



The Fairview Town Crier

THE VOICE OF OUR COMMUNITY • FAIRVIEWTOWNCRIER.COM • JUNE 2016 • VOL. 20, No. 6 • FAIRVIEW, NC

NC Primary Voter's Information

Due to a redistricting change that didn't make it in time for the earlier primary, North Carolina voters get to vote again on Tuesday June 7, in their assigned precincts. For our Republican readers, you will be selecting a candidate for Congressional District 10. There is only one Democrat running so there is no need for a primary vote.

Additionally, Democrats and unaffiliated voters may vote for a candidate for District 10, US House of Representatives.

There is also a non-partisan vote for NC Supreme Court Associate Justice.

Early voting is available at the Buncombe County Administrative Building, 200 College Street in Asheville at the following times: *Wednesday, June 1 – Friday, June 3, 10 am – 6 pm and Saturday, June 4, 9 – 1 pm*

For more complete information, visit buncombecounty.org.

Community Meeting on Hollywood Road Landfill Cleanup Plans

Recently the NC State Department of Environmental Quality division released a Remedial Action Plan (RAP) pertaining to the dump previously located on Hollywood Road in Fairview. A resident contracted with a local environmental firm to review the state's plan and it was recommended that additions be made to the RAP. The plan had been available at the Fairview Library for public review and public comments were solicited. Unfortunately, the Town Crier was not notified of this and the time to respond has passed. However, a number of concerned residents did submit emails and letters with the request that the state postpone moving forward pending further review. Any Fairview residents that would like to gain more information about the state's plan and recommended revisions to that plan, are invited to attend a community meeting on Tuesday, June 14 at 6:30 pm at the Fairview Library. For more information please call Kelly Koney at 222-2101 or plan on attending the meeting.

Girls on the Run Donation Drive



The Fairview Elementary School Girls on the Run Team, led by Coach Greg Cheatham, held a very successful donation drive for Brother Wolf Animal Rescue. The donations were picked up by Rowdy Keelor, Community Outreach Director for Brother Wolf, and volunteer Anne Piervincenzi. Thank you Fairview Elementary Girls on the Run

Bike Stolen. Let's Help Jud get it back!



"Hi. I am 11 years old and I worked 85 hours picking vegetables at our farm to get the money to buy this bike. Three weeks later, in the middle of May, it was stolen from my house. I am very upset since I worked so hard for it and wanted it so bad. Please call my dad at 828 808-4642 at Cane Creek Valley Farm if you know anything about where it might be."

An Urgent Request from the VFD Board of Directors

We Need Your Vote on June 11!

We at the Volunteer Fire Department do our best to serve. Now we need you to do your civic duty.

On June 11, between 9 am and 5 pm, we must have a moment of your time — in person — to fulfill *our* duty to *you*. To do that we must have the in-person vote of at least 10% of the property tax-paying residents of the Fairview Volunteer Fire Department Fire District.

We Need Your Presence, Not Money

Rest assured, all is well in Fairview. The Fairview VFD faces no troubles. Most importantly, we are not asking for more of your hard-earned money.

We need you and your neighbors and friends to attend a very short presentation and meeting. Unless 10% of you — those whom we gladly serve — attend, we cannot have this important vote at all.

To put it simply, we serve you the best we can as a non-profit corporation, and our corporation bylaws, by which we are required by North Carolina law to follow in making all decisions affecting our ability to keep you safe, are over 30 years old!

These bylaws are in desperate need of updating. Your needs are different now. State law is different now. And our district population is more than four times the size it was back in 1986 — we currently serve more than 12,000 people.

The Problem

These bylaws cannot be amended and updated without a "Thumbs Up" in-person vote of 10% of all taxpayers in the Fairview District. That's a gathering of about 1,200 of you. Why in-person voting? Because our 30-year-old bylaws require it! And we must comply.

We must also ask for your trust as we make this necessary change to modern times. As we will explain on June 11, there is no hidden agenda here. Our future meetings at the firehouse will be just as public — if not more so — as ever. Your voting rights and your rights to participate as a board member, should you so desire, will not change. But as we move forward to make your lives as safe as we can, we are nonetheless behind the times. Case in point: *we have to bother you with this meeting because of our outdated bylaws*. We have no choice but to take up your valuable time ... but only once if 10% of you will kindly attend and give us the go-ahead.

On June 11, please go to your nearest Fairview Fire Station, and there will be firefighters and fire officers to show you the old bylaws and the new proposed ones. They will also be glad to show you your station and trucks, and address any matter of service provided by your fire department. This will be a good time for you to see what your fire department is doing to protect you and your family.

