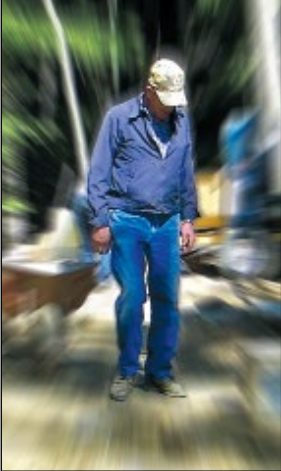




The Fairview Town Crier

THE VOICE OF OUR COMMUNITY • FAIRVIEWTOWNCRIER.COM • SEPTEMBER 2015 • VOL. 20, No. 9 • FAIRVIEW, NC

Bud Huntley, Craftmanship Set in Stone See page 21



Hiking the Gorge See page 15



Come to the Market

The Fairview Farmer's Market, which launched this year on the first Saturday of the month, has been off to a good start. Each month, new vendors have joined to make the offerings even more diverse: fresh produce, baked goods, crafts, plants, garden supplies and more.

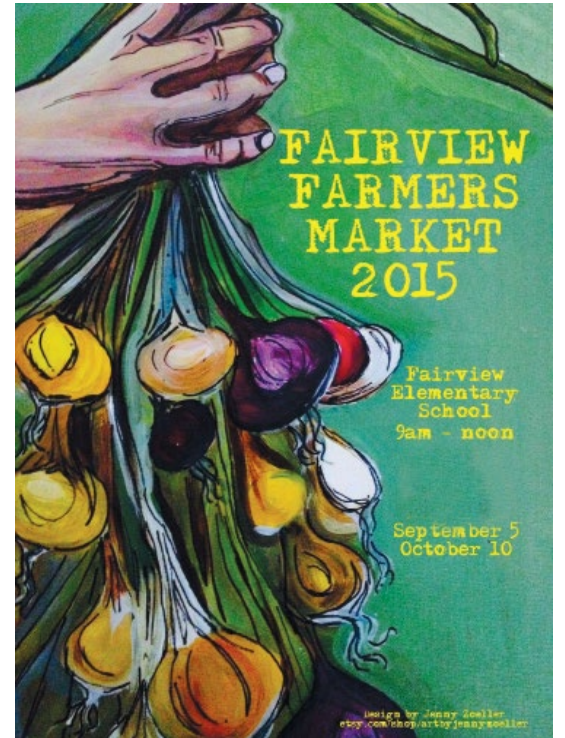
Imladris Farms sells its jams and donates the revenue, which amounts to hundreds of dollars, to benefit Fairview Elementary's Field of Dreams project.

Food for Fairview, The Lord's Acre and The Welcome Table all have a display space for a drop off box for produce donations from market customers and vendors. This produce, stored in the Lord's Acre walk-in cooler, is integrated into the weekly process for Food for Fairview and Welcome Table.

The September market will be Saturday, the 5th, from 9 am to noon in the parking lot of Fairview Elementary School, as usual.

In October, the market will couple with a 5k fun run and walk that Greg Cheatham is organizing with the school, so that it will start and end at the market. There will be a local band playing as well that morning to add to the excitement.

If you haven't made it to our local Farmer's Market, don't miss it. It's a place of community. It's a place of healthy food. It's a place where dreams can come true.



Our Kids Are Back in School... Let's Keep Them Safe

Every morning and afternoon, 74A and outlying roads have school buses carrying our children to and from school. We thought it would be a good time to

run a refresher on the law concerning stopping for these buses. Please take a moment to review and keep our children's safety in mind during school times.

North Carolina's law on stopping for a school bus

All traffic must stop for a stopped bus, unless it is on a road of four or more lanes with a median or center turning lane. In those instances, oncoming traffic does not have to stop because children will not be crossing the road to reach the bus. Traffic following a bus must always stop with the bus. If in doubt, always stop for a stopped bus.

1 Two-lane road

All traffic from both directions must stop.



2 Two-lane road with a center turning lane

All traffic from both directions must stop.



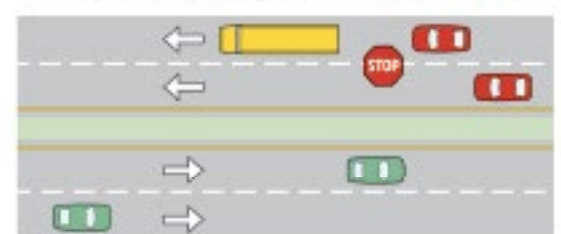
3 Four-lane road without a median separation

All traffic from both directions must stop.



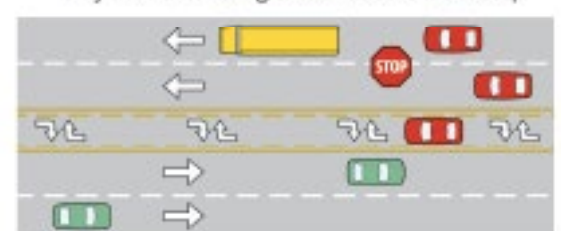
4 Divided highway of four lanes or more with a median separation

Only traffic following the school bus must stop.



5 Road of four lanes or more with a center turning lane

Only traffic following the school bus must stop.



Source: N.C. Department of Transportation

CASSANDRA SHERRILL/WINSTON-SALEM JOURNAL/JOURNALNOW.COM

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AUTUMN EQUINOX A SEASON IN BALANCE

秋
AUTUMN
分
DIVIDE

Four times yearly, one season tips into another at the equinox. Winter and summer are the most dramatic, as either the day or the night are at their longest. The fall and spring, however, when night and day are equal, remind us of the more quiet beauty of balance. The autumn equinox falls on September 23 this year and is the start of Fall.

The character for Autumn Equinox in Chinese, qiufen, combines the word for autumn — itself an apt combination of two pictographs, tree on the left and fire on the right, reminding us of the glow of fall foliage in our mountains — and the word for separate, cut or divide.

FOUND



This cutie was found on Ballard Creek Road in Fairview around August 22. If you recognize her, please call 628-1735.

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WHAT'S GOING ON

SEPTEMBER 3

Embroiderery Class

The Laurel Chapter of the Embroiderer's Guild America will meet from 9:30 am–12 pm at the Cummings United Methodist Church, 3 Banner Farm Road in Etowah/Horse Shoe. If interested contact Carol Foster, 686-8298 or Janet Stewart, 575-9195.

SEPTEMBER 5

Topp Scot Acting Seminar

David Topp and Melanie Scot will hold the first of three seminars focusing on getting children started in the acting business for film and television. To register send an email to toppscotproductions@gmail.com with subject line "Seminar."

Shindig Features Cloggers

Shindig on the Green holds its final free show for 2015 from 7–10 pm at Pack Square Park's Roger McGuire Green. The show will feature The Mountaineer Cloggers and the Cole Mountain Cloggers.

Fairview Farmers Market

8 am–5 pm in the Fairview Elementary School parking lot.

GertonFest VII



Beginning at 8 am, dinner at 5 pm and more to follow. Don't miss the pancake breakfast (\$4 adults, \$3 children under 12) in the morning. Be sure to take time to sign up for silent auction items collected from local merchants.

SEPTEMBER 8

Fairview Business Association monthly Member's meeting at Sunrise Sawmill. Meeting starts promptly at 6 pm; tour of sawmill and social netowrking at 7 pm. See page 33 for more details.

SEPTEMBER 11

Free Family Movie Night

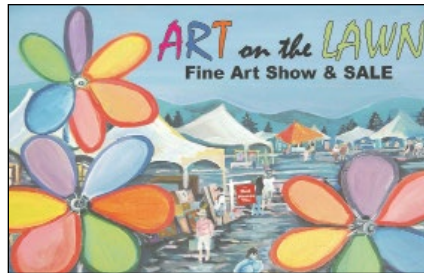
Enjoy Disney Pixar's "Monsters University." 6:30 pm kids' fun, 8:00 pm movie, at Spring Mountain Community Center. Sponsored by Bob Balken Roofing.

Fall Blood Drive at SMCC

From 3–6:30 pm. Call Bruce Whitaker at 280-9533 to make an appointment or walk in to wait.

SEPTEMBER 11 & 12

Art on the Lawn at Red House



The Swannanoa Valley Fine Arts League features two art shows on the lawn with 50+ regional fine artists, crafters and photographers at the Red House/ Monte Vista Hotel at 310 W. State St, Black Mountain.

SEPTEMBER 12

Fishing Tournament for Kids at Lake Julian Park

Open to children 15 and under. For information call 684-0376 or email david.blynt@buncombecounty.org.

Firearms Class at SMCC

Spring Mountain Community Center will conduct a safety and training class, 8 am–5 pm. At completion, participants will meet part of Buncombe County's Concealed Carry permit requirements. Cost is \$80, which includes lunch. Call Gary Watkins at 231-8328 to RSVP.

Organic Growers School

The Harvest Conference for home growers, urban farmers, backyard enthusiasts and homesteaders will be held at A-B Tech Main Campus in Asheville. For more information visit organicgrowersschool.org.

Rock Academy Annual Concert at Orange Peel

The Rock Academy, of the Asheville Music Academy, will hold its annual

fundraising concert for the benefit of "Give to the Music" at a 6 pm meet and greet, with a 6:30 show. "Give to the Music" provides tuition, performances, tutoring and instruments for children who need assistance. For information call 279-6396 or email anne@givetothemusic.org.

SEPTEMBER 13

Cane Creek Cemetery Association Meeting

The semi-annual meeting will take place at 2:30 pm at the Cane Creek Cemetery. If you own a lot or have loved ones buried in the cemetery please attend.

Toys For Tots Birthday Bash



Bring a gift wrapped present to Hilltop Ice Cream Shop, 2–6 pm. (See sidebar for details)

SEPTEMBER 15

Sip & Doodle

All supplies and instruction to create a

painting in 2 hours. Sip the beverage you bring. Call 712-1288 for reservation. Also on September 20 and 29. See ad on page 23.

SEPTEMBER 17

Brews & Brains for AHS

The Asheville Humane Society mixes team trivia and local beer to benefit the AHS. Hosted by The Mill Room, 66 Asheland Avenue, at 6:30 pm.

SEPTEMBER 19

History Speaks Like a Pirate

The Crafty Historian celebrates Talk Like A Pirate Day, 10:30 am–12:30 pm at the Smith-McDowell House, 283 Victoria Road at A-B Tech. RSVP at wnchistory.org or Lisa Whitfield at 253-9231, education@wnchistory.org

SEPTEMBER 19 & 20

Farm Tour Includes Fairview

Thirty-five Appalachian Grown Farms will open for ASAP's Farm Tour. Passes are \$30 at asapconnections.org, at select area businesses and tailgate markets or purchase during the tour at any farm for \$40. For information, including volunteering, see asapconnections.org.

SEPTEMBER 13: TOYS FOR TOTS BIRTHDAY DRIVE

A special Toys for Tots event will be held by Nikki Warren and her daughter Alexandria to celebrate their shared birthday, from 2–6 pm at the Hilltop Ice Cream Shop.

Alex is turning 20 years old on her mother's 40th birthday, and they realized that they don't need gifts but would love to share with children in NW Carolina. Helping will be US Marine Staff Sergeant James F. Holbert, Jr., coordinator for the WNC Toys for Tots program. All are invited to bring a \$5 or \$10 wrapped toy gift to drop off. Toys may also be dropped off until September 15 at the Hilltop Ice Cream shop or at the Fairview Town Crier Office at 1185F Charlotte Highway in Fairview.



SEPTEMBER 20

Ethical Society Meeting on Global Survival

"Critical Actions for Global Survival" will be presented by Jim Barton. For information email ethicalsocietyasheville@gmail.com, visit aeu.org or call 687-7759.

The Hinsons Southern Gospel Concert

Pastor Larry Hinson of the Hinsons Southern Gospel group will be in concert at Fruit of Labor Worship Center, 611 Emmas Grove Road, Fairview. Services times are 10:30 am and 6:00 pm. Contact Willie Warren at 713-3822.

Hope comes in all styles and sizes.

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time to goodwill

goodwill.org

COUNTRY MUSIC SPECIAL



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Sunday, September 27
5:00 p.m.

COUNTRY MUSIC & ELVIS SOUND-A-LIKE



Location:
Lake Lure Inn & Spa
Roosevelt Hall
2771 Memorial Hwy
(Across from the Swimming Area)

This is the same Inn that the staff, producer and stars stayed in while filming the movie Dirty Dancing in 1987.

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Chairman Circle
Million Dollar Producer



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Nina@EXITRealty.com

"Nina made our relocation from St. Louis to WNC such a great experience. She kept us on time with deadlines and was a great resource once we moved in. We would highly recommend Nina to anyone looking for a home in Western North Carolina. She is a true professional, knows the area very well and is also fun to work with!"

— Jason & Kelli Spitzer, Exit Realty

Glen Gaffney
Million Dollar Producer



828-523-6321
Glen@EXITRealtyVistas.com

Glen 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.

— Mark & Teresa and Emma Grace

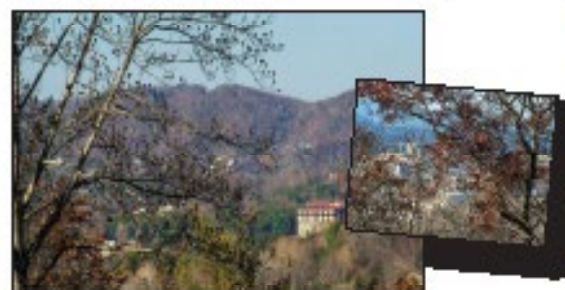
Marissa White
Peak Producer



828-712-4820
Marissa@EXITRealtyVistas.com

"So happy to have worked with Marissa 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 Marissa!"

— Kevin & Jan K, Black Mountain



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Beautiful Fairview home in great location with open floor plan, two great rooms and a large kitchen. There are two decks and a screened in porch. The property is fully fenced and private with a level backyard. There's a stone fireplace and a detached storage shed or workshop. MSRP \$269,000 \$249,000 Call Marissa 828-712-4820



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WHAT'S GOING ON IN FAIRVIEW THIS MONTH

SEPTEMBER 20 CONT'D

Gilliam Family Reunion



The John Harris Gilliam Family Reunion will begin at 11 am. All descendants are encouraged to attend. For more information, call Jean at 628-2825.

SEPTEMBER 21

Naturalist Network Hike

The Blue Ridge Naturalist Network will visit the Cataloochee Valley in the Great Smoky Mountains National Park for a great hike. Open to members only but you can join at the event. Send email to Brnnetwork2013@gmail.com for info.

SEPTEMBER 21-25

Fairview Elementary School Food Drive

Each fall, for one week, the grades compete against each other to see who can collect the greatest number of canned goods, nonperishable food items, and cash for Food for Fairview. Last year, the school collected cash and cans totaling the equivalent of a half a ton of food!

SEPTEMBER 22

Danny Ellis: Music & Memoir

World renowned (and living in Fairview) Danny Ellis returns to the Fairview Library for stories and songs at 7 pm. Danny is an accomplished and eclectic musician straddling rock, pop, jazz and folk. See article page 7.

SEPTEMBER 24

Open House at Fairview Chiropractic

An introduction to Neurofeedback at 5:30 pm at 2 Fairview Hills Drive. Free and open to the public.

SEPTEMBER 25, 26, 27

29th Asheville Greek Festival

Become "Greek for a day" at Greek Fest in Montford. Call 253-3754 or holytrinityasheville.com/greek-festival.

SEPTEMBER 26

Land O'Sky Doll Club Annual Fall Doll Show

The show runs from 9:30 am–4pm at the WNC Agricultural Center in Fletcher. Admission is \$5.00.

Trout Lily's "Local Roots"

Sample wines and recent showcase beers from Green Man, Sierra Nevada and Highland, tapas from local food artisans at Trout Lily Market, 5–8 pm, to celebrate the "Trout Lily Tapas with a Twist" patio opening.

SEPTEMBER 27

Elvis Coming to Lake Lure

A Country Music Special and Elvis Sound-Alike event at Lake Lure Inn and Spa, 2771 Memorial Highway, 5 pm. For information call John Earnhardt at 864 985-2908.

