



The Fairview Town Crier

THE VOICE OF OUR COMMUNITY • FAIRVIEWTOWNCRIER.COM • OCTOBER 2015 • VOL. 19, No. 10 • FAIRVIEW, NC



**A Glimpse
Beyond the
Headlines and
Why We Need
Your Support!**

See page 20

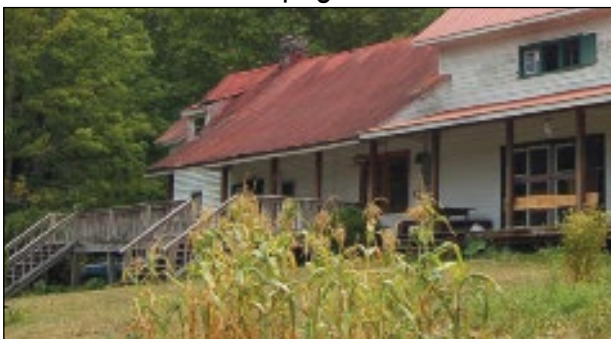
Adventure Racing in the Italian Alps

See page 14



The Special House on Ager Lane

See page 28



Letter from the Buncombe County Commissioner's Office

Did you receive a "scary" letter from the Buncombe County Commissioner's Office about a meeting on Tuesday, October 20, when the Board will consider a proposal to establish the Fairview Fire Protection & Ambulance and Rescue Service District? No worries, as basically nothing is changing for Fairview other than moving us from a fire tax district to a service district. Our fire tax is not changing and the district is not changing. Just a legal formality. If you'd like to read the informational letter that explains the details, you can download it from our website at fairviewtowncrier.com.

Fairview's Weekly Community Lunch Healthy for Body & Soul

Every Wednesday, Barbara Trombatore and her loyal volunteers peel, dice, stir and prep so that 100 - 150 or so people from the community can get together and break bread for a healthy lunch. One week you might sit next to a complete stranger, the next an old friend. The luncheon has grown over the past few years so that some weeks it's hard to find a seat. There is no set price for lunch. If you can afford it, a donation of \$10 is suggested. Donations cover the cost of those in our community who may not be able to afford \$10. It all goes into a big pot and the result is a healthy, fresh, homemade lunch where "neighbor" and "community" take on a whole new meaning. See you next (and every) Thursday at 11:30 am at the log cabin church behind the Fairview Library... building community one meal at a time!



Fairview Elementary Fall Festival on Friday This Year...Not Saturday!

Friday, October 9 from 4-7 pm

The most important thing to note about the Fall Fest's new Friday night date is that there is no AC Reynolds HS football game that weekend! The festival will include inflatables, carnival games, hayrides, a used book sale, live music, raffle baskets, food vendors and much more. **Unlimited Pass wristbands can be pre-purchased in the school office until October 7 for the reduced rate of \$10.** The wristbands give unlimited access to all carnival games, hayrides and most inflatables.

Raffle tickets are \$1 each for a chance to win one of the incredible themed baskets. There will be a dunk tank to "DUNK-A-TEACHER" for \$1 for 3 balls. Make plans to have dinner from one of the food vendors: Smokey & the Pig, Chick-Fil-A and Amazing Pizza Food truck. Ruth & Ranshaw and Sweet Treats will cover dessert. Proceeds from this year's festival, plus other general PTA events and activities, will be used to make much needed playground improvements, including handicap accessibility.



Trunk or Treat or Treat Around the Track Saturday, October 31, 4-6 pm

All children and their families are invited. Free games, activities, and candy for children will be located in the trunks of vehicles parked along the Spring Mountain Community Center fitness track. A free hot dog supper will be provided, and families can relax around the bonfire and cook their own s'mores treats. Anyone willing to sponsor a game or candy station or decorate a vehicle trunk, please call Maria at 778-0279 or Mary Ann at 712-6857. In case of rain, activities will be under the Picnic Pavilion.



The Great Pumpkin Patch

Fairview Baptist Church will open THE GREAT PUMPKIN PATCH from October 12-October 31. The "Patch" is located on Highway 74 past Reynolds next to the QP Gas Station, and will be open Monday-Friday, 10 am-7 pm, and Saturdays, 9 am-7 pm. There will be concessions, hayrides and a picture area available for family photos. For more info, call 628-2908. Proceeds support FBC Missions.

Goodwill Is Your Halloween Headquarters

This Halloween shop with imagination! In this time of rising prices and tight budgets, you can still celebrate Halloween on a budget by picking up a unique DIY costume at Goodwill. With a little bit of time and creativity, kids and adults can transform into zombies, athletes, superheroes, celebrities and much more - all at prices that aren't scary. Plus, Goodwill has a great selection of new costumes and fall decor. Visit Goodwill's Pinterest page for DIY costume ideas.

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OCTOBER COMMUNITY EVENTS

OCTOBER 2

Young Frankenstein Production

Asheville Community Theatre is opening its 70th season with the WNC premiere of Mel Brooks' musical comedy. The show will run from October 2 to 25, Saturdays at 7:30 pm and Sundays at 2:30 pm. Tickets are available over the phone, in person at the Asheville Community Theatre Box Office or at www.ashevilletheatre.org.

OCTOBER 2 TO 4



Overland Expo East

The East Coast version of this event for overlanding enthusiasts (4x4s and adventure motorcyclists) and the industry that serves them will take place at Taylor Ranch in Fletcher. For more information, go to www.overlandexpo.com/east and see page 19.

OCTOBER 3

Asheville Choral Society Kick-off

"All Creatures Great and Small," features music honoring love of animals. \$2/ticket will be donated to Asheville Humane Society. Bring cat/ dog food to the show for AHS. Concert 7:30 pm at Central United Methodist Church, Asheville. Tickets at ashevillechoralsociety.org or 232-2060.

OCTOBER 6

Spring Mountain Community Center Monthly Meeting

6:30 pm. Meetings are usually the first Tuesday of each month.

Sip & Doodle in Fairview

No painting experience required. Bring a beverage and create a work of art. 6 pm. RSVP at 712-1288. See page 28.

OCTOBER 8

Neurofeedback Open House

What it is, how we do it, how it can help you. Free and open to the public. Attendees receive a free neurofeedback consultation. Asheville Neurofeedback Center, 2 Fairview Hills Drive in Fairview, 628-7800. fairviewdc.com. 5:30 to 7 pm.

OCTOBER 10

Free Outdoor Movie Night



Balken Roofing presents Walt Disney's "The Haunted Mansion" at 7 pm at the Spring Mountain Community Center. Note movie night is Saturdaynot Friday. Kids' fun at 5 pm with hayrides, cake walk, pumpkin painting and sack race. Bring chairs and blankets. Snacks are available at a small charge.

Fairview High School Reunion

The 19th Annual Fairview High School Reunion is at Emma's Grove Baptist Church Life Center. If you attended or graduated prior to 1965 you should attend with spouse/significant other. Doors open at 10 am. Come early, renew friendships. Lunch is at 12:30 pm. Call Betty Merrill Cunningham asap if you want lunch at 628-2682.

Fairview Farmer's Market

Special events include local teen fiddler Townes Ellum from 9–10 am and local reggae band Station Underground from 10 am–12 pm. The Fairview School Health Advisory Council will hold a Health Expo with yoga (mats provided), Zumba, health screenings and more to promote healthy living in our community. Local vendors, produce, baked goods and products. Fairview Elementary parking lot.

"Openings" Reception

A reception is open to the public from 3-5 pm at 310 ART, 191 Lyman Street #310, Asheville. The show was conceived this spring and was inspired by the front door at 310 ART. 776-2716, www.310art.com. See page 7 for more info.

Spring Mountain Community Center Workday

Everyone welcome.

The Mane Event

Learn about barrel racing from a teen who does it! Learn about horse care from people who know! Sit in a saddle and take a selfie! All ages welcome. Fairview Public Library, 2 pm.

OCTOBER 11

Gospel Quartet to Perform

Soul Vision Gospel Quartet will be at Emma's Grove Baptist Church, 417 Emma's Grove Road, Fletcher, at morning service at 10:45 am. Love offerings appreciated. For more information call Helen Hawkins at 628-1274.

OCTOBER 11-13

Empower Bible Conference at Trinity of Fairview

Special guests the Rev. Will Graham, Rev. Randy Shepherd, Dr. Greg Mathis, and Rev. Clayton King. Trinity of Fairview is at 646 Concord Road in Fletcher. For more information, call 628-1188 or visit www.empowerbibleconference.com, email info@trinityoffairview.org.

OCTOBER 13

Garren Creek Volunteer Fire Department Annual Meeting

Meeting starts at 7 pm at the main station at 10 Flat Creek Road (corner of Flat Creek and Old Fort/Chestnut Hill Roads). Hear a report on operations and elect officers and directors. All residents of Garren Creek Fire District should attend. Refreshments served. Call Elizabeth Simmonds at 669-2846 for info.

Spring Mountain Community Club Quilt Bee



10 am – 2 pm. Bring your own project. Visitors welcome; call Kay Jenkins, 628-7900, or Kim Thompson, 628-1938. All ages are encouraged and assured that it's really easy to learn to quilt.

Sip & Doodle in Fairview

No painting experience required. Bring a beverage and create a work of art. 6 pm. RSVP at 712-1288. See page 28.

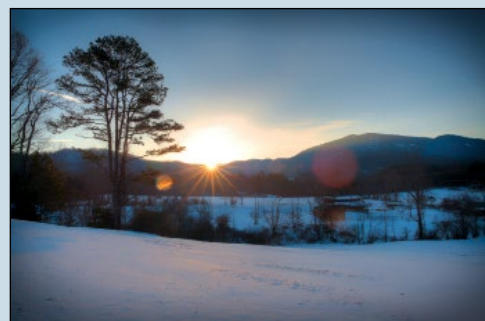
OCTOBER 15-18

The Southern Highlands Craft Fair

Over 200 juried artists, craft demonstrations, and live regional music will again be at the US Cellular Center, Asheville. Hours are 10 am–6 pm and 10am–5 pm on Sunday. Admission is \$8/adult, children under 12 free. For info, visit craftguild.org.

GOODBYE PARTY & AUCTION OCTOBER 18

Janet Peterson of Cloud 9 Farm is hosting a goodbye party and auction from 2–6 pm for renowned photographer Catherine Vibert, who used to write and photograph for the *Crier*. Catherine is moving to California to be near family. The landscape and fine art images to be auctioned were all photographed in Fairview and highlight the beauty of our community. A percentage of auction proceeds will benefit The Lord's Acre. Please bring a covered dish to share! Cloud 9 Farm is located at 137 Bob Barnwell Road in Fletcher. For information, call Janet at 628-1758 or Cat at 280-9373.



OCTOBER 18

Ethical Culture Meeting

UNC Asheville Health Educator Kelley Johnson is guest speaker at Ethical Humanist Society of Asheville meeting, 2–3:30 pm at Friends Meeting House, 227 Edgewood Road, Asheville. Discussion and refreshments will follow the presentation. All are welcome. For information: call 687-7759 or visit EHSAsheville.org.

Celebrating Jim Harris' 80th Birthday

James (Jim) Harris will be celebrating his 80th birthday this year. His wife Maxine, son Chris and daughter-in-law Crystal invite Jim's family and friends to a drop-in celebration between the hours of 3 and 6 pm at his home at 1399 Cane Creek Road in Fairview.

continued on page 4



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5.01 acres, ridge top acreage overlooking Fairview & Swannanoa, **\$150,000** MLS# 545076

5.91 acres, spectacular level property at 4000' elevation, creek, large trees, **\$100,000** MLS# 545081

2.12 acres, best lot in Peach Knob Meadows, spectacular view, exclusive neighborhood, just off Blue Ridge Parkway, **\$265,000** MLS# 553307

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The Fairview Town Crier October 2015 3

OCTOBER COMMUNITY EVENTS

OCTOBER 23 & 24

Womansong Concert

Womansong's fall concert, "Tender Lady," will be held at Warren Wilson Presbyterian Church, 701 Warren Wilson Rd., Swannanoa, on Friday at 7:30 pm and Saturday at 3 pm. A number of women from our community participate. The concert benefits two local nonprofits serving women — Our Voice and Helpmate. Purchase tickets (\$15 for adults or \$8 for children) at womansong.org, at the door or from a Womansong member.

OCTOBER 24

Fall Festival at Lake Julian

The Buncombe County Rec Services will host a free Fall Fest in Arden at 11 am. Create a scarecrow and enter the Scarecrow Contest or bring a carved pumpkin to enter the Pumpkin Contest. Prizes will be awarded. Registration is suggested. Lake Julian Park is at 406 Overlook Extension in Arden, just off of Long Shoals Rd. For information and registration forms, call Lynn Pegg at 250-6707 or Angie Hall at 250-6703 or send an email to parks@buncombecounty.org

Brush Creek Baptist Church Fall Fest

Bring the family for a night of fun from 6–9 pm at Brush Creek Baptist Church. There will be FREE hayrides, games, candy and food. The church is located at 1323 Upper Brush Creek Road, Fairview. 681-8743.

Omega Quartet Concert

The Omega Quartet will perform in Roosevelt Hall at 5 pm at the Lake Lure Inn & Spa, 2771 Memorial Hwy in Lake Lure. Admission is free. For more info, call 864-985-2908.

OCTOBER 27



First Lady Feminists Discussion at Fairview Library

Join retired Smithsonian curator Melinda Stuart as she discusses which of our

46 First Ladies stepped outside the box of a "woman's proper sphere" and how

their legacies of strength and intelligence exemplify the feminist ideal. Program sponsored by the Friends of the Fairview Public Library Starts promptly at 7 pm.

Long Time Sun Book Club

The New Selected Poems of Mary Oliver. Pulitzer prize poet Mary Oliver speaks to many of us in different ways. Pick your favorite poem to discuss, and join in for a spiritual exploration at 1pm. A \$2 donation is appreciated; free to Long Time Sun series holders. 1611 Charlotte Highway, Fairview, longtimesunyogaandwellness.com

OCTOBER 31

Brother Wolf Walkathon



Dress up the pups for the first Howl-o-Ween Walkathon at Carrier Park in Asheville. Event runs 11am–4 pm. Register or learn more at bwar.org. See page 24 for more info.

Trunk or Treat Around the Spring Mountain Track

At Spring Mountain Community Center, 4-6 pm. All children and their families are invited. Free games, activities, and candy for children will be located in the trunks of vehicles parked along the community fitness track. A free hot dog supper will be provided, and families can relax around the bonfire and cook their own s'mores treats. Anyone willing to sponsor a game or candy station or decorate a vehicle trunk, please call Maria at 778-0279 or Mary Ann at 712-6857.

