



The Fairview Town Crier

THE VOICE OF OUR COMMUNITY • FAIRVIEWTOWNCRIER.COM • MAY 2016 • VOL. 20, No. 5 • FAIRVIEW, NC

Family Fun to Feed Your Soul and Our Community



8TH ANNUAL

SQUARE DANCE

Gather your family and friends for a fun evening of food, square dancing and a silent auction, all to raise funds for The Lord's Acre, a local garden that grows literally tons of fresh produce each year and gives it all away to feed the hungry.

The 7th annual Square Dance will take place **Saturday, May 30 from 5:30-10:30 pm** at the garden, off Route 74A East on Joe Jenkins Road (across from Angelo's Restaurant — look for signs). The family-friendly event includes a big potluck supper, square dancing to a live band (experience not required!), hay rides and a silent auction of prodigious proportions including beautiful handmade artwork and jewelry, a gourmet dinner for 12 at Sherrill's Inn, massage and yoga packages, guided horseback rides, fly fishing and many more items for gardeners, animal lovers and foodies! Auction items can be previewed at thelordsacre.org (See auction form on page 19). The rain date for the event is June 6.

Suggested donations are \$10 per individual and \$25 per family. Refreshments will be provided and, for the first time, beer and cider will be available for purchase. Please bring a dish to share as we gather to help feed the hungry in our community.

"Unfortunately, hunger is still growing in our area," said Susan Sides, Garden Manager and Executive Director of The Lord's Acre. "One out of six families in Buncombe County has sought assistance, and one-quarter of our children have times when they don't know where their next meal is coming from. We're honored to have grown and given away 10 tons of fresh, organic produce in 2014 to help meet that need, and we count on the community to continue our work."

For event details, contact Pat Stone at 628-1902, pat@greenprints.com. For garden information, contact Susan Sides at 628-3688 or susides@gmail.com. You can also visit thelordsacre.org.

Gardens of Fairview Tour is Growing!

by Jim Smith

The inaugural Gardens of Fairview Tour currently has eleven gardens which will be open to the public on **Saturday, June 4, 9:30 am-3 pm**. Tickets with maps and description of gardens will be available in May.

One garden with a special focus has just joined the tour: the Fairview Elementary School Garden.

"The Fairview Elementary School Garden was initiated by parents and faculty who wanted an outdoor learning environment to teach about nature, gardening, and healthy eating," PTA Garden Chair Rob Elliott explains.

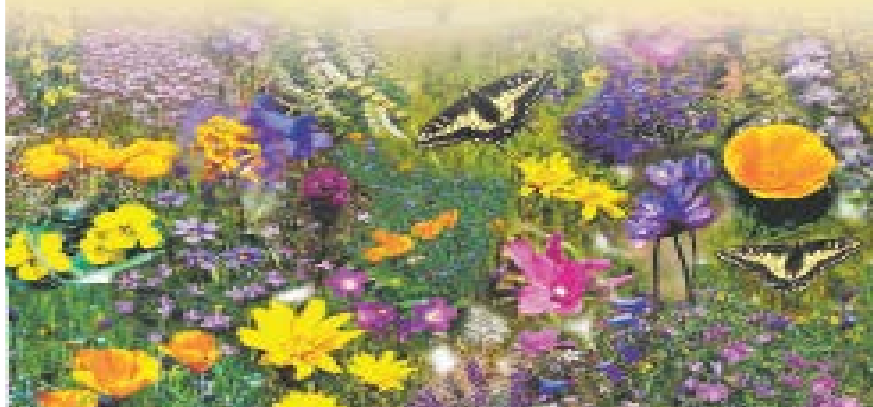
"Half of the garden is dedicated to wildlife/pollinator habitat, and the other half is dedicated to edible crop gardening," Rob adds. "Currently we are working with BeeCity USA to revamp our pollinator garden."

"For the edible crop area, we are currently working to improve infrastructure

to support classroom activities, including a 3-bin compost system, raised beds, wheelchair accessible beds, cold frames, lesson board and storage bins. Lastly, there is an indoor classroom that contains a professional grow-light table, worm farms and other indoor environmental education opportunities. The school garden is integrated into the Fairview Farmers Market throughout the summer to encourage kids in the community to try gardening at home."

All of the Tour's diverse and delightful gardens will provide an enjoyable and educational experience of the ways that gardens add beauty and sustenance to our lives.

The first sponsors of the Gardens of Fairview tour are Trout Lily Market, The Garden Spot and Hickory Nut Gap Farm Store. For information contact organizer Jim Smith at jimsmith1945@gmail.com.



Community Yard Sales!

Just in time for your spring spruce-up, the **Fairview Community Center** will hold a Community Yard Sale on **Saturday, April 30, 8 am-1 pm**, rain or shine. Sales spaces are \$10 with a table and \$7 without. For details call 338-9005 and leave a message.

Neighborhood Yard Sale/Fundraiser at the **Reynolds Volunteer Fire Department/Community Center** at 235 Charlotte Highway (74-A) on **Saturday, May 14, 8 am-2 pm**. Tables are \$10 and can be reserved in advance by calling 628-7958. Proceeds from the sale supports the Fire Department. All this takes place inside so come rain or shine.

Fairview's Favorite Donkey Gets a New Friend



The *Crier* is delighted to report that Ty the donkey, resident of the McCracken property along Highway 74A, has a new friend to help him get over the loss of his longtime companion Pete, who passed away recently. The McCrackens have named this new little gal pal of two or three years Casey, and neighbors say that when she was unloaded into the field, Ty came running over from the other end, braying his welcome to the applause of onlookers. "By the looks of things," says *Crier* office manager Candice Yount, "he was enthused in a good way, as they seem to be happy just grazing together."

The Fairview Town Crier
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COMMUNITY EVENTS

MAY 1 (SUNDAY)

Benefit Concert for Education

Pop-noir trio stephaniesid combines jazz, rock and pop in a live show to benefit area children through Diana Wortham Theatre's Youth Education Scholarship (Y.E.S.) Fund. 7 pm at the theatre. Tickets and details at 257-4530 or dwtheatre.com.

MAY 1-8 (SUN-SUN)

Wine & Food Fest Cocktail Week

Asheville Cocktail Week is a celebration of mixology and craft spirits. Festivities include national book authors and mixology gurus, an expanded "ELIXIR" event highlighting local talent and the largest industry-only Distilling Expo in the Southeast. For tickets, visit ashevillewineandfood.com.

MAY 3 (TUESDAY)

Prostate Cancer Support Forum

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

MAY 4 (WEDNESDAY)

Goodwill Wednesday at Tourists

Bring 3 articles of new or gently used clothing and get a free general admission ticket to this minor league game.

MAY 6-22 (FRI-SUN)

35below Theatre: I'll Eat You Last

You're invited to the Beverly Hills home of Sue Mengers, the female "super-agent." It's 1981 and the New Hollywood is emerging. The phone's not ringing and Barbra Streisand fired her just yesterday. Sue drinks, digs, and dishes the dirt on her famous clients. Friday & Saturday 7:30 pm, Sundays 2:30 pm at 35 E. Walnut St. Tickets \$15 at ashevilletheatre.com.

MAY 5 (THURSDAY)

Special Olympics Spring Games

Buncombe County Special Olympics hosts Spring Games Day, from 9 am at TC Roberson HS. Athletes 6 years and up compete in track and field events. The Olympic Village features face painters, McGruff the Crime Dog, music and produce from the WNC Farmer's Market. For details call 250-4265 or email special.olympics@buncombecounty.org.

"Now and Then" Exhibit Opening

The May exhibit of work by the Swannanoa Valley Fine Arts League has a theme of change over time: seasons, lives, artistic styles, landscapes and more. Artists' Reception from 5-7 pm; the show runs through May 30 at 310 West State Street, Swannanoa. For details visit svfalarts.org.

MAY 7 (SATURDAY)

Fundraiser at The Lord's Acre

Free tours of TLA's gardens, a Red Moon Herbs booth and herbal infusions at the fundraiser for Blue Ridge Healers Without Borders, The Lord's Acre and its herb garden, 12-5 pm at the Lord's Acre on Joe Jenkins Road. Tincture-making class, 1-2 pm and 3:30-4:30 pm, suggested donation \$10. Medicinal herb garden tours at 12 and 3 pm, main garden at 2 pm. Trout Lily Deli offers a 20% discount on all herbal supplements this day, and a selection of locally harvested herbal foods will be available.

Pro Wrestling at Fairview CC

7 pm at the Fairview Community Center, 1355 Charlotte Highway.

Yoga on the Mountain

SAHC sponsored hike to the top of a high-elevation pasture, where hikers will practice sun salutations and other yoga poses with certified yoga teacher Kim Drye. No prior experience is required; bring a blanket, yoga mat, comfortable (stretchy) clothes, sturdy shoes for the hike, water, sunscreen and a pack to carry personal items. For more info or to register, contact Haley Smith at 253-0095x205 or haley@appalachian.org. Directions and additional details will be provided after registration.

MAY 7 & 21 (SATURDAYS)

Fairview Flea Market

Sponsored by New Moon Marketplace, the Fairview Flea Market will be open the 1st and 3rd Saturday of each month, 8 am-2 pm at 1508 Charlotte Highway. Come to buy or to sell; spaces \$10.

MAY 8 (SUNDAY)

Light Center Celebration

Sunday Celebration with Reverend Heidi Peck, 11 am; World Peace Prayer, 12 pm. Second celebration on May 22, same times, at 2196 Highway 9, Black Mountain. Visit urlight.org.

COMMUNITY EVENTS

SAHC Guided Hike to Big Bald

"For Love of Beer & Mountains" is the theme of a Highland Brewing and Southern Appalachian Highlands Conservancy guided, moderate-strenuous hike into Northern Saw-whet Owl habitat. One of Highland's new seasonal brews, Saw-whet Saison, is named in honor of this diminutive, charismatic native owl. Hikers will check owl nest boxes at the Big Bald Banding Station, then hike to the top of Big Bald. Visit Appalachian.org for details.

Mother's Day Luncheon

The Annual American Hellenic Association's Mother's Day Luncheon runs 11 am-2 pm at the Holy Trinity Greek Orthodox Church, 227 Cumberland Avenue, Asheville. The luncheon features Greek gourmet dishes and folk dancing. Prices from \$1-16 plus carry-out 10:30 am-2 pm. Call 253-3754 10 am-1 pm for details; to order in advance call 254-7424 on the day of the luncheon.

MAY 9 (MONDAY)

Knitters & Crocheters for Others

The Western North Carolina Knitters and Crocheters for Others will meet from

7-9 pm at New Hope Presbyterian Church, 3070 Sweeten Creek Road. The group creates and donates handmade items to local charities. All skill levels are welcome. If interested, contact Janet Stewart, 575-9195.

MAY 10 (TUESDAY)

Food for Fairview Open House



Generous help from businesses and individuals has allowed Food for Fairview to upgrade its pantry. To celebrate the completion of the project and honor the ongoing support of the community, Food for Fairview will hold an Open House from 5-7 pm at the Pantry, 1357 East Charlotte Highway. For details see foodforfairview.com.

MAY 13-15 (FRI-SUN)

Herbal Medicine Class/Workshop

A class on wildcrafting and herbal medicine making, 5-7 pm Friday, is required for "Liniment, Poultice & Salve, Oh My!" skin healing workshop, 10 am-4 pm

SCALE MODEL 4-WHEELERS IN ROCKYARD CHALLENGE



A popular worldwide hobby sport comes to Fairview on May 14 with a competition of high-end 1:10-scale radio controlled electric 4-wheel drive vehicles. The Rockyard Challenge will be held on Saturday, May 14 (registration beginning at 8:30 am) at the Garden Spot & Blacksmith Landscaping, 1003 Charlotte

Highway. The registration fee is \$10. Winners earn cash and prizes; donation of non-perishable or canned food items earns immediate extra points for the donor at check-in. Smokey and The Pig will be selling their delicious barbecue at The Garden Spot during the event.

Saturday and 1-5 pm Sunday at the Labyrinth Center, 58 Dark Star Way in Fairview. For details and directions, 628-1706 or labyrinthcenter.com.

MAY 13-28 (FRI-SUN)

An Asheville Shakespearience

Montford Park Players will present *The Asheville Shakespearience*, a collection of some of Shakespeare's greatest scenes, on Fridays, Saturdays and Sundays beginning at 7:30 pm at the



Hazel Robinson Amphitheater, 92 Gay Street in Asheville. All summer shows at the Amphitheater are absolutely free. For details and reservations visit montfordparkplayers.org or call 254-5146.

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COMMUNITY EVENTS

MAY 14 (SATURDAY)

Spring Sale at Habitat ReStore

The Asheville Area Habitat for Humanity's Spring Customer Appreciation Sale is 9 am–6 pm at the Restore, 31 Meadow Road, Asheville. 25% off everything; for details visit ashevillehabitat.org.

New Moon Event at Light Center

"New Moon Manifesting for a New You" let by Odilia Forlenza, 2 pm. 2196 Highway 9, Black Mountain. Visit urlight.org.

Kids' Fishing Tournament

The semi-annual catch & release event will be held from 8:30–11:30 am. Register on site, \$10 per child covers bait, snacks and hot dog lunch. Children must be with an adult. No fishing license needed under 16. There will be prizes. Contact david.blynt@buncombecounty.org or 684-0376.

MAY 15 (SUNDAY)

Celebration, Prayer at Light Center

Sacred Celebration with Reverend Kiah Abendroth, 11 am; World Peace Prayer, 12 pm; Toning with Yvonne Rainbow Teplitsky, 1 pm. 2196 Highway 9, Black Mountain. Visit urlight.org.

Celebration Singers Concert



Asheville's premier youth chorus will perform American, Spanish folksongs, gospel songs and more at 4 pm at the First Congregational Church, 20 Oak Street, Asheville. Special guests from the Choral Society will join in. Admission is free but donations are appreciated.

For details visit singasheville.org.

MAY 17 (TUESDAY)

UHNCC Covered Dish Supper

Photographer Ken Abbott will present the program at the monthly covered dish supper of Upper Hickory Nut Gorge Community Club. 6:30 pm at UHNCC, 4730 Gerton Highway in Gerton.

GMO Discussion at Ethical Society

"GMOs: Benevolent or Malevolent" will be presented by agricultural ethicist Patricia Grace at meeting of the Ethical



housing working artists, galleries, shops and restaurants. 10 am–6 pm both days; free trolleys will transport visitors among the studio clusters. For details visit riverartsdistrict.com.

