flats to be planted out when they’re big enough.
- Snap peas can be started in July for a fall crop but this can be tricky since they prefer cooler weather.
- Radishes, scallions, turnips can be planted right into the garden towards the second half of July.
- Broccoli, cabbage, cauliflower, kale and collards starts can be planted out in July for a fall harvest.

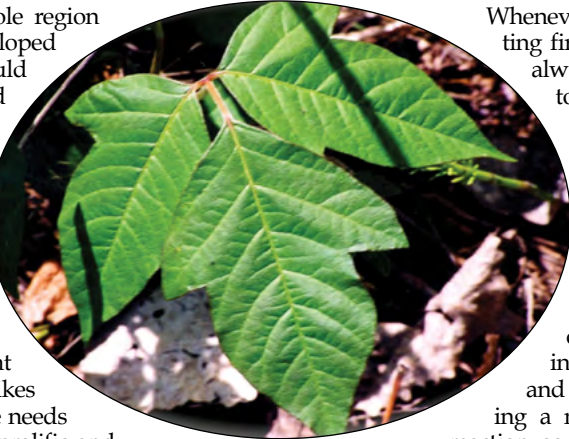


Poison Ivy



Summertime is here and the living is lush, green and abundant; all the gardens are producing and the forests are filled with beauty and birdsong. Turkey hens

are trotting around our land with their baby chicks following them, and all the rains of late have created explosive growth in the natural world around us. When I lived in rural Virginia’s Rappahannock County, we had an in-house joke that one of the main reasons the whole region was so undeveloped and pristine could be attributed to Poison Ivy being the unofficial state flower. It was everywhere, just like in Western NC.



Poison Ivy (*Rhus toxicodendron*) is a plant everyone who hikes and loves nature needs to learn, as it is prolific and grows in several forms — either as an upright herbaceous plant, a small shrub or a hairy vine that looks like something from a sci-fi movie, snaking up tree trunks for 40 feet and ominous-looking with all its furry roots showing.

The scientific name *Rhus toxicodendron* comes from the Greek; “toxico” means poisonous and “Dendron” refers to a tree or plant. Poison ivy grows throughout much of North America, in open fields, and along the borders and interiors of woods where it can be prolific, but is rarely found above 4500 feet. The berries are an important food for birds and wildlife



but for most humans it is a plant to avoid. One gift of poison ivy comes in the fall as like Virginia creeper, the leaves turn bright yellow and red and are quite beautiful from a distance, so lovely that someone introduced it to England as an ornamental display plant!

When I was a child, my father taught us the old familiar rhyme and verse “Leaflets Three, let it be,” which served us well. Even though there are many other plants that resemble poison ivy at first glance, it helps to always be on the lookout for three leaves along with hairy vines in winter, and white berries hanging from trees in the late summer and fall. Urishol is the chemical agent that causes the rash on humans and depending on sensitivity, it usually develops within a few days of contact. Don’t wash with hot water after exposure as it opens the pores in the skin and spreads the rash!

As a child I was immune and could pick it but then became strongly allergic. I always carry a small bottle of rubbing alcohol with me, and when I know I have been in poison ivy heavily, I douse my hands, wipe my shoes down and wash my clothes, which helps. One of the best remedies for me is a homeopathic pill called

Rhus Tox, which I have taken every year for decades to help reduce the severity and frequency of infections and slowly rebuild immunity. I also have crushed jewelweed stems hundreds of times on hikes and slathered the juice on me as an antidote to being in contact with the leaves.

Poison Ivy has been used in the form of a tincture to treat rheumatism for hundreds of years, and the leaves have been harvested to yield a brown dye, but by and large it should be eaten or ingested only by birds, squirrels and goats that love it!

Whenever I am splitting firewood, I am always careful to look for hairy vines, because one thing you never want to do is burn poison ivy; the volatile oils can get in your lungs and throat causing a nasty allergic reaction, so much so that it has been used in the past as a weapon of warfare.