In case of rain, activities will be under the Picnic Pavilion.

ONGOING EVENTS

Hickory Nut Gap Farm Fall Fun

Celebrate fall in Fairview at the farm! Open 7 days a week, 9–6. Apples, pumpkins, cider, corn maze, farm animals and farm store. Hay rides and horse rides every Saturday and Sunday, 11-4 in October. New kitchen serving lunch featuring HNGF meats daily. Visit hickorynutgapfarm.com or call 628-1027.

ONGOING EVENTS

Fairview Welcome Table

Community lunch every Thursday, 11:30–1 pm in the Community Room of Fairview Christian Fellowship behind the Fairview Library. Your donation of \$10 (if possible) allows others who cannot afford the donation to enjoy a meal with friends and neighbors. Visit their Facebook page or fairviewwelcometable.com

Prostate Cancer Group

Us TOO of WNC: a prostate cancer support forum for men, caregivers and family members meets the first Tuesday of the month at 7 pm at First Baptist Church of Asheville on 5 Oak Street. No fee to attend. For information call 273-7698 or email wncprostate@gmail.com.

Spring Mountain Yoga

Thursday evenings at 6:15-7:30 pm. Ashtanga Based Flow, \$5–10 suggested donation. Call 243-8432 or email sabrina.alison.mueller@gmail.com for info.

WNC Brain Tumor Support Group

The group meets every third Thursday of the month at MAHEC at 6 pm. Refreshments served. For more info visitwncbraintumor.org or facebook at WNC Brain Tumor Support.

GENERAL NEWS

Garren Creek Fire Department Auxiliary Annual Nut Sale

Pecans (halves & pieces) and black walnuts are great for holiday baking and healthy snacks. The cost is \$10 per pound bag. Nuts can be ordered and picked up at the *Town Crier* office, 628-2211, or call Elizabeth Simmonds at 669-2846 or Jodi Dill at 545-7563.

SAVE THE DATE!

November 11: Veterans and Senior Citizens Luncheon at noon, Spring Mountain Community Center. Please call Maria at 778-0279 for reservations.

November 14: Fairview Craft & Gift Show at the Fairview Community Center. This is show has been running for over 10 years. Everything is handmade.

November 21: 3rd Annual Sugar Hollow Artisans Holiday Market. Friendly, award-winning artists. 10 am–5 pm. Fairview's High Meadow Events Barn, 200 Sugar Hollow Road in Fairview.

December 19: Quilt Raffle Drawing at Spring Mountain Community Center. Call Maria at 778-0279 or Kees at 712-6857 to get your tickets (\$5 or 5 for \$20). Proceeds will go to a heating system for the community center building.

FELT MAKING WORKSHOP

Vicki Bennett of Tangled Up in Wool in Fairview is excited to host Karoliina Arvilommi from the furthest reaches of Finland, to teach a three-day workshop in felt making. Karoliina is considered one of the foremost feltmakers in the world and has strong ties to the most ancient aspects of the craft, having worked with traditional Mongolian felt makers in extreme rural areas. She processes and dyes her own wool — a rare Finn Landrace breed — to make contemporary, durable and colorful rugs and wall hangings. The workshop will be October 16 – 18 at the Spring Mountain Community Center in Fairview. Class size is limited. For more info, go to liinalommi.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 38.

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FRIENDS OF THE LIBRARY.....by Lauren Biehl

The Mane Event

Learn about barrel racing from a teen who does it! Learn about horse care from people who know! Sit in a saddle and take a selfie! All ages welcome. *Saturday, October 10 at 2 pm.*

FOFL Meeting

The Friends of Fairview Library will hold their quarterly meeting at the Fairview Library. All community members welcome! *Tuesday, October 13 at 7 pm.*

First Lady Feminists

Join retired Smithsonian curator Melinda Stuart as she discusses which of our 46 First Ladies stepped outside the box of a “woman’s proper sphere” and how their legacies of strength and intelligence exemplify the feminist ideal. This free program is sponsored by the Friends of Fairview Library. *October 27 at 7 pm.*



Book Groups

The afternoon book club will meet on *October 8 at 1 pm* to discuss “Brown Girl Dreaming” by Jacqueline Woodson.

The evening book club will meet on *October 20 at 7 pm* to discuss “Orphan Train” by Christina Baker Kline.



NEW ARRIVALS

Big Magic *by Elizabeth Gilbert*

The End Game

by Catherine and T.J. Coulter

After You *by Jojo Moyes*

Pretending to Dance

by Diane Chamberlain

The Outsider *by Frederick Forsyth*

Shadow Play *by Iris Johansen*

X *by Sue Grafton*

Robert B. Parker’s The Devil Wins

by Reed Farrel Coleman

Devoted in Death *by J.D. Robb*

The Solomon Curse

by Clive Cussler and Russel Blake

Devil’s Bridge *by Linda Fairstein*

Wildest Dreams *by Robyn Carr*

Only a Kiss *by Mary Balogh*

Perfect Touch *by Elizabeth Lowell*

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)

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“Openings” Show at 310 ART Inspired by a Rescued Door

Artistic inspiration is everywhere at 310 ART, an exciting combination of studios, gallery and art school for adults in the River Arts District’s Riverview Station building. Fairview resident Fleta Monaghan, founder and director of 310 ART, is pleased to announce a fall show of artistic works inspired by a deceptively ordinary thing: a door.

“Openings,” which will be on display from early October through December 31, is “a celebration of the endless opportunities that are presented to us and our enjoyment of taking chances with the new and unexpected” says Fleta. “The symbol of an opening, whether it be a door, window, portal into the



The Door to Inspiration in its new home

growth and personal enrichment. If we walk through into the unknown, who knows what kinds of new experiences we might encounter.”

The works exhibited are in many sizes and many media including oils, acrylics, watercolor, encaustic, sculpture, mixed media and photography. A reception will be held on *Saturday, October 10, 3-5 pm* at the 310 studio, located in the historic River Arts District at 191 Lyman Street #310 in Asheville. General exhibition hours are *11-5, Monday through Saturday*. 310 ART features the work of 24 local artists, the most represented in one location in the River Arts District.

The show was conceived this spring and was inspired by the front door at 310 ART. Long a symbol of an open



Zambas, by Bet Kindley

unknown or a glimpse into our imagination, calls to mind a new chance for

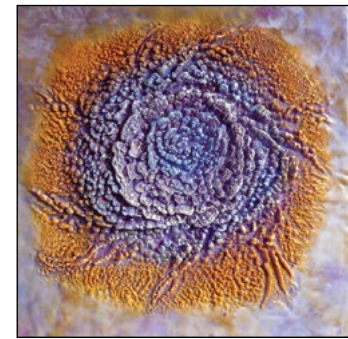
door to creativity, the door was designed and painted by Maureen O’Leary shortly after the studio was opened in 2006. “The door was our signpost for creativity, and was a familiar landmark for those wishing to learn, grow and collaborate with us at our school and exhibition space,” Fleta explains. This spring, however, during a routine inspection, the gallery was informed that the interior of the door must be painted over to comply with safety codes.

But instead of destroying the artwork, the artists, art lovers and friends of the studio enthusiastically pitched in to “Save the Door,” and funds were raised to replace the door and install it as a piece of art on the studio’s “Dock.” In the course of this effort, a good amount was also raised for the school’s scholarship fund, Fleta says, “thus ‘opening doors’ for others to explore their creativity.”

“We were all energized,” she continues, “by the positive attitude and willing generosity of all our friends,



Sunlit, by Lorelle Bacon



Gioiello, by Fleta Monaghan

colleagues and participants to take a creative approach and save the door. Our new functional door has a large window, allowing sunlight to cascade into our front space. The idea of the fall show was conceived in a group discussion, and our artists have jumped into the project by creating wonderful work that symbolizes the positive aspects of opening new doors to opportunities and just having fun and creating. You will see some iconic doors represented in paint, photography and many media, and some unique interpretations by some of the region’s best artists.”

There are many sayings about opening doors, and this one from Joseph Campbell embodies the concept of the 310 ART fall show:

“Follow your bliss and the universe will open doors where there were only walls.”

For more information about 310 ART’s Studios, Gallery and Art School, call 776-2716, visit 310art.com or stop by and say hello to Fleta Monaghan.



828 628-4080

2135 Cane Creek Road in Fairview

Thinking of Hydroseeding or Seeding this Fall?

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3 bedroom 2 bath single-level Mills River home. \$99,000, MLS 593167



Southland log home under construction in gated community with 1.41 acres in Mars Hill — \$397,000, MLS 587592



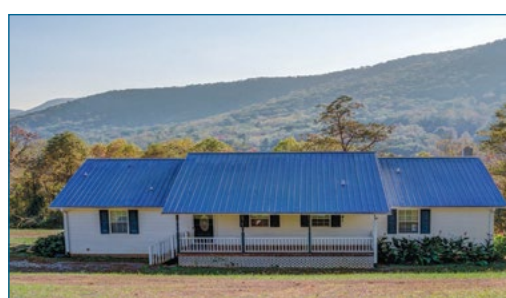
3 bedroom 2 bath Arden home. \$224,900, MLS 592883



4 bedroom/3 bath Asheville home on a 1 acre lot. \$499,000 MLS 586775



3 bedroom/2.5 bath home on .58 acres in Asheville. \$189,000, MLS 588746



3 bedroom/3.5 bath Candler home with 2.02 acres and views. \$264,900, MLS 572959

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DAYS GONE BY

By Bruce Whitaker

The Brevard Family of Fairview

The Brevard family were French Huguenots in a Roman Catholic France. John (Jean) Brevard was born in France in 1665. He was the son of Jacques Beavert and Ann Leduc. The Edict of Nantes, which granted the Calvinist Protestants of France (known as the Huguenots) substantial rights in Catholic France, was revoked in France in 1685. John (Jean) Brevard decided to leave France for Ulster Ireland in hopes of finding religious freedom. John soon found out that the Church of England controlled Ulster almost as forcefully as the Catholics did France. He had become friends with the Scottish McKnitt family, many of whom were moving to America. John Brevard decided to do the same. Brevard moved to Cecil County, Maryland.

John (Jean) Brevard married Katherine Mary McKnitt not long after he came to Maryland. Katherine McKnitt was born August 10, 1689 at Manokin Hundred in Somerset County, Maryland. She was the daughter of John McKnitt (1660-1714) and Jane Alexander (1665-1691). John and Katherine Brevard lived at Elk River, in Cecil County, Maryland. Katherine died there on December 23, 1734. John (Jean) Brevard died at Elk River, Cecil County, Maryland in 1747. John (Jean) and Katherine had seven children, four of whom moved to what then was considered Western North Carolina.

John Brevard was born in Cecil County, Maryland on September 15, 1715. He moved to Rowan County, NC. John

married Jane McWhorter (1726-1800). They lived in the part of Rowan County that later became Iredell County. John Brevard served as sheriff of Rowan County, NC and represented Rowan in the colonial legislature. John and Jane's son, Ephraim Brevard (1744-1781), attended Princeton University and received a doctorate degree from the school. Ephraim Brevard was the author of the Mecklenburg Declaration of Independence. John and Jane Brevard had eight sons who fought for America's independence. This so incensed the British that they went to the Brevard home near Mooresville and burned the house to the ground. Jane was at home by herself when the attack occurred. The British held Jane and made her watch her home burn to the ground. They stopped her from saving any belongings from her home. John and Jane's son, Alexander Brevard, moved to what is now Lincoln County, NC. Alexander bought up several iron furnaces that included Vesuvius Furnace and Mt. Tirza forges. Alexander became a wealthy man from the iron industry. He owned thousands of acres of land in Lincoln County. The Lincoln County Brevard family descends from him. John Brevard died in Statesville, Iredell County, NC on September 15, 1790. Jane Brevard died in Statesville on March 25, 1800.

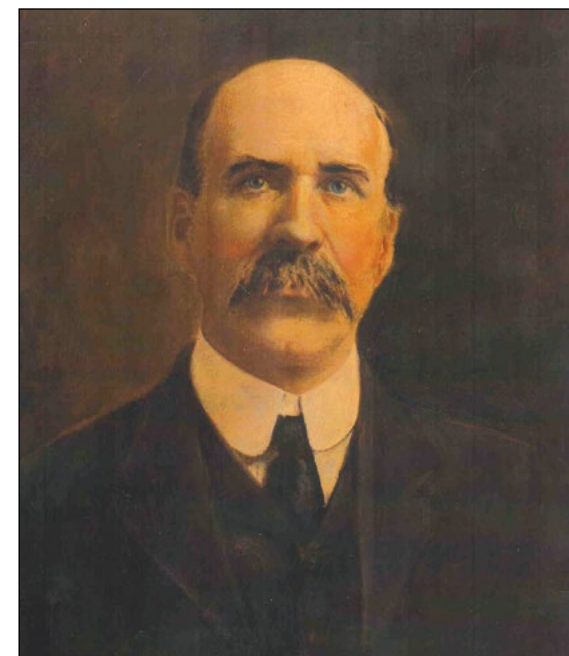
Robert Brevard was born in Cecil County, Maryland on January 10, 1718. He moved to what is now Iredell County, NC and married Sarah Craig. Sarah

was born in NC in 1719. She died January 23, 1807. Robert Brevard died in Iredell County on October 20, 1800.

Elizabeth Isabella Brevard was born in Cecil County, Maryland in 1722. She married John Lewis Jetton (1720-1787), who was born in New Castle County, Delaware in 1720. They moved to Rowan County, NC by the 1760s. Elizabeth died September 2, 1813 in Iredell or Mecklenburg County, NC.

Zebulon Brevard Sr. was born in Cecil County, Maryland March 29, 1724. He married Ann Templeton on March 7, 1754. Ann was born in Cecil County, Maryland on November 17, 1733. She was the daughter of David Templeton (1705-1761) and Ann Hunter (1707-1804).

Zebulon and Ann Brevard moved to what was then Rowan (now Iredell) County, NC soon after their marriage. All of their children appear to have been born in NC. Zebulon Brevard served in the North Carolina Militia as an ensign during the Revolutionary War. He received bounty land in Sumner County, Tennessee for service in the Revolutionary War. The land was sold after his death. Zebulon Brevard



John Decator Brevard (1850-1927), great grandson of Zebulon Brevard, Jr.

Sr. died in Burke County, NC on March 8, 1798. Ann Templeton Brevard died in Burke County NC, August 5, 1804.

Zebulon Brevard Jr., son of Zebulon and Ann, was the father of the Fairview Brevard Family. He will be the subject of the next column in the November issue of the *Town Crier*.