Humanist Society of Asheville, 2–3:30 pm at the Friends Meeting House, 227 Edgewood Road, Asheville. Free; all are welcome. Discussion and refreshments follow the presentation.

Fairview Chiropractic Open House



The public is invited to an Open House highlighting Fairview Chiropractic Center's many new and innovative therapies and technologies. Free health screenings, refreshments, and door prizes, 5–7 pm at 2 Fairview Hills Drive.

SPRING STUDIO STROLL IN THE RAD MAY 21–22

Fairview residents Fleta Monaghan, Mary Alice Ramsey, Dona Barnett and Lynn Stanley join over 180 other artists in welcoming browsers into their studios, demonstrating their art, interacting with visitors and displaying their work for sale at the stroll, a mile-long network of historic buildings

MAY 19 (THURSDAY)

4-H Club to Attend Competition

In lieu of a meeting, the club will attend the 4H Presentation Competition at the Buncombe County Extension Office. For details call Mary Ann Auer, 712-6857.

MAY 21 (SATURDAY)

"Fairview Day in May"

Fairview Baptist Church's annual day of giving is a thank you to the community. They will offer free car wash, hot dog dinner, face painting and blood pressure checks, 10 am–2 pm, in the Food Lion parking lot. All are invited for fun and fellowship. For details, call 628-2908.

COMMUNITY EVENTS

MAY 27 (FRIDAY)

Jeremiah Yokom in Concert

Jeremiah Yokom and his tour band will perform at 7 pm at the Fruit of Labor Worship Center, 611 Emma's Grove Road. Admission is free; an offering will be taken. For details contact Pastor Warren at 713-3822.

MAY 28 (SATURDAY)

SMCC Places Flags for Veterans

The Spring Mountain Community Center will place flags on veterans' graves at the Cane Creek Cemetery at 11 pm (the rain date is May 30 at 11 pm). Anyone wishing to assist is very much welcome. If your veteran does not have a veteran's marker on their grave and you wish a flag be placed on the grave, please call Bruce Whitaker at 280-9533 or leave a message at 628-1089.



SPRING MOUNTAIN CC EVENTS

springmountaincommunitycenter.com

Monthly Meeting: Usually the first Tuesday of each month, 6:30 pm.

Berrypickers' Jam: Tuesday evenings at 7:30. Bring your instrument, listening ear and dancing feet to the lower level for a jammin' good time.

Yoga: Monday 9:15–10:30 am; Thursdays 6:15–7:30 pm; \$5–\$10 suggested donation. Call 243-8432 or email sabrina.alison.mueller@gmail.com.

Quilting Bee: Meet every second Tuesday, 10 am–2 pm. Bring a project

and lunch. Make aprons, quilts and place mats to donate to worthy causes. All levels welcome! Call 628-7900 or 628-1938.

ONGOING EVENTS

Welcome Table Lunch

A community lunch every Thursday, 11:30 am–1 pm in the Community Room of Fairview Christian Fellowship (behind the Fairview Library). Everyone is welcome to share fellowship and a great, healthy lunch (buffet style). A \$10 donation helps those who cannot afford it. Visit fairviewwelcometable.com or their Facebook page.

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. Visit fairviewtowncrier.com for details or to order on line.

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.

Gardens of Fairview Tour

Promoting the many benefits of gardening such as exercise, flowers, fresh herbs & food, and sharing with your community.

9:30 to 3:00 Rain or shine
\$5 per person
15 or under are free
Self-guiding Tour

Tickets go on sale May 1 from following sponsors:
Trout Lily Market
The Garden Spot
Hickory Nut Gap Farm Store

the booth at
Fairview Farmers Market
May 7, 21, & June 4
(cash or check only)
Ticket has map and description of sites

Come see the diversity of the Gardens...
Permaculture model, raised bed and season extension, herbs, flowers, perennials, art in the garden, and so much more
And visit the Fairview Elementary School Garden

For more information contact
Jim Smith at
jimsmith1945@gmail.com

Saturday, June 4

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Just Listed

690 Brush Creek Road, Fairview

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- Adjoins 642/654 Brush Creek and may be purchased together

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Just Sold

16 Bishop Cove Road, Fairview

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FIREARM SAFETY CLASS IN FAIRVIEW JUNE 4

Spring Mountain Community Center will conduct a Firearm Safety and Training class on Saturday, June 4, 8:30 am–5 pm. Class completion will meet some of the requirements for a Concealed Carry permit in Buncombe County. Bring your own firearm and ammo or bring 22 caliber ammunition for the shooting portion of the day. Cost is \$85 including lunch. Reservations and prepayment are required and class is limited.

Call 712-9208 for more information.

FAIRVIEW FARMERS MARKET 2016

New this year... twice per month!

1st & 3rd Saturdays
May 7 – October 15
9 am – noon.

Fairview Elementary Parking Lot

A non-profit organization of Fairview, NC residents working to provide the community with greater access to locally grown produce and goods.
www.facebook.com/fairviewncfarmersmarket

COMMUNITY EVENTS

ONGOING EVENTS CONT'D

New Moon Fairview Flea Market

New Moon Marketplace sponsors the Fairview Flea Market each 1st and 3rd Saturday, 8 am–2 pm at 1508 Charlotte Highway. Come to buy or come to sell; spaces \$10. For details, call 505-6199. Just show up with a table and \$10. Visit Facebook/newmoonmarketplace.

Yoga at the Light Center

Karen Barnes offers a weekly yoga class on Thursdays, 10:30–11:45 am. Fee: \$10 per class. The Light Center, 2196 Highway 9, Black Mountain. Visit urlight.org.

Brain Tumor Support Group

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

ACT Summer Theatre Camp Registration

Registration is open for Asheville Community Theatre's award-winning summer theatre camp for children aged 5-17. For info, visit ashevilletheatre.org/education/summer-camp.

COMING IN JUNE

Firearms Class at Spring Mountain Community Center

On June 4, Spring Mountain Community Center will conduct another Firearm Safety and Training class, 8:30 am-5 pm. Class completion will meet some of the requirements for a Concealed Carry permit in Buncombe County. Bring a firearm and ammunition or bring 22-caliber ammunition. Cost is \$85 including lunch. Reservations and prepayment are required and class is limited. Call 712-9208 for more information.

“Music for the Sole” ACRHS 5K

The AC Reynolds HS Band holds its second Music for the Sole 5K Trail Run beginning at 9 am on June 4, bringing together music lovers and trail runners to benefit the school's marching band. Packets available outside the school band room, 1 Rocket Drive, Friday, June 3, 5–7 pm, or at 8 am before the race. To register go to racesonline.com/events/acr-music-for-the-sole-5k-run.

Meditation with Yogi Sri Swamiji



June 9-11, three free programs of hour-long meditation with a Master and Living Yogi from India Sri Shivabalayogi, whose mission is to bring people of all faiths into meditation. Sessions include a brief introduction, one hour of meditation, spiritual songs, arthi and an opportunity to speak with Sri Swamiji individually. For details visit shivabalamahayogi.com.

ASAP Farm Tour June 25-26

The gates and barns of area family farms will be open to the public for Appalachian Sustainable Agriculture Project's fun, farm-filled weekend, when locals and visitors alike discover how food is grown and raised in the mountains, taste farm-fresh fare and meet the community's local producers. For details visit asapconnections.org.

Gardens of Fairview Tour June 4



Promoting the many benefits of gardening such as exercise, flowers, fresh herbs and food, and sharing with your community. 9:30 to 3, rain or shine. \$5 per person, 15 and under are free. Tickets available May 1 at Trout Lily Market, The Garden Spot, Hickory Nut Gap Farm Store and the booth at the Fairview Farmers Market (May 7, 21 and June 4). For more information, contact Jim Smith at jimsmith1945@gmail.com.

FRIENDS OF THE LIBRARY by Lauren Biehl

Giants and Witches and Frogs, Oh My! Great Southern Folktales

Join nationally renowned storyteller Becky Stone, accompanied by Pat Stone, for a celebration of our Southern cultural legacy with Jack and Br'er Rabbit tales. Her interactive style weaves audience participation into her rhythmic and lyrical folk tales and songs. An engaging show for all ages, so bring the whole family!

This free program on *Sunday, May 15, 2 pm*, is sponsored by the Friends of Fairview Library and will include refreshments served afterwards. For more information, contact the Fairview Library at 250-6484 or email fairview.library@buncombecounty.org.

Book Club

Fairview's evening book club will meet on *Tuesday, May 17 at 7 pm* to discuss *The Sparrow* by Mary Doria Russell.

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)
WEDNESDAYS, 11 AM
Children must be with a parent/adult

NEW ARRIVALS

Version Control
by Dexter Palmer

Speakers of the Dead: A Walt Whitman Mystery
by J. Aaron Sanders

The Unfortunate Englishman: A Joe Wilderness Novel
by John Lawton

Cambodia Noir
by Nick Seeley

The Lion's Mouth: A Hanne Wilhelmsen Novel
by Anne Holt

Spring: The Pleasure Quartet
by Vina Jackson

At the Edge of the Orchard
by Tracy Chevalier

South of Nowhere: A Mystery
by Minerva Koenig

Willful Disregard
by Lena Andersson

The Fugitives
by Christopher Sorrentino

Peace-Keeping
by Mischa Berlinski

Lovecraft Country
by Matt Ruff

A Treasure Concealed
by Tracie Peterson



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Happy
Mother's Day!

- Pregnancy care
- Family-centered obstetrics
- Newborn, pediatric and adult care



Family Health Center at Cane Creek

Office Hours: Monday: 7:45am-5:00pm
Tuesday-Friday: 8:00am-5:00pm

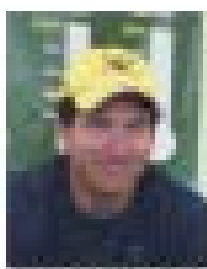
628-8250

1542 Cane Creek Road, Fletcher, NC

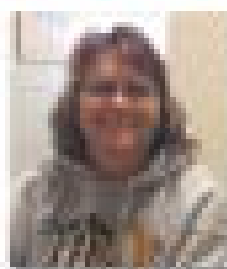
WE TREAT FEET



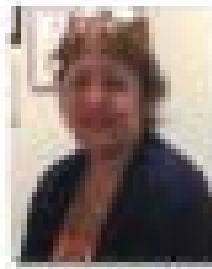
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Mark came to us with foot pain after he'd been to doctors and massage therapists who had no answers. Dr. Reilly diagnosed Mark with plantar fasciitis and heel spurs and recommended Class 4 Laser treatment. After only a week or so, he began to feel better. Great news, especially since he'd been seeking relief for nearly 2 years!



Carol came to us in immense foot pain after suffering for over 7 months. She could barely walk or manage her daily activities. After diagnosis of plantar fasciitis and heel spurs, she was treated with Class 4 Laser and Graston and she was pain-free and back to her normal routine.



Heidi came in with Achilles pain. She played tennis in spite of the pain but wanted to get a proper diagnosis and someone to correct it. After only half of her treatment program, she was nearly 100% better! She said, "I can't wait to get back out on the court!"

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DAYS GONE BY by Bruce Whitaker

Robert Patterson Freeman

Robert Patterson Freeman was born in Fairview on April 12, 1875, the son of Samuel Jerome "Rome" Benjamin Freeman (February 15, 1849–October 5, 1919) and Elizabeth Ashworth (November 10, 1851–April 11, 1935) and the grandson of Johnson Ashworth (1818–1895) and Mary Merrill (1821–1904). Johnson Ashworth was one of the most prominent and well-to-do men in Fairview in the late 1800s. Rome Freeman lived in a large house near Cane Creek (now Fairview) Baptist Church, his home the lodging place of traveling Baptist preachers.

Rev. Robert Patterson, a preacher from Flat Creek, north of Weaverville, came to stay at Rome Freeman's house when Bob Freeman was just a newborn. Rev. Patterson saw the baby boy and asked his name. Rome Freeman told him "no name yet." Preacher Patterson said, "His name shall be Robert Patterson Freeman."

Rev. Elijah Allison (1839–1923) was a famous preacher from Transylvania County who preached in WNC and Tennessee for 66 years, baptizing 5523 people. He came to Fairview to conduct a revival and stayed at the Freeman house. Allison loved to pull pranks and tease Bob and his brothers. Bob Freeman was a little boy and had a new puppy at the time; Preacher Allison sneaked up on Bob's puppy and fired a gun in the air. The puppy ran off yelping and was gun shy the rest of his life. Bob Freeman said "he never did have any use for the old, fat preacher after that."

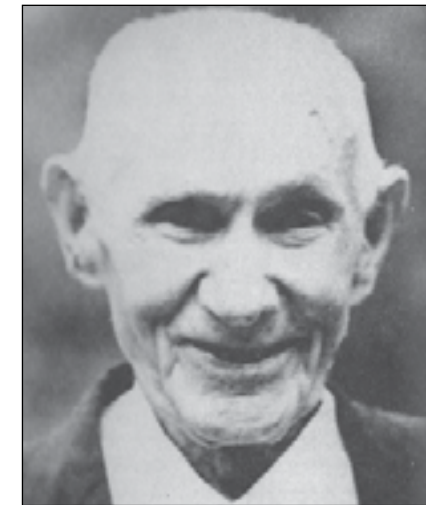
Robert Freeman's brother Loly (1869–1907), sister Grace (1871–1896) and brother John (1873–1901) accepted Christ as their savior during that revival. The baptism

took place where Ashworth Creek runs into Cane Creek (just a few hundred feet east of the intersection of Charlotte Highway and Cane Creek Road). It was winter and Cane Creek was covered with ice, so a hole was broken in the ice and a pole was put across Cane Creek to keep cattle from getting in the way. Some of the boys attending the event were sitting on the pole, which suddenly broke, dropping the boys into the creek and breaking the ice. Rev. Allison was much amused by the event.

Jerome Freeman moved his family to Chimney Rock in the late 1880s or early 1890s; he owned Chimney Rock and saw potential in it.

I went to see Bob Freeman when he was 99 years old; his mind was still good and he had no trouble getting around, even though he died a few months later. He said his great-great-grandfather Abner Reed moved the Freeman family's belongings to Chimney Rock, hauling goods and belongings in his wagon pulled by two oxen. He took the wagon down the Broad River to Chimney Rock. Bob couldn't remember how many trips it took but it was a lot. Locals then as now never go over Hickory Nut Gap to Chimney Rock. The road has always been worse to travel than the Broad River.