SEPTEMBER 29

Lord's Acre Benefit

Highland Brewing and the French Broad Chocolate Lounge to host their monthly Flights and Bites event to support The Lord's Acre. \$1 of each special goes to the garden. At Highland Brewing from 4–8 pm. Flights and Bites sold separately, no beer purchase required.

OCTOBER 1

Democratic Potluck Dinner

Get together for the Fairview and Reynolds precinct cluster at Sherrill's Inn on Hickory Nut Gap Farm, 15 Clarke Lane in Fairview. For more information, call Annie Ager, 273-6236 or 628-2616. Beverages and dessert provided!

OCTOBER 9

Fairview Elementary School Fall Festival

Save the date for this year's festival. There will be plenty of food, new games for all ages, inflatables and music.

OCTOBER 11

Song at Emma's Grove

Emma's Grove Baptist Church, 417 Emma's Grove Road, will offer the community a gift of worship in song. Soul Vision Gospel Quartet, a regional group of long-time gospel singers who have dedicated their talent to bringing the word of God to everyone, will perform at the 10:45 am service.

HOLIDAY EVENTS



Arboretum Winter Lights

The North Carolina Arboretum is now selling tickets for its second annual Winter Lights exhibit, which will be open from November 20–January 2, 2016. Tickets are available for purchase through Etix.com or at ncwinterlights.com. For more information call 665-2492 or visit ncarboretum.org.

REYNOLDS DISTRICT SCHOOL EVENTS

Sunday, September 6, 6 pm – Reynolds High Open House

Thursday, September 10, 9 am – Fairview Elementary United Way Day of Caring (volunteers welcome)

Friday, September 18, 4:30–7:30 pm – Haw Creek Elementary Fall Festival

ONGOING EVENTS

T'ai Chi Classes

Local Silver Sneakers FLEX T'ai Chi classes are being offered in Fletcher and Hendersonville. For information contact T'ai Chi for Health and SilverSneakers Certified Instructor Jana Weed at 329-9022.

Yoga with Sabrina

Thursday evenings at Spring Mountain Community Center, 6:15–7:30 pm. (Ashtanga Based Flow) \$5–\$10 suggested donation per class. Call 243-8432 for details or email sabrina.alison.mueller@gmail.com to be get email announcements regarding weather cancellations or other circumstances.

NOW–OCTOBER 2: HOLIDAY PARADE APPLICATIONS



Yes, Thanksgiving and Christmas are right around the corner. And the Asheville Holiday Parade is Saturday,

November 21, 11 am. This year's theme is **Joy to the World** and applications are being accepted until October 2 and are available at ashevilledowntown.org/paradeapp. Right after the parade, head over to Pack Square Park for JingleFest sponsored by Ingles. There you can grab a hot cocoa, and the kids can get a free photo with Santa, and weather permitting, jump around on inflatables.



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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ACROSS FROM THE ENTRANCE OF SOUTHCLIFF NEIGHBORHOOD

WHAT’S GOING ON

BROTHER WOLF
ADOPTION EVENTS

Thursday, September 6, 11 am–2 pm: Ace Hardware, Merrimon Ave

Saturday, September 12, 2–6 pm: Highland Brewery, 12 Old Charlotte Hwy, Asheville.



Saturday, September 12 and Sunday, September 13, 11 am–5 pm: PetSmart, Bleachery Boulevard, Asheville.

Saturday, September 19, 12–4 pm: Tractor Supply, Lakeside Plaza, 121 Paragon Pkwy, Waynesville.

Saturday, September 26, 11 am–3 pm: Dancing Bear Toys, Tunnel Road, Asheville.


Saturday, September 26, all-day event begins 10 am: 7th Annual Hellbilly Hootenanny sponsored by the Bootleggers Car Club of Woodfin, at Broken Spoke, 874 Riverside Drive, Asheville. Admission is \$20 adult admission, kids under 13 free. Visit bwar.org/events to learn more and purchase tickets.

GENERAL EVENTS

Farmer Grants Available



WNC Agricultural Options is accepting grant applications from farmers diversifying or expanding their



New Hiking Map for Hickory Nut Gorge Now Available

The authors of *A Hiker’s Guide to the Hickory Nut Gorge*, Nate Ballinger and Ryan Lubbers, have produced the first comprehensive topographic trail map of the Hickory Nut Gorge. *The Adventure Map of the Hickory Nut Gorge* illustrates the multitude of hiking and mountain biking trails in Chimney Rock, Rumbling Bald, Lake Lure, Bearwallow Mountain, Gerton and Bat Cave. In addition, it provides driving directions, trailhead locations, park boundaries, activity, view and camping areas and more. The map is available at hickorynutgorgetrailguide.com, on Amazon.com and at many parks and businesses, including the office of the *Fairview Town Crier*, which will also offer the authors’ book. If you purchase a map or the guide book from the *Town Crier’s* office, a portion of the sale will be donated to your community newspaper — *The Fairview Town Crier*.

businesses. With funding from the NC Tobacco Trust Fund Commission, WNC Ag Options helps offset farmers’ risk of trying new ventures with \$3,000 and \$6,000 grants. An intent to apply must be submitted by October 16; applicants must contact their Cooperative Extension Agents by to set up an appointment to discuss their projects. Applications are available at wncagoptions.org or at local Cooperative Extension Centers. The final application deadline is November 13. For more information, visit wncagoptions.org, ces.ncsu.edu, tobaccotrustfund.org and wnccommunities.org. The application deadline is Nov. 13.

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

Danny Ellis: Music and Memoir
World renowned Danny Ellis returns to the Fairview Library for stories and songs on *Tuesday, September 22, 7 pm*. Danny is an accomplished and eclectic musician straddling rock, pop, jazz and folk. His songs hold a rare intimacy and honesty. Join us for a nostalgic stroll through the intersections of music, memoir, and the search for one’s creative voice.



Danny Ellis

Craft a Memorial Bookmark for Charleston County Public Libraries

Cynthia G. Hurd, manager of St. Andrews Regional Library branch in Charleston, was one of nine community members killed in the Charleston, SC, shooting on June 17, 2015. In honor and remembrance of her life and commitment to public service, the Fairview Library is hosting a month-long creative space where children and adults can make bookmarks. This is an all-ages program. The bookmarks will be displayed at the branch through September, then mailed to the Charleston County Public Library system as a gesture of friendship and support from the people of Fairview Library.

- NEW ARRIVALS
- The Novel Habits of Happiness
by Alexander McCall Smith

Speaking in Bones by Kathy Reichs

It’s You by Jane Porter

The Santangelos by Jackie Collins

The Fateful Lightning by Jeff Shaara

My Grandmother Asked Me to Tell You She’s Sorry by Fredrik Backman

One Way or Another by Elizabeth Adler

Blood on Snow by Jo Nesbø

Cry Wolf by Michael Gregorio

Someone is Watching by Joy Fielding

Book Groups
The afternoon book club will meet on *Thursday, September 10, 1 pm*; the title for this discussion is to be announced. The evening book club will meet on *Tuesday, September 15, 7 pm*, to discuss *The Goldfinch* by Donna Tartt.

Fairview Public Library

1 Taylor Road, Fairview

250-6484

MON/WED/THURS/FRIDAY 10-6 PM

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

CLOSED SUNDAY

MOTHER GOOSE TIME (4-18 MO)

TUESDAYS, 11 AM

BOUNCE ‘N BOOKS (TODDLER, PRESCHOOL)

WEDNESDAYS, 11 AM

PRESCHOOLER STORY TIME (3-6 YRS)

THURSDAYS, 10:30 AM

Children must be with a parent/adult

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2008 FORD F350SD XL CREWCAB 4x4 Only 42K One Owner Miles! 6.8L V10, Auto, Air, PW, PDL, Tilt, Cruise, CD, Bedliner, Tow Pkg, 90 Day Warranty Included



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2 Refine your mind

3 Revive your spirit

21-Day Daniel Fast

"I ate no pleasant food; no meat or wine came into my mouth, nor did I anoint myself at all. Till these whole weeks were fulfilled." (Daniel 10:3)

The Surgeon General's diagnosis was right; the chief cause of our nation's health problem is the disproportionate consumption of foods high in fat, often at the expense of foods high in complex carbohydrates and fiber. (1988 Report). Since then, millions have tried to fix their diet, but only to see a Yo-yo phenomenon. Bad habits die hard. For the toughest situation whether it is a health problem, addiction or sinful habit, here is the Greatest Physician's answer: "This kind can come forth by nothing but by prayer and fasting" (Mark 9:29-30).

Try the 21-Day Daniel Fast. Simple and pure food will help reboot your system and retrain your taste buds. Learn Daniel's secret of fervent and effectual prayer. Lose weight and feel better. Watch your cholesterol, blood pressure and sugar normalize naturally. At the end, praise God for directing you to this program.

BASIC PROGRAM: \$20

- Highly effective diet plan to reboot your system
- Food demonstrations & recipes to assist your success
- Bible and science-based health lectures by doctors
- Food served at all evening meetings
- Cholesterol, glucose, BMI and blood pressure
- Prayer seminar and activities to revive your prayer life

CLINICAL PROGRAM: \$85

In addition to Basic Program benefits:

- Comprehensive metabolic panel & lipid panel before & after the program
- Physician counseling sessions
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DAYS GONE BY

By Bruce Whitaker

Jesse and Elizabeth Sorrells Sumner Part Two

Jesse and Elizabeth Sumner were in financial trouble by the summer of 1871. The cause is not known for certain, but the most likely source of their problems came from his role as sheriff of Buncombe County.

This could have come while he was in office, or from the expense of the court battle trying to get the job back, or both. On August 15, 1871, Sumner's property was appraised for a debtor's exemption. The Sumners were allocated one hundred acres of land, including their house and all other buildings on their property. A personal property exemption was also granted, which included one horse, two cows, twelve sheep, six hogs, a wagon, eight bee stands, one bushel of buckwheat, three stacks of wheat and all household and kitchen furniture.

Jesse Sumner was in Otoe County, Nebraska in 1873, but it is not known when or why he went to Nebraska or how long he remained there. Sumner initiated an affidavit in Otoe County on February 5, 1873, stating that in 1839 he received \$350 cash from the sale of lands belonging to his wife, Elizabeth ("Rozilla"). This money was given to him with

the distinct understanding that the money would be invested in real estate to the benefit of Rozilla.

Sumner stated in the affidavit that on December 20, 1840 he had bought one hundred acres of land from Samuel P. Johnson for \$300 with the money; the land was located on the east side of the French Broad River. The deed was made to Jesse Sumner and not his wife because at that time she was 16 years old and a minor. The Sumners built a house on the property and Rozilla was still living there in 1873.

The purpose of the affidavit was to transfer the property to his wife. Jesse Sumner's son Jesse H. was also living in Otoe County, Nebraska in 1880, and his son Lawrence was born there in 1880 as well. They also moved back to Buncombe County.

Jesse Sumner died in Buncombe County on August 28, 1878. He was buried at Mount Zion Cemetery on Overlook Road in Arden. He died without a will, and Rozilla refused to be his administrator in favor of her son John B. Sumner.

John B. as administrator then sued Thomas J. Candler for money owed his

father from the time his father was sheriff. Thomas Candler claimed he gave Jesse Sumner a horse, saddle, bridle, and a suit of clothes as payment for the debt. John B. also claimed that Candler was shifting ownership of his property from himself to his wife to avoid payment of the debt. A compromise was finally reached in which Candler agreed to pay the Jesse Sumner estate \$700 cash plus court costs on February 11, 1887.

Jesse Sumner's estate was forced to sell two tracts of land, each containing 50 acres, each auctioned on the courthouse steps, to cover some of his debts. C. M. McCloud paid \$150 for the first tract of land as the high bidder on November 4, 1878; the other fifty acres were auctioned on November 26, 1878, to V.S. Lusk for a bid of \$160.00.

Elizabeth "Rozilla" Sumner died July 30, 1901, and was also buried in Zion Hill Cemetery.

Jesse and Elizabeth Rozilla Sorrells Sumner had eight children, all born in Buncombe County.

Mary Emaline Sumner was born August 28, 1841. She married John Andrew "Darb" Lance (1837-1905). Mary Emaline died on November 13, 1910. Both are buried New Salem Baptist Church Cemetery in Skyland, NC.

Marcus L. Sumner was born on January 19, 1845. He married Louise A. Ledbetter (1849-1935). Mark died on March 24, 1899. Both are buried at Fanning Chapel in Henderson County.

Laura C. Sumner was born on August or September 13, 1848. She married Joel Ingram (1845-1915). Laura died on April 29, 1928. Both are buried at Avery's Creek Methodist Church in Buncombe County.

Jesse H. Sumner was born on February 1, 1851. He married his second cousin Elizabeth J. Sumner (1850-1943), daughter of James and Mary Whitaker Sumner. Jesse died Oct. 23, 1919. They are buried in Green Hills Cemetery in West Asheville.

Julius M. Sumner was born on May 30, 1853. He never married. He died October 30, 1876 and is buried in Mt. Zion Cemetery.

John Bascombe Sumner was born on March 27, 1856. He married Margaret "Maggie" L. Holland of Green-

ville, SC (1866-1914). John died in a St. Louis, MO, hospital on May 19, 1918. Both are buried at Zion Hill Cemetery.

Pink Ella Sumner was born in 1862. She married Adam Fagala Creswell (1848-1897). Ella died in 1941. Both are buried at Ebenezer Cemetery in Jefferson County, Tennessee.

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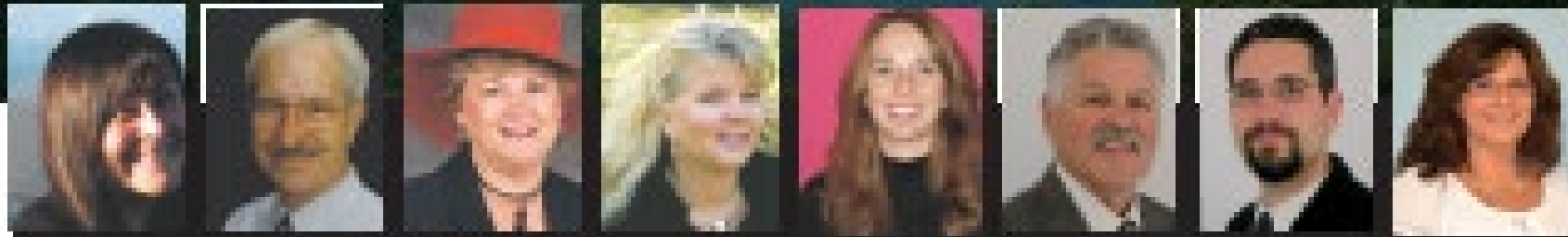
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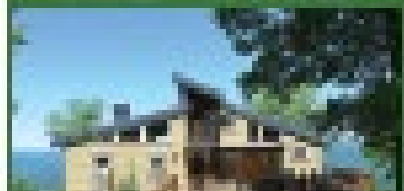
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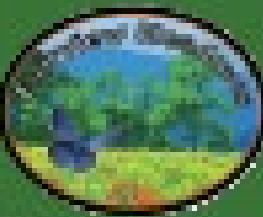
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WEATHER CORNER

by Tom Ross, Meteorologist

A Master Recycler: Nature



As we start to wind down our summer season we've had a bit of a see-saw, with periods of fairly hot weather and a just a few refreshingly cooler periods over the past three months.

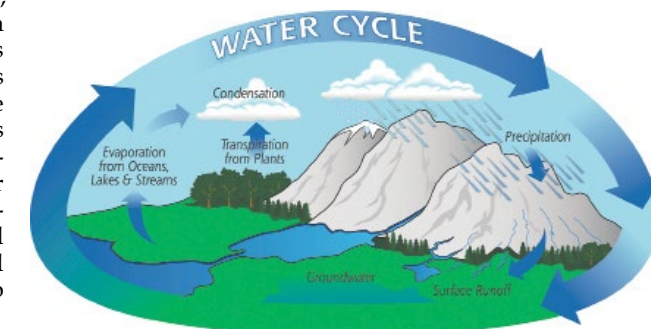
Looking at the temperature data at the Asheville airport for the summer season, as of mid-August we've had 13 days with a high temperature of 90 or better, with 7 of those 90-degree days in July. So it has actually been quite hot, with temperatures running on average close to two degrees above normal. Rainfall has been spotty due to the nature of summertime thunderstorms — and we are a couple of inches down on precipitation for the year, with most places getting about 75% of their normal precipitation. Some lawns and gardens have suffered due to the lack of rain.