Local historian Bruce Whitaker documents genealogy in the Fairview area. Call him at 628-1089 or email him at brucewhitaker@bellsouth.net

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Fibromyalgia

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



Fibromyalgia is a chronic condition characterized by widespread musculoskeletal pain accompanied by fatigue. Sleep disturbances, memory issues (also known as “fibro fog”), mood issues, restless leg syndrome, irritable bowel syndrome, headaches, numbness or tingling in the extremities, painful menstrual periods, and temperature sensitivity are among the many symptoms of this complex disorder. Like arthritis, fibromyalgia is considered a rheumatic condition (a medical condition that impairs the joints and/or soft tissue and causes chronic

Scientists have discovered that fibromyalgia seems to run in families and also that sufferers share certain genes.

pain), although unlike arthritis fibromyalgia does not cause damage or inflammation to the joints, muscles, or other tissues. The cause of fibromyalgia is unknown. Many people develop fibromyalgia after a serious injury or illness. An emotionally stressful or traumatic event can also trigger the condition. Some connect it to repetitive injuries. For others, fibromyalgia seems to occur spontaneously. There may be a genetic basis to the condition. Scientists have discovered that the con-

dition seems to run in families and also that sufferers share certain genes. Researchers believe repeated nerve stimulation causes the brains of people with fibromyalgia to change. This change involves an abnormal increase in levels of certain chemicals in the brain that signal pain (neurotransmitters). In addition, the brain’s pain receptors seem to develop a sort of memory of the pain and become more sensitive, meaning they can overreact to pain signals. Sufferers are overwhelmingly female (80-90 percent) and middle-aged, but the condition can affect anyone of any age or gender. There is currently no diagnostic test for fibromyalgia, and no known cure, but there are a number of treatments that can help alleviate fibromyalgia symptoms, including:

- Advanced myofascial release therapy
- Class 4 laser therapy
- Magnetic Resonance Therapy
- Neurofeedback, which helps retrain the brain not to overreact to pain signals
- Neurotransmitter support — hypothalamic, pituitary and adrenal testing to properly determine the correct supplements your body needs.

Fairview Chiropractic offers all of these treatments, as well as an always-free consultation to learn how they can help alleviate your fibromyalgia symptoms.

Emergency Preparedness

By Mike Coladonato, MD, MAHEC Family Health Center at Cane Creek



Unfortunately, bad things happen. Some are within our control to prevent and others are not. But you can always be prepared to better deal with several unfortunate health-related situations you may encounter.

Anaphylaxis

EpiPens save lives. If you or anyone in your family suffers with severe allergic reactions, you should have several EpiPens on hand. If you have a physical reaction to anything in the environment that is remote (meaning not immediately touching) from the exposed part, that is defined as anaphylaxis — for example, if you eat something and start to have trouble breathing. People who suffer from these reactions need EpiPens with them at all times, and the people around them should know how to use them, too. If you ever use an EpiPen, you should go to an ER, urgent care, or doctor’s office afterwards, since the EpiPen effect will wear off and rebound anaphylaxis can occur. EpiPens lose their effectiveness over time or with exposure to too much heat, so they should be replaced yearly or at least every other year. EpiPens should be kept like a school lunch: not too cold and not too hot, so don’t keep them in a car’s glove box.

CPR

Basic CPR skills are easy to learn and can be lifesaving if started quickly. This

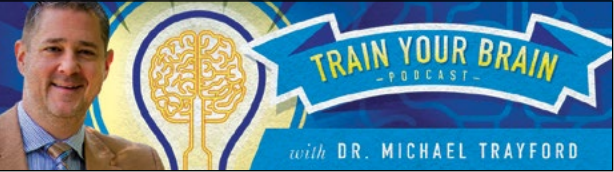
is true for both child and adult victims. When children become unresponsive, it is usually an airway blockage. With adults, it is usually a heart problem. There are simple skills you can learn that can potentially fix or manage these problems until help arrives. Studies have shown that potential rescuers often delay starting or never initiate CPR because they are afraid to do the mouth-to-mouth part. New CPR protocols are chest compression only — no mouth-to-mouth is required. Find a local course and take it. And make your family take the class, too. If you go down, you are going to want the people around you to know how to bring you back! Certification (and skill memory) lasts two years.

Hypothermia

In cold weather beware of hypothermia, where your body’s heat-maintaining ability cannot keep up with a cold environment. Shivering is your body’s effort to generate heat from muscle movement. If you are shivering, you are mildly hypothermic. If you are cold and wet, remove wet clothing and get to a dry and warm location ASAP. Frostbite is when your skin freezes via ice crystal formation in your tissue, and it can be a painful and dangerous condition. Slowly rewarm the skin with warm (not hot!) water and seek medical attention as the effects can evolve over weeks, sometimes requiring amputation. Prevent these situations by being prepared, dressing in layers, and looking at weather conditions before setting out on your adventure.

On Demand: A Daily Dose of Brain Goodness

By Dr. Michael Trayford, Apex Brain Centers



Optimal brain health is not something you achieve overnight. It is the culmination of the vast number of decisions you make on a daily basis; week after week, month after month, and year after year.

While there are always the unforeseen circumstances that cause our health to decline, our brain and body health is largely well within our control.

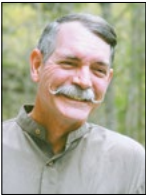
The choices you make today, and every day, will determine how your greatest asset will serve you at any stage of life! Due to the ever-growing demand for information in this 21st century, and the lightning speed at which it is expected, we are often asked by folks if we have resources to teach them how to “Build Better Brains.” In the absence of a comprehensive Brain Training program, and in addition to it, it is the small things you do every single day that will dictate how well your brain and body functions well into your golden years. There is no quick fix. I re-

peat: there is no quick fix! While there are always the unforeseen circumstances that cause our health to decline, our brain and body health is largely well within our control. Due to this demand for information, and realizing more and more that many folks are truly beginning to care about, and for, their brains; I have launched the “Train Your Brain Podcast with Dr. Michael Trayford.” This podcast was designed to deliver practical, everyday tips for building the best brain possible. Some will be familiar and some will be brand new, but it is the routine application of these tips that will help insulate you from one of the greatest fears of our time — that of a declining brain!

The daily tips will cover evidence-based topics and applications in the areas of physical, cognitive, metabolic, and lifestyle health, all of which affect and dictate the effectiveness of your greatest asset. I hope you will join us and join in the conversation as we will be taking listener calls and questions, exploring popular topics in greater detail, conducting interviews, and putting listener ideas into action as the series progresses. You can listen in daily at TrainYourBrainPodcast.com and/or subscribe on iTunes by searching for the Train Your Brain Podcast with Dr. Michael Trayford. I look forward to seeing you on the air!

OF INTEREST TO SENIORS
Yikes, It’s Almost Here!

by Mike Richard



Seniors, guess what’s just around the corner. That’s right, Annual Enrollment Period (AEP) for Medicare Advantage and Rx plans. It happens once a year between October 15 and December 7th. So what’s the big deal? If you’re on Medicare and want a change in your coverage for 2016, the AEP is the time to do so. There are exceptions for a few people who have a Special Enrollment Period (SEP) but for the majority, December 8th is too late. Next year you’ll be stuck with what you have now.

A Word to the Wise

For those of you who currently have a Medicare Advantage or Rx plan, be sure to look for the Annual Notice Of Change (ANOC) from your company in early October. The package you’ll receive has information about plan benefits or premium changes for next year. READ IT, PLEASE! Don’t be intimidated by the size of the package; just look for the page that gives you the Cliff Notes version of any changes comparing this year to next. If you’re happy with what you see, the plan will generally automatically renew and therefore no action is required by you. However, some folks may receive a “Dear John” letter informing them that their plan won’t be renewed for next year. It’s called a Service Area Reduction (SAR). You do need to make a change or one will be made for you. Your old plan will go away and you’ll

be automatically re-enrolled back into original Medicare on January 1st. Fortunately, you will receive a Special Enrollment Period from December 8th to the last day of February, giving you one opportunity to choose a plan. Effectively, along with the AEP, you have from October 15th to the end of February to make your decision. However, if you

The Annual Enrollment Period (AEP) for Medicare Advantage and Rx plans happens once a year between October 15 and December 7th.

want new coverage to begin January 1st, you have to enroll in a plan before December 31st. Effective dates of coverage are the first of the following month thereafter. If your current plan has Rx coverage, don’t forget to make sure your new one has Rx coverage or that you have a stand-alone Rx plan.

What About Medsup?

Please note that the AEP only applies to Medicare Advantage and Rx plans and not to Medicare Supplemental policies. Those can be purchased or changed anytime you wish. You will not receive an ANOC for your Medsup. 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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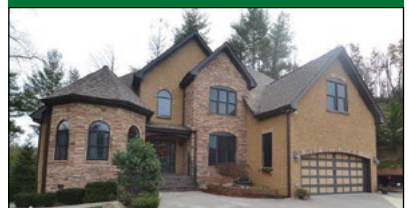
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Lot 5	0.86 acres	\$79,000
Lot 6	0.83 acres	\$69,000
Lot 7	1 acre	\$79,000

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NEW LISTING



Fabulous Mountain home in a private setting with lots of mountain laurels and beautiful large trees. Open floor plan with a vaulted ceiling in the living & dining area. Wonderful 10x30 deck to sit and enjoy nature. 3 bedrooms and 3 full baths. Separate family room with doors leading to the outside. This is your outdoor oasis. MLS # 593805, Price: \$250,000.

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Great location in Fairview for your business. Freshly painted inside and out. Level back yard. Nice front porch for your customers to enjoy with a mountain view. Updated bathroom and kitchen. Would make a great office, nail salon, massage parlor, doctors office just to name a few. MLS#591487 **\$154,000**

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Great one level living w/ open floor plan. Hardiplank siding, stone/cedar accent shakes. Split BR plan. Hdwd floors, tile in kitchen/baths. SS appliances/ granite countertops. Dbl garage. Master BR w/ large walk-in closet. Master bath, dbl vanity sink & tiled shower. Level yard great for the kids, pets or a garden. Great curb appeal. Architectural shingles. This home shows like new. **\$290,000** MLS 586804

FIRE DEPARTMENT NEWS

New Rating for Garren Creek Fire Department Means Lower Insurance Rates for Residents

The North Carolina Department of Insurance has completed its inspection of the Garren Creek Volunteer Fire Department, and Chief Wade Wright is pleased to announce that the department has been awarded a response rating of 6, which will take effect December 1. This represents the culmination of major efforts by the department over the past several years to earn the higher DOI rating. A rating of 6 is the best rating that insurance companies consider when setting premiums for residential homeowners insurance. This means that all of the homeowners in the district who qualify can look forward to a significant reduction in the insurance

premiums that they now pay. Any home or other property that pays fire taxes to the Garren Creek Fire District (see your property tax bill) and that lies within five road miles of either the main station at 10 Flat Creek Road or the substation at 1366 Garren Creek Road can receive the benefit of this rating. If you qualify for a premium reduction as a result of this improved rating, be sure to let your insurance company or broker know.

"I'd like to congratulate Chief Wright for his department's performance and for the hard work of all the department members," said NC Insurance Commissioner Wayne Goodwin. "The citizens in the Garren Creek Fire District should rest easy knowing they have a fine group of firefighters protecting them and their property in case of an emergency."

Homeowners who have questions about whether or not they are eligible for this improvement can contact the Garren Creek Fire Department at 669-0024 during regular business hours.



Chief Wade Wright, left, and Board President Shane Harris in front of Engine 23.



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Bill Butcher ... Adventure Racer

by Sandie Rhodes with excerpts from Bill Butcher

According to Google, “Adventure Racing (also called Expedition Racing) is a multi-disciplinary team sport involving navigation over an unmarked wilderness course, with races extending anywhere from two hours up to two weeks in length.” Sounds okay. No, wait. Was that “unmarked wilderness” and “up to two weeks?” Well, maybe this isn’t something your everyday runner can do, but it can’t be that hard, can it?

I own up to being a secret watcher of Ninja Warrior, so I’m a little familiar with the abilities of some people who train hard and prepare to accomplish amazing things. But I must admit, when I started seeing Facebook posts by my Fairview friend Misty Masiello on her recent trip to Italy, my interest was piqued. She and her husband, Bill Butcher, were in Courmayeur, Italy for a race. Not just any race, but some insane endurance race named Tor des Géants. This is a treacherous race with a lot of risk built into it.

Not just any race, but some insane endurance race named Tor des Géants. This is a treacherous race with a lot of risk built into it.

The day before the race I got in touch and asked if we could share this adventure with our readers. Bill had trained for some time and was ready to go but was painfully aware of the challenges that lay ahead. Under normal circumstances, finishing a race like this is an amazing feat. But this year, the weather had turned terribly cold and rainy and... dangerous.

In Bill’s words, “I enjoy these types of races when finishing is not guaranteed. Where the difficulty of the course and the challenges of Mother Nature have as much to say about your outcome as how you train for the event. If nature goes against you, you’re not finishing.

“If nature goes against you, you’re not finishing.”

I think my enjoyment comes from struggling through those challenges. I spend most of the race asking why I do this to myself. However, it gives me an opportunity to see the world in ways you can’t see through the window of a car.”



Left: Bill signing in on the log at registration for Tor des Géants

Right: Sigh of relief that luggage arrived from London today...it contained Bill’s race survival food!

Below Left: The first climb’s landscape. This is the first peak climb the entrants will run from the starting line... 6,000 feet up, then 5,000 feet, then 3,000 feet in the first estimated 10 hours of the race.



In the past, he has competed in close to 50 races that were 24 hours or longer, including a 9-day adventure race in Australia to several 5-day races through the jungles of Costa Rica. This past year he competed in the 24-hour navigating world championships in running and the national snowshoe championships where he finished 2nd in his Masters age group.

Snowshoe championship? Wow.

So, back to the Tor des Géants. We asked Bill the obvious question: *How do you train to run 200 miles across the Alps climbing and descending the equivalent of Mount Everest three times?*

His response: “You don’t or can’t. I don’t think most bodies could take the punishment. I usually don’t run more than 50-100 miles per week. A race lasting 5 or 6 days of running 22 hours per day is more mental. You have to be prepared to deal with the sleep deprivation, the hunger, the extreme discomfort, the weather.

“I never look at a race in its entirety. I break it down.”

“I never look at a race in its entirety. I break it down. In the Tor des Géants, I will break it down to 10-kilometer increments and never think about what is ahead. I avoid getting into ‘race mode’ and just enjoy the journey while being mindful of my

pace, nutrition, hydration, etc. It becomes a lifestyle for a week. I get to watch six sunrises and sunsets in the Alps.