Robert Freeman's father cut the property's virgin walnut timber and hauled it to Hendersonville. The logs were then sent by train to Charleston, and by ship to London. The walnut trees were four to five feet in diameter, so large a wagon could haul only one log at a time. It took Freeman and his boys two years to clear and deliver the timber.



Robert Patterson (Bob) Freeman

Jerome Freeman then opened Chimney Rock as a tourist destination. He would lead tourists up a trail, carrying a stick to chase the snakes off the trail. He also ran Freeman's Inn at Chimney Rock. Several of Bob's unmarried sisters and brothers lived at the inn until they died.

Robert Patterson Freeman married Margaret Esther Shipman on December 27, 1905. Esther was born in 1880, the daughter of T. J. Shipman. Bob's brother Joseph Loly Freeman, sheriff of Henderson County, died in 1907, and Bob finished out his brother's term.

Freeman told me he went to school with my grandfather's first cousin, E. Merida Mitchell (1869–1941), who became sheriff of Buncombe County. Freeman laughed

about the odds of both schoolmates becoming county sheriffs.

Bob Freeman opened a general store at the corner of 7th Avenue East and Locust Street in downtown Hendersonville; it was the place farmers bought their overalls and work shoes. Bob Freeman was known as "Mr. Republican" in Henderson County, and his son Robert, who ran Freeman's News Stand, was known by the same title until he died in his 90s.

Robert Freeman's wife Esther Shipman Freeman died in 1967 at the age of 87. Bob died August 17, 1974 at age 99. Both are buried in Shepherd Memorial Cemetery in northern Henderson County.

They had six children.

Thomas Benjamin Freeman was born in Henderson County on February 3, 1907.

Grace Elizabeth Freeman was born in Henderson County on December 1, 1908. She married Thomas Richard Vail.

Raymond Robert "Bob" Freeman was born in Henderson County on December 1, 1911. He married Elizabeth Watson Bryant (1916–1982).

Mary Katherine Freeman was born in Henderson County on August 12, 1913. She married Joseph Ernest Noffz (1911–1981).

Allen Ashworth Freeman was born in Henderson County on June 22, 1918. He married Kathleen Orr, born in 1919.

Albert Shipman Freeman was born in Henderson County November 11, 1922. He married Irene Taylor.

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

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TO YOUR HEALTH

A Word of Caution About Sleep Aids and Medications

by Dr. Michael Trayford, Apex Brain Centers

Sleep is a critical aspect of overall brain health. Today there are countless individuals who have trouble attaining sleep, maintaining sleep, or a combination of both. As a result, millions are turning to sleep aids.

Many sleep issues are related to anxiety in some form or another. It's easy to understand. People lie down intending to sleep, but the wheels keep turning in their minds about their to-do lists, relationships, finances or careers.

Some of the more common, albeit older, sleep aids come from a class of medications called benzodiazepines, which were originally designed to treat anxiety and panic disorders. Lorazepam, one of the most common, is now often taken for sleep issues. These drugs essentially ramp down the mind a little bit, which then allows you to fall and remain asleep. There are also more common medications, like Ambien or Lunesta, specifically designed for sleep problems. Most of us are aware of these prescription medications due to clever ad campaigns meant to create associations in our memory.

While there is absolutely a time and place for sleep medications, by and large they are incredibly over-utilized; they are designed to be short-term solutions but often become long-term traps

TRAIN YOUR BRAIN

that have consequences for brain function.

One of the most overlooked sleep-promoting practices is not medication — it is sleep hygiene. Factors like weight, sleeping environment, computer time, eating before bed, stress management and so many others have a profound impact on our sleep. Managing these factors can be a powerful aid to sleep.

The bottom line is that we need to change our mindset. Knowing that we can in fact get to sleep on our own without depending on pills or supplements.

When it comes to sleep issues related to stress management, there is a wide variety of tools available at your disposal. If anxiety or poor stress management is hindering sleep, a good first step is to try journaling. The simple act of putting words on paper can help get the stress wheels to stop turning in your mind. This can eventually help you to take the next step toward more advanced techniques.

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

Concussion and Post-Concussion Syndrome ... A New Hope!

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

Concussion is the most common type of Traumatic Brain Injury (TBI). According to the Center for Disease Control, 173,285 people under the age of 19 were treated for concussion from 2001-2009. Causes ranged from sports injuries to car and bike accidents, work-related injuries, falls and fighting. In the past, concussions were not thought to be very serious, but recent research has shown that concussions, particularly multiple concussions, can have serious, long-lasting implications.

The brain is made of soft tissue. It is encased in the skull and surrounded by spinal fluid. When the head receives a hard hit, the brain can literally bounce around in the skull, causing bruising, bleeding and nerve damage. In the short term, a concussion can cause visual disturbances, balance issues, and unconsciousness. Recent research suggests that multiple concussions can have long-term repercussions for your health, including Parkinson's-like symptoms; but anyone, whether they have had one or many concussions, can suffer from post-concussion syndrome (PCS), which can last for weeks, months, or even a year after the initial injury. Symptoms include headaches, cognitive issues, depression and irritability. Many researchers believe that PCS is due to structural damage to the

brain. Clearly, a therapy designed to heal the brain would be beneficial in the case of PCS.

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Dr. Edward Reilly is past president of the NC Chiropractic Association and is board certified as a chiropractic sports physician, in Graston Technique, spinal decompression traction and acupuncture. He can be reached at 628-7800, dreilly@fairviewdc.com, or fairviewdc.com. He has served Fairview since 1998.

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TO YOUR HEALTH

Harmful Rays to Your Eyes



By Dr. Brittany Love, Visual Eyes Optometric

As the weather gets warmer, more people venture outside to take part in the abundant activities Western NC offers. Most people are aware that the sun can damage skin, but did you know it is also very harmful to eyes?

The damage comes from UV radiation, of which there are three types. UV-C is high energy and is potentially most harmful to your skin and eyes. Luckily, virtually all UV-C rays are absorbed by the ozone layer and do not pose much of a threat. However, UV-B and UV-A can cause long- or short-term damage to the eyes.

If your eyes are exposed to UV-B radiation over a short period of time, the outcome is *photokeratitis*, or “sunburn” of the eyes. Photokeratitis is an inflammation of the front of the eye, the cornea, and symptoms include: vision loss, excessive tearing, red eyes, gritty feeling, and sensitivity to light. Fortunately, these symptoms are temporary and do not cause permanent damage to the eyes.

Long-term exposure to UV-A radiation can cause cataracts and increase the risk of macular degeneration. Cataracts are a clouding of the lens, which sits behind the iris and focuses light on the retina. This clouding can create a reduction in vision and glare around lights. Long-term exposure to UV-B radiation can cause growths on the front surface of the eye, distorted vision and corneal prob-

lems. Protecting your eyes with quality sunglasses can help prevent these eye diseases from occurring or worsening.

To provide adequate protection, sunglasses should:

- Block 99-100% of UV-A and UV-B radiation (not all block this amount).
 - Block 75-90% of visible light.
 - Have lenses matching in color and free from imperfection or distortion.
- Some outdoor risk factors include:
- Geographic location — UV levels are greatest near the Earth’s equator.
 - Altitude — UV levels are higher at greater altitudes.
 - Time of day — UV levels are highest between 10 am and 2 pm.
 - Setting — UV levels are higher in open spaces, like sand or snow. Snow poses a big threat as UV levels are nearly doubled when UV rays are reflected from snow.
 - Medications — Some medications like tetracycline antibiotics, sulfa drugs, birth control pills, diuretics and tranquilizers can increase your body’s risk of sun exposure.

Frames with a close-fitting or wrap-around design will be most protective against stray rays of sunlight. It is also important to wear a hat with a wide brim to shield your eyes and skin when spending long periods of time outside. It is especially important that children and young adults wear sunglasses, as sun damage is cumulative, meaning the danger continues to grow over a lifetime. Children tend to spend more time

continued on page 35

The Facts About Arthritis

by Benjamin Gilmer, MD, MAHEC Family Health Center at Cane Creek



Spring is here and we are warming up our winter-time-hibernating joints. I have had many questions from patients about arthritis of late, so I want to address some basics of the three primary types of arthritis — gout, rheumatoid arthritis and osteoarthritis. The mechanisms and evolution of each of these three inflammatory processes are uniquely different.

Rheumatoid arthritis
Rheumatoid arthritis (RA), on the other hand, is a totally different process. It is an autoimmune disease, where your immune system starts to identify itself as a foreign body and attacks itself. In this case, it attacks predominantly the synovial lining that surrounds your small joints. It is expressed typically in your hands, knuckle joints (MCPs) and fingers, but can affect other small joints, and occasionally even large joints. With active rheumatoid disease these joints become warm, swollen and painful. Without treatment this erosive process can destroy joints very rapidly, and the damage is permanent.

Gout
Many recognize gout as inflammation in the big toe, which can be quite painful — even if your foot is just touching the sheets at night. Although gout can be related to your genes, it is greatly worsened by what you eat and drink, particularly red meat, seafood and alcohol. But surprisingly, the worst offender for gout is soft drinks. If you drink more than one soft drink or soda per day, your risk of a gout attack more than doubles.

All of these factors influence the amount produced of highly inflammatory uric acid, which can settle or diffuse out into your soft tissues. Ankle or Achilles tendon pain can often be an expression of gout as well. Very recently, a study was published stating that increased uric acid in your blood, without symptoms of gout, can even put you at risk for heart disease.

If you have gout, it is important to consider dietary changes, but also to start medicine to reduce the amount of uric acid in your body. Now we are considering putting folks on the same medicine to

reduce high levels of uric acid even without gout symptoms, to reduce their risk of having a heart attack or stroke.

Treatment for RA can be complicated and requires swift intervention to decrease the autoimmune attack. This requires steroids in the first phase of treatment and then disease-modifying agents such as methotrexate and/or other medications that block the inflammatory immune cascade. If you are concerned about RA, you should seek treatment immediately.

Osteoarthritis
Commonly confused with RA, osteoarthritis (OA) is a destructive joint disease that is very different from RA or gout. OA is a “wear and tear” process rather than a metabolic one as in gout or

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Magic Among the Branches

As kids, most of us have wished to have a tree house. As adults, most tree house experiences are things of the past, memories to be cherished. Reflections come to us of mismatched scrap boards nailed up in the trees and signs which read KEEP OUT and KIDS ONLY. Sweet memories gone with childhood! Not so for Terry Ramsey of Fairview. While he did build a tree house or two as a young boy growing up in West Asheville, his most recent endeavor began two years ago in his own backyard. And the structure is not just for kids, although six grandchildren enjoy it greatly.

During a lunch conversation two years ago with a carpenter friend, he realized that hardware had been developed for the sole purpose of supporting a tree house while preserving the health of the tree. Further online research made him realize just how far advanced tree house technology had become. Within days, he was looking around his yard for the perfect spot. And there it was — a sycamore with four trunk sections coming from its base right beside Trantham Creek. He had a project! The main considerations as he began building were structure, probable use, and special aspects of a dwelling in the trees.

As he thought about tree house structure, Terry considered where to build within the tree, how many levels to build, and what materials to use. Where the house would be placed within the branches was determined by where he had to remove the fewest limbs. Great consideration was given to preserving the health of the tree. The tree is on a hill and the closest distance to the ground is 11 feet.

The original plan was for a one-level house with lots of windows. Soon his wife, Mary Alice, began shopping for old windows that could be given new life. Although the couple looked at photos of tree houses from around the world, Terry

worked with no formal blueprint. During the process, they ended up with many drawings of possible plans. The pair brainstormed on notebook paper, graph paper, sketchbook paper, and paper napkins. Multiple sketches led to more elaborate plans, with discussions of a second level that might eventually include a loft.

The structure includes standard and pressure-treated lumber with rustic cedar siding. The main building is put together entirely with screws, except for nails used in the siding and roof. Within the building Terry used nine stained glass windows and 14 standard ones. The windows were all salvaged from local junk shops, flea markets, yard sales and demolished houses. The western red cedar siding, which has a smooth interior side, was used because it is very durable and because it will weather well without paint or stain. Five tree trunks protrude through the lower level, three of which are completely inside the room.

Interior recycled stairs form a straight ascension to the upper level. Two tree trunks continue through the upper floor, which is another building. The buildings are separate in that they each rest on their own tree anchor bolts (TABs) and are not fastened together. Siding overlaps between the two levels to prevent wind and rain from entering, and also to give the outer appearance of a single structure. There is clearance for tree growth and movement during windy conditions.

Twenty-six sections of exterior deck railing were created by affixing mountain laurel and rhododendron branches into frames.

Both Terry and Mary Alice worked on harvesting branches from the woods of two generous neighbors, selecting the ones that worked well within each section. Similar railings grace the interior stairway and loft. Despite original plans to salvage old exterior doors, it became apparent that portals with rounded tops would best clear tree branches – so Terry built doors from scratch. The interior smooth cedar remains unfinished and each room has at least one tree trunk projecting through. There are no utilities, so spending the night has a camping aspect.

A second main consideration was the probable use of the tree house. The obvious appeal of being up in the foliage was a delight for children, but the tree house was intended to be more than that. In addition to being a place for kids, Terry's goal was to create a whimsical respite for grown-ups. It has also become an art studio and place for personal relaxation.

The immediate appeal to children was climbing up multiple levels of stairs into the loft. The covered and fitted rubber mattress pad in the loft has proved to be an inviting area for reading books, playing games, and group storytelling. The cozy alcove is enclosed by stained glass and interwoven laurel and rhododendron branches. Another attraction for children is the downstairs studio.

Early plans were barely under way when Mary Alice realized that the tree house could provide a unique place for the creation of art. Although her main studio area is still in her home, the tree house is now furnished with a one-of-a-kind, two-sided desk, painted by AC Reynolds art students. Paints and pencils are within easy reach and the table is frequently surrounded by small children engaged in the process of making art. A basket full of wooden blocks prompts three-dimensional constructions and a collection of heart-shaped rocks lines a shelf where hinged stained glass windows open onto the lower deck. Paintings and prints adorn the walls.

Visual art is not the only inventive process that takes place in the trees. Both the upstairs and loft have proved to be relaxing areas for writing. Writer friends have joined Mary Alice on several occasions for literary expression, discussions, and critiques as summer breezes moved softly through surrounding leaves. Bird songs combine with creek sounds to inspire.