The Cycle of Water

To understand weather and climate you need to understand how water is recycled in the atmosphere. Let's take a look at one of the best recyclers in existence, and one that we rarely think about or just take for granted: The water cycle, also called the hydrologic cycle, is the process of continuous movement of water on, above, and beneath Earth's surface.

The sun is the driving force of the water cycle. Whenever water changes from one state to another — or moves from one place to another — it is giving off

or absorbing energy. Water can change from liquid, vapor, and ice at various stages in the water cycle. This is a true cycle, so there is no beginning or end. Water evaporates from the ocean and the Earth's surface, rises and cools as it moves higher in the atmosphere, condenses as rain or snow, and falls to the surface where it collects in lakes, ocean, soil and underground. Transpiration is also part of that process, where water vapor evaporates from plants' leaves into the atmosphere.



Water is constantly moving from one place to another through the processes of evaporation, precipitation, transpiration, condensation, and runoff. Water is not only stored underground, but also in icecaps, snow and glaciers. Water is constantly being recycled, so the water you drink today could have been the same water that dinosaurs drank eons ago. Only about 3% of the water on the Earth is freshwater or water that we can drink. So the next time you get some

rain think about the process that caused it and how it came about.

Oceans of Energy

Speaking of water, the oceans store and release vast amounts of energy and really drive our weather and climate system. The ocean covers more than 70 percent of the Earth. The ocean plays a major role in regulating the weather and climate of the planet. Understanding the influence of ocean conditions on the Earth's climate and monitoring changes in ocean conditions is a key to predicting seasonal and annual climate variability.

Water flows in a circular pattern — clockwise in the Northern Hemisphere and counterclockwise in the Southern Hemisphere. Warm surface currents flow from the tropics to the higher latitudes, driven mainly by atmospheric winds, as well as the Earth's rotation. Cold surface currents come from polar and temperate latitudes; these currents tend to flow toward the equator. Ocean currents flow in complex patterns and are affected by wind, salinity, water temperature, bottom topography and the Earth's rotation.

Next month we will take a look at some of these ocean currents and sea surface temperatures that drive various weather patterns.

On a final note, the hurricane season is now in full swing and we are all keeping our eyes on the tropics.

AUGUST'S TRIVIA ANSWER

The majority (60%) of dogs that show fear during thunderstorms take refuge in what location?

Veterinarians don't know all the triggers but suspect the dogs are set off by some combination of wind, thunder, lightning, barometric pressure changes, static electricity, and low-frequency rumbles preceding a storm that humans can't hear. According to one theory, dogs experience painful shocks from static buildup before the storm. Dogs are often found hiding from storms in areas that provide excellent electrical grounding, such as bathtubs, showers, and the floor behind toilets.

SEPTEMBER'S TRIVIA QUESTION

What are El Niño and La Niña and how do they generally affect the weather across Western North Carolina?

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



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Neurofeedback

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



Learning to apply electroencephalogram (EEG) Biofeedback, also called neurofeedback, is no different than learning to ride a bike. The mind’s knowledge does not always translate into information for our brain; explaining to a child how to ride a bike does not guarantee that the child will be able to ride one. Our brain learns from experience, which we gain with the help of feedback. In the case of riding a bike, gravity is giving feedback to the brain. Sometimes tools can assist the learning process, as in the use of training wheels. Eventually the brain develops new neural connections, which translate into a new ability, such as the ability to ride a bike without help.

Neurofeedback gives the brain a way to see itself in action by measuring brain waves with an EEG. Brainwaves are the sum total of millions of neurons all firing at once; the speed and number of neurons sparking in the brain conveys information that defines the power of the brainwave. The frequency data convey information about emotions, physical movement, concentration, and creative expression.

During the course of a neurofeedback session, desirable brainwaves are rewarded and undesirable ones inhibited. Rewards are visual and auditory signals that are turned on when desirable brainwaves cross thresholds; inhibits are visual and auditory signals that are turned

off when undesirable brain waves cross thresholds. In this way the brain learns how to be more efficient and effective.

Neurofeedback can address brain issues by focusing on specific brain networks and affect their activation and deactivation. It helps us feel better, think better, and do things better.

The Process

A clinician will ask a neurofeedback subject approximately 90 questions to develop an individualized protocol. Sensors will be put on the ears and scalp, but nothing affects the brain itself; sensors only pick up electrical activity coming from the brain. Then, the subject mindfully watches images and graphics created from brain activity for 25-30 minutes.

Does it work?

A number of studies support the efficacy of neurofeedback in cases of PTSD, ADD/ADHD, pain, migraines, insomnia, depression/anxiety and many other chronic conditions. Bill Scott, a leading expert on neurofeedback, reports treating 13,490 clients with an 80% effectiveness rate. Are the gains permanent? Just as you always remember how to ride a bike, improvements made with neurofeedback usually stay with you.

Dr. Reilly has served Fairview since 1998, has an advanced board certification in acupuncture, class 3 and 4 laser therapy, and is a chiropractic sports physician. Reach him via fairviewdc.com.

Start School Right With Healthy Lunches

By Julie Bass Ransom, PA-C, MAHEC Family Health Center at Cane Creek



With the significant rise in levels of diabetes and cardiovascular diseases in the general population, and with one-third of adults in the Unites States now obese, it makes sense to take a

closer look at what our growing kids are eating on a daily basis.

While some schools are making a strong effort to partner with local farmers for healthier hot lunches, many kids in higher grades still have the freedom to buy their own sodas and foods like pizza every day. There have been some healthier updates in what foods are available for purchase at schools recently, but it still makes sense for parents and students to investigate what healthy options are available in their own schools.

If your family chooses to pack a school lunch for your kids, try to make your own healthy ingredients and avoid processed foods whenever possible to minimize sodium, sugar and fat levels. Here are some suggestions for healthier choices.

For a drink, choose water or low-fat milk. Since the American Academy of Pediatrics only recommends a maximum of four to six ounces of juice daily for kids, this might be a choice to skip at school if the child is drinking any juice at home. Also avoid sugary sweet drinks like Kool-Aid, sports drinks, soda or caffeine drinks, as these may lead to more weight problems and dependence on caffeine or

energy drinks as the child grows up.

Include some complex carbohydrates in the lunch – if making a sandwich, aim for whole grain or 100% whole wheat bread. A smaller-sized bread slice or a half sandwich will help keep carbohydrates to a reasonable level. Other good examples of complex carbs would be a sweet potato, half a corn on the cob, or a peach. Try to keep simple carbs like chips, white bread, and sweets to a minimum.

Kids will tend to focus better on their schoolwork if they have a balanced mix of proteins, carbs, and a limited amount of healthy fats. For a protein, try a lean meat like turkey or tuna, hummus or a boiled egg. However, it’s important to note that white albacore tuna should be eaten only once a week due to mercury levels. You might also try some nut butter if it is allowed in your school.

Aim for many fruits and veggies of different colors to round out your packed lunch. Kids who tend to avoid vegetables or fruits may do better if they are able to help pick out some colorful choices at the store. For the picky eater, remember to keep offering bites of many kinds of foods at home, since children may need to try a food up to fifteen times before they decide they like it.

For kids who choose the hot lunch prepared at school, encourage them to try new foods frequently and make healthier choices among what is offered. In either case, wise food choices will help keep your child healthy for a long life.

The Dangers of Untreated Concussions

By Dr. Michael Trayford, Apex Brain Centers



A blow to the head should never be taken lightly.

No one is immune to the possibility of concussion, although athletes, children, senior citizens and those with high-risk

careers are more likely to suffer head injuries. The long-term effects of under-treated, mistreated or, even worse, untreated concussions can be wide-ranging and can show up in many areas of life. Below are five areas where a person with untreated concussion symptoms may struggle long after the head injury occurred.

Academics: Student athletes who suffer concussions may be sidelined for weeks or even months, not only from sporting activities, but also from the classroom. Symptoms such as eye and head pain, blurred vision, memory loss, attention deficits, reading comprehension problems and fatigue can make it nearly impossible for children and adolescents to focus and concentrate on schoolwork with any degree of success.

Relationships: It can be difficult to cultivate or nurture meaningful relationships with long-term effects of brain injury. Symptoms such as “brain fog,” chronic pain and emotional dysregulation can damage relationships with family members, friends and colleagues.

Job performance: Focus, attention, coordination and mental timing are significantly impaired with most head injuries,

which can have a profound negative impact on job performance. Left untreated, or inappropriately treated, the effects of these injuries can be long-lasting and often lead to decreased hours on the job, extended leaves of absence, demotions, further injury and even job termination.

Physical ability: Balance issues, vertigo, dizziness, headaches, pain and even seizures are just some of the physical problems experienced by those with one or more concussions.

Mental health: Mental illness and behavioral disorders including anxiety, depression and phobias are often the result of untreated head injuries. The stress and emotional turmoil caused by dealing with the symptoms of concussion, as well as the long-term inflammatory responses and altered neurotransmitter function caused by head injuries, can all lead to long-term mental illness.

Always seek a thorough neurological evaluation after any head injury. There absolutely *is* hope for those suffering from the after-effects of concussions. Proper assessments and specific intervention strategies for balance, eye movement, physical timing and cognitive training are critical to reduce or eliminate some of the dangers listed above.

Dr. Michael Trayford is a Board Certified Chiropractic Neurologist and co-founder of APEX Brain Centers in South Asheville. APEX Brain Centers utilizes cutting-edge technology and strategies to optimize brain function. Learn more at ApexBrainCenters.com.

by Mike Richard

Ahhh ... Retirement!



Most of us hate the word “change,” especially when retired. All too often, the equation is: change equals more money! One of my long-time clients, who has

health care benefits from the company from which he had retired, got a letter informing him that his benefits would be ceasing ... well, kind of. He called me asking for help to decipher the message. It seems that his company had farmed out the task of managing the medical retirement benefits to a “Medicare Exchange.” Apparently it is less expensive to pay another company to manage their retiree health benefits for them. The concept is that a Retiree Reimbursement Account (RRA), funded by the company, is set up for each person to subsidize plan premiums and other eligible medical and Rx expenses. The exchange offers plans such as Med-supps, Advantage and Rx plans.

Just the Facts, Ma'am

First of all, I have no beef with the Medicare exchange concept. This is not intended as a true or false analysis and makes sense for the company and for many retirees as well. OK, here’s the pitch: The exchange offers a wide array of “competitively” priced plans purchased “directly from the insurance companies” and is staffed by licensed, “non-commissioned experts” to help seniors with their choices; the exchange plans (not to be confused with Obama Care exchanges) are billed as being a

better fit for retirees than the company plan; the RRA is provided to subsidize premiums and other costs.

Here’s my take: The “Medicare Exchange” is, in effect, an independent insurance agency on contract and paid by the retiree’s company. Any independent agent can sell the same policies “purchased directly” from an insurance company. That’s the only way I’ve ever done it. Whether purchased from a company directly or through a “commissioned” agent, the price should be the same, depending on where a person lives. Also, any good agent provides expert advice tailored to meet the needs of each individual.

So What Can I Expect?

If you don’t buy a plan through the exchange, you lose the RAA subsidy. You can’t be denied coverage during the initial special enrollment period for pre-existing conditions, whether purchased through the exchange or not. Check prices, as they may be significantly higher if purchased in the exchange; the benefit plans can be amended or terminated at any time by the company.

Contact the company and/or attend any meetings sponsored by the company to address your questions before you make a decision.

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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Bringing Back the Shortleaf Pine — A Native Tree in Decline

Shortleaf pine is a native species of pine once widespread across the Southeast, with a broad range stretching from New Jersey to Texas. Over the past 30 years, this native pine has declined significantly over its entire range because of a variety of factors, including massive infestation by pine beetles and changes in timber management, land use patterns and fire regimes. The Shortleaf Pine Initiative, a collaborative group of regional resource management leaders, has been working for five years to educate folks – including landowners – about the benefits of conserving and restoring the shortleaf pine.

What’s special about the shortleaf?

“You could consider the shortleaf a ‘wannabe hardwood,’ because it grows slowly and has a much nicer grain of wood,” said Sarah Sheeran, Southern Appalachian Highlands Conservancy (SAHC)’s Stewardship Associate, who recently attended a workshop by the Shortleaf Pine Initiative. SAHC has begun a shortleaf pine restoration project on a conservation property it owns.

Shortleaf pine benefits include aesthetics and wildlife habitat. Shortleaf grows more slowly than loblolly pine, and this slower growth leads to a straighter, more robust tree with finer grain – creating a nicer timber product, although there is a longer wait for return on investment. Shortleaf pine stands are also excellent for wildlife habitat. Unlike loblolly, which grows quickly and forms a dense, closed canopy, the shortleaf pine has a more open canopy that supports multiple levels of habitat for a variety of species. Increased browse and mast production (food sources) and nesting cover are some of the benefits of shortleaf, whose open canopy allows for lush growth of grasses and forbs beneath.

“Shortleaf pine is a more robust tree with more of an open canopy that supports greater diversity of early successional species,” says Sheeran. “For example, species that thrive in open grassland would also thrive in an understory sheltered by the shortleaf pine. Not only does it support habitat, but it also creates structure and composition for habitat, adding different levels to the ecological community. More levels means higher species diversity. It’s also a long-lived, nicer-looking tree with stronger form.”

With a lifespan approaching 200 years, shortleaf pine can grow up to 100 feet tall and 3 feet in diameter. The species favors old successional fields, and could be a good choice for landowners looking for value in long-term timber management coupled with a conservation ethic. For example, if you would like future generations to potentially benefit from selective harvest – and if you want something that looks like open woods and benefits wildlife - then you might be interested in restoring and managing a stand of shortleaf pine.

Shortleaf pine management

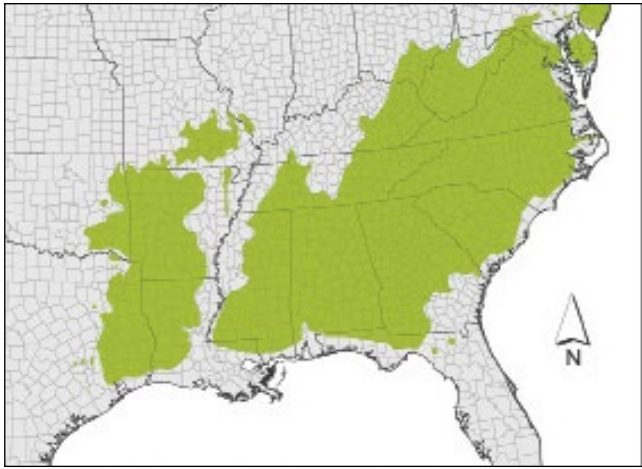

Shortleaf tends to grow best at lower elevations (3,000 feet max) and prefers drier soils. It’s easier to establish a stand in an area with some existing shortleaf pine rather than starting from scratch. SAHC opted to do a restoration project

when it discovered shortleaf pine sprouts growing on a portion of a donated property that had once been logged. After removing invasive and competing species, the area was planted with 2,500 shortleaf seedlings, which have been thriving. Preparing, establishing, and managing a site can be labor intensive, so matching appropriate sites for shortleaf pine restoration efforts is a crucial first step.

For more information on the benefits and management requirements for the species, visit the Shortleaf Pine Initiative at shortleafpine.net. For those really interested in jumping into shortleaf pine restoration efforts, the 3rd Biennial Shortleaf Pine Conference: “The Return of an American Forest Legacy,” will be hosted in Knoxville, TN, September 22-24.

In addition to preserving land, the Southern Appalachian Highlands Conservancy’s conservation work includes guided hikes, volunteer workdays, educational workshops, and farm-land access initiatives. Visit appalachian.org.