“Honestly, there are the low points where I doubt my choice of hobbies, but I know those times will pass soon enough. You can’t run away from the pain and discomfort. It is easier to just embrace it, accept it as part of what makes it an epic adventure.

“Failure is a big part of this type of racing. You can’t finish every race despite your best efforts.”

“Failure is a big part of this type of racing. You can’t finish every race despite your best efforts. This is what I enjoy — no guarantees. You find yourself on the edge frequently. The challenge is how you deal with the extremes.”

On the first day, Bill took a bad fall. The fog, rain, cold and difficult terrain were treacherous. He got up and continued. He suffered a second fall and hit his head... hard. So hard he was knocked out. When he came to, he tried to get up to go on but the officials refused to let him continue in the race.

When he came to, he tried to get up to go on but the officials refused to let him continue in the race.



When Bill said he enjoyed these types of races, it was an understatement.

In the past, he has competed in close to 50 races that were 24 hours or longer, including a 9-day adventure race in Australia to several 5-day races through the jungles of Costa Rica.

Left: Misty took the gondola to view the treacherous terrain that Bill and the other runners were to tackle in the race.

Below: A little chapel along the route. We imagine a fair amount of prayer takes place there.

Right: The morning of the race. The weather was frigid and rainy and hopefully, not deadly.



In Bill’s own words, with a little humor thrown in:

“No matter how hard you train, how mentally tough you are... there are still many variables beyond your control. I have never fallen so hard in my life. When I came to, there were two Italian guys standing above me. I don’t speak Italian but I think one said, “Do you think he is alive?” Upon reflection, given the freezing cold and rain, I think he actually said, “I’m cold. Do you think we should take his gear?”

“A concussion makes things very fuzzy but they helped me up and walked with me for a few minutes until I told them to continue. I took two Excedrin hoping to continue the race but the fog never lifted.

“It is tough for me to have trained so hard and not to have seen more of the beautiful Alps course. However, there will be more races... there will be another day... there will be more adventures. It is only a race.”

Every cloud has a silver lining, though. Bill and Misty spent an unexpected and wonderful additional five days in Italy together and had an amazing time. And it gave him a special time to show his wife how appreciative he was of her so generously crewing for him in remote places like the Italian Alps.

“Running and biking long distances have allowed me to see the world from a very unique perspectives. I have met some wonderful people. I feel very fortunate and blessed... no doubt,” said this adventure racer.

“Where next?” asked Misty.



Above: Misty standing along the street with all the excited locals waiting for the Tor des Géants winner.

Left: Bill took a day to rest up and was back on his feet. He and Misty hiked the spectacular Monte Bianco in Courmayeur. They ran into a variety of weather in a very short time: first warm; then they needed hat and gloves; then pouring rain – and finally back to sun!

Below: the map given to participants in the Tor des Géants 2015.



Some Facts About Tor des Géants

The start and the finish are in Courmayeur. The total length of the race is 205 miles, which must be completed in less than 150 hours. During the tour, runners go through 34 municipalities, 25 mountain passes, 30 alpine lakes and 2 natural parks. The minimum altitude is 985 feet and the highest is 10,800 feet. The total elevation gain is about 78,700 feet. There are 43 refreshment points and 7 life bases about every 31 miles or so, at which the runners can eat, sleep and obtain medical care. Because of its difficulty, only about 60% of registered racers (maximum of 700 people) complete the Tors des Géants. Around 1,200 volunteers are used to organize the race. Due to the difference between the highest point and the lowest point, weather can be an additional obstacle. As they travel, the competitors can encounter sun, rain, wind, and even snow. Over 2,291 pre-registrations were received for the 2015 race. To point out the danger, the 2013 race was marked by the death of a Chinese runner, Yang Yuan. During a descent, he fell and hit his head on rocks. There is a cairn inscribed with a poem by Yang Yuan as a monument at the site of the accident.

Source: Wikipedia

To get a glimpse into this extreme course, visit <http://live.tordesgeants.it/#webtv>

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— Jason & Kelli Spector, Flat Rock

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MWebb@ExitRealtyVistas.com

“So happy to have worked with Melissa and now to call her a friend. She was very thorough in explaining all aspects of things we should consider. She was cheerful and upbeat and kept us fully informed. She worked tirelessly and effectively in making our dream come true. Thank you Melissa!”

— Kevin & Jan K,
Black Mountain

Glenn Gottfried

Million Dollar
Producer



828-628-6321

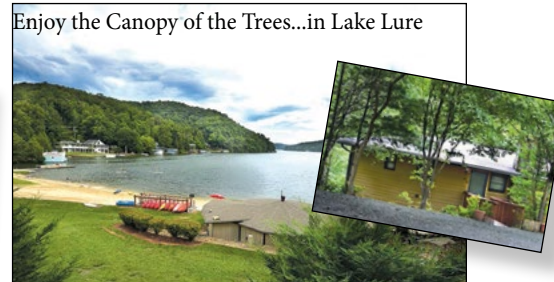
Glenn@ExitRealtyVistas.com

Glenn helped us find and purchase our home in the Fletcher area. He is very familiar with local availability and pricing and was extremely helpful in the search process, which was important to us since we lived out of state. He was kind, courteous, and prompt throughout our search and the closing process. I would recommend him to anyone and hope he remains a friend to us.

— Norbert Thomas and Brenda Greco



Cozy Log Cabin Home on 5 acres in heart of Hendersonville’s Apple Country! Picturesque setting! Relax on your wrap-around deck and covered porch. Bonus barn which could double as a studio. Open floor plan, master on main, stone fireplace, wood floors. Bring your horses and enjoy! \$499,000 **Call Nina: 828.242.8029**



Currently a vacation rental, this open and updated 2100+sf home is a great escape from a busy life and income producing when you aren’t using it. The house, aka Treetops, is well built and maintained w/ 2 masters (adults up / kids down?) and 2 large decks. Behind a manned guard gate and close to Resort Amenities. \$210,000 includes \$5,000 initiation fee. **Call Melissa: 828.712.4838**



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to your favorite charity is our way of giving back to OUR Community!

Jackson Wins Student Award

The *Fairview Town Crier* and AC Reynolds High School are pleased to announce Elijah Jackson as the September Student of the Month!

Principal Doris Sellers nominated Elijah, saying, “We have many young people at ACRHS who demonstrate the characteristics of RPI — Rocket Pride Inside — on a daily basis at our school.

Eli Jackson is a senior at ACRHS who does this. He is our Student Body Vice President and shows leadership in the classroom, in the hallways, and at our extracurricular school events. He is a young man of integrity and kindness. He excels in the classroom academically. I am proud to nominate Eli Jackson as the first ACRHS Senior Student of the Month for this year.”



Elijah is studying math and history, and is considering going into teaching after college. He is studying the Amazon Rainforest for his Senior Project, and is specifically interested in deforestation.

When asked what Rocket Pride means to him, Elijah said, “Everyone looking out for each other. I want AC Reynolds High School to be the best it can be.” A basketball player, he goes to football games and starts chants to encourage Reynolds players and get people to “buy into it and make it fun.” Elijah is particularly proud of the Fairview area community. He said Fairview parents are wonderful. “They come to Reynolds games and support our teams even after their own children have graduated.”

Go Fairview!

Fairview Preschool Classes Available

Fairview Preschool has been a part to the Fairview community for five years, offering a developmentally age-appropriate, hands-on learning environment. A pre-K readiness class for 5-year-olds and a class for 4- and 3-year-olds is available Monday, Wednesday, and Friday 8:30 am–12:30 pm. A 2- and young 3-year-old class is available one, two, or three days per week Monday, Wednesday, and Friday mornings 8:30 am–noon. Visit fairviewpreschool.org or call 338-2073 for more information.



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With a Kaplan SAT Practice Test, you can see your score now and learn how to get ready for Test Day with detailed results!

Asheville Community-Wide SAT Practice Test
SATURDAY, OCTOBER 10
9 am-1:30 pm, check in at 8:30
AC Reynolds High School Cafeteria

Please bring calculators, pencils, snack/drink, and a \$10 donation to the PTSO (collected at the door). **This event will prepare students for the CURRENT version of the SAT.** Scores will be returned by e-mail within two weeks after the test.

Call 1-800-KAP TEST or go to www.kaptest.com/class/SKKU150196 to sign up today!

Space is limited! Priority will be given to those who pre-register.

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

The Laws of Physical Education: a Full Spectrum of Fitness



Imagine a PE class of tiny kindergartners, still learning how to coordinate their arms and legs. Now picture a high school football practice, with huge, muscled players running complex plays at practice. What could these two events possibly have in common?

The answer: a lot! Especially in the Reynolds district, where Katy Laws teaches PE at Haw Creek Elementary School and her husband Shane Laws is head coach of the AC Reynolds High School football team. I recently had the unique opportunity to interview this talented pair.

Shane and Katy Laws met as college students in a gymnastics class at Appalachian State University (they agree that she was more naturally gifted in that sport). They now live in Fairview with their three daughters: two sixth-graders at Cane Creek Middle School and a nineteen-month-old toddler. After Friday night football games, they told me, the rest of their family weekends are dominated by middle school-level soccer.

During the week, it’s a different story. For Mrs. Laws at the elementary school, the daily challenge is to integrate math, science, and reading into all levels of PE. The fifth grade curriculum focuses on the human body, so there are many opportunities to build in relevant lessons. For other grades, she has to be more creative.

To Mrs. Laws, building relationships with students is just as important as improving their health and fitness. She keeps an eye out for early athletic potential, encourages students who may not believe in themselves, and emphasizes personal choice. “I tell them that

the choices you’re making now, even in elementary school, will affect the rest of your life.” Mrs. Laws has been known to pick up students and bring them to school in the morning, just to make sure they get there.

For Coach Laws at Reynolds High, athletics is much more specialized than it used to be. He said, “Getting physically fit is just the tip of the iceberg.” He not only helps his players become faster, stronger, and more powerful, he teaches them how to stay fit throughout the rest of their lives. Even his strongest students are expected to grow and improve over the course of a year—not just the younger athletes.

When it comes to his players’ success, Coach Laws recognizes the importance of their early years, long before they get to high school. He sees that they need to have adults who support and believe in them, helping them make good choices all along the way. “I have relationships with players the rest of their lives, and it starts with the trust that Katy builds with them.”

As with everything else in our schools, the teachers and coaches can’t do it alone—they need community sup-

port. Mrs. Laws encourages the community to check out donorschoose.com to donate funds to help our schools buy much-needed PE equipment. She also urges the public to contact our legislators to remind them the importance of physical education. Coach Laws urges the public to attend athletic events. “Come watch these kids play! These kids work so hard—it means a lot to them when the stands are full. You’ll get your money’s worth on Friday night and at any Reynolds game, whether it’s football, volleyball, basketball, softball, or any other sport.”

Reynolds District Events in October

- October 3: Fairview Elementary Farmer’s Market, 9 am to noon
- October 3: Reynolds High, Song O’Sky Chorus, 3 pm
- October 9: Fairview Elementary PTA Fall Festival, 4-7 pm
- October 13: Reynolds High, Fall Chorus Concert, 7 pm
- October 15: Haw Creek Elementary, MakerSpaces for parents to gather to create, invent, and learn, 6 pm
- October 17: Reynolds Middle School Tailgate Party/Open House, 3-7 pm
- October 19: Reynolds Middle School Fall Chorus Concert, 7-8 pm
- October 29: Reynolds High, Fall Band Concert, 6 pm



Katy and Shane Laws

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Raising Confident, Competent Children
➤ Tuesday, Sept. 29, 6:00 pm - 7:30 pm
Jones Elementary, 544 Kirby Ave

Raising Resilient Children
➤ Thursday, Oct. 8, 6:00 pm - 7:30 pm
Asheville City Preschool, 441 Haywood Rd

➤ Age 20, 6:00 pm - 7:30 pm
Jones Elementary, 544 Kirby Ave

Raising Children Who Listen: The Power of Positive Parenting
➤ Wednesday, October 21, 6:00 pm - 7:30 pm
Jones Elementary, 544 Kirby Ave

➤ Thursday, Nov. 19, 6:00 pm - 7:30 pm
Dickey Elementary, 90 Morford Ave

➤ Thursday, May 19, 5:30 pm - 7:15 pm
Asheville City Preschool, 441 Haywood Rd

For more info or to register for FREE session:
stephanie.rogers@acsgmail.net or 350-6189
www.triplep-parenting.net

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Overland Expo.com

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\$25 Fri or Sat., \$10 Sun. — Discounts for families & military — Kids 17 and under are free (with parents) — Free parking.

Drive a Land Rover, test BFGoodrich tires, paddle a kayak, try your hand at bushcraft skills, sample free camp food, & much more.

Food trucks, local beer and wine.

October 2-4
Taylor Ranch in Fletcher

1005 Cane Creek Road

Fri. 10 – 5

Sat. 8 – 5

Sun. 8 – 3

Images: Exploring Torres del Paine, Chile, and motorcycle camping in the Pacific Northwest — find out how to DIY at Overland Expo

Overland Expo Rides East Again

Lovers of 4x4s and motorcycling will want to head to the second annual Overland Expo East on October 2-4.

If you don't know, overlanding is using your 4x4 or adventure motorcycle to explore and camp, from 100 to 1,000 miles from home, and on any kind of road — from pavement to technical terrain.

For overlanders, the journey is as important as the destination. The Expo, which brings together overlanding enthusiasts and the industry that serves them, is designed to educate and inspire people to get out and explore their world through hundreds of session-hours of classes, workshops, and roundtable programs for enthusiasts; a large trade exposition; and evening inspirational programs and music.

The event will be held again at Taylor Ranch, a beautiful, family-owned work-

ing farm in Fletcher just eight miles south of Asheville.

Activities will include a custom instructional driving course built and staffed by the world-famous Land Rover driver team; an "Adventure Motorcycle Village" with a teaching arena and riding course; a kid-run Junior Overland Explorer program; and an epic mud recovery area.

Authors, videographers and VIP travelers will be in attendance, and exhibitors will include Four Wheel Campers, Land Rover of Asheville, Sportsmobile, BF Goodrich Tires, ARB-USA, Global Xpedition Vehicles, U-Joint Off-Road, American Expedition Vehicles, Equip Expedition Outfitters, AT Overland, Southeast Overland, Blue Ridge Overland Gear, Rev'It, Overland Journal as well as more than 100 other makers of equipment, camping gear, vehicles and providers of services and travel resources. Dealers for BMW, KTM, Triumph, Kawasaki, Honda, and Ural dealers will also be there.