But not all time in the tree house is spent constructively. Sometimes, plain

old relaxation is the name of the game. Furnishings include a recliner, a bent twig rocker and a futon that is the perfect length for stretching out to nap. Also adding to the eclectic atmosphere are flea market and yard sale tables, benches, and recycled architectural findings.

A final reality of this special place is the mystique of treetop magic. The wrap-around lower deck overlooks a swing in a nearby sycamore and arched bridges over the creek. The upper balcony affords views of a moss garden in front of a fountain in the creek, and branches reach out over perennial plants. Visitors who sign

the guest book refer to “a little bit of paradise” or say there are “no words to convey my wonder.” One visitor said, “There must be hobbits here...and wood elves...and fairies.” Another signed, “I feel like a kid again!” There is a fantasy, a whimsy, a sense of magic in the branches.

Terry Ramsey is a retired tool design engineer who enjoys creative construction and British cars.

Mary Alice Ramsey is a writer, artist, and performance poet who retired from teaching art at AC Reynolds High School. She enjoys gardening.




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*"Any man can, if he so desires,
become the sculptor of his own brain."*

Santiago Ramón y Cajal, 1852-1934
(The father of modern neuroscience)



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The Fairview Town Crier May 2016 15

Photographic Memories



I recently attended a reception at Mars Hill University's Southern Appalachian Archives to celebrate their re-opening following expansion and remodeling. The updated space improves access for students and the public, and expands storage and research facilities. The archives include documents and photographs from the Lord's Acre Program as well as the Farmers Federation, part of the James G.K. McClure collection. Both organizations started in Fairview almost 100 years ago and have had an enduring impact on life in Western North Carolina.

I remember looking through folders of pictures that made their way into the *Farmers Federation News*, of which the Southern Appalachian Archives has a

Ken Abbott's new book, *Useful Work: Photographs of Hickory Nut Gap Farm*, is available at Hickory Nut Gap Farm Store, Trout Lily, and the *Town Crier* office, as well as online and in downtown stores. **If you purchase the book from the *Town Crier* office, 50% of sales will be donated to the paper.**

complete set. There are photographs of farmers gathered in fields, baling hay, setting tobacco plants, and driving plows behind ox and horse teams. There are also photographs of Farmers Federation picnics and warehouses, processing plants, and fundraising activities. There's a great one of the Farmers Federation band performing at the Waldorf Astoria in New York City, along with James McClure in a tuxedo introducing them to a well-heeled crowd.

Many of these photographs were made by Ewart M. Ball, the photographer for the *Farmers Federation News*. The collection includes some pretty campy pictures of the "Tobacco Queens" from Western North Carolina — scantily clad beauties concealing themselves behind large tobacco leaves — emblems of bygone days in more ways than one.

Ewart M. Ball's son, E.W. Jr., was a long-time photographer at the *Asheville Citizen-Times* and later purchased the Plateau Studio, founded by the noted landscape photographer, George Masa. When I moved to Asheville in 2002, Ball Jr.'s son, E.W. Ball III, was still making pictures for the *Citizen-Times*. E.W. III's memories of his father and grandfather accompany collections of their work, housed in the Special Collections/Archives of Ramsey Library at UNC Asheville.



Meanwhile, I heard the other day from Betsy Milford that the Lord's Acre Square Dance and Potluck is coming up! It will be Saturday, May 30, 5:30-10 pm, at The Garden. I'll have a copy of *Useful Work: Photographs of Hickory Nut Gap Farm* there for the raffle, as well as a limited-edition photographic print of one of my pictures from the Useful Work collection in the auction. I know this is one of the best annual fundraisers for their important work, and I am pleased to participate.

I hope you'll follow up with Mars Hill University's Southern Appalachian

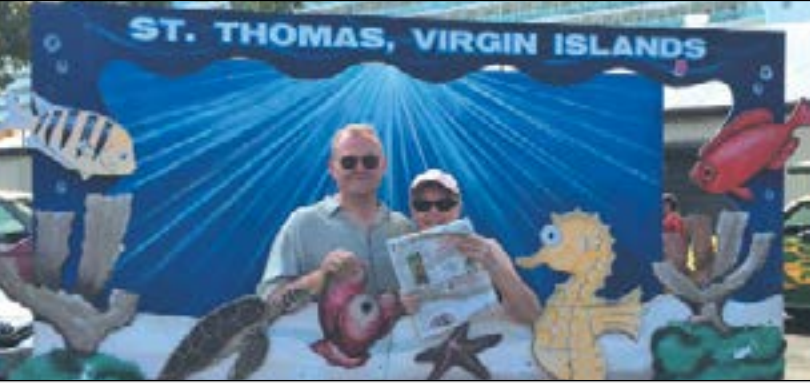
Archives or the Special Collections at UNC Asheville if you would like more information about any of the photographers or collections mentioned. And by all means save the date, May 30, for the Square Dance and Potluck, benefiting the Lord's Acre project, part of a Fairview legacy to be proud of.

Ken Abbott received his MFA in photography from Yale in 1987, and a North Carolina Arts Council Fellowship Award for his photography at Hickory Nut Gap Farm in 2006. Reach Ken via kenabbottphoto.com.

ON THE ROAD.....

St. Thomas, Virgin Islands

Terry & Mary Alice Ramsey read the *Fairview Town Crier* while on a vacation cruise with 13 family members to the Eastern Caribbean. One of the islands visited was St. Thomas in the US Virgin Islands, which is known for its beaches, snorkeling and sport fishing. Charlotte Amalie, the territorial capital founded by the Danish in the 1600s, is a busy cruise ship port with high-end restaurants and shopping. Historic buildings include a 1679 Danish watchtower popularly called Blackbeard's Castle as a reference to the area's pirate history.



Great Wall of China

The Wander Family, John & Julianne Wander and son Luke, who is a resident and student in China currently, on a visit to the Great Wall.





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The Power of Community

I have been thinking a lot about community lately. I grew up in a small, rural community where the support and concern of neighbors was constant and un-failing. In a time when social safety nets were very limited, it was the extended family, church members and neighbors who collectively responded to families in need. A particularly important part of that help was the tradition of “pound-ing.” When someone needed help, peo-ple came together and each gave a pound of food. (Often it was more but always at least a pound.) It is difficult to describe the atmosphere of a pounding — the se-riousness of a family in need, the respect given to that family, the awareness of how easily any of us could find our fami-lies in need, and the overarching gener-osity and compassion of community.

That same sense of community exists here in Fairview and is strongly evi-denced by the support and generosity shown to Food for Fairview.

Over the past weeks, we have asked for special assistance from businesses and individuals to upgrade the pantry to improve safety, accessibility, storage and overall appearance. The response has been tremendous. Our volunteers and clients are overwhelmed by your generosity and support. This month we want to recognize the contractors who so generously donated time, labor, and ma-terials to the project. We could not have done this without their help.

We also asked businesses, individuals, and groups to sponsor a shelf. The \$500 annual sponsorship will help pay for the upgrades to the pantry and provide

Thank You to These Contractors!
Lowe's Home Improvement: Chris Lewis;
Wright's Carpet: Roger Brackett;
The Homeowners Painter: Tracy Owenby;
Blue Ridge Energy Systems: Andy Presley and Jamie Shelton;
Postnet: Ron Bradley

a foundation for pantry services for the future. Food for Fairview will place nameplates on the shelves, identifying the sponsors of the project. Again, the response has been amazing. We are truly blessed to live in such a kind and caring community. We still have some shelves available, so if you or your business would like to join us in this important work, please contact us.

To celebrate the completion of the project and honor the ongoing support of our community, please join us at an **Open House, Tuesday May 10 from 5-7 pm.**

Food for Fairview's pantry depends upon donations of food, pet food, hy-giene items and money for the ongoing work of providing for our clients. Your donations make an exponential differ-ence in the lives of friends and neighbors.

Donations may be made by mail to: Food For Fairview, PO Box 2077, Fairview, NC 28730 or online at foodforfairview.org. For more information on our organization, please call 828.628.4322

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

Happy Spring... Healthy You!

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TRAIN HARD BE STRONG

The Great Lord's Acre Multi-Prize Raffle!

All of us at The Lord's Acre dearly hope you'll come and enjoy our Spring Square Dance Fun-Rasing Fundraiser on May 28 (see ad to right). The event includes a superb silent auction (with a plane ride over Fairview, gourmet dinner for 12 at Sher-rill's Inn, and more) and 19 (yes, 19!) fabulous raffle items. And you can enter the raffle even if you can't make our event. Just fill out the Raffle Ballot below and take it and your payment to New Moon Marketplace (next to Dickie's on 74A). Or fill out your entry on our website, thelordsacre.org. Thanks so much for your support!

THE LORD'S ACRE 2016 RAFFLE BALLOT
Write the number of raffle tickets you want next to each item.
Tickets are 2 for \$5, 4 for \$10, and 10 for \$20.

1. ____ Two Biltmore Tickets & Dinner for two at Corner Kitchen (value: \$250)	12. ____ Brunch at Chestnut & 4 Asheville Symphony Tickets (\$350)
2. ____ Bird Bath from BB Barns (\$150)	13. ____ Large Container Garden from BB Barns (\$100)
3. ____ Hand Crafted Bench by Anne Tansey (\$150)	14. ____ Cuban Basket straight from Cuba: Cohiba & Monte Christo Cigars, Havana Club Rum, and Cuban Coffee (\$250)
4. ____ 4 Tickets to Asheville Community Theater with dinner at Rhubarb (\$300)	15. ____ Local Farmers Basket: Farmer Jane Soaps, Imladris Farm Jams, Looking Glass Cheeses, Hand-painted Gourd and 2 Hanging Baskets (\$195)
5. ____ Handmade 60" x 68" Quilt by Maria Horton (\$160)	16. ____ Garden Time!: Wheelbarrow with Flowers, Mulch Gift Card and Gardening Books (\$195)
6. ____ Looking Good Basket: Photo Shoot, Pedicure, & Ananda Gift Card (\$300)	17. ____ Wellness Basket: Massage, Es-sential Oils, Aromatouch Gift Card, & Trout Lily Market Gift Card (\$200)
7. ____ Japanese Maple Tree from Tom Ross/High Country Nursery (\$150)	18. ____ Market Basket: Earth Fare Gift Card & Market Bag, Gluten-Free Cake from Dolci di Maria, and Chocolate Lounge Gift Card (\$125)
8. ____ House Cleaning Basket: Service Master Carpet Cleaners & Cinderella House Cleaning (\$200)	19. ____ Artistically Painted Bee Box by Garden Guys and Local Honey (\$175)
9. ____ Trail Ride for 6 at Hickory Nut Gap Farm (\$250)	
10. ____ Love your Pet Basket: 3 Days and Overnights at Happy Tails & Gift Card from Woof in the Woods (\$230)	
11. ____ Coffee Lovers Basket: Green Sage, Biltmore Roasters, Mojos Gift Cards and Ruth & Ranshaw Cupcakes (\$145)	

8TH ANNUAL

SQUARE DANCE

Family Pot Luck Auction & Fundraiser

5:30-10 PM

AT THE GARDEN

74A East on Joe Jordano Road (between Tom Arp's Restaurant & Luck Bar-Siggo)

SATURDAY, MAY 28

RAIN DATE JUNE 4

SUGGESTED DONATION \$10 PER PERSON / \$25 PER FAMILY

Bring a dish for the huge Pot Luck Supper (refreshments provided)

Break bread with your neighbors!

Win great/useful items in our Raffle/Silent Auction (from an airplane ride over Fairview to dinner for 12 at Sherill's Inn)

Take a whirl on the dance floor to live local music (previous Square Dance experience not required)

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Student of the Month

The *Fairview Town Crier* and A.C. Reynolds High School are pleased to announce that Malik Long was named the April Student of the Month.

Malik was nominated by A.C. Reynolds math teacher Tyler Hartshorn, who had this to say: “Malik Long is a consistently positive young man who works hard and displays character, which inspires his peers to make responsible and healthy decisions when faced with difficult situations. Malik exemplifies Rocket Pride through his athleticism on the football field and through his Hip Hop dancing. Malik perseveres by working hard each day and seeking extra help when needed. Malik is an amazing student who spreads his optimism throughout our school, and it has been my pleasure to teach and learn with him.”

Malik’s senior project is focused on Dance Therapy. He believes children can sometimes express themselves better through dance than talking; he has been working with kids and pro break-dance instructors at Asheville Community Movement. “I love it,” he says. “There’s lots of diversity and no judgment.”

Malik has enlisted in the Navy, following in the footsteps of uncle, who is a Chief in the Navy. He will go to Illinois



for boot camp in the fall.

What does Rocket Pride mean to Malik? He says it means displaying a good attitude in the community as well as in the classroom. It also means appreciation for his teachers, whom he describes as “hands-on” and devoted to student success. It is clear that Malik’s football coach, Coach Laws, has a special place in Malik’s life. “He has taught me a lot.”

Well done, Malik. Best wishes to you!

Leave a Lasting Legacy on the FES Field of Dreams
Donate a Brick on the Path to Inclusiveness

by Jill Frayne

The FES Playground Committee is very excited to be developing an area that allows every child to get outside and experience the thrill of active play on a big, beautiful, inclusive playground. But we aren’t just building a safe place for kids to play; we are building a legacy for our community.

Your continued support has been unbelievable and we appreciate every-



thing you’ve done to help make the “Field of Dreams” a reality. And since you’ve been so supportive, we’d like to offer an opportunity for you to leave a lasting mark and be a piece of the “Field of Dreams” legacy.

As you enter the new playground area, you will follow a beautiful brick pathway to endless possibilities for children of all abilities. We are very excited to offer the opportunity for you to donate a personalized brick that will help build this walkway. You may wish to honor a family member, to memorialize a loved one, to thank a friend, or simply to remember your family’s name as one who helped level this playing field so that all children, regardless of physical ability, can have a place to play with their peers.

To find out more about this exceptional program that allows community members to become a very important and permanent part of the Fairview Elementary “Field of Dreams” inclusive playground, please visit the FES website buncombe.k12.nc.us/Domain/497.

You will find specific details about brick sizes, printing options, and the ordering process. If you have any questions about this opportunity, please email fesplayground@gmail.com. The FES PTA is a 501(c)3 non-profit organization. Your brick donation is tax deductible. A tax receipt is available upon request.

Thank you for your support!