As a fledgling naturalist in college, my idol was the late Euell Gibbons. Since I had shifted from immunity to hypersensitivity, I was fascinated by his accounts of mountain lumberjacks eating 3 tiny leaflets a few times a day in spring to build their immunity. It made sense to me, so using gloves, I went out and gathered the first reddish leaflets and ate them for 2 days as I was certain one could not be affected internally. On the third day, I had second thoughts and asked my mentor, who was a medical botanist, whether you could get it internally and to my utter shock and dismay he said “Oh yes, I had to rush some fool to the hospital and shove a straw down his throat because he had been eating poison ivy and his throat swelled up and he couldn’t breathe!” After he chastised me for my voracious reading and gullibility, I learned my lesson. En route home, I felt like my throat was swelling; fortunately it was psychosomatic and I was fine, but needless to say, I never did it again!

One other fact I learned recently was that even if you are immune, don’t flaunt it as I did gleefully as a child, picking bouquets and waving them at people. As it turns out, increased or repeated exposure often leads to an allergy, which proved true in my case.

Folks who are allergic to poison ivy can also have a reaction to mangoes or cashews, which are in the same family. When I was hyperallergic, I did notice that when I ate a lot of mangoes, my throat would have a very slight itch, but not enough to bother me or stop eating these delicious fruits, which I learned to love as a child.

But as for poison ivy, I’ll leave that for the goats!

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The Fairview Town Crier July 2015 29



Spring Mountain

807 Old Fort Road in Fairview

Movie on the Lawn – Friday, July 10, 8 pm. Kids activities followed by outdoor family movie at 8:45 pm. Bring your own lawn chairs and blankets. Movie free; popcorn and drinks available for small charge.

Summer Concert in the Park – every Tuesday at 7 pm. Bring your lawn chairs and enjoy some old-timey bluegrass music with the Berry Pickers' Jam. Free.

SAVE THE DATE! – Annual Community Picnic – Saturday, August 22 at 6 pm.

Monthly Meeting – Tuesday, July 7, 6:30 pm. Meetings will be the first Tuesday of each month unless notified otherwise.

4-H Club – Tuesday, July 21, 6 pm. Students from age 5 to 18, along with a parent or supporting adult, will meet in the Lower Level of the community building. For more info, please call Mary Ann Auer at 712-6857.

Spring Mountain Bee – Tuesday, July 14, 10 am–2 pm (meets the second Tuesday of the month unless otherwise noted.) Bring your own project this month. Visitors are welcome; call Kay Jenkins, 628-7900, or Kim Thompson, 628-1938. We want to encourage all ages and assure everyone that it's really easy to learn to quilt.

Yoga (Ashtanga Based Flow) with Sabrina – Thursday evenings, 6:15–7:30 pm, \$5–\$10 suggested donation. Call 243-8432 or email sabrina.alison.mueller@gmail.com to get email announcements for weather cancellations, road conditions, etc.

For general information, contact Mary Ann Auer, President, 628-1364. To post items in this column, call Ruth Atkins, 628-1625.

To Rent the SMCC

Call Bruce at 280-9533. Leave phone number and he will notify you if date is open.

Spring Mountain, a 501 (c) (3) non-profit organization, thanks the community for your continued support. Donations may be sent to: Spring Mountain Community Club, PO Box 73, Fairview, North Carolina 28730.

FAIRVIEW

1357 Charlotte Highway in Fairview

Fairview Farmer's Market – Saturday, July 11, 9–12 pm

To Rent the FAIRVIEW COMMUNITY CENTER

For calendar, visit fairviewcommunitycenter.blogspot.com, leave a message at 338-9005 or email fairviewcommunitycenter@gmail.com

Upper Hickory Nut Gorge

Highway 74A in Gerton

Community Cookout – Saturday, July 4, 6:30 pm. Hamburgers and hot dogs provided. Bring sides. Bingo until dark and then Fireworks.

Community Covered Dish – Tuesday, July 21, 6:30 pm. Scenes from the play *Two Many Ghosts*.

Annual Summer Play by the Hickory Creek Players – Friday, July 24 and Saturday, July 25, doors open 7 pm, performance 8 pm. Tickets at door, \$15.

To Rent the UHNGCC

To rent the UHNGCC, call or email Margaret Whitt at 625-0264 or send an email to mwhitt@du.edu.

JUST PERSONAL



In Memoriam: Leslie Dale Mitchell

Leslie Dale Mitchell, 82, of Fairview, died peacefully on Saturday, May 23, 2015.

Les was the beloved and treasured husband of the late Jane Mitchell. He is preceded in death by his parents, George and Opal Mitchell; and two brothers, William and Robert Mitchell.