Overland Experience packages include over 150 classes taught by 120 of the top overlanding experts in the world. Day pass visitors, who pay a minimal cost, can enjoy dozens of films, slide shows, mini-workshops, and roundtable programs. There is also on-site and nearby camping for everyone. Kids under 17 are free.

Overland Expo West was held in northern Arizona this year and attracted more than 5,000 attendees.

For more information, please visit overlandexpo.com/east.



On the Adventure Motorcycling Village course in 2014.



Above: The lake at Taylor Ranch. Below: According to Overland Expo, nearly half of all attendees are women. All photos courtesy of Overland Expo.





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A Glimpse Beyond the Headlines

by Sandie Rhode

The early days...

Believe it or not, the *Fairview Town Crier* is closing in on its 20th Anniversary. Many of our readers have moved here from other places, but others may remember the early days. The *Crier* actually started as a small newsletter. As I've been told because it was before I came to Fairview, Annie Ager put it together to create a means of delivering community news. Then Terri Hornsby decided she could sell advertising to cover some of the costs of mailing. And Mike Patterson took the helm as publisher with Ricki Cochran as managing editor. And the newsletter became a newspaper. I still hear people referring to the paper as "the little newsletter." This always brings a smile. On one hand, it's pretty humorous to think of a 40-page, full color, jam-packed newspaper as a "little newsletter." On the other hand, it's gratifying that so many of our readers still get a sense of the intimacy of a newsletter. It's a balance we always try to maintain.

The vision...

The vision for the paper has remained the same over the years: to provide a non-profit, community newspaper, free of charge, delivered conveniently to everyone's mailbox to inform of upcoming events, important news, charitable efforts, business information, etc., and to provide a vehicle to support local businesses. Within a year of publishing the first official issue, the *Town Crier* received its "Public Charity" status from the IRS and concurrently, a non-profit mailing permit from the U.S. Postal Service.

Why a non-profit?

The non-profit status is what allows the *Crier* to continue to mail the paper FREE to every household in Fairview... and now also Gerton, Reynolds and part of Fletcher. As the Fairview community expanded, so did the *Crier*. In all, we print and distribute 8,600 newspapers each month... for FREE. Yes we have a substantial amount of advertising, but that advertising only partly covers the cost of producing, printing and mailing the paper. **And most important is the fact that without a portion of the paper's income coming from public support — donations and fund raisers — the *Crier* will lose its non-profit status. Without its non-profit status, we will no longer be able to absorb the cost of mailing the paper.**

Our growth...

This past year we also opened an office to better serve the community. The office not only provides a convenient place for advertisers to secure information or make payments, but it provides a vehicle to support our community's non-profits. We sell tickets to The Lord's Acre's fundraising events. We sell walnuts and pecans for the Garren Creek Fire Department Auxiliary. We sell the Gerton Community Center's cookbooks. We display (and sell) works of art from a number of local artists. We are a drop off for Food For Fairview. We liaison for lost and found pets by posting on our Facebook page. And in general, we provide information and services as we see the need. **And we do this gratefully, with a feeling of honored responsibility to serve you... our community.**



A look back at a few earlier papers: Far back is June 1998 with a cost of \$1.75 printed on the front page. It appears the *Crier* was actually sold back then with home subscriptions costing \$15/year. This particular issue had a photo of actor Robin Williams when he stopped in Angelo's Restaurant for a gyro during filming of Patch Adams.

The next issue up was November 1998 and the headline tells of two historic groundbreakings in Fairview: The Fairview Library and Cane Creek Middle School. The publisher's information indicated the paper was then being mailed free to households within the 28730 zip code (Fairview). It should also be noted that the official not-for profit status (public charity) was approved in February of 1999.

Next is April 2003, when Fairview's David Holt won his second Grammy for Legacy, an album he released with Doc Watson.

Then in January of 2003, the AC Reynold's Rockets won the 4A State Championship... for the second time. More than a thousand from our community traveled to see them win at Chapel Hill.

The next paper is from June of 2003. The paper ran a tribute to the beloved Fairview teacher Dianne Tallant Martin, who lost her battle with cancer. It also marked one of the worst hailstorms to hit our area (note photo of my hand holding hailstone the size of golf ball) on May 15, 2003.

The last, topmost issue, was from July of 2003 and notes the "Changing of the Guard" when publisher Michael Cochran passed the newsprint over to me.

Note: The *Town Crier* office has a copy of just about every issue published over the last 19 years except for 2 or 3 early ones, and a digital copy (PDF) of all from the last 13 years.

Your part...

We need your help. With so many worthwhile causes needing your support, the *Crier* has understandably slipped to the bottom of the pile of potential donations for the majority of our 8,600 readers.* We also realize that many people who are relatively new to the community, may not even realize the paper is a non-profit. We hear from so many of you that you love the *Crier*, now we ask you to support that statement. And I promise you we are good stewards of the revenue generated. Our overhead is kept as low as possible and all staff give way more than their paychecks indicate. Without your donations, however, we may not be able to mail the paper for free in the future. **We understand not everyone is in a position to make a donation but if those that could... would... we'd be in good shape this year. Thank you! Donations can be made online at fairviewtowncrier.com or mailed to:**

**Fairview Town Crier
PO Box 1862
Fairview, NC 28730**

There is also a drop slot in the window of our office at 1185F Charlotte Highway (next to Elena the Groomer and the Electric Guitar Shop) or stop by and see Candi or Annie.

*We must pause here to acknowledge Gene and Mary Lou Tatsch who have sent a \$5 donation to the *Town Crier* every month for as long as we can remember. Their ongoing support is more meaningful than we could ever express.

The Folks Who Bring You the Paper...



Lynn Stanley is our Copyeditor and also an Asian brush and watercolor artist with a studio in the River Arts District. Somehow Lynn manages to organize the hundreds of emails and bits of paper with things that must go in the paper so that the editor has text to put in the file. She enjoys combining the two vocations, and she's painted "town crier" in Chinese and a little Chinese town crier for you (his banner says "Peace! Love! Art!").

Clark Aycock, our Editor and Webmaster, originally from Albemarle, NC, recently returned to the Old North State after living in New York City for 20 years. He moved back for the quiet, the prices, the nature — but mostly for the biscuits. Music, sports (Go Mets!), history books, movies and weird Youtube videos are things he enjoys. As a newcomer, he loves that working on the *Crier* makes him feel like a local.



Candice Yount, or Candi as she is known to many, the *Crier's* Office Manager, always has a welcoming smile for all who enter the office... and candy, as well. Candi has a love of animals and nature and always feels great when she can assist in a lost pet finding its home. She is co-owner of AA Diamond Tile and in her spare time she enjoys long walks with her Bichon Frisé, Winnie, arranging flowers, a beautiful sky and a moment in nature.

Sandie Rhodes, Managing Editor and Publisher, came to Fairview 14 years ago from New York City (bad) to Los Angeles (worse) and feels so blessed to finally arrive home. The *Town Crier* has given her the opportunity to get to know this special community from the inside out. She is grateful to use her years (so many years) of experience to enrich and broaden the *Crier* to continue to inform and support our growing readership and community. She lives with her musician husband and beloved dog Whitney. In her spare time... wait, she doesn't have any!



Annie MacNair, the *Crier's* new Bookkeeper, lives in Gerton with her husband Alan. They love gardening, tending to the animals on their farm, managing their rental property, hiking, biking and horseback riding.



Our many Volunteers show up faithfully on mailing morning to apply address labels to about 4,500 papers that get mailed to Fletcher, Gerton and Reynolds. Always room for more. Call Candi at 628-2211 if you want to get in on the fun! Laughing and chatting encouraged.



Odell and Sandra Suber appear like clockwork after the labels are applied, to whisk the tubs and tubs of papers away to the various post offices to ensure they arrive in mailboxes in Gerton, Fletcher and Reynolds.

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- Kathy R.



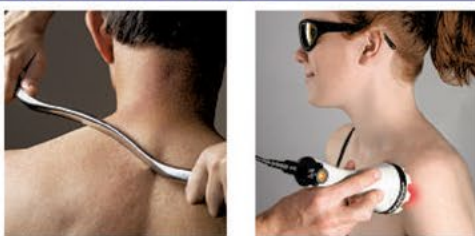
RELIEF FOR PLANTAR FASCIITIS, HEEL SPURS, SHIN SPLINTS, ACHILLES TENDONITIS

I have hip pain that got worse from driving for almost ten years. I tried Celebrex[®], ibuprofen, physical therapy and other chiropractic treatments. Dr. Reilly has helped me quite a bit more than medical doctors, physical therapists or chiropractors.
- Fred S.



ROTATOR CUFF PAIN, FROZEN SHOULDER, SHOULDER BURSITIS, TENDONITIS RELIEF

When I started to experience a shoulder problem. It began gradually and eventually I couldn't lift my arm above my head. I was in constant pain and in an attempt to avoid surgery, I came to Dr. Reilly for his recommendations. Dr. Reilly used the Graston technique and Class 4 laser to treat my shoulder. I felt relief after the first treatment. I would 100% recommend trying this treatment before considering surgery.
- Randy B



"Sometimes I forget I even have a problem."

FROM HAPPY PATIENTS:



"I was told I needed an immediate knee replacement. I was desperate to avoid that surgery. The first treatment gave relief to knee pain as well as back and elbow! By one month, swelling was down in the mornings. I

continue the daily at-home treatment and exercise as Dr. Reilly instructed. My life is back to normal." - Lynda G.



"I came to Dr. Reilly with a foot problem no one else could fix. He diagnosed me with plantar fasciitis and a heel spur. He immediately started me on Graston and Laser therapies. In just a week or so it helped after looking for a fix for two years!" - Mark H.

"I came to Dr. Reilly with a chronic shoulder problem that was interfering with my workout. He recommended the Graston technique and laser. After the first treatment, I felt better. I was aware that it was helping immediately. I was released after three treatments, with no residual symptoms." - R.C.



"I was released after three treatments with no symptoms."

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GUEST WRITER

by Ryan T. Lubbers

Fall Hiking: When and Where to Go... Part 2

Many folks picture Chimney Rock when they think about hiking in the lower Hickory Nut Gorge. The 315-foot-tall stone monolith towering over Lake Lure is an impressive feature. On a clear day, hikers can climb 499 steps to the top of the "Rock" and see over 75 miles to the east with the skyline of Charlotte jutting out from the piedmont. It truly is a breathtaking view that brings people in from all over the world and can make this little corner of Rutherford County feel very cosmopolitan on a busy holiday weekend. Expect fall colors to hang on here later than most places in our area, with colors peaking in the third week of October and staying brilliant into the middle of November.

In addition to the traditional hike to the chimney, the climb to Exclamation Point is worth the trip for an unforgettable panoramic view of the Gorge from nearly 2,500 feet above sea level. When you have had enough of all those stairs, the Hickory Nut Falls Trail heads straight out to the bottom of the iconic falls where you can dip your head under the ice-cold water to cool off after a moderately strenuous three-quarter-mile hike. The Four Seasons Trail is a botanist's dream come true, especially in autumn when the colors come alive in this Rich Cove Forest. There is even a great trail for kids called the Great Woodland Adventure Trail that isn't too strenuous or long and has a series of hands-on learning stations.

Chimney Rock Park was a private park for over 100 years, but in 2007 the

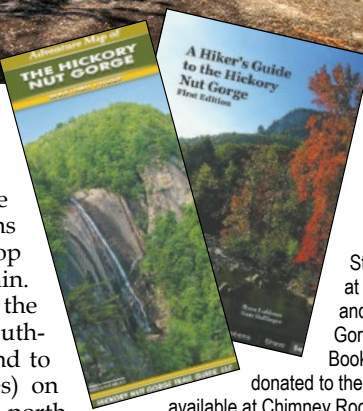
Morse family sold the 1,000-acre parcel to the State of North Carolina, ensuring its protection in perpetuity. The park became Chimney Rock State Park and has continued to grow in size. After a series of land acquisitions, Chimney Rock State Park is now close to 6,000 acres in size! This is great news for the conservation of some of the country's most biodiverse ecosystems.

One of the newly acquired parcels of Chimney Rock State Park is known as Rumbling Bald. It has long been a favorite recreation area for rock climbers and "boulderers" because of its immense cliffs and house-sized boulders that dominate the landscape. However, there is also incredible hiking and "bushwacking" here, especially in late fall and winter. The Rumbling Bald Trail is the only official trail and is a remarkable loop that leads through a series of giant boulders up to the rock face itself and then traverses along the massive cliffs before returning back to the parking lot. For the more adventurous hikers, there are literally hundreds of "social" trails that spider-web through the forest to favorite boulders and secret climbing areas. Unlike Chimney Rock at Chimney Rock State Park, there is no fee to use the area. The only major limiting factor is the tiny parking lot that only holds 35 cars. Parking is extremely limited and rock climbers (surprisingly) get up very early. Expect the parking lot to be full by 10 am every sunny, dry weekend day from October to March.

The "Master Plan" calls for the cre-



ation of many more miles of hiking trails in the newly acquired parcels — some of which will even include overnight camping options in the back country on top of Chimney Rock Mountain. There will also be trails to the World's Edge on the southeastern side of the park and to Eagle Rock (The Pinnacles) on Shumont Mountain on the north side of the park. But by far the most anticipated trail project is the continuation of the Skyline Trail to the top of Hickory Nut Falls!



Check out next month's issue for Part 3 of this series.

Stop by the Town Crier office at 1185F Charlotte Highway and purchase a Hickory Nut Gorge Trail Map and Guide Book. A portion of sales is being donated to the Crier! Map and book also available at Chimney Rock Park and Amazon.com. Ryan T. Lubbers, co-author of *A Hiker's Guide to the Hickory Nut Gorge*, works as a Naturalist and Trail Guide at Chimney Rock State Park and is a general outdoor enthusiast (especially in the Gorge).

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This sweet little 3-year old girl is a Beagle-Hound mix who is very sweet and loves people. Frog will bark if she gets excited and would love a nice, fenced-in yard where she can be free to explore. She is 30-35 pounds and is heartworn negative.

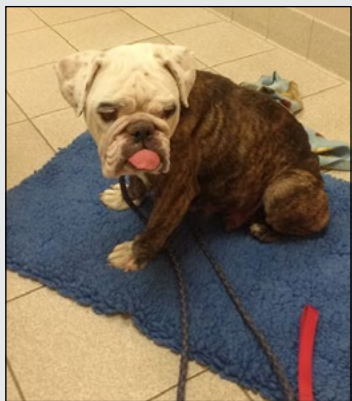
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Sherman

I am an 8-yea-old neutered male Boston Terrier mix with a handsome brindle coat. I will make your day with my personality and antics. I love to play with people and my toys, take car rides and snuggle next to you. I am in the New Leash on Life program at Craggy Correctional Center, am learning all my obedience skills, love the attention I receive here, and know how to give a high five!