Earth Day Field Trip at Fairview Preschool

Fairview Preschool students love our fun field trips throughout the school year. We spent Earth Day this year at the WNC Nature Center for a field trip with parents and friends.

Fairview Preschool is enrolling now for our two classes for fall 2016. The 3/4/5s class is 8:30 am–12:30 pm. The 2/3s class is 8:30 am–12:15 pm. We encourage everyone interested to schedule a visit. Call Director Chris Lance at 338-2073 for more details.



Fairview Elementary Boosterthon Fun Run
Building Character Through Sports

On March 24, 670 students ran in the Boosterthon Fun Run at Fairview Elementary. The Boosterthon Fun Run was the culminating event of a nine-day Boosterthon program themed “Big World Recess,” in which more than 1 million students in 1,600 schools across the nation developed a global perspective through playing sports of other cultures.

During the nine days, students at Fairview Elementary experienced up close how sports bring people together. Documentary-style videos taught students how to develop teamwork, curiosity, practice skills, humility, confidence and endurance through the everyday stories of six kid-athletes from around the world. Students were introduced to uplifting stories originating in New York City, Australia, Brazil, Japan, Switzerland and Kenya.



On March 24, 670 students ran in the Boosterthon Fun Run at Fairview Elementary.

The Fun Run also gave schools the opportunity to raise funds for needed projects. On average, students run 30 to 35 laps to celebrate the funds they raise for their school during the program. The Boosterthon Fun Run was truly a community effort. Teachers, family members and friends cheered on their students during the Fun Run.

At Fairview Elementary, the hard work of the students and the community brought more than \$23,000 from the fundraiser at the school. These funds will go toward purchasing risers for new playground equipment.

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KIDS' ACTIVITY

Oops! Someone spilled the milk. Draw a path from the milk to the mug by following the letter M.

a	B	c	D	e	F	G	h	R	a	B	n	O	m	a
m	M	m	M	m	M	m	M	m	M	m	M	A	M	P
M	Y	a	B	V	h	U	t	S	i	j	m	O	m	q
m	M	m	M	m	i	e	V	W	b	C	M	A	M	h
e	W	c	D	M	j	t	a	M	m	M	m	e	m	x
m	M	m	M	m	K	c	B	m	n	u	S	o	M	Y
M	U	r	F	g	H	u	c	M	m	M	m	M	m	q
m	M	m	D	e	c	R	w	n	O	p	q	n	u	R
i	s	M	q	M	m	M	m	S	d	N	R	B	v	E
K	i	m	L	m	k	n	M	m	M	m	s	d	W	H
a	J	M	k	M	L	e	Y	z	v	M	m	M	x	b
F	L	m	c	m	d	Z	y	X	w	V	u	m	Z	A
n	P	M	q	M	n	O	t	B	P	q	t	M	d	r
o	A	m	C	m	E	F	G	m	M	m	M	m	n	S
F	G	M	m	M	H	n	O	M	a	B	c	D	T	u

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A small, light-colored dog, possibly a Chihuahua, is shown in profile, looking up at a large, industrial-style electric fan. The fan has a prominent metal cage and a dark, cylindrical body. The background is plain white.

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

schools help the neediest in our communities: MANNA food drives.

We often think, "Oh, how nice — students helping others," and assume that their impact is relatively minimal. Not the case! This is the ninth year of the Reynolds food drive, and on April 14, Loading Day, they passed the 80,000-pound mark in donations since the beginning of the program. MANNA Food Bank donates some of this food back to Food for Fairview, helping folks right here. These kids are making a real difference.

How do they do it? At least one student takes on a leadership role as their senior project, working with a core team of about

twenty kids. You may have seen them at Food Lion, wearing can costumes and cheerfully asking for donations (as you see in the photo). Other projects include classroom competitions at both the middle and high school level, plus a Silent Auction, a Soup Dinner and Hat Days, when kids donate a dollar and get to wear their hats at school for a day. Beth Love, who teaches English at Reynolds High, and her husband Greg Love, band director at the middle school, provide the faculty guidance.

My family and I often attend the springtime Soup Dinner, which is held at Covenant Community Church. It's a wonder-

Junior Katie Barlowe adds, “MANNA student food club is not about ourselves; it’s about those who need our help. That’s why we’re so successful — because we’re helping the people in our community.”

Volunteering in this way also helps students prepare for the future by developing their leadership skills and helping them improve their college prospects. Shannon Bradburn, a 2014 Reynolds graduate, attributes her Bonners Scholarship to her involvement with the MANNA club, saying, “The student food drive provided me with an opportunity to expand my concept of ‘service.’ Before participating I considered service to be an act that only benefited others and you were to be silent and out of sight. The food drive allowed me to realize that service is about learning from others and becoming a part of something larger than myself.”

Britany Guo, a junior, sums up the experience most poetically: “The food drive brings the community together, and it delivers happiness along with the food.”

Next time you see these kids outside Food Lion, I hope you’ll give them a smile along with your generous donation!

Monday, May 2–Friday, May 6
Staff Appreciation Week

Tuesday, May 3
Fairview Elementary Arts Night, 6 pm

Wednesday, May 4
FES Make-up Kindergarten Registration (call office for an appointment)

Thursday, May 5
Bell Elementary 4/5th Program, 1:30 & 6 pm

Thursday, May 12
Bell "Moving On Up" Program, 5:30 pm
Oakley Improvement Team Meeting, 11 am
YMCA Healthy Living Food Truck at Oakley, 3:15–4:45 pm

Thursday, May 12-14
Cane Creek Middle School production of "Beauty and the Beast." Thursday and Friday at 7pm and Saturday at 3 pm.

Monday, May 16: EARLY RELEASE

Wednesday, May 18
Oakley Drumming/Chorus Spring Music Program, 6 pm

Thursday, May 19
Fairview Improvement Team Mtg, 3 pm
Oakley Parents Advisory Council, 8:30 am

Thurs, May 19–Sat, May 21
Hello, Dolly spring musical at Reynolds High, 7 pm (tickets on school website)

Saturday, May 21
Special Olympics of Buncombe County, Reynolds High School, 10:30 am

Tuesday, May 24
Reynolds High Graduation Project Night, 5:30 pm (Volunteers Needed!)

Thursday, May 26
Reynolds High Memorial Day Band Concert
Arden Presbyterian Church, 6 pm

Monday, May 30: TEACHER WORKDAY

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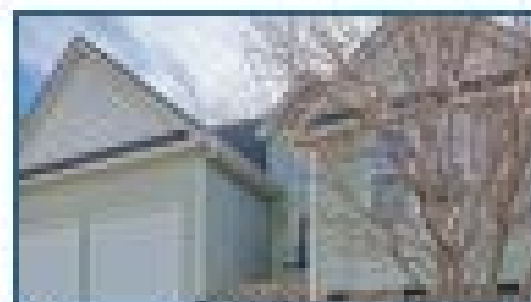
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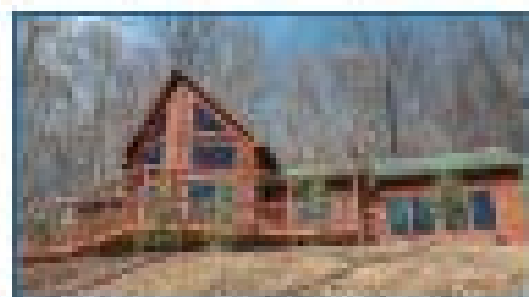
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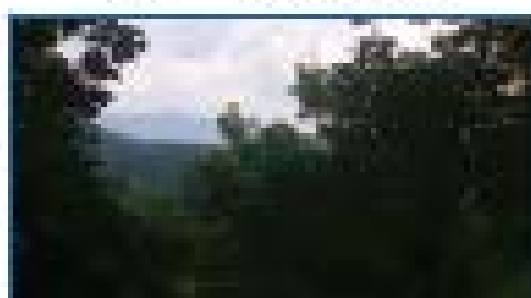
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YOU ARE HERE

by Blair Holland Clark



"We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness."

For some reason I have been noticing faces lately. Some appear driven, some angry, others lost or fearful but many of the faces that seem to touch me most are the ones I would describe as carefree or happy. These faces remind me that genuine happiness is available to me, too. Such a reminder is especially valuable when I am passing through some self-important, serious place or time.

Maybe those people with the carefree expressions are happy because the country is experiencing an economic recovery, although recent studies reveal that around 60% of people interviewed said they had no emergency savings, which could mean that one significant bill could push them over the edge of solvency. The odds are that some of the carefree and happy faces I've observed have found a way to be happy in spite of a lack of financial security. So "just getting by" doesn't exclude us from the pursuit of happiness part of the American dream.

Happiness is not a place the train stops. There is no sign out front that says "Welcome to Happiness USA." Happiness is an emotional state we pass through from time to time in spite of other pressures of the jour-

ney. We may find happiness in family, friends, a beautiful view, an activity like volunteering, reading a book or a poem, or playing a game of some kind. Discovery can also bring happiness, as we engage with what was previously unknown to us and find what had been beyond our understanding. Sometimes these moments of happiness occur because we have altered our usual course in some way and embraced something new.

Whether you are just getting by or living in relative comfort, the American dream is still alive.

Whether you are just getting by or living in relative comfort, the American dream is still alive. From an AWAY perspective liberty may be interpreted as the freedom to choose our own course. That freedom comes in part from our Constitution and the Declaration of Independence. On another level the freedom comes from our capacity to choose to remain on our current course or alter that course. That means freedom is naturally inside each and every one of us. In short, we can choose happiness.

It is true that our choices may be driven by whomever has the best sales pitch. However, we never lose the capacity to choose our course, which means we are able to identify priorities that go beyond the sales pitches to what actually makes our journey worthwhile.

Certain Unalienable Rights

Discovering something previously in the unknown category adds a kind of responsibility to our life journey. I sometimes connect the responsibility of these discoveries with something I call "the curse of competence." Seeing beyond the sales pitches and other background noise can make us more competent to choose a worthwhile course. That competence may cause us to choose a path that sets our own comfort and needs aside for a moment and focuses on the greater good, on life, in an expanded way. Sometimes when we choose the greater good over the sales pitch and/or our own comfort, the ability to choose can feel like a curse. But if we give it the opportunity, the curse of competence may eventually bring wisdom and a sense of gratitude to our journeys, as we experience events beyond our scope of influence, such as illness or the eventuality of inevitable loss. The sales pitches around us are less important than the inner sales pitch that says "We all matter," "I have something to offer" and "I am at liberty to choose happiness, today."

Life, liberty and the pursuit of happiness are as much choices that we have the capacity to make as they are rights we have been given.

Remember, the words are life, liberty and the pursuit of happiness. It does not

say everyone should agree with us or that we should always live in comfort. Life, liberty and the pursuit of happiness are as much choices that we have the capacity to make as they are rights we have been given.

Here are some screening tools that may help you become more competent at choosing your own paths and course:

- Do you have access to the part of you capable of choosing something outside your normal routine? If not, practice accessing that part of you.
- Will you be able to go to sleep without regret on this path or course? Are your actions matching your values?
- Can you tell someone else about your chosen path or course? Consulting trustworthy people can be a great asset.
- Are you aware of the sales pitches that influence your chosen path? You are being influenced. Awareness of those influences may help you decide how much they will impact your journey.
- When was the last time you felt carefree without the use of mood-altering substances? Carefree, happy moments are valuable. They may be an important part of what makes life worthwhile.

You are Here.

Blair Clark is a Licensed Professional Counselor Supervisor and author of "Answers to What Ails You (AWAY)." Reach Blair through Facebook or by emailing copy@fairviewtowncrier.com.

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Service Animals

by Charles Lloyd, DVM, Fairview Animal Hospital

Typically when people think of service animals they think about Seeing Eye dogs, but there are many other types.

According to the American Disabilities Act, a service animal is an animal individually trained to provide assistance to an individual with a disability. By federal law any service animal is allowed entrance to any public building, facility or vehicle (including airplanes). However, there has been a disturbing trend in recent years of people abusing the service animal privileges. These people say their personal pet is a service animal when it is not, so they can take their pet on an airplane or into other public areas. This is wrong and can cause further issues for real service animals in the future.

Some unusual animals that have been trained to serve the disabled are pigs, ponies, monkeys and chimpanzees. Miniature horses have actually been trained to be guide animals for the blind; and yes, they

are house trained (see guidehorse.org); the advantage of a miniature horse over a dog is that the horse has a much longer lifespan. Monkeys and chimpanzees are often trained to be used by the paralyzed to be their “arms and legs.”

In addition to the Seeing Eye program, there are other ways to utilize dogs as service animals. Dogs are trained to be “ears” for the deaf. They are also used by people in wheelchairs for pulling, carrying and picking up things. Research has shown that some dogs can alert their owners before a seizure occurs. Dogs have been trained to detect blood sugar levels in diabetic patients, and some dogs have even been known to detect cancer.

Although technically not service animals, a category of therapy animals also exists. These animals are used in many ways, from helping in human physical therapy to just making hospital patients happy. Some schools will use “reading

dogs” for children who have a difficult time because a child is often more willing to read to a dog than to another individual. There are also agencies that have special horseback riding sessions for the handicapped. Dogs and cats are used in hospitals and nursing homes as petting/hugging/wet-nose therapy. How can a warm, loving dog or cat not cheer you up?

Service animals usually wear a special harness or jacket (designating them as an official service animal). When you see these animals, please remember that they are working; if you want to pet the animal be sure you ask the owner for permission first, otherwise you may distract the animal from its job.

If you are interested in learning more about service animals visit the web site of Delta Society (deltasociety.org). Many of the guide dog organizations also have their own websites, such as guidedog.org and seeingeye.org. Or ask your vet.

Paw It Forward with Humane Society

The Asheville Humane Society is launching the Paw it Forward Campaign, presented by Dog Tag Art to benefit the homeless animals of Buncombe County. AHS’s first large-scale crowd-funding campaign will run through June 15 with the goal of raising \$60,000.

Paw it Forward is not your typical peer-to-peer fundraising campaign – pet-to-person is more accurate, as campaigners will ask for donations in the “voice” of their pet. It’s also a chance for people to feature their adorable pets and let people enjoy their looks and “voice.”

The pets who raise the most will be crowned Paw it Forward’s “Top Pawlthropists” at the Victory Celebration and Open House at the Animal Care Campus of AHS on **Sunday, June 26, from 1-4 pm**. To register or donate go to pawitforward.everydayhero.do.