Since 1974, the Southern Appalachian Highlands Conservancy has protected over 68,000 acres of the mountains of North Carolina and Tennessee.



Shortleaf Pine native range in green. Map by Steven Weaver, SREF, with data by Little. From the Shortleaf Pine Initiative website.

Fall Hiking: When and Where to Go... Part 1

Cool temperatures and beautiful fall colors are right around the corner. For many of us, fall is the best times of the year for hiking and exploring the landscape. Fortunately, if you live in or near Fairview, there are countless options from September to November to stretch out the autumn hiking season as long as possible.

If you don’t want to wait for the leaves to change in your back yard, the best thing to do is go up in elevation. The Blue Ridge Parkway offers the quickest and most scenic route up to the high peaks where leaves begin to change as

Fields and Black Balsam (Elevation 6,214 feet) the result will be extraordinary. The stunning dark green spruces and furs mixed with the reds and yellows of Mountain Ashes, Birches and Mountain Maples all combined with a blue bird sky make a fall trip up the Parkway an unforgettable experience.

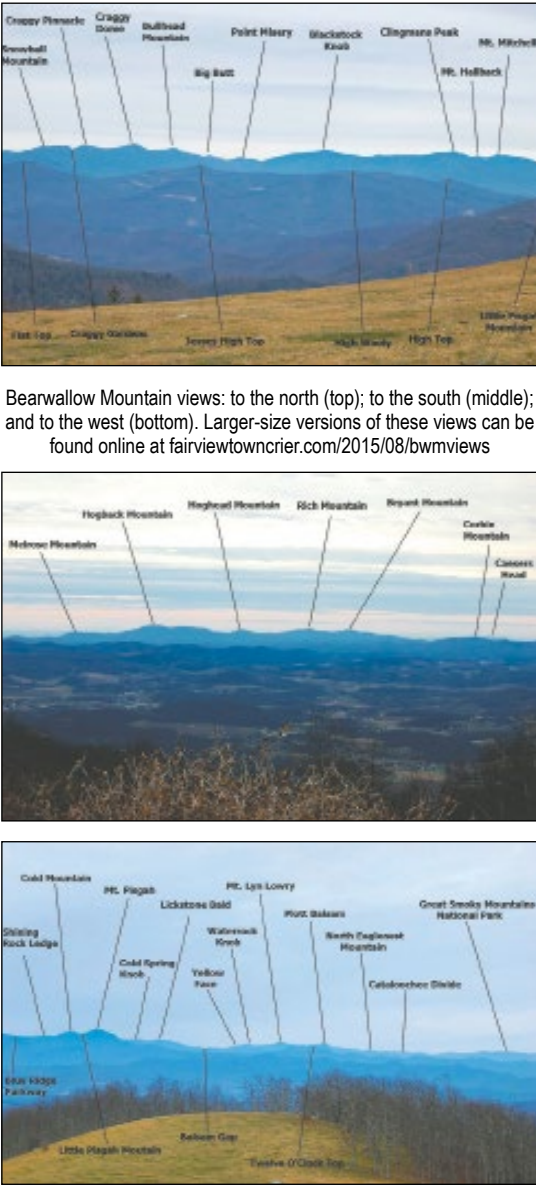
The leaves of the high elevation trees won’t last long. A furious windstorm can transform the glorious fall nirvana quickly into a cold, grey winter scene that can last until next May. When that happens we need to look to the mid elevations for the color. From Fairview, one of the best places for this is on top of Bearwallow Mountain (Elevation 4,232 feet). If you have never been there, its one of the “Crown Jewels” of the Carolina Mountain Land Conservancy’s vast network of conservation easements, protected lands and recreational trails in the Hickory Nut Gorge.

The trail to the top of Bearwallow Mountain starts on Bearwallow Mountain Rd. It winds up the mountain on a well-built trail through an open forest composed of Buckeyes, Shagbark Hickory and Rhododendrons. The trail emerges onto an open grassy bald with 360 degree views of Henderson, Buncombe and Rutherford Counties. On most days you can see the Balsam Range (including Mount Mitchell), Mount Pis-

gah and the Pisgah National Forest, Lake Lure and the surrounding Chimney Rock State Park as well Hogback Mountain and Caesar’s Head, South Carolina. To make a fantastic loop, you can return down the gravel road back to the start of the trailhead.

This is one of many hiking trails in the area and is part of what is known as the Upper Hickory Nut Gorge Loop. The loop in its entirety is not complete (approaching 85% finished) but there are multiple trail-building projects in progress on both Carolina Mountain Land Conservancy and Southern Appalachian Highland Conservancy easements. Currently, there are over 17 different trails open to hiking in the Upper Hickory Nut Gorge. They cover a variety of habitats and elevations from the top of Bearwallow to the Upper Hickory Nut Gorge Trailhead (2,500 feet) on 74A in Bat Cave. Hiking these trails in the middle of October will most likely provide views of the area’s peak colors.

continued on page 26



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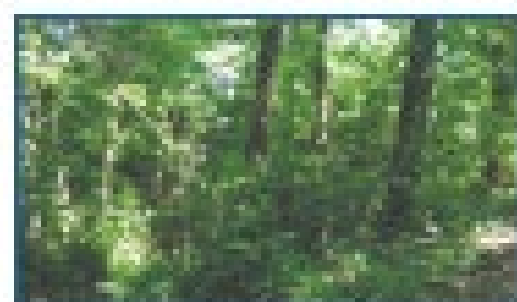
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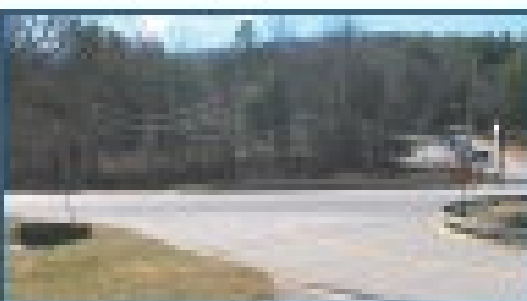
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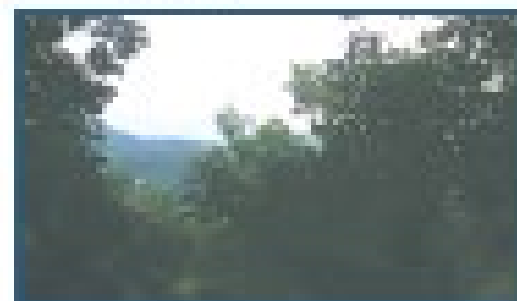
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EDUCATION UPDATE.....by Cindy McMahon, Reynolds District Representative, Buncombe County School Board

Why School Boards?



I readily admit it: I am a geek when it comes to understanding organizations and what makes them tick. Especially school systems and Boards of Education.

For example, did you know that local school boards go back more than 200 years in the US? This model of educational oversight started in Massachusetts, and then spread throughout the country from there.

And did you know that Hawaii is the only state without local school boards? In the Aloha State, their state-level Board of Education oversees policy for all of the schools, which are combined into one huge school district.

Some people think that school boards have very little influence and function primarily in a ceremonial role. But boards of education have played an important role in our country's history: think about *Brown vs. Board of Education* and the critical role that school boards played in the integration of schools across the South. We can support progress, but we can also impede it.

When I decided to run for the Reynolds seat on the Buncombe County Board of Education, I quickly learned that the legal responsibilities of the school board are similar to those of the nonprofit boards I have served on: (1) set policy, (2) supervise the superintendent, and (3) approve the budget and provide financial oversight. These are the bare bones of what a school board must do. Recent conversations have

reminded me that we play other important roles.

Ann Franklin, retired teacher and Chair of the Buncombe County Board of Education, pointed out that the school board can collectively provide a strong voice to speak for the students in our system. "If there were no school board, who would shoulder the responsibility to advocate for students to the Powers that Be?" She added, "It's the Board's role to be the champion for the public's needs. We are the voice of the public."

The individual voices and ears of school board members are just as important as the collective voice. Our superintendent, Dr. Tony Baldwin, noted, "Especially in such a large school system, having district representatives allows concerns, issues, and voices to be heard in each community, and then channeled to me." This system allows each school board member to serve as a sounding board for the superintendent, providing an "on-the-ground" perspective about what is happening in the district and sharing the needs and concerns of the local community.

Whether you are interested in the collective voice of the Board of Education or would like to share your needs and concerns individually, we invite you to be involved. We hold public school board meetings at 6:30 on the first Thursday of every month, in the Minitorium at the Nesbitt Discovery Academy on Bingham Road. We welcome you there, and invite you to share your thoughts with us in the Public Comment portion of the meeting.

There is a wealth of information on the

Buncombe County Schools website about the Board of Education, including the agendas for current and past meetings, as well as video of the meetings themselves. You can also find contact information for all board members. Please feel free to share your concerns with me any time. The best way to reach me is by email: cindy.mcmahon@bcsemail.org. Or introduce yourself to me at a board meeting! I'm honored to represent you on the Board of Education and would welcome the opportunity to meet you in person.

September Calendar – Public Events at Reynolds District Schools

Saturday, September 5, 9 am–noon – Fairview Elementary Farmer's Market

Sunday, September 6, 6 pm – Reynolds High Open House

Thursday, September 10, 9 am – Fairview Elementary United Way Day of Caring (volunteers welcome)

Friday, September 18, 4:30–7:30 pm – Haw Creek Elementary Fall Festival

Thursday, September 24, 6 pm – Oakley Elementary PTO Open House

Thursday, September 24, 8:15 am – Fairview Elementary Volunteer Training*

Note from Fairview Elementary: We welcome community volunteers and will try to match you with opportunities that suit your strengths and interests. Please call Jennifer Reed at 628-2732 if you are interested in volunteering at FES, and plan to attend the volunteer training on September 24.

FOOD FOR FAIRVIEW FES Food Drive

By Cassia Imholz

Maybe it's just because I'm getting older, but the days seem to fly by faster and faster. It seems like only yesterday that summer vacation began, but, as I write this, I see it is nearly time to return to school for another school year. That must mean it's nearly time for the Food for Fairview/Fairview Elementary School food drive!

Started several years ago by then Fairview Elementary student Max Masiello as a service project, the food drive has become a regular event in our community. Each fall, for one week, the grades compete against each other to see who can collect the greatest number of canned goods, nonperishable food items, and cash for Food for Fairview. Last year, the school collected cash and cans totaling the equivalent of a half a ton of food! What a wonderful accomplishment!

This year's food drive will be held the week of **Monday, September 21–Friday, September 25**. Flyers containing details will come home shortly before the event. Look for these in your student's book bags in September. As always, the winning grade will receive a party celebrating their accomplishments. Last year, the winning second grade class enjoyed an awesome show by popular area entertainer, Professor WhizPop. No matter what grade comes in first place in the food drive, everyone at Fairview Elementary is a winner to us! Many thanks to Jennifer Reed, principal, as well as the faculty, staff, parents and kids of Fairview Elementary for their continued support of this fun event. You make our community a better place!

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Karakido After School Program for Mind, Body & Soul

Grand Master Roger Jones, a native Ashevilleian, spent most of his youth and early childhood studying various martial art styles and in 1969, he became the USA National Champion in Kata and Sparring. Just 8 years later, he founded Karakido Martial Arts. Roger is also an accomplished artist painting on canvas in a variety of mediums. It is this combination of skill, discipline, passion and creativity that has been the core of the Karakido Martial Arts school. And it was Roger's equally skilled and passionate wife, Shi-han Master Debbie White, (7th degree black belt and artist herself), who had the vision for the Karakido After School Program, or K.A.S.P., which she founded 5 years ago. It thrives and strives today because of her passion to provide a unique and affordable after school program for children in our community.

K.A.S.P. was designed as an alternative to expensive and traditional day care. The primary goal is to give one-on-one instruction to homework assigned by the school systems, and to introduce children to the basic of Karakido Martial Arts. The Dojo is on the school bus line for Fairview Elementary and Cane Creek Middle Schools,

which works well with the class times of Monday - Friday, 2:45 pm - 5:30 pm. They also provide the necessary exercise program for home-based schools. Just as their regular karate students test and promote for each belt rank, so do children in the after school program. Uniforms are available in the Dojo office.

Karakido After School Program believes that by supporting parents and finishing up school work, children and their families will have the most important time - evenings - for family activities and conversation. This philosophy has been proven to pay off. There are students in the After School Program that are A, and A-B Honor roll students. Most are in leadership programs, "Destination Imagination," play one or two sports, or are in other clubs such as the Chess Club or Lego Club. One student is even in a charter school for Engineering. With the help of Grand Master Roger Jones and Senior Master Scott Carney-Jackson, who instructs the physical portion of Karakido, K.A.S.P. continues to develop into an even more creative after school alternative. This year K.A.S.P. will add art to the

program.

Debbie said, "We are particularly excited about this year's program. I love working with children; most are just people in

"We are particularly excited about this year's program. I love working with children; most are just people in little bodies that deserve respect, patience and a program that keeps them active."

little bodies that deserve respect, patience and a program that keeps them active. We are a Christian-based program, and we do talk about Christian values."

The Karakido After School Program teaches kids how to handle bullying at school, which is a problem that exists in our schools. "Children are fearful," Debbie said, and can be depressed from name calling, isolation, and the anxiety of being confronted with fighting. We help them to solve the day to day problems at school. We are very strong teacher and parent advocates. We believe if you can teach a child that their time at school is as important as their teacher's and parents', half the battle is won. Children want most anyone they come in contact with to be supportive and proud of them."

Debbie continued: "I grew up in Texas and was raised to believe I can do or be anything. I spent 23 years in residential property management, and another six years in



Art will now be part of the K.A.S.P.

commercial and construction real estate. My favorite boss was Gordon Myers. We both worked at Ingles corporate headquarters in real estate. During my time at Ingles he was a beacon that was smart, compassion - and what a sense of humor. My mom and sisters play an integral role in who I am and what I believe when dealing with children, parents, teachers and business, but Roger has taught me about how to feel safe and protected. He developed Karakido with self-defense as its foundation. Roger is my mentor and Sensei, and without him K.A.S.P. would only be a dream.

Debbie White also instructs a Women's Self Defense class to help other women feel safe. There are also adult classes for men, women and teens.

K.A.S.P. fee per child is \$85.00 per week. There is a \$25.00 non-refundable registration fee to hold the space. Space is limited. Karakido Martial Arts is located at 45 Old Gap Creek Road in Fairview. To register for K.A.S.P. or other programs, call 712-1288 or email karakidomartialarts@charter.net.



Shi-han Master Debbie White



Senior Master Scott Carney-Jackson with some students.



By Chief Scott Jones

Third Station Now in Service



July 14 marked a monumental moment for the Fairview Volunteer Fire Department, when at 2:30 pm we officially placed our third station in service.

It will be manned 24 hours a day, seven days a week. We would like to thank everyone who played a part in making this happen, including all of the Fairview Fire Firefighters, EMS Personnel, and Board of Directors. We would also like to thank Abbot Construction for constructing the living quarters of the building.

We are planning our Grand Opening on **Saturday, September 12** from 10 am-2 pm. We will have refreshments, Fire and Life Safety information and pictures of the entire process of the new station. We encourage the community to come out and tour the new facility that we are very proud of and meet the firefighters and Board of Directors.

Aluminum Can Fundraiser

We would like to extend a GREAT BIG THANK YOU to **Brooke Brewer** for her donation to the Fairview Fire Department. Brooke wanted her High School Senior project to be something that would be worthwhile and help the community out in some way. Brooke chose to build an aluminum can trailer

to be donated to the Fairview Fire Department and parked at the main station. With the help of her family, Tim and Becky Brewer, she delivered the trailer to our parking lot and staged it near our sign at our main station located at 1586 Charlotte Highway.

As the trailer becomes full, the Fairview firefighters will transport the cans to a recycling facility, and the money received will go into a special fund to support the Fairview Fire Department and the Firefighters.



We have noticed that the trailer is already filling up as people drop off their aluminum cans, and we thank you for your support. We will be constructing a platform near the trailer for easier access.