Crumpet

Crumpet is 9 nine years old and has a tale of woe. Found as a stray or we believe "dumped" after years and years of breeding and now too old for that with some health issues, this English Bulldog only weighed 37 pounds when found. The men at Craggy Correctional Center are nursing her back to health. Crumpet's skin, ear and eye infections are all cleared up and she has gained 15 pounds. She will require surgery in the near future to ease her breathing problems but despite all this, she has the spirit of a 3-year-old and all the love in the world to shower on you.

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Boone

Boone is about 2 years old and is a Treeing Walker Coonhound. He's a sweet guy who does great on leash, is playful and plays well with other dogs. Boone is super loving, is crate trained and will make a great active companion. This cutie currently resides in a loving foster home. Please contact the foster dad Terry at fosterterry19@yahoo.com to learn more!



Zorro

Zorro is a 2 year old male, neutered. He's a very sweet, friendly cat and loves to twine around your legs, sit on your lap, sleep against your back and steal your pens. Yes, your pens! Zorro is litter box trained and gets along with his foster mom's other cats and even her dog. Zorro is current on all vaccines and flea preventative. Please email fostermom Cynthia at channelf@yahoo.com for more information.



Honeysuckle

Honeysuckle is a delightful, 6 month old bunny available for adoption. Please contact the foster family at lisah2358@hotmail.com today to learn more!



Cold Weather — Is Your Pet Ready?

by Margaret Moncure, DVM,
Cedar Ridge Animal Hospital

As the winter approaches, we all need to give some extra consideration to our cats and dogs to make sure they are ready for the cold. From antifreeze to arthritis, our pets face their fair share of winter challenges, but with a little forward planning, your pet can have a much cozier and safer winter.

The most common poisoning we see in wintertime is from antifreeze. Antifreeze is commonly found in radiator coolant, windshield deicers and other fluids not meant to freeze in cold weather. If you are using any of these products or have a leak in your car, please make sure your pet is not exposed. Antifreeze toxicity can happen after a very small amount is ingested and can be fatal if not treated immediately.

Dogs and cats who are walked on sidewalks that have been treated with products meant to keep the ice away may not be safe even if antifreeze isn't in the product. The chemicals and salts in these products can be hard on a pet's feet. Cracked and bleeding paw pads can happen if care is not taken to wipe off exposed feet after walking in the winter. A warm wet rag used after walking can remove most of these products.

Humans aren't the only ones who feel the cold weather. Domesticated dogs and cats aren't typically able to withstand the cold weather without some help. Most dogs and cats don't have a thick arctic coat that allows them to stay warm even in freezing temperatures. While a doggie coat may seem like enough, it does not protect the

dog's paws, ears and tail from getting cold and potentially even frostbitten. Do your pets a favor and make sure they have a warm inside area available at all times. If you cannot provide a heated space, please consider adding twice as much insulation to your pet's area as you think he/she will need.

Cats like to crawl into warm spaces in the winter, and this is often under the hood of a recently used car where the engine is still warm and the hood shelters them from the weather. Unfortunately, cats rarely have time to get out safely after you get in the car and start the engine. If you park your car anywhere a stray or neighborhood cat could get into the engine area, check under your hood before you start your car.

Older animals and animals with chronic health issues like arthritis, diabetes and heart disease often have a harder time in the winter weather. These pets may have a difficult time regulating their own body temperatures, and the pain that often comes with chronic disease can be worse in the cold weather. If you aren't sure how the cold weather will affect your pet, call the vet and discuss the matter before the winter weather is here.

These are just a few of the challenges faced by our pets in the winter. If you would like further information on keeping your pet comfortable and safe this winter, go to avma.org and search for Cold Weather Pet Safety. If you have livestock and/or large animal pets, please call your vet for specific advice.

ON THE ROAD

TJ, Harrison, Clay and Miriam Keeter along with friend William Ole Koonyi check out the *Fairview Town Crier* while visiting the Masai Mara in Kenya. After two weeks working with the wonderful folks at MadeintheStreets.org homeless ministry in Nairobi and Kamulu, Kenya, the Keeters and friends took a couple of days to safari on the Mara.



Kendall Hale of Fairview on a Labor Day bike "ride." She was working for a better America with a bicycle-powered generator.

Send On The Road photos to copy@fairviewtowncrier.com. Include a little blurb about where you were and what you enjoyed.

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FINANCIAL FOCUS.....By Stephen Herbert

Beware of Scary Inhabitants of the Investment World



In just a few weeks, witches, zombies and vampires will be converging on your house, asking for candy. As is the case every Halloween, you'll likely be merely amused over the sight of these costumed characters. But in other areas of life, such as the investment world, you may need to watch out for some seemingly scary entities. Here are a few of them:

The Horrendous Headline Big, glaring headlines rarely offer any comfort to investors. Whether it's political squabbles at home, conflicts in the Middle East or the debt crisis in the eurozone, there's always something happening that's perceived as jeopardizing the stability of the financial markets. Yet these threats are often overblown, and the markets have proven quite resilient for decades. Here in the United States, the most powerful economic engine in the history of the world has offered investment opportunities as crises have come and gone.

The Terrible Tipster He or she could be anyone — your neighbor, friend or relative. But whatever their origins, Terrible Tipsters have one thing in common: They like to tout "hot" stocks or "can't miss" opportunities. The problem is that by the time you actually hear about a hot stock, it may already be cooling off. And the "can't miss" opportunities often do indeed miss. Don't waste time, effort — and money — seeking a shortcut to investment success: There isn't one. Instead, stick with an investment strategy that's suitable for your goals, risk tolerance and time horizon.

The Scary Statement When the market is down, you probably dread seeing your investment statements. But don't let a few bad months, or even a bad year, cause you to stuff your money under your mattress. The financial markets can turn around pretty quickly, and if you're out of the market when the next rally begins, you'll miss out on some potentially big gains. So, put those negative statements aside and look back at your investment results over a period of many years — the big picture might look a lot less frightening than you'd imagine.

The Fearsome Forecast The performance of the financial markets is notoriously hard to predict — but that doesn't stop a slew of fortune-tellers from trying. And the same is true of the economy as a whole — predictions abound, but many of them prove far off base. You can always adjust your portfolio, as needed, in response to changing market or economic conditions, but don't act on these possible circumstances just because someone, somewhere, has predicted them. Instead, follow tried-and-true principles such as diversification, which can help reduce the impact of volatility on your holdings. (However, diversification can't guarantee a profit or protect against loss.)

The ghouls and goblins you see on Halloween are unlikely to cause you nightmares. And the various phantoms of the investment world may prove just as illusory. Don't let them scare you from investing.

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

BUSINESS.....

PostNet Adding On-line Print Center

Americare Pharmacy Adds New Items

Whether you're at the office, at home or on the run, PostNet's new online storefront will make it easy to request a quote or order print products online — anytime, anywhere. With the new On-line Print Center, customers will have 24/7 access to high-quality products and services, making managing print projects even more convenient. With a few clicks, customers can have their files printed and ready for pick up at PostNetm located between Walmart & Kohl's, 129 Bleachery Blvd, Ste B, or packaged and shipped to the destination of their choice. For information, see postnet.com/nc117 or call 298-1211.



Americare Pharmacy is once again living up to the "care" in its name. Recently, they added a line of young children's products from Melissa & Doug. Just in time for Halloween, or just colder days and inside activities, there are lots of reasonably-priced fun things to keep the little ones busy.

AUGUST REAL ESTATE STATS FOR FAIRVIEW

	#	High \$	Low \$	Avg \$
Houses listed	16	1,195,000	154,000	465,458
Houses sold	12	540,000	148,000	308,996
Land listed	15	295,000	16,000	91,648
Land sold	1	185,000	185,000	185,000

The U.S. had the best economic year in 2014 since the recession in 08-09, and 2015 looks even better. With an accelerating economy and job growth here in Asheville and across the nation, we have a great feeling about 2015.

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 coolmtn1@gmail.com or call 628-3088.

RALEIGH REPORT.....by John Ager, District 115 North Carolina House of Representatives



At long last, you have a state budget. My goal this month is to try to explain what this budget changes about daily life in North Carolina. For me, it was an intense week trying to read, discuss and listen. Your House of Representatives requires 72 hours (unlike the Senate) for the citizens of the state to have a look, and let those of us who vote to know what they think. Thanks to everyone who contacted me. We voted Thursday evening after a long debate, and then came back a few hours later just after midnight for a second vote. (Both budget votes could not be on the same day.) I finally decided to vote "no," because I do not see a long-term plan to support public education in North Carolina; I saw a further shift of taxes to working people; and I was disappointed by the number of special pork projects for powerful members. But the budget did pass, and Governor McCrory signed it later on Friday. Here is an attempt to introduce you to the North Carolina budget.

Drivers Education

Drivers Education survived an attempt by the Senate to discontinue the program. I heard from plenty of my constituents about their frustrations during the summer, and a few who just paid \$500+ out of pocket for training for their 15-year-olds. The bill for Drivers Ed will be paid for by a new late fee for car registrations (usually for me relating to getting it inspected.) My Annie called it a tax on the disorganized, so be forewarned.

Teaching Assistants

Teaching Assistants will be retained at the same level as the last two years. (North Carolina is actually down about 7,100 TAs from 2008.) Once again, the Senate believed that slightly smaller class sizes for the early years without any TAs was a better plan. One unintended consequence of smaller class sizes would have been the need for more classrooms. Wake County said they would actually have to build two new schools! Research done at the Buncombe County Central Office found that our schools will still lose about \$90,000 for their TAs. Anyway, the House able prevailed. (A little "inside baseball:" some believed that the Senate plan to ax Drivers Ed and the TAs was just a way for them to get leverage in other areas they cared more about.)

Teachers and state employees

Starting teacher salaries were raised by \$2,000 to \$35,000. Also, all state employees, including teachers, will receive a \$750 bonus at Christmas in lieu of a salary increase. Retired state employees did not receive a Cost of Living Adjustment (COLA) in this budget.

Revenue

On the revenue side, the goal of the majority party has been to lower income tax revenue for individuals and large corporations while expanding the tax base by adding services subject to sales tax. This budget continues that trend.

The corporate tax rate will be reduced from 4% to 3%. These are C-Corps that are most commonly out of state, not LLCs and S-Corps.

The income tax rate will be lowered from 5.75% to 5.499% for all North Carolina residents starting in 2017. Also, the "zero bracket" will be raised \$500 to \$15,500. And the medical deduction was reinstated; its removal in 2013 had caused an outcry among seniors. It is estimated that someone making \$20,000 or less (and considering the new sales taxes) will pay \$7 more while someone making over a million dollars in a year will save about \$1,800.

Sales taxes (starting in March 2016) will now be charged on the following new repair, maintenance and installation services:

- appliances, doors, windows, cabinets, flooring, roofing, fences, shutters, etc.
 - printers, scanners, copiers, phones, etc.
 - cars, motorcycles, boats, bicycles, manufactured homes, etc.
 - tire repair, recapping, mounting, oil changes, etc.
 - heavy equipment, small engines (lawn mowers), restaurant equipment
 - portable toilets
 - video equipment
 - watch and jewelry repair
- And lots more. Veterinary and pet services, once suggested for sales taxes, were not included.

Regarding sales taxes, those collected in Buncombe County will not actually stay here, but will be redistributed to other counties using a formula. Henderson, a prosperous county, will receive a bonus, while Jackson and Macon will not. Union County, near Charlotte, a county doing very well, will also benefit. Someone with an older car that needs more repairs will obviously pay more of this tax, although it may reinvigorate our mountain tradition of being a shade tree mechanic!

Department of Motor Vehicle (DMV) fees will be raised about 30%, which includes the increase of a driver's license from \$32 to \$40.

And finally, Community College tuition will be once again increased from \$72 to \$76 per credit hour.

There is much more in the 2016-17 North Carolina budget, but I hope this will answer some basic questions. I want to thank you once again for the chance to serve you in the Legislature, and once you read this we should be adjourned and you can breathe a sigh of relief!

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Leaving Ager Lane

Two months ago, I packed up the last of the scarves and the soccer trophies, attempting to leave the love-whittled farmhouse at Ager Lane as clean and empty as I could for the next, incoming tenants. How visible were the heart-stains, I wondered?

I was trying to neatly close the historic Dutch door, the one with the charred edges and mermaid handle...

I was trying to neatly close the historic Dutch door, the one with the charred edges and mermaid handle, on the lovely and imperfect mess that had been every bit of the last seven years in that amazing home. I brushed out thick layers of dust from the wooden nooks and removed valuable Sharpies from their stash places. I found some compassion in a corner, grabbed it and shoved it in my pocket, too, as a memento.

During our stay we tried to do the house justice by keeping things as colorful as possible, and with six kids as an initial baseline, that proved to be an easy task. Our watch brought teenagers from four separate schools in Buncombe County, and then, as our kids grew, college friends as well. We partied with hundreds of friends and fireworks aficionados. We said “yes” to several troupes of performance artists who spent two summers camping down by the fire pit as well as Julius, an exchange student from Denmark who we lovingly nicknamed “Our Family Jules,” whose father

had also lived and worked at Hickory Nut Gap Farm in his younger years. We upheld the fading tradition of sit-down family dinners and also enjoyed larger celebrations of food and wine. There were countless sleepover guests, many of whom we never even knew about, I am so sure. We tried to do our part to smooth down the wood floors a bit more and add character to the house, as if any was needed.

It wasn’t unusual to hear a sudden splash and gaze out a window at any type or number of swimmers to the backyard pond — people we sometimes knew, sometimes didn’t. And while they didn’t come all at once, there was a rotating band of occasional sun-soaking skinny dippers, serious dog trainers complete with whistles and treats, teenage girls who would ride their horses down the sandy bank and dismount right into the water, kayakers practicing their rolls, picnicking families, relatives of the farm, friends of the farm. Everyone, truly, is a friend

of the farm. One year I tried to dunk everyday myself, but quit in the beginning of February when it finally, mercifully, iced over. Another time about fifteen of us ran holding hands and howling down through the backyard and were greeted by a frigid and unforgettable Christmas Day plunge. We spittered and sputtered our way back up into the house and huddled together by the wood stove, sharing big, congratulatory, red-cheeked smiles.