FOR THE BIRDS

photos and text by Simon Thompson

A Bird of Character – the Brown Thrasher

A large brown bird scratches around in the leaf litter, its long red-brown tail enabling it to turn suddenly as it uncovers choice grubs from below the dead leaves. This is the Brown Thrasher, one of eastern North America’s most charismatic birds and also one of our most accomplished songsters.

Brown Thrashers are found from Southern Canada deep into the southeastern United States and almost as far south as the Mexican border. In the majority of its range the Brown Thrasher is a summer visitor, but here in Western North Carolina we are on the southern border of its year-round range with most individuals slipping south into the Piedmont where they will spend the colder months of the year. A few birds do over-winter in WNC and are found in the lower and more vegetated areas such as along rivers and in dense, wet thickets. At this time of the year we tend to only hear their deep call-notes and glimpse a red-brown bird skulking deep in the undergrowth.

It is during the spring when the Brown Thrasher comes into its own – when the male flies higher and higher into a tree to sing from the very pinnacle of its territory. The rich song seems to reverberate through the woodlands where the male is often the first of the spring birds to make an appearance. The song comprises of pairs of phrases, each one seemingly richer and more guttural than the preceding. It’s one of those songs that epitomize the arrival of spring. The first bird songs break the winter silence and it’s usually the Brown Thrasher that is leading the charge into springtime.

Superficially similar to many of our spotted brown thrushes, the Thrasher is actually a member of the Mimic-thrush family and a cousin to the Northern Mockingbird and Gray Catbird, although the similarity stops there. Most mimics tend to have long tails, a somewhat pointed bill that’s suited to fruit, insects and more generalized food, and a complicated song. Thrushes have shorter tails, similar bills and more ethereal sounding songs.

Brown Thrashers spend most of their time on the ground, where they feed on invertebrates under the leaf-litter. They will readily come to bird feeders, but again spend most of the time feeding on seeds that fall down from above. Watching one hammer into a sunflower seed is certainly an entertaining sight. They tend to skulk under the feeders, rather than sit and feed as does a Cardinal.

As with both the Catbird and the Mockingbird, Brown Thrashers nest in thick bushes where they build an untidy nest of sticks and plant fibers and lay 4-6 eggs. Unlike most birds their size, young Brown Thrashers can leave the nest after about nine days, which is probably a defense against predators.

You can’t help but like the Brown Thrasher. A strong-looking bird with a powerful voice, you certainly know when he is around the neighborhood.

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



Arthritis

continued from page 13

an autoimmune one as in RA.

Joints are exquisite mechanisms, but when overloaded from overweight or from overuse, the cartilage is susceptible to simply wearing out. Particular positions can accelerate this damage, such as deep flexion or squats, regular positions of a catcher in baseball, a power lifter or a downhill skier.

Unfortunately, one’s genes or physical inheritance can even contribute to this joint disease. For example, women, as compared to men, have wider hips that contribute to a different angle where the thigh bone connects with the lower leg bones, which tends to wear

out the inner compartment of the knees faster than the outer.

Typically, osteoarthritic pain is worse in the morning and improves somewhat with movement. The large joints, particularly the knees, are the most commonly affected joints, but fingers can also be affected. In terms of improving symptoms, weight loss and anti-inflammatories are the hallmarks of treatment.

There are a number of other types of arthritis, some genetic, and others that are autoimmune-related. Often, making an early diagnosis can be very helpful to bending the curve of disease progression. If you have questions or concerns, please talk with your healthcare provider.



Mickey is a handsome, 7-year-old flame-point domestic short-haired fellow of substantial girth and beautiful blue eyes. He is a quiet, very loving and sweet boy who loves to be pampered. He gets along with small dogs.

CHARLIE’S ANGELS



Ghost and **Bandit** are shy but sweet young fellas, a bonded pair. Their original owners didn’t spend much time socializing them, so they haven’t yet learned to trust human touch. They are learning to take treats from the hand and have never once nipped on a finger during handling.

BROTHER WOLF



Brinks is a 2- to 3-year-old neutered male Terrier mix weighing around 16 pounds. He loves to go for long walks and cuddle up afterwards. He also likes to follow his nose, play fetch and play with toys. He is available for adoption now, having graduated from the New Leash on Life program.

ANIMAL HAVEN



Chance is a 1-year-old, 51-pound Boxer-mix. He’s a fabulous boy, sweet and loving, gets along well with other dogs, but doesn’t care for cats. Chance has just been treated for heartworms so will need to be limited to mild activity for the next 4 months and moderate activity to 6 months. He is house-trained and loves walks.

CHARLIE’S ANGELS

Raymond has CATTITUDE! He’s a little independent but loves ear scratches and head rubs, can be very friendly, and adores snuggling up to sleep. He should be the only cat in the home but might adjust to dogs. Playing with toys and serenading his “public” in the evening are favorite pastimes.

BROTHER WOLF



Lucy is seven pounds of energy, cute as a button and one year old! She needs someone who will be home with her more often than not. She’s great with other dogs and good with cats.

ANIMAL HAVEN



ANIMAL SHELTERS AND RESCUE ORGANIZATIONS

Animal Haven of Asheville 299-1635 or animalhaven.org

Brother Wolf 885-3647 or wncanimalrescue.org

Charlie’s Angels 885-3647 or wncanimalrescue.org

Humane Society 761-2001 or ashevillehumane.org

May Events

National Adoption Weekend – May 14 and 15, 11 am – 5 pm, at PetSmart, 150 Bleachery Blvd. in Asheville. Tons of pets plus lots more.

Adoption Event – May 20, 3 – 7 pm, adoption at Ladies Workout Asheville, 802 Fairview Road.

Adoption Event – May 21, 12 – 4 pm, adoption at Native Social Pub, 204 Whitson Ave, Swannanoa. Includes raffle, supply drive, and 20% of day’s food sales benefitting local pets in need.

Pets & Artists – May, 14th, 21st, and the 28th from 10am to 4pm, come support Animal Haven of Asheville and local artists at Pritchard Park.

Asheville Veg – May 15th from 10am to 6pm, join Animal Haven of Asheville at the Asheville Veg fest presented by the Asheville Vegan Society.



CMZ Designs Boutique

*“To everything - turn, turn, turn. There is a season - turn, turn, turn.
And a time to every purpose under heaven!”*

by Lynn Stanley

The gleaming wooden bowls, expertly crafted by Caroline Greiner, seem to flow with the depth and graceful curves of their polished woodgrain. The wooden hearts she crafts as wedding gifts are lovely, the warmth of the wood a pleasure to hold in the hand; her Easter eggs are delightful, colorful keepsakes. Sometimes her pieces have a whimsical aspect, which Caroline values and enjoys pointing out; she says of one bowl with a striking pattern, “It looks like it’s winking, with some pretty lips. Do you see it?”

Caroline was born and raised in Montpellier, France. Under the influence of her family, at a very young age she developed a passion both for the arts and for the intricacies of international business. She earned a business degree from her country of origin, came to the United States after graduating in 1991, and worked for a few years before marrying. Now married for 22 years and the mother of 11-year-old twins Max and Zachary, she is a licensed beautician in three states, and owned and operated a salon in Florida for over 11 years.

Caroline, her husband Greg and the twins moved from Florida so that Greg could join his brother working in Asheville. She closed her salon in Florida, but kept a close relationship with her clients. The Griener family moved to Fairview, Caroline says, “because we love to be in the country, but it was also very important to us that our boys attend Cane Creek Middle School.”

CMZ Designs Boutique started with jewelry — someone else’s jewelry. Caroline had been selling another jeweler’s work in her Florida salon, but decided to end the relationship with that supplier. A client then came in with an expensive necklace that had broken; and as the salon’s former jeweler did not fix it, the client bought the supplies



to repair the necklace and gave them to Caroline.

Caroline recalls, “I said, ‘What do you want me to do with this?’ She said ‘You fix everything else, make everything, design and create beautiful nail art, so why not fix my necklace and keep the supplies so you can start selling yours instead of someone else’s?’ ‘Wow!’ I said, ‘I’ll try it — I have nothing to lose.’ So that’s how CMZ Designs Boutique truly started.”

From there on out, Caroline remembers, clients all over the country began sending her their “finds” so that she could turn them into jewelry. “I have even turned acorns into rings, earrings and necklaces.” In Florida over the years she collected sea glass and designed her own jewelry line, as well as beauty products that she used in her salon. When she moved to Asheville, she was still creating jewelry for her clients. But many other mediums have engaged her creative spirit as well — she paints in acrylics and oil, creates items made out of felt, crochets and knits, and now she has discovered a passion for the beauty and creative possibilities of wood.

“One day at church I discovered that Don Stucker, a trustee with me there, was a woodworker and turner. I asked if he would teach me, and his passion turns out to be mine as well. I am still learning from him today.”

“When I see a piece of wood my creative mind gets beyond the bark and I start designing the piece in my head. I then go into my little wood shop (aka my garage) and start. I love the different beauty that comes out of each piece, and each piece has its own character. Even a piece from your woodpile could turn into a beautiful piece of art.”

Caroline’s friends, whose support and encouragement she calls “amazing,” urge her to go further in this new direction. “They send me pictures of trucks full of trees and ask me if they should hijack them so I can have the wood!” She is saving some of the money from her sales toward establishing her own wood shop within the family’s property so she can work year round (that garage is cold in winter!).

“I love to garden and get my hands dirty,” Caroline adds; “I am an animal lover and help a few people around here with their dogs and horses. But most of all I am a wife and a mother. The boys are extremely important to us, so I wanted to find something creative that I enjoy and a business that wouldn’t impact life with my boys. When they were small I was fortunate to have a very busy and growing salon, but with such success came a huge sacrifice, which was that



This lovely, natural tree table was created for auction to benefit Christ School and it fetched \$1200!

my sons had to be with a nanny. When we moved here we made a trade — less money coming home but a humongous joy to be able to be with my boys before and after school, during days off, snow days and vacations.”

Caroline is also a firm believer in helping others, so CMZ Designs has donated several pieces to different nonprofit organizations and to both private and public school fundraisers. She recently created a natural wooden table that fetched an impressive \$1200 for a Christ School fundraiser.

Those beautiful bowls, whether whimsical or elegant and most often both, are clearly a reflection of this multifaceted artist whom we welcome as our neighbor.

CMZ (wood) Designs are now being featured at the Arboretum gift shop in Asheville, the Crown Plaza Hotel restaurant and several specialty boutiques. For more information visit the CMZ Designs Boutique Facebook page.



by Maria Horton

First Time for Everything

Any time we try something new or different from the usual activities at Spring Mountain Community Center, I agonize over whether it will be a success and worth the effort. Maybe we should just leave well enough alone and let folks use the park as they so desire. But something inside me wants to put a new thing out there and see where it goes. So a spring hike was planned to try and attract different folks to get some exercise and enjoy the beauty of the mountains.

Patty Jenkins, our treasurer and a seasoned hiker, reluctantly agreed to lead the hike up Bearwallow Mountain. “Nobody is going to show up,” she said, but I went ahead and advertised it anyway. If anything, I’m stubborn. Patty and I showed up at the appointed place and time and she was correct; no one was there but us. My initial reaction was to just call the hike off and go on to one of the many things I needed to get done. But instead we set out for the inaugural SMCC Hiking Club event.

Patty was dressed more heavily than I, and she had on hiking boots. I had on good tennis shoes and a make-shift pack with water and snacks. We started off and she dug right in on the trail; I was still trying to remember all the things I had heard about spring hikes, and to plan on a few pictures to capture the day. Before long, she called back to me “Am I going too fast for you?” I knew she could hear my Darth Vader imitation. “No, no, I’m fine. Just getting used to the altitude change.” Right, my pride would not let me admit she was kicking my butt.

We saw lots of different wildflowers and new plants shooting up. The view was spectacular and the weather was perfect, not too warm and too early for bugs. At the top we sat on rocks and enjoyed our snacks and I congratulated myself on the perfect event.

Maybe we didn’t have a huge crowd, just two people. Maybe I wasn’t getting other things done, but did I ever enjoy the morning. Afterwards we went to lunch at the Welcome Table. What a great day. Sorry you guys missed it. Thanks, Patty!



Dean Thorpe

As the Fairview Community knows, my husband Dean Thorpe passed away March 16th from a very aggressive brain tumor. He fought the battle with faith, strength and positivity. How appropriate his passing occurred on 3/16. (John 3:16) He was a good man, a Christian man, who was loved by his wife, his children, his family, friends and neighbors. This was evident during his illness as hundreds came to visit, sent cards, called and encouraged him daily. We always hosted a Super Bowl party at our house but this year Dean was in the hospital and a group of our friends came to his room and had a party with him. It meant more to him then they will ever know.

On March 26th a benefit was held for Dean and our family. What a wonderful event it was, as hundreds came out and gave of themselves for our family. The Fairview Fire Department, Scott Jones, Jennifer and David Ingle, Brian Jill and Garrett Ponder, Jeff and Charlie Sales, David and Penny Dalton, Susan Webb, Tim Brewer with Smokey and The Pig, Chad and Lena Warren and many many others helped to make this benefit the biggest one ever. (Please forgive me for not being able to name everyone individually. There were so many wonderful people it would be impossible).

To listen to numerous stories about Dean and to hear how he helped someone, some of the funny experiences they had with him and so many other stories just warm our hearts. To my girls and me, he was our world. The strongest, smartest, most gentle, loving man that has ever lived. He will be missed more than words can express by myself and the girls and so many others.

Please know, we could never express the love and gratitude for what the community has done for our family. Thank you all from the bottom of our hearts. We love you all. And so did Dean.

— Kathy Thorpe

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OF INTEREST TO SENIORS by Mike Richard

Lifestyle Earthquakes



Almost all of us have encountered lifestyle changes. You know, the life changing events which dramatically alter the landscape of our otherwise structured lives. Some of these changes are anticipated and others take us totally by surprise. Recently one of my readers contacted me about just such an event that my wife Marilyn and I are soon to experience as well. For us this one's been on the radar scope for a while. For my reader, it was a total, potentially devastating surprise to her.

An Oft-Told Story

She said she'd always been covered by her employer group coverage up until a couple of years ago when her job was eliminated due to downsizing. She lost her coverage and because she was in her early 60s was unable to find an appropriate full-time position, and had taken a part-time job with no health coverage. Sound familiar? Turns out she was able to get coverage through the Health Insurance Marketplace for a year, made affordable with a government subsidy. This last year proved problematic since her Social Security and part-time income wasn't enough, she had to withdraw some money from her IRA in order to pay bills. She ended up withdrawing too much money from retirement savings and owed back the advance premium tax credit that she had taken to cover her health insurance. Apparently the withdrawal from her IRA

put her income over the threshold to receive a subsidy last year and she now owes the Feds over \$6,000. This year wasn't shaping up to be much better and the \$800 per month she was facing to keep her coverage was out of the question.