When you bring your cans to dump into the receptacle, if you bring them in bags or boxes, please dump them out and do not throw the boxes or bags into the receptacle. We can only recycle the aluminum, and anything else must be taken out before we are allowed to dump the cans.

Thank you in advance for supporting our Fire Department and firefighters. And again, a Great Big Thank You to Brooke Brewer and her family for their contributions and support of Fairview Fire Department!

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COOL! START HERE!

Benjo The Whistlapi



YAY!

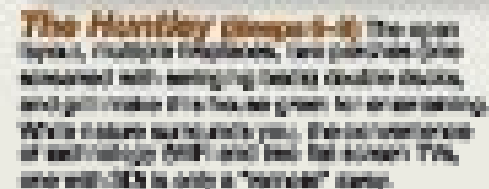
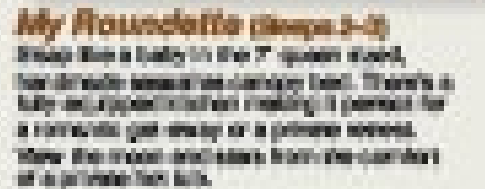
END TICKET

YOU DID IT!

Benjo the Whistlapi is a regular character in the world's greatest free monthly paper for kids, Asheville Flyer for Kids. Look for AFD free all over downtown Asheville and beyond! All artwork ©2015 Stan Harris & AFD

The Cone At Fairview

We are proud to feature rock work done in our houses by Bud Huntley and David Lyda. Our guests enjoy the dramatic indoor and outdoor wood-burning fireplaces, stunning flagstone areas and interesting rock work created by them.



Bud Huntley: Craftsmanship Set in Stone (con't)

Continued from page 21

Bud's retirement is filled with family and friends now, with visits and Sunday get-togethers that number 20 or more people. He hasn't brought home any raccoons, though, since his last hunting trip two years ago, so he's not called on to provide for Sunday supper. "I cooked the raccoons," he explains, "and Ophelia cooked the squirrels."

But the star attraction at family meals is Ophelia's biscuits. People often ask her family members when the next birthday celebration will be, so that they might get a taste of them. "They won't let me retire from that!" Ophelia laughs.

What is Bud proudest of? We asked

the question expecting him to name a fireplace or a courtyard ... but Bud's understanding of life runs deeper than that. "My wife," he said, "and being a good neighbor."

Bud is justly proud of his work, too, of course, but also of David's expertise, and he is glad to refer the calls he still gets to his creative heir. Still, several times as we talked he would turn around to look toward the work in progress, and finally he walked down the slope for a better view. We told him it looked as if he'd like to be down there alongside David, laying stone.

"Yes," Ophelia said with a smile. "He's wishing ..."



Two of Bud's numerous stonework creations at and near the Cove. Above, the magnificent main fireplace at one of the larger rentals; below, the Fairview Forest entry wall with the Cove at Fairview grounds beyond.



A Touch of Zen in Fairview

by Lynn Stanley

A lotus in full bloom sways gently on its long graceful stem; lazy koi fish pull sky-spattered ripples along behind them as they do a slow dance in the pond; waterfalls murmur their way down rocky banks.

For centuries in Asian culture these sights and sounds have provided a quiet respite from the busy clamor of everyday life, giving the passerby a space for tranquility, a time to reflect and dream. For me, having sought out these places of sanctuary in many parts of the world, what a joy it is to find them again here in Fairview.

I met Frank Dixon of the Cove at Fairview in June at the home of Morgan and Lisa Pelly. We were discussing art, and I mentioned that the lotus is one of my favorite Asian brush painting subjects; the image of a lotus blossom rising from the dark pond's depths into the sunlight, a Chinese symbol of triumph over adversity, is a source of constant inspiration. As it happens, he said, there is a lotus pond at the Cove that's coming into full bloom; would you like to come out and see it?" Would I!

The lotus were luminous and spectacular, and up the road a bit the calm of a triple waterfall and koi pond completed the ambiance. And so it was that I found a very Zen moment in the already soul-nourishing mountains of Fairview. Thank you, Frank — and thank you Nature, a true Zen master.



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Living with recent loss of a loved one? Katherine's 6-week series for grievers shares gentle yogic techniques to restore/strengthen the body and lift and calm the spirit among other grievers. Tues, 6 pm

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Under Contract in just over a week! Taking back up offer!



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Brady

This sweet little terrier puppy is Brady. He's about 9 months old and weighs 11 lbs. He'd do well with another dog companion in the home. Brady likes to go on walks, play, and ride in the car. He is mostly house-trained. He does well in his crate, doesn't whine, and sleeps well. He's a little timid and needs to have his confidence boosted with patience and a gentle, loving adult family or a family with older children.



Bubbles

They don't come any sweeter than Bubbles, a Siamese-Tabby mix, 18-month-old female. She's very affectionate and loves to lie down with you and be petted. She had a litter of kittens not long ago and has been an exceptional mother, dotting on and talking to her babies in soft, little sounds. Bubbles is litter box trained.

Animal Haven of Asheville

Call 299-1635 or animalhaven.org

Padget

I am a 5-year-old neutered male Terrier mix. When I was brought to the shelter I didn't have much hair and was quite a sight. But with some TLC, grain-free food and baths, my hair is back and I am feeling quite dapper. I am good friends with Lulu in the New Leash on Life program, where we are both learning lots of stuff like basic obedience commands, crate training and more. I like car rides, taking a walk, and cuddling up in your lap.



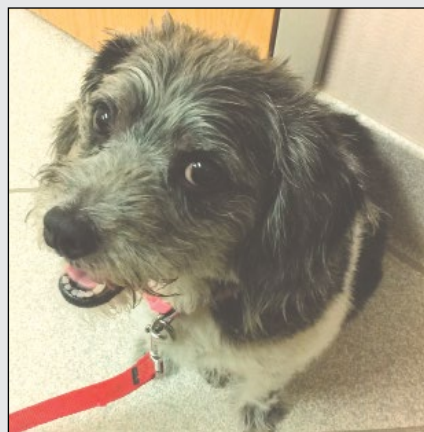
Lulu

I am an 8-year-old spayed female Boxer with a laid back disposition. My person had to give me up because she developed severe allergies to me and my 13-year-old Chihuahua buddy. So obviously, I enjoy the company of other dogs and also really love car rides and long walks. At the end of the day I am ready to curl up on a soft bed next to your feet. I am receiving lots of love and attention at the Swannanoa Correctional Center for Women where I am enrolled in the New Leash on Life program.



Louise

My sweet face matches my personality to a T. I am a 7-year-old spayed female Poodle/Terrier mix with a silver grey coat. I was abandoned by my people but finally found a kind couple who fed and took care of me, but became ill and were unable to continue caring for me. I love the company of people and will stick right by your side. I get along with other dogs and just want to be in your lap every chance I get. I am enrolled in the New Leash on Life program learning manners and more.



Hot Spots

Dr. Dean Hutsell, DVM, Fairview Animal Hospital

No, the hot spots referred to in this discussion are neither those nifty gathering places downtown nor those locations with WiFi for our addiction to the web. Hot spots in pets are those nasty, intensely itchy, moist raw sores that develop as a result of some form of irritation. For animals, hot spots are terrible and they deserve prompt attention to prevent them from becoming serious.

Veterinarians assign a diagnosis of acute moist dermatitis (hot spot) to those pets that develop a raw, highly pruritic (itchy) sore after some insult to the skin that suddenly appears. One minute the pet is fine and the next it is in a frenzy to soothe the site with licking and in some cases biting the area. This leads to a rapidly expanding skin infection and a most uncomfortable pet.

Most causes of acute moist dermatitis are insect stings, fly and mosquito bites and other irritants. Sometimes mild altercations with another pet or animal cause skin damage and thus result in the development of the condition. Also, thick mats that develop during shed-

ding can be the initiator.

Insect control plays a big role in preventing hot spots. Products that control fleas and ticks on our pets are most useful. Also, cleaning areas where injuries occur limit hot spot development. If detected early, cleansing the area after trimming the hair short will help. If advanced sores are present, seek help from your veterinarian, because these can become very painful and even the best pet may severely bite its owner when they are touched.

Since this summer has been a mix of hot and dry interspersed with cool and wet weather, it is no surprise that our pets are more likely to develop one of these sores. Being aware that the initial biting or chewing we notice our pet doing may lead to a hot spot means we should inspect the site to see what's up. These can go from a minor red spot to a severe painful oozing sore in a very short time. Your pet will be happy and soothed by quick intervention.

Be proactive and intervene early when the symptoms begin. Your pet will be relieved.



Hero

Hero is a big personality in a tiny body! He is nervous at first but once he knows you, he is your best friend. Hero is always happy to see you and will follow you around like you are his hero. He currently lives in a foster home with 2 dogs and 2 cats, with which he does well. With just a little patience and love, Hero could very well be your perfect match! For more information, please email dogs@bwar.org.



Sparrow

Sparrow is a beautiful, shy kitten with an adorable chirp like a little bird. She is playful and loves toys and occasionally to chase and wrestle with her sisters and brother, so she will need a confident kitty companion to help her feel more secure. She would do best in a quiet home with no small children or dogs. She comes to adoption events at Petsmart, 150 Bleachery Blvd., Asheville, on Wed. (6-8 pm) and Sat. (12-4 pm). Please contact her foster mom Bobbi at bobbj.rosell@gmail.com for more information.

FOR THE BIRDS

by Simon Thompson

September is Migration Season



September is one of the best months to look for birds in our area of the Southern Blue Ridge. Thousands of migrating birds are moving from their breeding grounds throughout the Northern US and Canada and passing through our area on their way south to wintering grounds in Central and South America.

The small, colorful warblers are among the favorites of most birders, and to sort through a fast-moving flock of these hyperactive birds is certainly a challenge. As well as the warblers moving through, the flocks often contain Scarlet Tanager, Yellow-billed Cuckoo, several vireos and

thrushes and maybe a selection of the spotted-breasted thrushes.

There are several great places to look for and learn about these transient birds; joining one of the weekly bird walks in our area is one of the best options. There are scheduled walks on the first three Saturdays of each month: Beaver Lake Bird Sanctuary, Jackson Park and Fletcher Park. The times and meeting places are all posted on the calendar on the Ventures Birding Tours website: birdventures.com.

Simon Thompson has lived in WNC for the past 20 years. He owns and operates his own birding tour company, Ventures Birding Tours, birdventures.com. If you have birding questions, please drop him an e-mail at the above site.



Common Yellowthroat



Yellow-Throated Warbler



Black-and-White Warbler

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What Should You Know About Establishing a Trust?



You don't have to be a CEO or multimillionaire to benefit from a trust. In fact, many people gain advantages from establishing one – so it may be useful to learn something about this common estate-planning tool.

Why would you want a trust? For one thing, if you have highly specific wishes on how and when you want your estate to be distributed among your heirs, then a trust could be appropriate. Also, you might be interested in setting up a trust if you'd like to avoid the sometimes time-consuming, usually expensive and always public probate process.

If you decide that a trust might be right for you, you should work with an experienced estate-planning attorney. Trusts can be highly effective estate-planning vehicles, but they can also be complex and varied – so you'll want to make sure you understand what's involved.

different in the future – and a properly designed trust could help minimize these taxes.

If you decide that a trust might be right for you, you should work with an experienced estate-planning attorney. Trusts can be highly effective estate-planning vehicles, but they can also be complex and varied – so you'll want to make sure you understand what's involved.

One important decision will be to choose a trustee. The trustee is legally bound to manage the trust's assets in the best interests of your beneficiaries, so your choice of trustee is extremely important. Your first impulse might be to select a family member, but before doing so, consider asking these questions:

- Does he or she have the experience and knowledge to manage your financial affairs competently?
- When called upon to make a decision that may affect other family members, will your prospective trustee act in a fair and unbiased manner?
- Will naming a family member as trustee create a strain within the family?
- Does your prospective trustee have enough time to manage your trust? Does he or she even want this responsibility?
- Do you have other family members who are willing to serve as trustee if your chosen trustee cannot do so?

This last question leads to another key aspect of establishing a trust – specifically, you can name a “co-trustee” to help manage the trust, and also a “successor trustee” who can take over if the person named initially fails or refuses to act in the capacity of trustee. Again, you will want to put considerable thought into whom you ask to take these roles.

And you don't have to stick with individuals, either – you can decide to ask a financial institution to serve as trustee. By hiring such an institution, you will gain its objectivity and expertise, but you still need to ask many questions about costs, services provided, and so on.

Finally, as you develop your plans for a trust, consider communicating your wishes and ideas to your family and anyone else who may be beneficiaries of your estate. When family members don't know what to expect, disappointment and frustration can follow. If you know your loved ones are on board with your estate plans, you may feel even more comfortable in putting these plans in place.

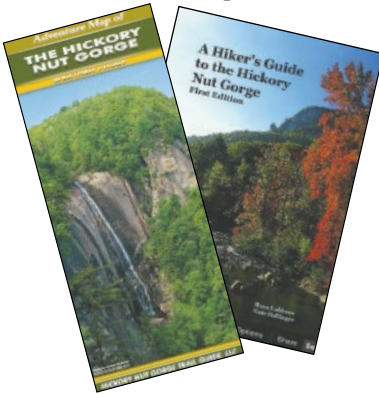
This article was written by Edward Jones for use by your local Edward Jones Financial Advisor, Stephen Herbert, who can be reached at 628-1546 or stephen.herbert@edwardjones.com.

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Hiking continued from page 15

To understand how all these trails connect, where the trailheads are and what the topography is like, the best thing to do is get a copy of the *Adventure Map of the Hickory Nut Gorge*. It is a comprehensive, waterproof topographic trail map that illustrates the multitude of hiking trails in Gerton and Bat Cave as well in Rumbling Bald, Lake Lure and Chimney Rock State Park. Take a good map, compass, day pack and traveling companion and you will be set to enjoy the fall colors in one of the region's most spectacular natural settings.

In the next part of this series we will cover the new hiking trails at Chimney Rock State Park, Rumbling Bald, Lake Lure and Buffalo Creek Park and the best time to visit for peak colors.



Map and Guide Book (shown above) available at Town Crier office (with a portion of sales donated to the Crier), 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).

RALEIGH REPORT



Hopefully, the North Carolina budget will have passed as you read this article, and the questions about teaching assistants, Drivers' Ed and teacher pay will have been resolved for the next two years. I would like to take some time to try to envision on a broader scale where we can go in our state to nurture the best educational opportunities for our children and grandchildren.

Unlike when I was growing up, education today is a rich ecosystem of home schools, charter schools, neighborhood traditional schools, STEM schools, Early College High Schools, the School of Math and Science, the School of the Arts, private schools, religious schools and on-line schools. Even our traditional schools are offering themed schools and schools within schools. What a bewildering range of opportunities!

My four sons all attended Fairview Elementary, Reynolds Middle and Reynolds High School. They were well prepared for college, and enjoyed (and continue to enjoy) the friendships of their neighbors. They also enjoyed the sports teams and many other wonderful extra-curricular activities offered by the teachers and parents of these schools. There was a great sense of growing up as a member of a community.

There are several ideas driving educational efforts in 2015. Learning needs to be individualized to the style most effective for the student. Assessments to test learning. Early pre-school education is highly beneficial to future learning, a

time when the brain is developing rapidly and is hungry for stimulation. Family support and parental involvement in education is crucial to success. Incorporating digital learning and technology is an essential component. Educating immigrant families has grown enormously.

In working on educational policy in the NC General Assembly, the politics have gotten in the way of recognizing the benefits of the vast array of opportunities that have arisen.

The “failed public schools” mantra has given cover to those seeking to underfund the system that still educates the vast majority of our children. We have home school and charter parents versus the public schools. We have a voucher program sending tax money to private schools.

My Fairview grandchildren attend Evergreen Charter School, which is a wonderful place to learn. While there is a constant financial struggle, parental involvement is strong and the school has enjoyed great success with many innovative programs. The original hope for charter schools was that they would be freed up from the constraints imposed from Raleigh and be laboratories for new ways to teach and learn. It was also hoped that there would be collaboration back and forth. My grandsons are receiving a great education, but they are missing out on growing up with their Fairview neighbors. Fairview Elementary School is losing some of its best parents. In many communities, the public

schools are left with more students living in poverty, with greater needs and less family support.