I loved growing up in suburban New Jersey and the intimacy of knowing each crack in the sidewalk as I’d tromp through my neighborhood. But I have to say that Hickory Nut Gap was the first place I’d ever lived where the outside, natural world became so inextricably combined with my inside world. And

because of the years of shared traditions and friendships, the spirit of true community is able to take root and thrive. I am so grateful that my family could experience and become a part of that.

We’d always considered ourselves fortunate guests to be there at all — “Lucky Bozos,” as our friend, Joseph R. Bly, says in his grace before a meal. And guests for a relatively short time at that, considering the deep history of the region* and of the home itself. In truth, it’s only a 20-minute drive from the city of Asheville, where I now live. But thinking of the travel, the switchbacks alone seem daunting to me. Whichever direction you start from, the road will eventually narrow to two lanes before it curves and winds and challenges your GPS to keep up, while the view out your car window becomes nothing short of mystical.

I think I may have picked up some weathering there. It’s safe to say that powerful changes can take place through the effects of the stars, cool water, sweet breezes and an expansive view, if one allows it. And in my case, not only did I allow it, but I pleaded and begged change to accept my invitation. I set the table and made it one of those family dinners. I can testify, too, that as nurturing a space as Ager Lane may have been for each of us, that home also knows how to make you work, and above all, how to make you gather together the skills you’ll need in order to leave.

I’m sending a big heartfelt thank you to Annie and John and to all the Agers, for the treasured time we’ve spent in their home.

*For a historical look, see *We Plow God’s Fields: The Life of James G.K. McClure* by John C. Ager, published by the Appalachian Consortium.




The History of Ager Lane

The house was built in 1920, at a cost of \$5,000, to house farm workers for Hickory Nut Gap Farm. Annie Ager’s grandparents, Elizabeth and Jim McClure, had the house built. As in the Big House (Sherrill’s Inn), the stairs were outside, going up from the porch. Jim and Elizabeth McClure raised two children, Jamie and Elspeth.

David and Nannie Huntley raised their family in the house on what is now Ager Lane. David was a beloved farm figure, a preacher and writer of hymns. John and Annie Ager moved into the house in 1971 and raised their family there as well.

The land of Hickory Nut Gap Farm is jointly owned by the six children of Elspeth McClure Clarke and her husband James. In 2008, the land was put into a conservation easement with the Southern Appalachian Highlands Conservancy. Protected for eternity, the land will remain managed by the family and in the production of their agricultural pursuits.



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WORSHIP & COMMUNITY OUTREACH

Creation Spirituality Series at Abiding Savior

Jesus often used images from nature to teach spiritual truths. Abiding Savior will explore Matthew Fox's Four Paths of creation spirituality each Sunday during the month of October, 11 am. Each of these corresponds with a season in our life and in our world.

October 4 — Via Negativa: Darkness, suffering and letting go matter. We listen to what winter is trying to teach us.

October 11 — Via Positiva: Awe and delight matter. We listen to what spring is trying to teach us.

October 18 — Via Creativa: Creativity and imagination matter. We listen to what summer is trying to teach us.

October 25 — Via Transformativa: Justice and celebration, which adds up to compassion, matters. We listen to what fall is trying to teach us.

Abiding Savior will also have a special evening contemplative worship service on Sunday, October 18, 5 pm, that will continue the exploration of this theme.

EMPOWER BIBLE CONFERENCE

Trinity of Fairview will hold the Empower Bible Conference Sunday, October 11 through Tuesday, October 13. Special guests will be the Rev. Will Graham, Rev. Randy Shepherd, Dr. Greg Mathis, and Rev. Clayton King. Trinity of Fairview is located at 646 Concord Road in Fletcher. For more information, visit empowerbibleconference.com, call 628-1188 or email info@trinityoffairview.org.



Gospel Quartet to Perform

Soul Vision Gospel Quartet will be at Emma's Grove Baptist Church, 417 Emma's Grove Road in Fletcher, on Sunday, October 11 at the 10:45 morning service. Everyone is welcome. A love offering would be appreciated. For more information call Helen Hawkins at 628-1274.

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YOU ARE HERE

By Blair Holland Clark

Balance



I have been gardening for some years. In retirement, being a gardener shapes some of my reflection on balance in ways that are different for me. Regardless, like most gardeners, I get to live with a wide range of results for my efforts. This year my gardens brought an unusual bounty

of foliage, flowers and food. I try to keep my pride in check when I think about this year's gardens. I am often reminded of the lines from Proverbs, "pride goeth before... the fall." I know the outcome of gardening is a combination of choice of plants, soil preparation and maintenance, sun and whatever Nature decides to throw into the fray. Accepting my limited role in the art of gardening helps me find balance, which thankfully takes away much of the struggle and distraction from enjoying the gardening journey that can easily be a part of gardening — especially for someone like me who doesn't garden for a living. Balance for the professional gardener is inherent in the "work."

Balance "work" for all of us on our life journeys can mean the difference between a positive learning experience

that offers surprises and gifts and a struggle for control. A struggle for control in one area of our lives (one path, one "crop," one "row" in our garden) can cause distraction from other important life paths. When we are not balanced, we may let weeds overgrow one path or one area as we put all our energy into trying to control another. To find balance, we must look up from the weeds, flowers and fruits of the garden to tend to and learn from the other nurturing and fulfilling and even ordinary parts of our journey.

Balance offers perspective unavailable to a singularly focused journey. There is an art to expanding our focus. It takes practice to move from gardening to work, relationships, play, volunteering, faith community (or what fills your spiritual needs), risk taking/adventure (doing something new or different), writing, sex, parenthood and aging parents.

Practice that broadens our focus as we seek a more balanced approach to our journey's path helps us find the sometimes elusive joy that is waiting out there for us. Practicing some simple exercises aimed at balance may help. The balance exercises are not unlike the simple practice of standing on one foot as a physical balance exercise.

Do not expect to stand balanced on one foot for many seconds the first time you do this exercise. Practice and have fun and keep telling yourself that the goal is balance. Always a positive.

Balance Exercise

- 1. Look at your journey and the various paths. Have you been neglecting one or more paths? Make a list of neglected paths.
- 2. State one want you have about one path on your list. State it as simply as possible. Use the following, simple format to state your want: "I want (fill in the blank)."
- 3. State one thing keeping you from having what you want. (These are the weeds).
- 4. Make a plan to address the thing keeping you from having what you want.
- 5. Implement the plan.

Did it work? If it did, take on the next neglected path. If not, make a new plan. You Are Here.

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COMPUTER BYTES..... By Bill Scobie

Getting an Edge?



In Windows 10, Microsoft has a new web browser, Edge, which replaces the tried and true Internet Explorer, with somewhat rewritten innards. Microsoft hopes to have a much safer web browser. However, it is so new that it does not yet support extensions, plug-ins, or add-ons of any sort. This means that plugins like Java, used by Buncombe County Register of Deeds, for example, don't work. You will just have to "resort" to installing and using Firefox or Chrome if you need plugins or extensions until Microsoft finishes touching up Edge. Or, you can find Internet Explorer 11 this way: Start > All apps > scroll down to Windows Accessories and click > Internet Explorer.

Smartphone myths

There are a few smartphone myths worth noting. Most of the time killing all those background apps does not usually help memory (unless some of those apps have their own problems); running the lithium battery down all the way is not needed (although doing a full discharge every three months helps to recalibrate the battery); using automatic dimming of the screen won't save energy — it uses as much power to run the sensor and calculate the time to dim (it does make your phone less obnoxious in dark rooms, though); and though shutting off Wi-Fi and Bluetooth may not save very much on your battery, it does make security sense. However, all batteries degrade more quickly when hot, so keep your phones and laptops cool and out of hot cars.

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Converting files and text

If you need to convert a file from one format to another, try zamzar.com, which will let you convert over 1,200 formats, but does limit the size to 100 MB. If you need to pull text from something scanned as an image or PDF, you should try Google Drive and its ability to perform OCR. Use your Google Drive, click the gear icon, click "Settings," and check the box for "Convert Uploads."

Facebook profile

If you are a Facebook user you might be curious about how you look to advertisers. Researchers at University of Cambridge have created applymagicsauce.com to help you predict "your psycho-demographic profile based on your Facebook Likes."

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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New Membership Special

New members joining now pay annual dues of \$60 and get the rest of 2015 for free! New membership will be good until 12/31/2016.

September Member Meeting

The September meeting was held at Sunrise Sawmill. Don and Michelle Shuford gave everyone a tour and a demo of how raw timber is turned into usable planks.

October Member Meeting

The October meeting will be held on Thursday, October 8 at the Fairview Forest Community Center. The co-host is Appalachian Log Homes/Cool Mountain Realty which has built an incredible log home at the top of Fairview Forest. Anyone wishing to be awed and inspired can take the shuttle at 5 pm to tour the house. The business meeting will start at 6 pm at the clubhouse with social networking/snacks/beverages afterwards.



FBA Holiday Party

Members voted unanimously to pay \$10/couple rather than bring a side dish to attend this year's party to be held on Monday, December 7 at Highland Brewing's new event space. Additional guests are \$20/person. Live entertainment and dancing, a buffet dinner and desserts will be provided.

Web Site Monitor Bill Scobie reminded members that we need monthly meeting pictures and pictures with logos. Please send to him so we can update the website.

Upcoming Meetings and Locations

Thursday, October 8, Fairview Forest CC

Tuesday, November 10, Fairview Preschool

Monday, December 7, Holiday Party at Highland Brewing



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Black Soldier Fly

The name resonates with fear and dread, and perhaps even conjures an image of winged, facet-eyed soldiers wielding guns. In reality, black soldier flies (*Hermetia illucens*) are useful native critters that chew through organic remnants, helping turn organic material into compost while producing tasty treats for chickens.

The black soldier fly is a non-pest tropical and warm-temperate region insect useful for managing small and large amounts of biosolids and animal manure. They are native to this region but do not like to come indoors, so you won't find them buzzing around the dinner table. They do not feed as adults or spread disease like other flies. Although large and potentially scary-looking, since the females can be about the size of a large wasp, they do not bite humans or livestock. After black soldier fly residue is vermicomposted (using earthworms and microorganisms), it can be used as a soil amendment.

The total life cycle of a black soldier fly lasts just over a month.

The total life cycle of a black soldier fly lasts just over a month. Black soldier flies lay 600 to 1,200 eggs at a time, in dry crevices above or around moist waste material. After five days, the eggs hatch and white larva drop into the waste material and begin to consume it, growing to about ¼ inch over two weeks. Between day 19-33 of the life cycle, the larva turn into gray pupae and quit consuming material; this

begins the migratory stage, when they crawl up and out of the bin to burrow. These pupae contain essential amino and fatty acids, which make them great food sources for pigs, chicken and fish.

Black soldier flies can reduce organic waste material by as much as 95%, depending on temperature and content. A medium-sized digester can process about 80 pounds of bio material in a day. The Southern Appalachian Highlands Conservancy recently hosted a Digester Build Workshop on its Community Farm to demonstrate how to construct a digester for organic material using black soldier flies.

Building a digester

For a regular household — for example, if you're going to be feeding kitchen scraps, garden waste or small livestock manure — a 20-gallon tub is a good size to start. For a small vegetable farm, a 100+ gallon size would be best. During SAHC's Digester Build workshop, we cut an olive oil tank in half and used it to construct a medium-sized digester.

Both small and medium-sized digesters are modular, so you can add as many as you need over time.

Both small and medium-sized digesters are modular, so you can add as many as you need over time. The basic construction is the same for each: a tub or container to hold the organic material; a ramp for the pupa to crawl up and out; a collection bucket to hold the pupa that crawl out; a cardboard or similar medi-



Above: A ramp is built in the tub to catch walking pupa.

Below: Filling the digester. For a regular household, a 20-gallon tub is a good size. For a small vegetable farm, a 100+ gallon size is best.



um for oviposition by the female black soldier fly; and a lid or cover if the digester is not placed under a roof, to keep rain out.

Although you can build a digester with ramps that feed into a collection bucket located outside the digester, our design incorporates the collection bucket and ramps within the digester, which works well at a medium scale. The ramps should have a trough and or small sides so the pupa do not crawl off, and they must also be flexible so they can adjust to new organic material being added without becoming buried. Ramps could be made of PVC pipe, wood, old gutter, siding, etc. Place cardboard on the inside walls of the digester, so that the eggs laid by the female will be above the organic material. Locate your digester under an open-sided shelter, or place something on top to keep water out. When covering the digester be sure to leave enough room for the female black soldier fly to get to the cardboard to lay her eggs.

continued on page 37

El Niño and La Niña



With the changing of seasons, we turn our attention to the shorter days, changing foliage colors and the return of fall to the mountains of western North Carolina.

We have generally had a warm and dry summer.

October can be feast or famine in terms of precipitation, depending on how you look at it. The tropics can be quite active and if a particular storm heads for WNC, we can get copious precipitation. In October 1990 we had 10.39 inches of rain, and about half of that total was from tropical storms Marco and Klaus. However, only a year later, in 1991, we had only 0.13 inches.

For the last couple months, we have had a persistent dry westerly flow with little or no extended periods of Gulf of Mexico moisture. The pattern may remain the rest of this year. We may tend to be on the dry side, but time will tell.

One of the indicators of what to expect for the upcoming winter is to see what El Niño or La Niña is doing. According to NOAA's Ocean Service, El Niño means *The Little Boy* or *Christ Child* in Spanish. It was originally recognized by South American fishermen in the 1600s, with the appearance of unusually warm water in the Pacific Ocean. The name was chosen based on the time of year (around December) during which these warm waters events tend to occur.

The term El Niño refers to the large-scale ocean-atmosphere climate interaction linked to a periodic warming in sea surface temperatures across the central

and east-central Equatorial Pacific.

La Niña means *The Little Girl* in Spanish. La Niña is also sometimes called *El Viejo*, *anti-El Niño*, or simply "a cold event."

La Niña episodes represent periods of below-average sea surface temperatures across the east-central Equatorial Pacific. Global climate La Niña impacts tend to be the opposite of El Niño impacts. In the tropics, ocean temperature variations in La Niña also tend to be opposite those of El Niño.

According to NOAA's Climate Prediction Center, there is a greater than 90% chance that El Niño will continue through Northern Hemisphere winter 2015-16, and around an 85% chance it will last into early spring 2016.

Take a look at the December 2015-Feb 2016 forecast maps and you can see they are quite similar to the strong El Niño signal maps shown in Figure 1.