Les is survived by his children, Steve Mitchell of Asheville, Michael Mitchell and his wife Malia of Lutherville, Maryland; a brother, Maurice Mitchell of Wiggins, Mississippi; a sister, Patti Melton of Topeka, Kansas; and three grandsons, Kyle, Luke and Alec Mitchell of Lutherville, Maryland.

Les was a United States Air Force veteran who loved spending time with family, friends and his Labrador Retrievers. He enjoyed woodcarving and volunteering. Since retiring from Aetna Life and Casualty and moving to Fairview, Les had contributed his time, talent and expertise to a variety of organizations in Buncombe County. He served as a delegate for the Buncombe County Senior Tar Heel Legislature, Secretary and committee member for the Advisory Council on Aging, board member and President of the Buncombe County Council on Aging, member of the Buncombe County Reorganization Commission, member of the Buncombe County Planning Board, and was appointed by the Governor as the Commissioner for the North Carolina Commission on Volunteerism and Community Service.

Les was a devoted husband, loving father, cherished grandfather and loyal friend. He will be missed by many. Les was laid to rest in a private ceremony at the State Veteran's Cemetery in Black Mountain.

Penny DeGroat Earns Regional Award

The Girl Scouts Carolinas Peaks to Piedmont recent Annual Meeting and Adult Recognition Ceremony celebrated the greatness in Girl Scouts of all ages and the continuing of the Girl Scout mission to build girls of courage, confidence and character.

Penny DeGroat of Fairview received the Honor Award, which recognizes a registered adult Girl Scout who has delivered outstanding service and contributes to the achievement of the council's goals in two or more geographic areas.

DeGroat served many years as troop leader and now holds a co-Service Unit Specialist role in the council's largest service unit. She spearheads the local travel group for older girls and chaperoned groups to Chicago, the Bahamas, and last summer to Europe. She co-chairs the annual father/daughter dance and other program events, maintains training and other computer records for local volunteers, developed the Buncombe County girl recognition ceremony and serves the council as a Gold Award Committee member, even representing GSCP2P at a national Gold Award Conference.

Local Students on Mars Hill Honor Roll

The following Mars Hill University students were named on the Honor Roll of the Academic Dean at the end of the Spring 2015 semester: *Yvette Mimy Brearley* and *Holly vanDonkelaar Lugo* from Fairview and *Carrie Elizabeth Ivey-Craig, Kelly Morgan Lindsey* and *Rebecca D. Stokes* from Fletcher. To qualify for the Dean's List, students must earn a grade-point average of 3.5 on a minimum of 12 semester hours, and carry no grade below a C.

LETTERS

Movie Night at Spring Mountain

My granddaughter and I enjoyed the outdoor movie night at Spring Mountain Community Center hosted by Bob Balken Roofing. It was a perfect evening for this, in spite of the earlier rain storm. Stars were out and we even saw our first lightning bugs of the season. Popcorn and drinks were for sale, just right for movie nights. The movie, *Fly Away Home* was perfect for families. Such a beautiful story! You should rent it if you missed the outdoor version.

Thanks and kudos to Spring Mountain and Balken Roofing for providing such a special evening for the community.

— Cheryl Nichols

Editor's Note: They are doing it again! See the announcement and the SMCC calendar.

CLASSIFIED ADS

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TWO OFFICES PLUS BATHROOM. Convenient Fairview location in Cane Creek area. \$350 per month. Call Jenny at 779-4473.

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BLACK GLASS DESK with flower pattern from IKEA, 30" x 60", very stylish, like new, sits on black saw horses – \$50; **IPHONE 5S** virtually new, lost phone and found it after buying new one, been in box for a year, unlocked, \$150. One dark blue upholstered office chair, \$15. Email sandierhodes@earthlink.net or call 628-1422.

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MOVING SALE

MOVING SALE – Friday July 24 from 8 am till noon at 16 Hillside Drive off Garren Creek Road (next left after Hollywood Road coming from 74-A)

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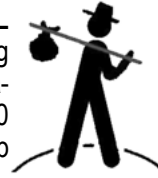
SERVICES

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SUMMER HELP – College freshman available for childcare, swim lessons, or flute lessons, flexible schedule. Loves children, CPR and Lifeguard certified. Email pbsamps@yahoo.com or call 582-5477.