Many home-schooled children are also a loss to the neighborhood public school. As a former educator myself, I would love to have had the time to teach my children or grandchildren. Maybe I could take a school year with them to learn, work and travel. I just love the vision of families learning together. Home

school parents who come to my office here in Raleigh report great results from these family schools. We worked out an arrangement

with an Irish friend years ago for one of our sons to live with them and attend a local school. He complained about all the rain, but was able to have a different learning experience outside of his comfort zone.

My great hope is that we can all see the benefits of the rich opportunities available to our young people, and try to enhance all of them and break down the competitive mentality that has grown up in the educational debate. The first goal would be to do all that we can to make our traditional public schools robust centers of learning, and that means supporting teachers and administrators; one study said that an effective principal is the best predictor of success in a school. This support starts with the General Assembly, and ends with parents becoming involved with the schools and their children. Schools

with high poverty and immigrant rates will need special help. Quality public schools enhance all of the other educational modes in a community, attract economic activity and build up a culture of success.

Then it would be great to see students try out some of the other modes of learning. There could be exchange programs between North Carolina schools and beyond. Maybe a family would be in a position to home school for a year or longer, and be encouraged to do so with the help of the local school board. Local charter schools could be given opportunities to teach public schools about their innovation successes. I would love to enhance cooperation between retirees in Buncombe who want to help out in the local schools. This collaborative approach might be especially valuable to children with special needs.

Our families want the best for their children, and our communities are relying on a well-educated generation to keep the American dream alive and well. I, for one, want to be an advocate for a rich educational experience for everyone.

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Drum Instruction in Fairview



The Electric Guitar Shop in Fairview is now offering professional drum instruction. This will be an exciting complement to the store’s continuing guitar and bass instruction, now in its 13th year. The Electric Guitar Shop is in the process of redesigning the space to accommodate a modern training studio with stage and sound system. They will be offering ensemble and band formation and training.

Owner Rennard Madrazo is particularly pleased about their new staffing. “For our new drum studio, we are lucky to have Keith Arnold on staff as our drum expert. Keith is a former resident of Nashville, TN, and is still one of Nashville’s fine working session players, as a drummer and vocalist.”

Keith will begin working with students on October 1 at all levels from beginning to advanced. Drummers can either learn or hone their skills on a full professional drum kit as Keith teaches on his own kit. Players can use their knowledge and skills to go on to play in ensemble and band situations as they progress.

The Electric Guitar Shop is the go-to custom guitar emporium with the most comprehensive learning experience in this area. And now, local residents will have professional guidance not only in guitar and bass, but drum instruction, as well, in real, applied band and performance. Registration is open now. The shop is located at 1185 Charlotte Highway (next to the *Town Crier* office). Call 628-1966 or stop in to register now.

Trout Lily Deli & Market Launches
“Tapas with a Twist” Garden Patio

Just in time for Labor Day weekend and the onset of our beautiful Fall weather, Trout Lily has officially opened its garden patio nestled between the store and Cape Fear Seacoast’s market shed. Patrons will be able to sit creekside and enjoy a variety of tapas along with a good sampling of local craft beers. They are also serving specialty white and red wines.

When asked for an example of a pairing, owner Susan Bost said, “How about Indian Samosas with local fruit chutney and homemade Sangria with fresh-squeezed juice?”

To that we say, “Yum!”

Trout Lily’s new casual stop for a yummy bite and and drink during the afternoons and early evenings is located at 1297 Charlotte Hwy in Fairview, 628-0402.



Realtor Wanda Treadway Returns to Cool Mountain Realty

Wanda Treadway, a native of Fairview, had worked with Cool Mountain Realty in 2014. Wanda is returning to her home town and is looking forward to working and living in the same town where community, family and neighbors are very important to her. Cool Mountain Realty is located at 771 Charlotte Highway in Fairview.

Webo’s BBQ Now in River Ridge

After four years along Swannanoa River and outside seating only, Webo’s BBQ will have inside dining along with tables outside on the patio. Of course, take out will still be available. Webo’s has moved to their new location in the River Ridge Shopping Center, between Hamrick’s and Legg’s/Hanes/Bali Factory Outlet (800 Fairview Road, Suite C8), the former Old Venice location.

They will be keeping the same menu serving all smoked meats: pork, sausage, chicken, turkey breast, beef brisket and pulled pork. On Fridays, they will have ribs. Customers can order a sandwich or dinner plate with two sides such as baked beans or mac & cheese.

Webo’s is open **Tuesday-Friday, 11 am-6 pm** and their number is 298-1035

JULY REAL ESTATE STATS FOR FAIRVIEW

	#	High \$	Low \$	Avg \$
Houses listed	28	1,595,000	149,999	458,625
Houses sold	15	885,000	50,000	390,957
Land listed	18	1,335,320	35,000	197,901
Land sold	6	233,000	20,000	103,217

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

A Potted Plant or a Helping Hand? One Realtor Flnds a Way to Make a Difference

Real estate is big business in the Asheville area and as such, there’s a lot of competition between realtors and brokers. Some specialize in high-end properties only, others focus on short sales and foreclosures. Entering the profession is a natural step for folks starting a second career, either to augment current income or full-time after retiring from another field. Seems like there’s always someone in the room that can pull out a realtor’s business card if mention of buying or selling a house comes up.

And that’s all right, really. Buying (or selling) a home is a very personal life event and one needs to feel sympatico with the agent that is going to guide the process. We’re lucky here in our community to have some great real estate agents and brokers. All of them are involved in this community in one way or another, giving back by donating to silent auctions, sponsoring a baseball team, offering items for school raffles. And one in particular, Nina T. Kis, has found a rather unique way to make a difference.

When Nina closes a sale, she asks her clients what non-profit or cause they are passionate about. Once she received her commission check from closing, Nina donates \$100 to her client’s favorite cause.

Nina siad, “So far, all the organizations I have donated to think this is a wonderful idea, and it seems no other realtor is doing this.”

Luckily for Nina (and the beneficiary charities), she’s had a good year. As titles go, she’s a “Million Dollar Producer,” a Distinctive Properties and Estates Award Winner and a Chairman Circle’s Gold Award Winner. And as a result of that success, for



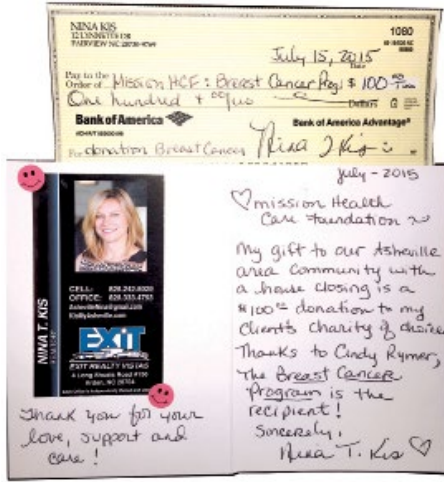
(Left to right) Nina, Tosha Hutzler, Cindy Rymer, John Hutzler and Abigail Hutzler and her dog Mr. Met. Son Jonathan was the photographer. Nina helped sell the Hutzler’s home in Arden and then purchase their new home in Fairview. Since there were two transactions with the family they got to designate two charities for a donation each: Brother Wolf for one and Mission Hospital Breast Cancer foundation for the other.

this calendar year 2015, Nina has already donated over \$1,000 of her commissions to local charities including Mission Hospital Foundation’s Breast Cancer Unit, Mission Hospital Foundation’s Pediatric Oncology Unit and Brother Wolf Animal Rescue. As a matter of fact, Brother Wolf has been the most popular charity of choice with Nina’s clients, and Carole Smith of that organization told Nina she is now “designated

as an Official Sponser of Brother Wolf.”

Helping rescued animals is a personal passion of both Nina and her son Tommy, who both volunteer at the Asheville Humane Society.

Before Nina started her official “donation to non-profits” campaign, she did



(left) Brother Wolf gave Nina a Certificate of Appreciation for her numerous contributions.



Nina and son Tommy with the family’s two (spoiled) rescue dogs.

(above) Hand-written note sent with check indicating the real estate client who designated that the donation go to a specific recipient charity or non-profit.

arrange to allocate \$150 of a commission check to spend at The Lord’s Acre event to support that effort, as well.

Wouldn’t it be nice if everyone who bought or sold a house requested their agent to make a donation in their name to the local charity of their choice? With all of the real estate moving around in our area, it could make a serious impact.

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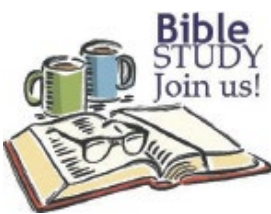
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WORSHIP & COMMUNITY OUTREACH



Bible study at Angelo's Restaurant will continue during the month of September, on **Thursdays at 5:30 pm**. Join together for fellowship and a deeper study of God's word, with a verse by verse study of Romans. Angelo's Restaurant is located at 1226 Charlotte Highway in Fairview. For more information contact Becky at 230-0507.

Save the Date for Song at Emma's Grove



On **October 11**, Emma's Grove Baptist Church, 417 Emma's Grove Road, will offer the community a gift of worship in song. Soul Vision Gospel Quartet, a regional group of long-time gospel singers who have dedicated their talent to bringing the word of God to everyone, will perform at the **10:45 am** service. All are welcome, and there is no charge for this concert.

Send church news, events and services by the 10th of the month to

copy@fairviewtowncrier.com

Church ads (below) only \$20/month! Call 628-2211 or email ads@fairviewtowncrier.com

Pastor Hinson of Southern Gospel Group in Concert



On **Sunday, September 20**, Pastor Larry Hinson of the original Southern Gospel group The Hinsons will be in concert at Fruit of Labor Worship Center located at 611 Emmas Grove Road, Fairview. Service times are 10:30 am and 6 pm. Contact Willie Warren at 713-3822.



Be a Project Linus "Blanketeer"

The local chapter of Project Linus, a national non-profit organization that donates handmade blankets to children in crisis, is seeking volunteers to create blankets. The "blanketeers" can contribute knitted, crocheted, quilted, no-sew fleece or flannel blankets.



The local chapter of Project Linus has distributed over 54,000 blankets during the past 16 years, but there is still a need for these items of comfort.

Blankets can be knitted, sewn, crochet, quilted, or tied fleece in a pattern of your choice. They must be new, handmade, washable and child-friendly (free of smoke, fabric softeners, scented detergents, and pet dander) and not have buttons or other embellishments that might be harmful if detached.

Pattern choice is up to the blanket maker. If you can offer your time and talent to this generous effort, contact Ellen Knoefel, chapter coordinator, at 645-8800 or visit their website at projectlinusofwnc.org, where you can also find simple patterns for a variety of techniques.

YOU ARE HERE

By Blair Holland Clark

Guilty



I am not sure why, but I seem to be feeling guilty a lot. It is like I have done something bad I can't remember. I even have dreams about some secret thing I did a long time ago, and now it is coming to light. I really want to find out what I did, but always wake up and can't remember the details. What can I do to get rid of this guilt?

You're not alone. Unnamed guilt can come from many sources, such as some perceived unmet obligation or violation of a trust. It can be a leftover parental tool used to motivate a child, or it could be a method you have learned to motivate yourself to do unappealing things.

Understanding your guilt and learning from it can bring closure to a course that no longer works for you. You don't have to do it alone; there are lots of resources available like therapy, self-help and self-empowerment books, meditation, prayer, talking to a friend and accessing your "humanity" to help you alter your course when and if you are ready.

All this talk of guilt can be pretty uncomfortable; but discomfort is different than true threat, and guilt can be a form of motivation. We are all motivated in our own unique way. What motivates you? Make your own list.

Forgiveness is a skill worth developing; self-forgiveness and forgiveness of others can help you move through your journey. The news is full of horrendous actions usually perpetrated on innocents. But after the church shootings in Charleston, SC, an amazing thing happened: there was tremendous pain but also tremendous forgiveness. Not many of us have this depth of capacity for forgiveness, but we should all work toward it.

As you use your humanity to identify your "you are here" sign and better understand the confusing nature of your guilt, remember: you're on a journey. You have not and will not meet everyone's wants or expectations, but expectations and obligations are different things. Expectations are something we acquire along our journey, but if expectations get strong enough they can interfere with a process of forgiveness.

Your parents probably had expectations of you. Clean your room, do your chores, put effort into your school work, tell the truth — these are messages that may have helped you learn responsibility and develop values. Healthy values can be useful guides. Try writing down three things you value the most to help you evaluate the guides you are using on your journey.

Another question to ask is, "Am I good enough?" The answer is "Yes!" Repeat to yourself: "I am the only person I can be, here in this moment." If you practice

Mirror People

Our mirror may not tell the story, of who's living here inside. How can others understand, what may be continually denied? Are you one who cried at hearing of forgiveness and its grace? Where many wanted vengeance did you see love upon a face? It feels good to share and to cry, with those who really knew what horror, grief and sadness was not able to do. And how feelings were transformed, from excruciating pain. They changed an evil message so only love remained. It said "Open up ourselves, let something different lead us on, to a single loving community, where we know we all belong." We are all mirror people in our own individual ways. We reflect to and from others, in these important days we have a chance to show it, the good we carry here. We have a chance to know it, to make the message clear. We are all one, connected, this truth can not be denied. We are all mirror people, so who is living here inside?

accessing your humanity in non-threatening ways, identify your "you are here" sign, better understand what motivates your autopilot and then decide you want to alter your course, you will be able to do so.

These are not answers but tools you can use on your journey. Keep learning. Pay attention to road signs. You Are Here.

Blair Clark is a Licensed Professional Counselor Supervisor and author of "Answers to What Ails You (AWAY)," which can be found on Amazon.com. Reach him on Facebook or email copy@fairviewtowncrier.com.

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COMPUTER BYTES.....By Bill Scobie

Switching, Storage and Safety



Switching Windows
If you thought Windows 10 was going to be a great thing but just don't get it or like it, you can undo it! To avoid reinstalling Windows 8.1 or 7, you just have to undo it within 30 days of the upgrade. Here's how: click on the Start icon, click Settings, click Update & Security, click on Recovery in the left column. Then click on Go back to Windows 8.1 (or 7, if that is what you had), fill in the reason you are going back, make sure your computer is plugged in if it is a laptop, click another next button and wait. When your computer restarts, you should be back where you were, minus any software you installed in Windows 10. There is the slight possibility you might have to reinstall or reactivate some programs.

Here are some tips for using Windows 10: if you can not get used to Microsoft's new web browser called Edge, you can always install Firefox, **firefox.com**, or Chrome, **chrome.com**, and then you can ease into playing with Edge. And you can still get that Windows 7 feel by installing Classic Shell from **classicshell.net**.

Microsoft has a new update delivery method; it will now use other computers on your network and the Internet to deliver parts of updates to your computer, to spread the load around the Internet. If you have a limited data connection, like a cellular hotspot, then you will want to turn this off. Click on Start, then Settings, Update & Security, Windows Update, and then Advanced options. Select Choose how updates are delivered, and then slide the toggle to turn Delivery Optimization off. When turned off, you'll still get updates and apps from Windows Update and from the Windows Store. If you'd just like to stop downloading updates and apps from PCs on the Internet, select the option for PCs on my local network.

Protect the Backups
Data backup and redundancy sound similar in how they protect you, but a backup is no good if it is the only copy of your data and it sits on a hard drive right next to your laptop, all scooped up by that enterprising thief. Redundancy means that you would have had another copy in another location; either using a cloud-based backup service or physically taking backup drives off-site. You should avoid having any single point of failure. Similarly, if your Internet connection must always be there, then you should think of having an alternative – maybe setting up your cell phone as a hotspot.

Malware on Mac?
If you are worried about malware on your Mac, Malwarebytes has software for you at **malwarebytes.org/antimalware/mac/**. Currently this is a free application, but you have to run it manually each time you want to scan your computer. Expect a paid version at some point, for it to be always on and running in the background.