I had never considered that taking money out of an IRA could have such an impact on health insurance decisions.

The Conundrum

By the time you read this, my wife and I will be facing the exact same situation, as her job of 17 years will have played out at the end of last month. I had never considered that taking money out of an IRA could have such an impact on health insurance decisions. My reader was considering two options, a high deductible option catastrophic coverage that might not satisfy government regulations or just do without coverage and pay the penalty. Neither of these was really acceptable. She came to me looking for a solution. My research took me in a direction that didn't involve insurance at all. Turns out it was a good fit for her, and for Marilyn and me as well.

I'll share my findings next month, or you can call me if you want a preview.

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

BUSINESS.....

Find Your Bucket List Now at Fairview Library

The Fairview Library now has *A Lifetime in Reverse: What's on YOUR Bucket List?* by Chuck Werle.

The author of the mini-book published by Amazon Create Space is one of the volunteers who provides manpower for labeling each month for the *Fairview Town Crier*.

The author describes his 13,000-word mini-book as "both enlightening and entertaining," leading readers to discover how a real Bucket List expands their horizons to cover a lifetime.

Whistle Hop Brewery Getting Ready to Toot

The interior restoration of the caboose that will be Whistle Hop Brewery's new tasting room is complete. With clear weather, the plans are to paint the caboose and move it to its new home at 1278 Charlotte Highway in Fairview in mid-May, said co-owner Tom Miceli. The *Crier's* office has had a number of inquiries, so we know the community is excited about opening day.

To keep up with the progress, visit facebook.com/WhistleHop.

MARCH FAIRVIEW REAL ESTATE STATISTICS				
		High \$	Low \$	Avg \$
Houses listed	15	925,000	259,000	500,463
Houses sold	13	1,040,000	14,001	364,615
Land listed	21	925,000	20,000	183,224
Land sold	1	349,120	349,120	349,120

Spring is here along with daylight savings time. This is a great time to put your home on the market. It is also a great time to look at homes with the added daylight. Our agents at Cool Mountain Realty are ready to help! The agents at Cool Mountain will strive to accommodate your needs. They are located at 771 Charlotte Highway in Fairview. If you have questions about real estate in our community, email Jenny Brunet at coolmntn1@gmail.com or call 628-3088. Cool Mountain Realty provides the monthly real estate stats for the Fairview area (zip 28730).



Welcome New/Renewed Member!

- Maggi Zadek, *The Anger Management Place/Therapist On Call*
- Kelly Hoffman LMBT, CNMT *Mountain Medicinal Massage*
- Lynelle Flowers, *Exit Realty Vistas*

May Member Meeting

The next member meeting will be on **Tuesday, May 10 from 6 to 7:30 pm** at Troyer's Country Amish Blatz. You'll be transported back in time by the feel of an old-fashioned general store.

"Blatz" simply means "place" in Pennsylvania German. Phil and Bonnie Troyer, will host our meeting and talk about products of their deep family roots in Mennonite and Amish traditions. A full deli of meats and cheeses, other baked goods, gifts and furniture is what you'll see. Now is a good time

to order any furniture you want him to bring back because Phil will just be getting back from the Amish communities in Ohio or Pennsylvania the day before our meeting.

Bring a "What's New Minute" for your business, plenty of business cards and a nibble if you'd like. Troyer's will also have tastings of their food plus a gift basket for a drawing.

Troyer's phone is 280-2381. They are located 1.5 miles in from 74A on Old Fort Road in Fairview. Make a left up their drive on Bonn East Lane to the two-story farmhouse with a wraparound porch.

June Member Meeting

The June meeting will be a lunch meeting at Fairview's Welcome Table on June 9, 11:30 am. The location is behind the Fairview Library in Fairview Christian Fellowship's community room.



Top, some of the members and staff of Park Ridge Health pose for a photo. Center, Janet Peterson was one of the lucky members to win a gift bag from Park Ridge Health. Bottom, FBA member Dr. Theresa Bradley shares some of the benefits Park Ridge Health offers its patients.

Interested in Joining?

Come to any Member Meeting and check us out. We're a good group who live and/or work in Fairview and all know first-hand the value of networking in a relaxed atmosphere.

Join at FairviewBusiness.com or send \$60 check to FBA, PO Box 2251, Fairview, NC 28730. Or join at the Town Crier office, 185F Charlotte Hwy, M-F, 1-5 pm. FBA Voicemail – 585-7414

KEEP IT LOCAL with FBA Members

Aquarium Sales	
The Evolved Fish	782-4254
Artists/Artisans	
Appalachian Designs	628-9994
Silverpoem Studio (Lynn Stanley)	782-7984
Art Classes	
Beads & Beyond	222-2189
Auto/Truck Sales	
High Country Truck & Van.....	222-2308
Banks & Financial Planning	
Edward Jones	628-1546
Paradigm Shift Trading	628-3889
Building/Maintenance Services	
AA Diamond Tile	450-3900
All Seasons Heating & AC	651-9998
Aqua Pump Services	450-3900
Asheville Stone	628-ROCK
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Can You Make Your Investments Less “Taxing”



Tax Freedom Day, which occurred in late April, according to the Tax Foundation, is the day when the nation as a whole has earned enough money to pay off its total tax bill for the year. So you may want to use this opportunity to determine if you can liberate yourself from some investment-related taxes in the future.

Actually, Tax Freedom Day is something of a fiction, in practical terms, because most people pay their taxes throughout the year via payroll deductions. Also, you may not mind paying your share of taxes, because your tax dollars are used in many ways — such as law enforcement, food safety, road maintenance, public education, and so on — that, taken together, have a big impact on the quality of life in this country. Still, you may want to look for ways to reduce those taxes associated with your investments, leaving you more money available to meet your important goals, such as a comfortable retirement.

So, what moves can you make to become more of a “tax-smart” investor? Consider the following:

Know when to hold ‘em. If you sell an investment that you’ve held for less than one year, any profit you earn is considered a short-term capital gain, and it will be taxed at the same rate as your ordinary income. (For 2016, ordinary income tax rates range from 10% to 39.6%.) But if you hold the investment for longer than one year, your profit will be taxed at the long-term capital gains rate, which, for most taxpayers,

ers, will be just 15%. If at all possible, then, hold your investments at least long enough to qualify for the lower capital gains rate.

Look for the dividends. Similar to long-term capital gains, most stock dividends are taxed at 15% for most taxpayers. Thus, dividend-paying stocks can provide you with an additional source of income at a tax rate that’s likely going to be lower than the rate on your ordinary earned income. As an added benefit, many dividend-paying stocks also offer growth potential. With some research, you can find stocks that have paid, and even increased, their dividends over a period of many years. (Be aware, though, that companies are not obligated to pay dividends and can reduce or discontinue them at their discretion.)

Use those tax-advantaged accounts. Virtually all retirement accounts available to you, whether you’ve set them up yourself or they’re made available by your employer, offer some type of tax advantage. With a traditional IRA, or a 401(k) or similar employer-sponsored retirement plan, your contributions are typically tax-deductible and your earnings can grow tax deferred. Contributions to a Roth IRA, or a Roth 401(k), are never deductible, but earnings can grow tax free, provided you meet certain conditions. The bottom line? Contribute as much as you can afford to the tax-advantaged plans to which you have access.

Tax Freedom Day is here and then it’s gone. But by making some tax-smart investment decisions, you might reap some benefits for years to come.

Written by Edward Jones for use by your local Edward Jones Financial Advisor, Stephen Herbert, 628-1546 or Stephen.herbert@edwardjones.com.

Tech Buyers and Users Beware



If you have WiFi security cameras in your house or business, check some simple settings to ensure that they are less hackable. First, make sure that the video footage is being both streamed to some website and viewed via SSL. Second, make sure it is not publicly viewable, that you have to use a login and a secure password for access (always change default passwords). Third, always check for security updates for your security cameras just as you do on your computer.

Email signatures are great informational and marketing opportunities that are often made overly complex. Name, title, company and phone numbers make sense, but you don’t have to include your email address. Keep your information on four or fewer lines, with related information on the same line, separated by hyphens or vertical bars. Using complicated HTML or vCard formats is likely to backfire, as not all email programs handle HTML and vCard the same way.

Think about having multiple signatures to reflect seasonal wishes, or to strip information in a reply the recipient has already seen. And always test your signature by sending it to people using different email programs, such as Outlook, Apple Mail, Windows Live Mail, Gmail, AOL, Yahoo, etc.

Ten pieces of information may be more than enough to steal your identity, so try to protect the following: Social Security Number; date and place of birth; driver’s license or passport number; all your bank, credit card and other account numbers; weak or easy to guess PINs for bank cards; card expiration dates and security codes; physical and email addresses; phone number; full name; and other employer and affiliations you have with groups. Many of these bits of information are public and yet can be used to impersonate you or “phish” you, getting you to share even more and maybe even swindle you.

When you buy a “smart” device, such as internet-connected thermostats or light controls in your home, you may think you are buying a product — but you are really buying a service that a company may discontinue for one of their products, literally shutting it off. Google bought Revolv a few years ago, and now, as of May 15 all Revolv products will die, and “the Revolv app won’t open and the hub won’t work.” This makes early adoption of such devices, before there are industry or governmental standards, very costly.

Take a Break

And worthy of another reminder is to take breaks — micro breaks just looking away from your screen and breaks actually moving around, getting off your seat. Try Time Out for the Mac (dejal.com) or Workrave (workrave.org) for PC.

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

Why I Voted Against HB2



Since the HB2 bill has created so much publicity, I thought it best this month to give my constituents a response. Since I wrote an op-ed for the Citizen-Times, and I know many people were not able to read it, we have reprinted it below.

I would like to add that, as a representative of the State of North Carolina, my job is to defend the civil rights of all of the citizens of our state. The glory of our history is the extension of freedom to those being denied full rights. As a church leader, I have a different charge: to love unconditionally anyone seeking reconciliation before the righteous God that we worship. We are not to judge others to make us feel better about our own failures. “You, therefore, have no excuse, you who pass judgment on someone else, for at whatever point you judge the other, you are condemning yourself...” (Paul, Romans 2:1) We all fall way short of the glory of the Lord, and come before him with empty hands. Paul in Romans 3 quotes the Hebrew scriptures (Old Testament), “There is no one righteous, not even one;...All have turned away...and the way of peace they do not know...”

As your representative, I promote civil peace by giving everyone the freedom to “pursue happiness” and to receive justice under the civil law enacted by the government. But I also believe there is a deeper peace, available to all, by recognizing that each of us, in our own way, must recognize that “we have fallen short of the glory of God, and are justified (fully forgiven) by his grace...” I apologize for getting “preachy” this month, but it seems we often forget what the role of government and the role of the church really is. We need both to carry out their charge to move our nation forward.

It was never really about the bathrooms. They were the hook, the Trojan horse to do so much more to North Carolina citizens and local government; a political ploy as fodder for the 2016 election.

Regarding the bathrooms, bad behavior of any sort should be prosecuted to the fullest extent of the law, but making rules that are unenforceable is never a good way to go. It was never about safety. If there were real safety issues, the General Assembly would not have allowed private businesses and venues (like Charlotte Motor Speedway and BoA Panthers stadium) to follow the same procedures as the Charlotte Ordinance. Why would I not believe that I have been in the bathroom with not only transgender persons, but gay men as well? The safety issue is actually being taken care of with the spread of family bathrooms that can be locked and kept private. North Carolina has added them to their highway rest stops, as have airports.

HB 2 puts into law that Big Government in Raleigh will dictate to local governments what they can and cannot do.

HB 2 puts into law that Big Government in Raleigh will dictate to local governments what they can and cannot do. It will not be a collaborative effort to create good government, but “our way or the highway.” It turns out that the water and airport transfers were only the beginning.

HB 2 removes workplace protections in North Carolina. You can be fired for your race, religion, national origin, age, sex and disability and have no recourse in state courts for a discrimination lawsuit.

HB 2 removes workplace protections in North Carolina. You can be fired for your race, religion, national origin, age, sex and disability and have no recourse in state courts for a discrimination lawsuit. You can only file suit in federal court, which is a lengthy, cumbersome and expensive process.

HB 2 has branded our state as intolerant. A long list of corporations have condemned the law. They have been trying to wring out discrimination from their cultures, and attract the best talent on the market. Investment in North Carolina could take a hit. The NBA All Star game could be moved out of state. I was pleased to see HB 2 condemned by the Montreat Conference Center, located in my district.

While I was writing this opinion piece, a Buncombe County father called to tell me his family story. He said he was a regular guy who might have supported a bill like HB 2 in the past. But he said his family has been on a journey as one of his children transitions to another sexual identity. He said his child is now starting to thrive, and he is encouraged by what he sees. I said one of the most disturbing facts I learned during the debate was that transgender suicide rates were 41%. He knew that number, but said if the transition is successful the number goes back to normal.

The hurried way it was presented, voted on and signed into law is indicative of how bad laws are made.

There are real lives out there that HB 2 affects. The hurried way it was presented, voted on and signed into law is indicative of how bad laws are made. Gov. McCrory would have been better served to wait before he signed HB 2, and maybe he would have pulled out the veto pen like Georgia’s Governor Nathan Deal.

John Ager’s Contact:
NC House of Representatives
16 West Jones St, Room 1004,
Raleigh NC 27601-1096
John.Ager@ncleg.net or jagerhng@gmail.com
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WORSHIP, COMMUNITY OUTREACH & VOLUNTEER OPPORTUNITIES

Council on Aging
Fairview Community Specialist



Gayland Welborn, retired school principal, has joined The Council on Aging of Buncombe County as the new Aging Services Outreach Specialist for the Fairview Community. Support for the part-time position in the Resource Coordination Program comes from the Catherine McAuley MERCY Foundation via Sisters of Mercy Urgent Care.

Welborn has lived in the Reynolds Community for the past nine years, is a retired school administrator with 14 years experience as a principal in North Carolina, and has been a teacher and school counselor. As the Services Specialist, he is available to talk with local seniors and their families in their homes or at the Spring Mountain Community Center, and he is exploring other outreach locations in the Fairview Community.