TRAVEL

VAGABOB TRAVEL We're back! Our spring Euro Journeys have pleasantly concluded. \$400 discount for early sign up on Fall 2015 Trips! Call 713-5336 or visit www.vagabobtravel.com



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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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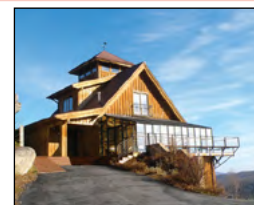
Fairview Resident Since 1992



MCDOWELL COUNTY! 126 acres prime dev. property for res., subdivision or commercial, huge paved road frontage, mix of cleared and hardwood, great building site, Jakes Creek adjoins property, a rare find *MLS#576972, \$725,000!*



NORTH ASHEVILLE! Immaculate bright & airy 3 BR, 3 bath condo w/great views of golf course and mountains, updated kitchen, rock FP, super MBR w/sitting room, close to downtown and the Grove Park Inn, *MLS#582508, \$622,500!*



BLACK MOUNTAIN! Super views of Mount Mitchell. This is a great timber framed house on 3.71 acres with a delightful kitchen, a huge greenhouse, lots of outdoor living space, 1400 sq ft garage, private, *MLS#575524, \$560,000!*



EAST! Stunning, beautifully-landscaped home on private 2 acres, open floor plan 4 BR, 3.5 baths, great room, FP, back patio w/hot tub, sec. sys, HOME WARRANTY, private yet convenient. And how about a 5 car garage? *MLS#581078, \$549,000!*



HOOPERS CREEK! Beautiful 3 BR, 2.5 bath home, very private 1.34 acres, gorgeous kitchen, jetted tub & heated floors, master bath, gas FP, office game room, rear deck and covered front deck, 3-car garage, *MLS#579939, \$314,900!*



LAKE LURE! Beautiful, well kept home in. Plenty of natural light, open floor plan, 2 kitchens and lake access complete w/ private boat slip, private setting w/surrounding woods and plenty of deer and natural wildlife, *MLS#582499, \$300,000!*



WEST ASHEVILLE! Spacious 3 BR home in convenient location, den, office, HOME WARRANTY, living room, FP, side screened porch, rear cov porch, 2-car gar in bsmt, *MLS#580589, \$289,900!*



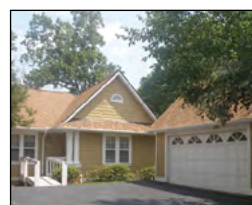
FAIRVIEW! Relax in your own hot tub on covered front porch of this 4 BR, 3 bath Cape Cod home w/private, majestic Mtn views, beautiful rock FP, massive game room, out building, beautifully landscaped yard, *MLS#579218, \$249,999!*



SOUTH! Terrific location, two lots totaling 1.50 acre lot with RM16 zoning! Includes a 3 Bedroom house w/basement, fireplace, 2-car garage, newer roof, outbuilding, *MLS# 587772, \$239,900!*



NEW LISTING! North! 3 BR, 3 bath home on private acre lot, wonderful subdivision, quiet, peaceful setting, LR w/brick FP, den/hobby room, cov front deck & lg back deck, HOME WARRANTY, 2-car garage, *MLS#586615, \$229,900!*



NEW LISTING! Biltmore Commons Condo! end unit, 3 BR, 2 bath, HOME WARRANTY, 2-car gar, screened porch, open deck, great room w/FP, vaulted ceilings, gated community, pool, clubhouse, *MLS#686528, \$187,500!*



WEST ASHEVILLE! Stylish 3 BR home, private, large kitchen, sunken LR HOME WARRANTY, lots of storage, concrete patio, covered side deck, metal roof, cedar siding, garage, *MLS#578489, \$169,900!*

RESULTS!

Overlook Dr.....Pending in 7 days
Noble Rd.....Pending in 27 days
Cameila Lane.....Pending in 27 days
Lakewood Dr.....Pending in 7 days
Weldon Way.....Pending in 24 days
Richmond Ave.....Pending in 3 days
Mitchell Ave.....Pending in 2 days
Max Street.....Pending in 7 days

Fairfax Ave.....Pending in 7 days
Hanover Rd.....Pending in 13 days
Pisgah View Rd.....Pending in 21 days
Elk Mountain Rd.....Pending in 8 days
Blalock Ave.....Pending in 35 days
Beech Spring Dr.....Pending in 5 days
Lynwood Ave.....Pending in 6 days
Meadowbrook Ave.....Pending in 5 days