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STOCK TALK.....by Doug English, CFP

Stocks on Track to Produce Desirable Year End Returns



The economy has helped deliver six consecutive calendar years of positive returns for stocks since the end of the 2008-2009 Great Recession, as measured by the S&P 500 Index; however, constructing a strategy for the remainder of the economic expansion will not be an easy task. Divergent monetary policies have revealed an uneven global recovery that has triggered an uptick in stock market volatility.

The U.S. economy hit an unexpected soft patch to start the year, due to a severe winter freeze, the West Coast port strikes, ongoing effects of lower oil prices, and the surging U.S. dollar. Fortunately, in the second quarter GDP growth is tracking 2.7%, putting to rest concerns that the U.S. economy is backsliding. Returning to a more normalized 3% growth level will be crucial to build further upon the market's first-half gains.

Corporate earnings growth continues to search for that spark to ignite equity advances. The two big earnings headwinds for the first quarter of 2015, energy and the U.S. dollar, are starting to abate. Low oil prices have been a significant drag on energy sector earnings, which are expected to drop 56% in 2015. In the U.S., lackluster profits aligned with weak first quarter 2015 economic growth to produce the lowest level of year-over-year corporate earnings

growth in 11 quarters. Overseas markets are looking for a power boost from the very accommodative monetary policies of global central banks across Europe and Asia, in an attempt to spur sustainable growth, improve earnings, and avoid deflationary forces.

Based upon our belief that corporate America will provide a much needed boost for the second half, we believe 2015 will also finish strong – providing the seventh year of positive returns, in the 5-9% range.

We continue to expect roughly flat bond returns for the remainder of 2015, as the choppy market environment witnessed over the first half of the year continues. The challenging, low-return environment confronting bond investors is likely to persist, and a slowdown in performance – even for sectors that fared well over the first half of 2015.

For more details on what's anticipated for the remainder of the year, including a free downloadable guide, visit **ACT-Advisors.com**.

Doug English is a CERTIFIED FINANCIAL PLANNER™ with ACT Advisors. His Asheville office is located at 37 Haywood St., Ste. 200, Asheville, NC 28801.

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Welcome New Members
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• **Judy Beacon, Little Friends Pet Sitting**

September Member Meeting
The September meeting will be held at Sunrise Sawmill on **Tuesday, September 8**. Sunrise Sawmill is located at 68 West Chapel Road in Asheville/Reynolds. Watch for an email with directions or visit their website at sunrisesawmill.com, 277-0120. Member meeting will start at 6 pm followed by a tour of this working sawmill, which features retail sales of rough cut lumber as well as custom sawing.

August Picnic
Our annual August family picnic at Cloud 9 Farm couldn't have been better. Some new members got to see first hand what a friendly and helpful group we are and everyone enjoyed fantastic

food and beverages, a bit of swimming, plus amazing weather and the beauty of Cloud 9 Farm. Thanks to Janet Peterson and Jeff Hambley for hosting.

Each quarter, the FBA designates a different local non-profit to help. The third quarter charity was Charlie's Angeles Animal Rescue. Members brought items needed from a list supplied by Kimberly Smith, director of Charlie's Angeles. In addition to the supplies, the FBA made a cash donation. We are glad to be in a position with membership increasing that we can not only assist our members to grow their businesses, but reach out into the community to help as we can.

Upcoming Meetings and Locations
Thursday, October 8, Fairview Forest CC
Tuesday, November 10, Fairview Preschool
Monday, December 7, Holiday Party at Highland Brewing



(left) FBA President Frank Dixon is happy to hand Kimberly Smith, the Director of Charlie's Angeles Animal Rescue, a check from the FBA while her husband looks on.

(below) Members and guests enjoyed the tranquility, the pond, the food and some fiercely competitive badminton.



Interested in Joining?
Join at **FairviewBusiness.com** or send \$60 check to **FBA, PO Box 2251, Fairview, NC 28730**. You can also join at the **Town Crier office, 1185F Charlotte Hwy, M-F, 1-5 pm.**
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Carolina Equipment Rental	628-3004
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Fitness/Exercise	
Karakido Martial Arts	712-1288
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Mountain Home Inspections	713-9071
House Rentals – Short Term/Vacation	
Cabin in Asheville	348-5488
Cloud 9 Relaxation Home	628-1758
Greybeard Rentals	669-1072
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Financially Compete	230-8168
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Mad About English

When I was about six, my father taught me an English sentence he had learned during his earlier career in the Dutch Navy: “Ven you are boy you must learn swim so ven you fall in pool you can come out, yes?”

That final questioning “yes” was always present whenever I asked him to show off his wonderful mastery of a foreign language. At the time I was so fascinated by it that the exact words he used earned a permanent place in my memory cells.

My dad became a professional soldier in 1896 when he signed up for a military career, less than a week after he turned sixteen – the age when a boy turns into a man, I guess. He climbed up all the way to the rank of corporal first class, and to the classification of cannoneer, which (in the late 1800s, when wooden ships were still part of the Dutch fleet) meant he had actually acquired the skill to fire cannons at enemy ships.

The glory days of the Dutch were still in full swing in those days, and my father made uncounted trips to both the East and West Indies that were still part of the far-flung territories of the Kingdom of the Netherlands. It was during his travels in the first twenty years of the new millennium that he picked up the snippets of English that became my invitation to a life-long fascination with the language of Shakespeare and Frost.

My esteem for English, now well into its eighth decade, was stoked by what I thought was the demonstrated fluency of my dad (always my hero) in that language. My love for it never diminished

enough to make me switch loyalties. By the time I started my first formal lessons at a Rotterdam high school, it had been years already since I decided that English was the language that deserved the pith of my affection. Learning other languages later did not change that.

When I got deeper into the intricacies of English and, consequently, discovered that it has no rules to speak of for spelling and pronunciation, my admiration took a pause. In Dutch, like in other languages I learned, pretty much all letters evoke the same sound, making the pronunciation of each word rather certain, if not predictable. In English, the way a word must be pronounced was forged in centuries of permitting foreign influences.

Consider the pronunciation of simple vowels like the “e” in “few” and “sew,” or the “o” in “low” and “now.” How to pronounce the “ch” is even more problematic. And does “segue” sound the way it looks or look the way it sounds? To someone who grew up with a phonetic language, the uncountable number of oddities seem very odd, indeed.

Well, nothing in life is perfect. On all other fronts, English kept fulfilling its promise of superiority.

What makes it so? Let me start with its complete openness, i.e., the freedom it grants to the speaker and the writer. English has no official governmental overseer — like the Dutch and the French do — for establishing which words are

acceptable and which are barred. Their official institutions, such as the French Académie Française, determine which words are permitted and how they must be spelled. Countries like the Netherlands and France want to keep their languages “pure,” lest foreign (mostly English) words that try to sneak in and mongrelize the mother tongue.

In the many English-speaking countries on our globe, they don’t worry much about keeping the language uncontaminated. There are already many differences in spelling and meaning among them, and none of them have had the slightest effect on the way the citizens of one of them understand the citizens of all the other countries.

Rather than keeping foreign words out, English invites them with abandon: *raison d’être*, *zaftig* and *kamikaze*, all such contributions are quite welcome. They are usually words that allow more precise communication, or they simply add a word to the vocabulary for which there was no English equivalent.

The simplification of the Germanic-based grammar of English that took place in the modern era is another reason to sing its praises. In German, the definite article required can be “*der*,” “*die*,” “*das*,” “*des*,” “*dem*” or “*den*,” depending on case, gender, and whether or not the noun it refers to is singular or plural. Our only choice is “the.”

The easy-to-obey grammatical rules of English are an important reason, I think,

that its learning curve is shorter than it is for other major languages. That appears to be the case regardless which language was learned as a child. Go to any country on earth and I’m confident it won’t take you long to find a native who speaks English well enough to converse with you.

The ability to turn virtually every noun into a verb is another of English’s gifts to the user. We summer in Maine, winterize our car, table a decision, and futurize our investment plans. That last verb may get flagged on your computer, but every reader will understand its meaning.

Although Chinese is spoken by more people, I don’t think it is much, if ever, used as a means of communication between people whose own language is not Chinese. That function is now almost exclusively the domain of English.

The reason English has been spread so wide and so deep is usually attributed to the predominance of British worldly conquests. But I’d like to pose this: if the language in England had been Arabic or Hungarian, would the world-wide use of it have been as rapid or as ubiquitous? To me it makes eminent sense that a significant reason for the apparently overwhelming dominance of English among the world’s languages stems from its inflectional simplicity, its wealth of synonyms and its descriptiveness. The fact that it is also eminently fit for poetry and for elegance of expression is a bonus.

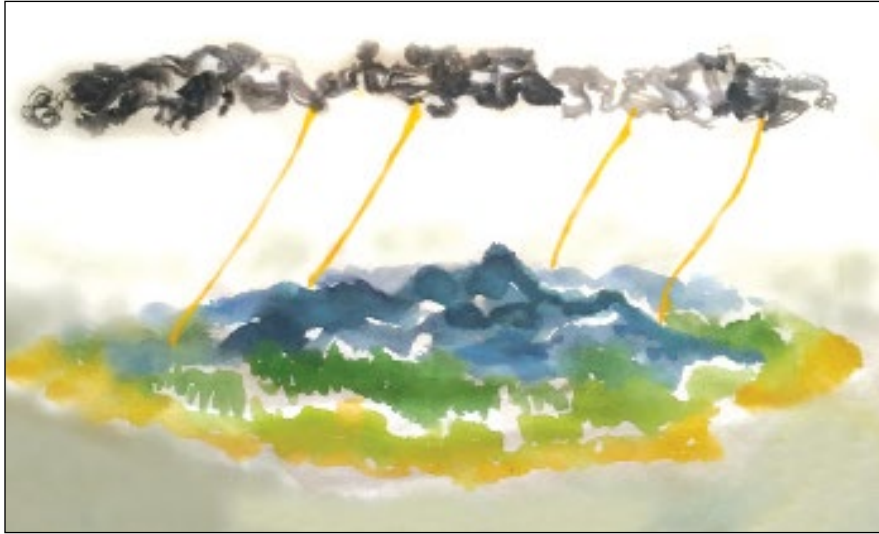
My father passed almost half a century ago but seventy-five years after he unwittingly injected me with the English bug, I’m still infected.

Cherokee Heritage: Legends

Story and Art by Lynn Stanley

“The earth is a great island floating in a sea of water, and suspended at each of the four cardinal points by a cord hanging down from the sky vault, which is of solid rock. When the world grows old and worn out, the people will die and the cords will break and let the earth sink down into the ocean, and all will be water again.”

James Mooney, *Myths of the Cherokee*, 1900



tains and valleys to form.

The animals came down then, but it was dark, so they set a sun to move across the sky. Man came later and human society began to spread across the land.

The Cherokee concept of a guiding intelligence behind creation, *Unetlanvhi* (“Creator”), commonly called the Great Spirit, is not thought of as having human form or attributes. Still, there are similarities between the Cherokee cosmology and much of Western belief: the sky is often seen as the home of the originator of all things, and the earth is created — as a planet, as an island — from a lifeless void, for the use of living creatures.

Also present in the creation legend recorded by Mooney is the idea that the world can be worn out, used up, and disappear: “The fragile nature of the earth” (Parker, *Seven Cherokee Myths*) is a given. This allusion to the importance of our being good stewards of the earth appears often in Cherokee and most other Native American belief systems.

The Origin of Disease and Medicine

Interestingly, the origin of disease is also linked to poor stewardship in Chero-

kee legend. At one time, it is told, animals and people lived together peaceably; but as human society spread, the animals were crowded into forests and deserts, and man began to kill animals carelessly and without respect.

The large animals held councils, and it was decided that any hunter who killed an animal such as a deer without asking pardon would be stricken with a crippling disease. The smaller animals, also regularly killed through thoughtlessness or cruelty, also devised diseases. Mooney’s chronicle states, “They began then to devise and name so many new diseases, one after another, that had not their invention at last failed them, none of the human race would have been able to survive.”

It was the plants that were the salvation of mankind in this legend. They took pity

on the human race and its foolish ways, and each tree and shrub and herb promised to help cure man’s ills. “Even weeds were made for some good purpose, which we must find out for ourselves.”

To this day the tradition continues, and grows, of asking pardon before killing an animal, and of consulting the plant world for relief from suffering.

These and other Cherokee beliefs and traditions, and the ancient legends behind them, come to seem more and more modern to us as we work to understand our lives and the world around us.

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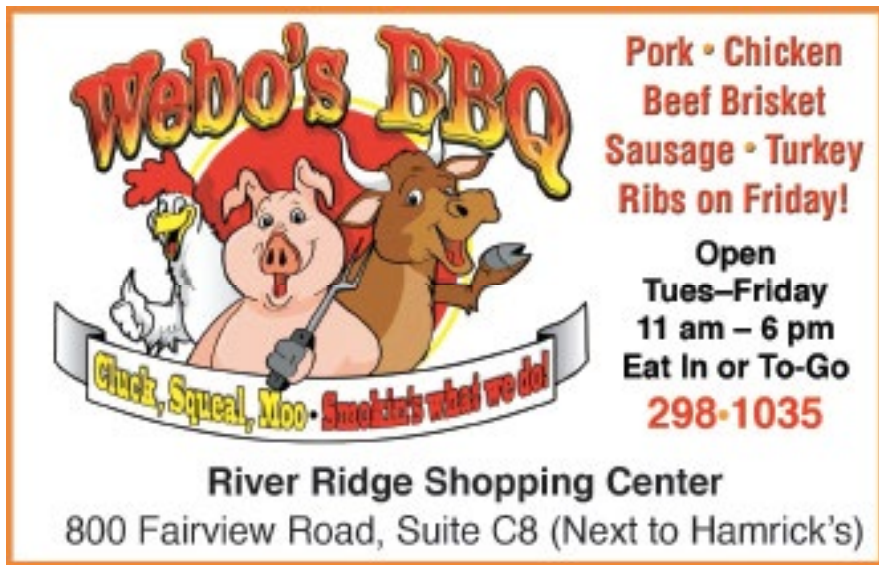
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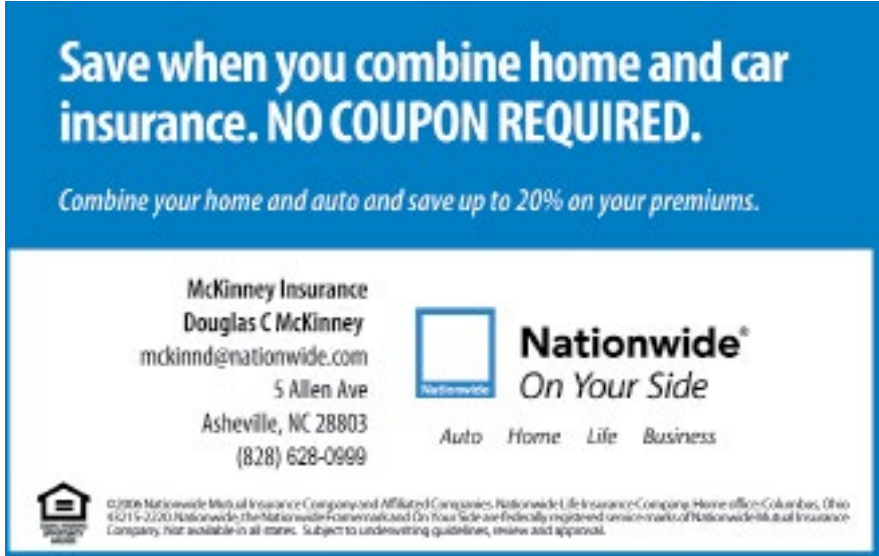


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THE LORD’S ACRE.....by Susan Sides

The Season’s Not Over Yet!
Gardening in September

Spinach can be planted Sept 1–115 for an overwintering crop that will take off again in spring. If covered with row cover or in a hoop house or cold frame, it will even be somewhat harvestable throughout the winter.

Multiplier, Potato, Mother, Shallots or Pregnant Onions: plant this unusual type of onion that goes by various names in early to mid-September for an early summer crop next year. Though you’ve probably only heard them called shallots, these should be a staple of every vegetable garden. Easier to grow than from seed and unlikely to bolt like set onions, these guys “multiply” like garlic. For every bulb you plant in fall you’ll harvest 3–6 bulbs next summer. Then you have loads of admittedly smaller onions to use while saving some for replanting.