In North Carolina, an El Niño event is often associated with cooler, wetter conditions and an increased chance of winter weather. A La Niña event often brings North Carolina warmer and drier conditions. The impacts of these events on our weather are most prominent during the winter and are shown on charts 1 and 2, at right. In terms of temperature we tend to be a bit below average in an El Niño winter (figure 2). In terms of precipitation across western North Carolina, we

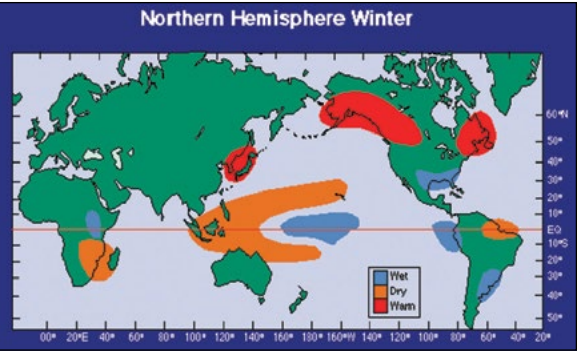
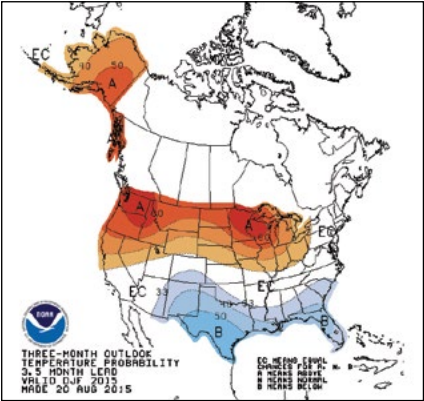


Figure 1: The general global effects of El Niño during the Northern Hemisphere winter.

tend to be closer to or a bit above normal (figure 3). It tends to be even wetter just to our south and east. More on El Niño and La Niña Impacts can be found at the following NOAA site: www.pmel.noaa.gov/tao/elNino/impacts.html.



Above left: Figure 2, El Niño temps. Above right: Figure 3, El Niño precipitation.

SEPTEMBER'S TRIVIA ANSWER

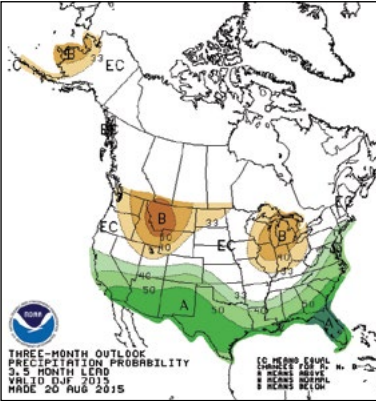
What are "El Nino" and "La Nina" and how do they generally affect the weather across Western North Carolina?

The answer to last month's trivia question is actually most of this month's article!

NOVEMBER'S TRIVIA QUESTION

What is the highest daily and monthly snowfall recorded in our region in November?

Because these ocean conditions are generally slow to change, with a frequency on the order of months to seasons, meteorologists generally have some skill at issuing forecasts on a seasonal and even annual basis in these type of patterns.



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Season Extension in the Garden with Low Tunnels

Authors Eliot Coleman and his wife, Barbara Damrosh, eat from their garden year round in Maine and have been doing so for decades. You read that right. They eat out of their Maine garden year round. Granted, some of their larder is in a root cellar, but greens and root crops in particular remain outdoors under inexpensive low tunnels Elliot developed. These low tunnels are knee- or thigh-high caterpillar-like structures covered with floating row cover in fall and spring and with tough clear plastic in deep winter. These simple devices allow



gardeners to start crops earlier in the spring, mature crops later into the fall, and keep them going during the winter. They can even be used to support shade cloth in summer or Proteknet that keeps out critters and insects.

The supporting hoops

At The Lord’s Acre we like to use fiberglass rods, available at Reems Creek Nursery or online, for spring and fall hoops. They’re inexpensive, easy to store and transport and easy to install though they won’t hold up in a heavy snow. Elliot’s solution for supporting snow loads was to create hoops made of ½-inch galvanized metal conduit, which is fairly inexpensive and lasts indefinitely. For this, he developed a simple and inexpensive hoop bender, sold at Johnny’s Selected Seeds, that allows anyone to hand-bend their own metal

Coverings

Most everyone has seen the white floating row covers (spun-bond row covers) in farm fields. This material is an amazing asset to the home gardener as well. It comes in different widths, lengths and thicknesses and is essentially a lightweight blanket that lets in sunlight, rain and air but keeps out small mammals and insects, minimizes wind damage and provides a measure of frost protection. Thinner fabric weights are mainly for insect control while thicker fabrics provide more degrees of frost protection. To use, make sure the width of your fabric can cover your hoops, leaving at least a foot extra on each side. The sides are held taught by using either fabric staples or bags of sand. The ends must be 4 to 6 feet longer than the bed to provide enough fabric to pull out

hoops for home use. The hoop benders also work on ¾-inch or even 1-inch conduit, which can provide extra strength at tunnel ends. These benders mount to any solid surface, such as picnic tables and workbenches, and create hoops in both 4- and 6-foot-wide configurations. To install, the hoop ends are pushed into the soil on each side of the bed, about 10 inches deep and are spaced 2 to 5 feet apart. In heavy clay soils, you may need to pre-tap a hole with a rock bar or hammer a metal spike into the ground first.

and fasten down.

Once temperatures really plummet you can add a layer of temperature protection by covering the row cover with something like UV-resistant plastic greenhouse cover. This material is secured on the sides and ends the same way as the spun bond row cover. On sunny winter days you may need to vent the plastic by rolling or propping up the sides of the low tunnel then closing them again at night.

These simple tunnels are made of materials that last for many years and allow you to grow an amazing amount of food earlier in spring, later into fall and even over the winter and into the following spring.

For more information on which products and thicknesses to use and how to create your own low tunnels, go to johnnyseeds.com and check out the video on Quick Hoops Benders and using row covers plus supplies.

Among the many articles and videos online about this subject, be sure to check out The *Mother Earth News* article by Eliot Coleman from the October/November 2009 issue, as well as articles and an e-book on gardening under cover from Mother of a Hubbard.

Supplies:

- DeWitt
- Dripworks
- Johnny’s Selected Seeds
- 5th Season (Asheville)
- Reems Creek Nursery (Asheville)



- FarmTek
- Agricultural Solutions

NOTE: It’s cheaper to buy in bulk.

Crops that do well in low tunnels include leeks, parsnips, spinach, cabbage, broccoli, kale, mustard, lettuce, cauliflower, Brussels sprouts, carrots, beets, Swiss chard, Asian greens, rutabaga, and mache.

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Fall Abundance: Wild Mushrooms for Food and Medicine: Part One



It has been a warm and unusually dry summer in western NC and despite the intermittent dryness, wild mushrooms are still popping up everywhere in the forests. For me, this summer was a record harvest for chanterelles, one of the great delicacies of the forest, and I was deeply blessed to be able to spend as much time as I did in July hiking through the forests and coming home with 34 pounds of yellow chanterelles, which felt like forest gold to me. We have given away many bundles of these delicacies to friends and have shared many a fine feast with more to come, as my partner and I cleaned and sautéed these mushrooms and froze them so we will have them all year as a supplement to the abundant garden produce we put up every year from our small, organic farm.

Autumn, along with spring, is high season for wild mushrooms in WNC. And since these remarkable mountains are considered to be the most bio-diverse habitat in North America, it is no surprise that we also have

over 3,000 varieties of wild mushrooms in North Carolina. Many of these are edible — a number of them like morels in spring and summer chanterelles are considered choice delicacies — and prized all over the world by home cooks and chefs at top restaurants.

I have spent weeks hiking the forests, crawling on the forest floor and studying the amazing array of local mushrooms. It is like discovering a new frontier, as for decades I had developed an expertise in wild edible and medicinal plants but only knew a few edible and a host of poisonous mushroom species, including the famous deadly “Destroying Angel Amanita,” which is beautiful and very common in these mountains and can be found popping up everywhere in these forests.



Red Cinnabar Chanterelle

We have had many delicious meals lately with Chicken of the Woods, which have been particularly abundant all summer, along with scrumptious Boletes. And I recently found a long-term favorite called Hen of the Woods, which I once found growing in my backyard on a forgotten tree stump. The range of colors and textures is astonishing, ranging from Jack O’ lantern mushrooms, which glow in the dark and are poisonous, to the unusual and distinctive-looking “Stinkhorn” mushrooms, whose strong, odorous musk can be smelled from a few feet away and yet can be pickled or cooked.

All mushrooms, especially wild ones, need to be cooked thoroughly, as they can make you sick if not prepared correctly, and this is true even of choice edibles. Wild mushrooms must be cooked thoroughly. This fall, I have found many tiny Red Cinnabar Chanterelles, which I love to put in omelets or rice; eaten raw, they will burn your tongue and throat, but cooked properly, they are delicious with complex, rich flavors.

What many people are unaware of is how many medicinal mushrooms exist in our region and how important some of these species are for health and current medical research.

Last week I joined a group outing with Asheville’s “Mushroom Man,” Alan Muscat, who runs a fabulous program locally called No Taste Like Home, which teaches school kids and adults how to identify wild edible and medicinal plants and mushrooms and learn to forage for themselves. In this

outing, one of our group members found a “Lions Mane Mushroom” (*Hericium erinaceus*), which is a white, magical-looking mushroom that is fairly common here in late summer and fall, growing on hardwoods, particularly Beech trees. This mushroom, in addition to being edible, is fascinating, having chemical compounds within it that are capable of actually re-



Chicken of the Woods



Deadly Amanita



Lion's Mane Mushroom

generating nerve tissue in humans.

The wild mushroom frontier is exciting to explore, whether you are interested in foraging and using some for food or medicine or simply enjoying the beauty and diversity of nature. The best way to learn is to ask someone who knows. Books and online resources are great tools, but the best and safest way to learn wild mushrooms is directly in the field from another human being who knows mushrooms. Recently, a veterinarian in Fairview called and asked if I would identify what he thought was a potentially delicious mushroom he had read about. It turned out to be a gorgeous, fresh 1-2 pound Chicken of

the Woods, and we harvested half of what was growing on the tree stump. It was delicious. By contrast, someone else thought they had a huge batch of Chanterelles in their wooded yard; these turned out to be common and poisonous Jack O’ Lantern mushrooms (*Omphalotus illudens*). But fortunately, he knew enough to ask first and avoided a potentially miserable experience. These wouldn’t kill you but they will and can make you very sick for days, and people frequently mistake these for Chanterelles as their color is so similar.

Learning takes time and experience; too many people get sick each year and some on rare occasion die, thinking they have correctly identified an edible mushroom from a book. Even experts make mistakes. For safety, do not eat any wild mushroom without checking in person with a local live mushroom collector. As with all foods, store-bought or wild, humans have a wide array of allergies, so even with “choice wild edibles,” one should experiment and should only begin with small amounts — and *only* after confirming an accurate identification.

It is a wild and exciting world we live in, and the vast frontier of wild mushrooms is a delight to explore and discover.

To reach Roger, email rogerklinger@charter.net



Right: Larva will hatch and fall into the organic material.

Black Solider Fly

continued from page 34

Starting your own colony

Because the Black Soldier Fly is a naturally occurring insect in our region, you can attract the female to lay eggs near a food source with a strong odor. Start a compost bin with a mix of kitchen scraps that are a couple of days old. The females will detect the chemical signal of a larval food source. It is important to give the female black soldier fly a location to deposit her eggs, so place a stack of corrugated cardboard on the inside wall of the container. Within two weeks, you should have black soldier fly eggs in the cardboard, which you can then transfer to the wall of your digester. The larva will hatch and fall into the organic material and start growing.

For more info, or to visit SAHC’s Community Farm and see a black soldier fly digester in action, contact chris@appalachian.org or 253.0095 ext 203.

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 appalachian.org.

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McDOWELL CO! 126 Acres prime development property, ideal for residential, subdivision or commercial, paved road frontage, cleared and hardwood, creek adjoins property, a rare find
MLS#576972, **\$725,000!**



BLACK MOUNTAIN OFF #91! Stunning views of Mt. Mitchell, Great timber framed house on 3.71 acres surrounded by scenic mtn views, delightful kitchen, tremendous greenhouse, lots of outdoor living space for entertaining, 1400 sq ft gar, private,
MLS#575524, **\$560,000!**



FAIRVIEW! Spacious 4 BR, 3.5 bath home, office, den, additional game room in basement, HOME WARRANTY, covered porches, 2 car garage on main and garage in bsmt, gorgeous .66 acre lot (add'l lot available),
MLS#551363, **\$369,900!**



HOOPER'S CREEK! 3-car garspacious 3 BR, 2.5 bath home on a private 1.34 acre lot, gorgeous kitchen, jetted tub and some heated floors, gas fireplace, office, game room, rear deck and covered deck,
MLS#579939, **\$314,900!**



FAIRVIEW! 3 BR, 3 bath home, bonus room, in-law suite and/or apt on lower level, beautiful bamboo floors, HOME WARRANTY, mature landscaping with a artificial waterfall, fish pond, and gdn shed, on 2.12 acres,
MLS#591080, **\$289,999!**



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



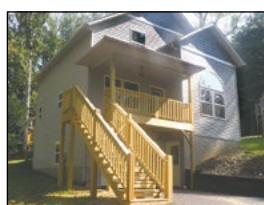
NORTH! 7.03 private acres — easily developed, large one level home, recently updated, 3 BR, 2 bath, great views, good sized rooms, HOME WARRANTY, Livingroom w/FP, large family room, tons of storage,
MLS#572658, **\$249,900!**



SWANNANOA! Cute 2 BR, 2 bath home near Warren Wilson College, new carpet, level 6.47 acres of land, mostly pastures, tons of frontage on Swannanoa River, sheds, greenhouse, full basement, MLS#577440,
\$249,000!



SOUTH! Terrific location, 2 lots totaling 1.50 acre lot with RM16 zoning! Includes a 3 BR house w/bsmt, fireplace, 2-car garage, newer roof, outbuilding, outstanding commercial property. MLS#587772, **\$219,900!**



BRAND NEW HOME! Arden! Royal Pines, 3 BR, 2.5 baths, full bsmt, garage, 2 decks, great kitchen quartz counter tops and SS appliances, cathedral ceilings, walk-in closets, HW, tile & carpet,
MLS#590503, **\$214,900!**



ERWIN SCHOOL DISTRICT! 3 BR home, great established neighborhood, family room, deck, fenced back yard, large lot, fresh paint & new carpet, kitchen appliances,
MLS#588771, **\$164,900!**



BLACK MOUNTAIN! Great 3 bedroom manufactured home on beautiful level .85 acre lot, HOME WARRANTY, newer roof, heat pump, windows that turn out, possible additional home site,
MLS#573524, **\$118,000!**

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