Aging Services Outreach Specialists are trained in community services that can help adults age with choice, including direct services provided by the Council on Aging and those services provided by other community agencies. To set up a visit or presentation with Welborn, contact the Council on Aging at 277-8288.

According to Council on Aging Director Wendy Marsh, more than 8,000 persons received assistance through the Council's Resource Coordination program in 2015. The program provides trained Services Specialists and Care Coordinators to help seniors and caregivers find and access services.

For more information, call the Council and be prepared to give your zip code to identify the specialist for your area, or visit the website at coabc.org.

Spring Cleaning Tips From Goodwill

Spring cleaning is a great time to sort out the clutter, but it can also be an overwhelming chore that intimidates us out of even getting started. Goodwill offers these five expert tips to help you not only start, but also conquer, spring cleaning and develop new habits to keep you organized all year long.

Lorie Marrero is a Certified Professional Organizer, *Woman's Day* contributing editor and *Wall Street Journal* bestselling author of *The Clutter Diet: The Skinny on Organizing Your Home and Taking Control of Your Life* and *The Home Office Handbook*. She also created **ClutterDiet.com** and is a spokesperson for Goodwill Industries International. Here are her top five spring cleaning tips.

Have a plan. You don't want unwanted items cluttering up your home any longer than necessary, so plan to spring clean and take items to Goodwill on the same day.

Start with success. For the first room or space to tackle, choose the one that will provide immediate daily benefits in efficiency and reduced stress. Is it your home office? Does your car not fit in the garage? Do you struggle to find anything in your closet in the mornings? Zero in on those areas so that when you succeed, you'll be motivated to tackle another space.

Clean slate. Once you've chosen your project, clear it out as much as possible and start from scratch. By stripping your shelves bare and restocking them only with items that make you smile, your whole house will

become a happy and inspiring place. And donating your unwanted items to Goodwill helps people find jobs and build their careers.

Make it fun. Shake up your spring-cleaning routine with a peppy playlist: after a song finishes playing, move on to the next area of the room. Create a contest for the family: challenge everyone to find 10 items to put away and 10 items to donate to Goodwill. This can become a race, with the prize of a traveling trophy (or a hot fudge sundae, if you don't want any more clutter!) and you can repeat it once a week for the entire spring season. Share your family's success story with the hashtag #CleanSweep.

Be brave. Inherited items may come with guilt and obligation. Are you keeping things you don't want or need? Instead of keeping the items, take an artistic photograph of them, frame it and display it in your home. Then take the items to Goodwill to help you let go and move on.

For more information about what you can donate to Goodwill, and how donated goods and store purchases support our efforts in the local community, visit our website at goodwillnwc.org.

Goodwill is a 501(c) 3 tax-exempt organization that is ranked among the most efficient charities, with 90 cents of every dollar generated going toward fulfilling its mission of creating opportunities for people to enhance their lives through training, workforce development services and collaboration with other community organizations.

ADA Seeks Business Partners for Volunteer Programs

Asheville businesses are invited to support a thriving downtown community by partnering with Asheville Downtown Association. Group volunteer opportunities (5+ people) are available for tasks like event set-up, beer pouring, greening, break-down and more. Individuals earn perks like an end-of-season appreciation party, and ADA will thank participating organizations through its

“Fairview Day in May”

Fairview Baptist Church will hold their annual “Fairview Day in May” on **Saturday, May 21, 10 am–2 pm** in the Food Lion Parking Lot as a thank you to the community. The church will offer a free car wash, hot dog dinner, face painting and blood pressure checks. All are invited for a day of fun and fellowship! For details please call 628-2908.

Girl Scouts Volunteer Opportunity

Girl Scouts Carolinas Peaks to Piedmont (GSCP2P) has opportunities for volunteers who are committed to helping girls develop courage, confidence and character. The two go hand in hand; in other words, without the adult leaders, there is no Girl Scouting.

Volunteers are the heart and soul of Girl Scouting – whether you have an hour, a day, a weekend or more, Girl Scouts has an opportunity that's right for you. At least 180 Buncombe County Girl Scouts are in need of troop leaders. Each troop is led by two or more registered leaders. There is a great need for troop leaders to meet in the evening or on weekends.

Volunteers can serve long-term or short-term and can lead a troop for the entire school year, or run a program that finishes in a couple of weeks. Training and support is available for all these roles.

Please consider giving of your time to help develop tomorrow's leaders. No previous Girl Scout experience is necessary, as training and guidance are provided through GSCP2P.

Volunteers must be 18 years or older, be a positive role model, and join the Girl Scouts for \$15 per year. Volunteers can lead troops, work events, serve on committees or help at camp. Staff and experienced volunteers provide accessible, practical courses that make every volunteer's time and efforts more efficient and successful.

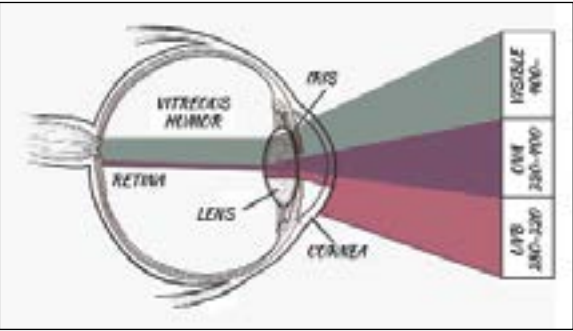
Visit girlscoutsp2p.org for more information or contact local membership manager Gabby Triplett at 252-4442 or e-mail her at gttriplett@girlscoutsp2p.org.

Harmful Rays

continued from page 13

outside than adults and the lens inside a child's eye is completely clear, absorbing more UV damage than an adult lens. Contrary to popular belief, it is also important to wear sunglasses on cloudy days, because UV-A and UV-B rays can penetrate through clouds.

Damage to your eyes from UV radiation can also occur indoors. Recent studies have shown the sun's high-energy visible radiation (HEV) or “blue light” contributes to long-term risk of macular degeneration. HEV is a visible spectrum of light and the same type of radiation that is emitted from LED lights in



smartphones, tablets, computer screens, and many light fixtures indoors. It can also lead to eye fatigue, especially at the end of the day. There are special coatings that can be put on eyeglasses to block these harmful light rays.

Whether you are indoors or outdoors, it is important to protect your eyes from harmful UV radiation. See your local eye care provider for a comprehensive eye exam and ask how you can better protect your eyes!

Dr. Brittany Love practices at Visual Eyes Optometric, located on the corner of Charlotte Highway and Cane Creek Road. For more information on UV protection, annual eye exams or to eyewear or sun wear, please contact Visual Eyes Optometric at 628-6700.

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WEATHER CORNER

by Tom Ross, Meteorologist

The Merry Month of May



May is the month when we finally can turn our attention to planting tender annuals and perennials. Typically, in the mountains the rule of thumb is to plant tomatoes outside after Mother’s Day. You can gamble and plant earlier, but typically we are safe from seeing widespread cold or frosts only after that point.

Our spring turned out a bit backward; after a very warm March, April featured several shots of cold Canadian air, with one outbreak which dropped temperatures down into the mid to upper 20s at night. Fortunately, that event was just a one-night stand and wasn’t repeated, so it wasn’t as memorable as our April 2007 freeze. In terms of rainfall, we have been a bit dry of late since later winter, and we are now an inch of so below normal in terms of precipitation.

Looking ahead, we should really start to march toward summer’s warmth, with May’s normal temperature generally in the mid 70s and average low in the low 50s. We usually get about 5 inches of rain for the month, falling on an average of 12 days. In any given May we get between 7 to 10 thunderstorms. The long-range forecast from NOAA’s Climate Prediction Center (www.cpc.noaa.gov) for May through

July predicts just above normal temperatures and about normal precipitation. However, as you know, precipitation is a tricky forecast here in the mountains during the summer due to the spotty nature of thunderstorms, which drench some areas while other spots remain dry.

In the upcoming months we will also monitor the demise of El Niño and the return of La Niña, looking at what those

events may mean in the months ahead and how they may affect the Tropical Storm and Hurricane season later in 2016.

Meteorologist Tom Ross managed NOAA’s Climate Database Modernization Program

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 teaches classes on weather and climate at various local venues.

APRIL’S TRIVIA ANSWER

What is the relationship between lightning and thunder?

Many meteorological processes occur simultaneously within a thunderstorm cloud, leading to the separation of positive and negative electrical charges. Some of these processes include friction, splitting of raindrops and freezing of water or melting of ice. From time to time the great electrical stresses which are set up by the interaction of wind and enormous amounts of moving water drops and ice crystals are relieved by the discharge of lightning.

Lightning strokes measure in length from a few hundred feet to a few miles and range from a thickness of less than an inch to about a foot. As the lightning bolt streaks through the air, the intense heat causes a sudden and violent disassociation of the air molecules in its path. The average lightning bolt has a temperature of 53,540 degrees F – 5 times hotter than the surface of the sun. This sudden disruption and ionization results in an increase in air pressure along the path and causes the

vibration/sound waves which we hear as thunder. This is really an explosion from end to end of the lightning path, so sudden that the surrounding air cannot ease gently away but is forced, pushed and crowded into waves. The loud bang or explosion that is heard is the superheated air around the lightning bolt expanding at the speed of sound. Because sound travels much more slowly than light, the flash is seen before the bang, although both occur at the same moment.

About 25% of all lightning events worldwide are strikes between the atmosphere and earth-bound objects. The bulk of lightning events are intracloud (IC) or cloud to cloud (CC), where discharges only occur high in the atmosphere. Lightning strikes reach the ground on Earth as much as 3-4 million times per day or 40 times per second, according to the National Severe Storms Laboratory. The United States receives about 25 million lightning strikes each year.

JUNE’S TRIVIA QUESTION

What is the green flash phenomenon seen sometimes at sunset?



WILD EDIBLES

by Roger Klingner

The Magic of Morel Mushrooms



Appalachian spring is one of the great wonders of the world as the earth awakens and sends forth a flood of beauty. Redbuds, wild cherries and dogwoods bloom in profusion along with snow-white bloodroot flowers, newly unfurling trilliums and drifts of brilliant daffodils that reawaken us to the promise of new life and rebirth.

The earth’s extravagant life force and the incredible diversity and beauty in our mountain forests and fields always amaze me. In the lower elevations, the tulip trees are beginning to show the first signs of luminous new growth as their radiant green baby leaves unfurl, ready to begin drinking in the sunlight.

New tulip tree leaves and the arrival of the magical mayapples on the forest floor are two of the more ancient and reliable harbingers of the arrival of morel mushrooms. Many of us seasoned “woodfolk” consider these signs as maps to one of the great joys of spring.

For 40 years now I have hunted morels every spring, and it is always a magical quest, as these amazing fungi are one of our forest’s most elusive and prized delicacies, world famous for their flavors. By late March, I begin crisscrossing familiar ridges, looking for these nearly invisible mushrooms that blend so well into the forest floor. I sing to them and envision their beauty and delight before hiking.

This year after many delightful hikes I finally found my first gray morel growing underneath a large elm tree, with ash

nearby. That was the first week of April, and now that I have found a few, all my senses are on high alert for morels.

Morels, which are in the genus *Morchella*, are among the most easily identifiable mushrooms, although no mushroom is foolproof, especially for the novice. Morels are characterized by spongy, phallus-shaped caps composed of a network of honeycomb-like ridges with pits and hollows inside. Controversy exists among specialists as to the different species, but the most common morels in the Southeast are the early gray or black followed by the larger yellow morels.

Most years, morels appear from late March throughout April and into May. The only potentially confusing mushroom is the false morel, which has a more briny, wrinkled texture with a reddish



Mason holds up the largest morel of the day!

brown color. The easiest way to tell them apart is to cut them open; false morels have a cottony substance inside whereas true morels are always hollow.

True morels have many local names, my favorite being the one I learned from my farmer neighbors in Virginia who called them “Merkles,” as in miracle. This name arises from Kentucky folklore of a mountain family saved from starvation by eating morels. Other fun names include muggins, molly moochers and dry land fish, the latter being a reference to their shape – when sliced lengthwise, they do resemble a fish. In Virginia, I knew mountain families who ceased all normal activities to hunt morels as part of their livelihood, as these mushrooms are prized by gourmet chefs. This spring, morels were seen in Asheville at a high-end market for \$50 a pound, but were most likely imported from the Northwest.

Mushroom hunters are notoriously secretive about their favorite patches and I am no exception. Last year I must have clocked 48 hours of hiking ridgetops, steep valleys and gullies, and found maybe a pound of these beautiful delicacies. Some years back I found up to nine pounds in a day, but that only happened once. When abundant, I often dry them to intensify their flavor; but I prepare the first morels of the season with a little butter, salt, pepper and garlic, and they are ambrosia to me! I also love to pair them with grilled asparagus or chicken.

One key caution is that almost all wild mushrooms must be cooked thoroughly. Morels contain a toxin called “hydrazine” that breaks down completely when



Newly hatched Black and Yellow Morels

cooked. Also, some people have experienced moderate gastrointestinal distress when eating cooked morels paired with alcohol, and since food allergies are highly variable, it is a good idea to try new foods in small amounts.

Hunting morels is one of the greatest joys I have known while living in the Blue Ridge; it connects me to an ancient tradition that I love deeply. How much better can life get than spending a day being nourished by nature’s beauty and grace, then to come home with a small sack of morels to serve to good friends for dinner! What a great free gift it is to enjoy this spring tradition of succulent, savory and delicious wild mushrooms, served at the table of life, freely given as a sacred gift from our blessed mother earth.

Contact Roger at rogerklingner@charter.net.

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OFFICE MANAGER — ADVERTISING / SUBSCRIPTIONS

Candice Yount 628-2211 | office@fairviewtowncrier.com

MANAGING EDITOR: Sandie Rhodes | editor@fairviewtowncrier.com

COPY EDITOR: Lynn Smith Stanley | copy@fairviewtowncrier.com

LAYOUT EDITOR: Clark Aycock | clark@fairviewtowncrier.com

BILLING: Annie MacNair | annie@fairviewtowncrier.com

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ROYAL PINES Spacious 3 BR, 2 bath home on private, large 1.32 wooded acre lot, lg LR w/ FP, 3 car porches, and 1 BR apt above 2-car gar, convenient South location, **ML 58576897, \$388,000**



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Noble Rd.....	Pending in 27 days	Hanover Rd.....	Pending in 13 days
Cameila 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