Egyptian Walking Onions are another strange allium, also called Perennial Onions. These hardy bulbs set little bulbs (bulblets) on the ends of their stalks, which fall over and replant themselves, hence the name “Walking Onion.” Mature bulbs can be harvested during fall and winter, and the green onion phase can be harvested anytime as they grow. Plant them where you want them, for they are quite hardy and perpetuate themselves. They tend to grow slowly the first year but soon will keep you supplied with onions year round.

Garlic cloves can be planted between September 15 and 30 and mulched with a few inches of straw or leaves. They’ll sprout in a few months and by June you’ll have your own crop of garlic bulbs. Homegrown garlic is incredibly

(break up soil); clovers (add nitrogen); and grains such as wheat, barley, oats and rye (break up soil and mine for nutrients deep down), which should be planted with a legume. We like oats and barley for how easy they are to pull up in spring. Plant them mixed with both crimson clover and hairy vetch at The Lord’s Acre.

In a cold frame or hoop house you can still plant any of the following in early September: spinach, kale, collards, mustard, oriental greens, mâche, arugula, and lettuce; they all do well until well into December. Some will even overwinter for an early spring surprise crop.

Sources: Cover Crops: Fletcher Lawn & Garden; Valley Ag; Southern States; Fifth Season; Multiplier-type onions: Southern Exposure Seed Exchange; Territorial Seeds; Fedco.



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The Will to Live, Grow and Bloom

By Roger Klinger

Nature is amazing, sharing and modeling for us the will to live and flourish despite adverse conditions and life circumstances.

For a month I have been admiring two plants in our gardens. Amid all the luxurious blooming flowers — sunflowers 8 feet tall and 5 feet wide, cardinal flowers illuminating the deep forest landscapes — there are two special creatures alive and flourishing. The tiny sunflower emerged in early July underneath the stone wall, its seed lodged in a crevice with an overhanging rock blocking both water and sunlight, and yet it sprouted and grew with almost no soil, slowly moving towards the living light of the sun; and this week, I noticed a tiny bud emerging that opened into the smallest of sunflowers. A second bud is now unfurling in this amazing testimony to Life.



A short distance away in the pond is a cardinal flower that appeared four years ago, growing on the shore of our pond where it was mucky and wet. For two years it flourished there. Then last year we rebuilt the pond and made it 5-6 feet deep; the cardinal flower was totally submerged, and yet it found a way to grow underwater and reach for the Sun. It is filled with blossoms now and is amazing to behold.

May these two little giants of life remind us of the power to live, grow and bloom!

Roger Klinger, a contributing columnist of The Fairview Town Crier, is a naturalist, metal sculptor, counselor, fungi expert and so much more.



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WILD EDIBLES.....by Roger Klinger

Japanese Knotweed



Many years ago, when we moved west for two years and were living at the base of Mt. Rainier in Washington, we were enchanted with the semi-wilderness area of the Cascade mountains, where our home was perched on a ridge top with cliffs running down to the valley. We had old growth forest with ancient trees, rushing creeks, giant ferns and rhododendrons in every color of the rainbow. We thought we had a really unusual, beautiful stand of bamboo growing that was about 6 to 10 feet tall, only to find out that it was not bamboo at all but instead was Japanese knotweed (*Polygonum cuspidatum*), one of the most invasive plants in the world, rivaling kudzu with underground runners that can travel 60 feet from a single plant and spread like wildfire in a drought.

We soon learned of its invasive power as the plant grew on rocky cliffs, in nearly uninhabitable areas, and even survived at the base of ancient cedar trees where “nothing” grows. It was sobering, as we had experienced kudzu back in the Blue Ridge, and I refuse to use poisons, so I embarked on a semi-annual campaign of weed-eating with a blade. At first I took delight in mowing it down, only to find out that every part of this “super weed” reproduces! At best, I could keep it at bay.

I did discover two beneficial uses for Japanese Knotweed, which is in the buckwheat family. The young spring shoots are highly edible and tasty, and in the late summer honeybees swarmed all over the plants. And so as with kudzu, I surrendered to its inevitable presence in our



lives, as clearly this super adaptable and invasive plant was here to stay.

When we moved back to the Blue Ridge and settled in Fairview, after about two years we began to notice this plant showing up on roadsides, as it loves disturbed areas. Little clumps appeared that grew in yards each year, and the county seemed to be spraying them around the area, but they would always come back. We coached our friends to remove new, small growths immediately — smother, burn, using horticultural vinegar and salt — so they wouldn’t get established. I am not a fan of broadcasting highly toxic herbicides all around the countryside, especially when the end result doesn’t even take care of the problem, but has devastating consequences for the environment, wildlife and humans.

We were dismayed to see it get a foothold in the county, but grateful there was none of it anywhere on our property. But I always keep an eye out for it, as it truly can take over. The World Conservation Council lists the plant as one of the most invasive plants in the world; globally, billions of dollars are spent trying to eradicate it, as it not only destroys native habitats but seriously compromises buildings and structures, unearthing concrete, destroying dams and growing through foundations. Clearly it is another weed determined to take over the world!

Japanese knotweed is a fast-growing semi-woody perennial with hollow,

bamboo-like stems forming dense, leafy thickets, becoming more woody with age. Young shoots are red. Leaves are simple, toothless, hairless, alternating, broadly ovate with a pointed tip, and are 3 to 6 inches long, 2 to 4½ inches wide on a long leaf stem. Flowers branch in spike-like, whitish green clusters. The plant arrived in North America in the



late 1800s and is officially found in 39 of the 50 states (and probably more) and six provinces of Canada. The only countries that don’t seem to mind its presence are in Asia, where it originated, since people there utilize this plant for food and medicine. From past experience, I think it will at best be kept at bay and contained in areas, but we might as well learn from its power and utilize whatever we can.

Common names include tiger walking stick, donkey rhubarb, Himalayan fleece plant and American bamboo. The Cherokee ate the young leaves and shoots as a cooked vegetable, and western tribes also utilized this plant once they figured out what it was and how to use it. It is high in vitamin C and has a sour lemony flavor when

cooked as a vegetable; like rhubarb, the plant contains oxalic acid in the leaves and shoots. Some beekeepers value it as a favorite for honeybees, yielding a honey similar to buckwheat.

An excellent source of vitamin A, vitamin C and its cofactor, the antioxidant flavonoid rutin, Japanese knotweed also provides potassium, phosphorus, zinc, and manganese. It is also an excellent source of resveratrol, the same substance in the skin of grapes and in red wine that lowers LDL cholesterol and reduces the risk of cardiovascular disease. Compounds within Japanese knotweed are being used to treat Lyme’s disease, and Alzheimer’s research shows that chemical compounds derived from this plant may delay the onset of the disease.

Japanese knotweed is here to stay. I can appreciate its many uses, but I still want to make sure it stays off our land. However, I also remember thinking how beautiful we thought these unusual plants were when we first saw them out west. Back then we simply appreciated and admired the beauty of an unusual plant we had never seen before — which reaffirms how ignorance can be blissful.

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SPRING MOUNTAIN

807 Old Fort Road in Fairview

Monthly Meeting – Tuesday, September 1, 6:30 pm. Meetings will be the first Tuesday of each month, unless notified otherwise.

Red Cross Blood Drive – Friday, September 11, 3– 6:30 pm. Walk in or call Bruce at 280-9533 to reserve a time.

Movie on the Lawn – Friday, September 11, 8 pm. Bring your own lawn chairs and blankets. Movie free; popcorn and drinks available for small charge. Sponsored by Bob Balken Roofing.

Concealed Weapon Class – Saturday, September 12, 8 am–5 pm. Lunch provided. By reservation only. Cost is \$80 to be paid when reservation is made. For information or to make a reservation, call Gary at 231-8328.

4-H Club – Tuesday, September 15, 6 pm. Students from age 5 to 18, along with a parent or supporting adult, will meet in the Lower Level of the community building. For more info, please call Mary Ann Auer at 712-6857.

Spring Mountain Bee – Tuesday, September 8, 10 am–2 pm. The Bee meets the second Tuesday of each month unless otherwise noted. Bring your own project this month. Visitors are welcome - call Kay Jenkins, 628-7900, or Kim Thompson, 628-1938. We want to encourage all ages and assure everyone that it's really easy to learn to quilt.

Yoga with Sabrina – Thursday evenings, 6:15–7:30 pm. (Ashtanga Based Flow) \$5–\$10 suggested donation per class. Call 243-8432 for details or email sabrina.alison.mueller@gmail.com to be included in email announcements regarding cancellations due to weather, road conditions, or special circumstances.

SAVE THE DATE! Saturday, October 10, 9 am. Workday at the Community Center. Everyone is welcome.

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

To Rent the SMCC

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

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

UPPER HICKORY NUT GORGE

Highway 74A in Gerton

Community Covered Dish – Tuesday, September 15, 6:30 pm. Program: Mac McAdams will talk about his Gerton weather station.

GERTONFEST VII – September 5, beginning at 8 am, dinner at 5 pm.. Breakfast, silent auction, team spelling bee, barbecue and music.

To Rent the UHNGCC

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

ON THE ROAD

Ketchikan, Alaska

Emily and Eric Freeman (left) and friends Pat and Ken Frenke went on a two-week Alaska trip in June that included a stop in the cute town of Ketchikan. They brought along their trusty *Fairview Town Crier* so they could catch up on the community news while they were far from home.

Ketchikan is the southeasternmost city in Alaska; it was incorporated on August 25, 1900, making it the earliest incorporated city in the state.

Ketchikan has the world's largest collection of standing totem poles, found throughout the city and at four major locations. Some are recarvings of older poles, a practice that began during the Roosevelt Administration through the Civilian Conservation Corps. The Totem Heritage Center displays preserved 19th-century poles rescued from abandoned village sites near Ketchikan.



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Editorial Policy

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

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to help bring them down—with
great rates and no closing costs
or hidden fees.

**GET TO A BETTER STATE*
CALL ME TODAY FOR
MORE INFORMATION**



*Hypothetical savings example over life of loan based on reduced interest rate.
Actual savings amount will vary depending on your individual circumstances.

1303063 10/13

State Farm Bank, F.S.B., Bloomington, IL

The Fairview Town Crier 2015 Advertising Rates

The *Town Crier* is mailed free to 8,600 households in Fairview, Gerton, Reynolds and east Fletcher. Copies are available at the *Town Crier* office, Fairview Library and retail establishments throughout the community. A PDF version including all ads is posted on our Facebook page and website for online viewing. Free ad design available.

COLOR DISPLAY ADVERTISING RATES

Full Page Color	12X = \$330	6X = \$358	1X = \$385
Half Page Color	12X = \$214	6X = \$236	1X = \$253
Quarter Page Color	12X = \$132	6X = \$148	1X = \$160
Eighth Page Color	12X = \$94	6X = \$110	1X = \$122
Business Card Color	12X = \$60	6X = \$70	1X = \$75

BLACK DISPLAY ADVERTISING RATES

Full Page BW	12X = \$302	6X = \$330	1X = \$358
Half Page BW	12X = \$182	6X = \$204	1X = \$220
Quarter Page BW	12X = \$104	6X = \$122	1X = \$132
Eighth Page BW	12X = \$62	6X = \$78	1X = \$88
Business Card BW	12X = \$40	6X = \$50	1X = \$55

NONPROFIT AD RATE IS 20% OFF APPLICABLE RATE.

NOTE: 1X ads are payable in advance. **SAVE MONEY:** On an annual or 6 month contract, you can go up and down in size and/or color and still enjoy the discount. Prepaid annual contracts receive a 13th month free.

CLASSIFIED ADVERTISING RATES

Minimum **\$10.00** for 20 words; 25¢ per word thereafter
[example: 27 word ad would be \$11.75.]

All classified ads must be prepaid.

Notices and personal ads not selling anything are free.

All print classified ads run online for free at
www.FairviewTownCrier.com

kw
KELLERWILLIAMS.



Jim Buff, CRS
828 771-2310
www.jimbuff.com
email@jimbuff.com
86 Asheland Avenue
Asheville, NC 28801



Put Success on Your Side... Call Jim!

Fairview Resident Since 1992



McDOWELL COT: 126 Acres
prime development property,
ideal for residential, sub-
division or commercial, paved
road frontage, cleared and
landscaped, creek adjoins
property, a rare find
ML 58676972, \$425,000



BLACK MOUNTAIN: Stunning
views of Mt. Mitchell, Great
limber-loaned house on 3.71
acres surrounded by scenic
with views, delightful kitchen,
tremendous greenhouse, lots of
outdoor living space for enter-
taining, 1400 sq ft gar, private,
ML 58676924, \$450,000



FAIRMERE: Spacious 4 BR,
3.5 bath home, office, den,
additional game room in base-
ment, HOME WARRANTY,
covered porches, 2 car garage
on main and garage in back,
gorgeous .56 acre lot (partial
lot available), ML 58676962,
\$380,000



WEAVERVILLE: 1.21 acre very
private lot, 4 BRs, 3.5 baths, wrap
around partially covered porch
to enjoy nature, large master
bedroom on main level, kitchen
subsidized bar, 2 car gar,
hot tub, HOME WARRANTY,
ML 58676976, \$380,000



HOOPEY'S CREEK: 3 car
garage, spacious 3 BR, 2.5 bath
home on a private 1.34 acre
lot, gorgeous kitchen, jelled tub
and some heated floors, gas
fireplace, office, game room,
rear deck and covered deck,
ML 58676929, \$374,900



NEW LISTING! Fairview 3 BR,
3 bath home, bonus room, in-law
suite and/or apt on lower level,
beautiful hardwood floors, HOME
WARRANTY, mature landscap-
ing with a artificial waterfall, fish
pond, and golf shed on 2.12
acres, ML 58676902, \$360,000



FAIRMERE: 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
Mt. views, beautiful rock FP,
massive game room, and bbq,
beautifully landscaped yard,
ML 58676978, \$360,000



CAMLETT: Incredible 3
bedroom, 3 bath home, wonder-
ful private .84 acre lot, fenced
backyard, HOME WARRANTY,
large rear deck, updated kitchen,
office, den, and a huge out-
building, ML 58676968,
\$360,000



SOUTHE: Terrific location, 2 lots
totalling 1.50 acre lot with FURNI-
turing! Includes a 3 BR house
w/office, fireplace, 2 car garage,
newer roof, outbuilding, outstand-
ing commercial property. ML 58-
687772, \$279,900



NEW LISTING! Andrew Road
near home, Royal Pines, 3 BR, 2.5
baths, full bath, garage, 2 decks,
great kitchen quartz counter tops
and SS appliances, cathedral ceil-
ings, walk-in closets, H/W, tile &
carpet, ML 58676902, \$274,900



NEW LISTING! Haystack Hi
Climb! Nice 4 bedroom, 2
bath home in quiet neighborhood.
HOME WARRANTY! Home has
covered porch and a convenient
location, ML 58676946,
\$165,500



EAST! Great 3 bedroom manu-
factured home on beautiful
level .85 acre lot, HOME
WARRANTY, newer roof, heat
pump, windows that turn on,
possible additional home site,
ML 58676924, \$129,000

RESULTS!

Overlook Dr.....	Pending in 7 days	Fairfax Ave.....	Pending in 7 days
Noble Rd.....	Pending in 27 days	Hanover Rd.....	Pending in 13 days
Camella Lane.....	Pending in 27 days	Pisgah View Rd.....	Pending in 21 days
Lakewood Dr.....	Pending in 7 days	Elk Mountain Rd.....	Pending in 8 days
Weldon Way.....	Pending in 24 days	Blalock Ave.....	Pending in 35 days
Richmond Ave.....	Pending in 3 days	Beech Spring Dr.....	Pending in 5 days
Mitchell Ave.....	Pending in 2 days	Lynwood Ave.....	Pending in 6 days
Max Street.....	Pending in 7 days	Meadowbrook Ave.....	Pending in 5 days