In advance we say "Thank you, thank you, thank you!"

Fairview High School of 1955

All classmates, whether you graduated or not, are invited to revive memories and share a catered lunch at 12:30 pm on **Saturday, June 18**. The reunion will be at Cane Creek Community Center, Cane Creek Road, Fairview.

The cost is \$16 per person. Please send a check to Frankie Kirstein Smith, 35 McGee Circle, Fairview, NC 28730 or Dot Reed Rice, 273 Mills Gap Road, Asheville, NC 28803. We look forward to seeing you again.

Recognize this location?



A local history buff has stumbled across this photo in the UNCA collection. There is no information on the location and so we ask the community: Does anyone recognize this location or have knowledge of these old homes? Note the mountains in the background, which will not have changed much over 100 years. Please email editor@fairviewtowncrier.com or call 828 628-2211 if you have any information.

Town Crier Labeling is on Wednesday, June 1!

Call 628-2211 or email office@fairviewtowncrier.com to help.

The Fairview Town Crier
P. O. Box 1862
Fairview, NC 28730

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COMMUNITY EVENTS

JUNE 2 (THURSDAY)

Embroiderer's Guild Meeting

The Laurel Chapter of the Embroiderers' Guild America will create no-sew fleece blankets for Project Linus, 9:30 am–12 pm at Cummings United Methodist Church, 3 Banner Farm Road, Etowah. All are welcome. Call Carol Gray, 335-0375 or Janet Stewart, 575-9195.

JUNE 3 (FRIDAY)

"God Bless the USA" Exhibit at Red House in Black Mountain

Red House Studios artists express their love of this beautiful country with American subject matter in various media. Reception 5–7 pm; show runs through July 22 at 310 West State Street, Black Mountain. Gallery hours Tues–Sat 11–5, Sunday 1–4. Visit svfalarts.org.

JUNE 3, 17, 24 (FRIDAYS)

Friday Night Barn Dance at Hickory Nut Gap Farm

Everyone is invited to the Big Barn on these Friday nights, 6–9 pm at Hickory Nut Gap Farm. Bands will be: 6/3, The Roaring Lions, New Orleans Jazz and Zydeco; 6/17, Spring Mountain 'Shin-

ers, Square Dance; and 6/24, Cane Creek Boys, Square Dance. \$5 admission; dinner menu available 5–8 pm. For details see hickorynutgapfarm.com.

JUNE 4 (SATURDAY)

Gardens of Fairview Tour

Only \$5 per ticket. See highlight box page 3 for details.

New Moon Marketplace Flea Market

Get a spot for only \$10. Opens at 8 am. Also June 18 and every other Saturday. 1508 Charlotte Highway (next to Dicks by Cane Creek). Call 505-6199

Firearms Class in Fairview

Spring Mountain Community Center will conduct a 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 your own firearm and ammunition, 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

First and third Saturdays in Fairview Elementary School parking lot. 9 am–noon. Support local. Visit Facebook/fairviewfarmersmarket.

Work Day in Chimney Rock

An invasive plant removal workday will be held at the Riverwalk in Chimney Rock. Volunteers are invited to meet at Medina's Village Bistro at 9 am.

Outdoor Cooking Class at HNGF

Chef Nate Sloan teaches the secrets of outdoor cooking. The class concludes with a meal grilled to order. 4:30–6:30 pm at Hickory Nut Gap Farm. \$55. For info visit hickorynutgapfarm.com.

MANNA Blue Jean Ball

MANNA FoodBank's 17th Annual Blue Jean Ball features small plates and desserts from top restaurants plus wine and beer. Costume prizes in a "Fire and Ice" theme, dancing with DJ Nigel and Asheville's top musicians, dance performance and silent auction. Tickets are \$75, all-inclusive. This event is for ages 21 and over. Call 299-3663 or go to MANNAFoodBank.org to purchase tickets.

Yoga at the Light Center

Kriya Yoga Initiation Ceremony with Mary Cook Nadler, 2 pm, 2196 Highway 9, Black Mountain. Visit urlight.org.

JUNE 5 (SUNDAY)

Cane Creek Cemetery Association Meeting

At 2:30 pm at Cane Creek Cemetery in Fairview. Please come if you own a plot or have family or friends buried here.

JUNE 7 (TUESDAY)

Prostate Cancer Support Forum

Us TOO of WNC: a prostate cancer Us TOO of WNC, a prostate cancer support group for men, caregivers and family members, meets 7 pm at First Baptist Church of Asheville, 5 Oak Street. Free. Email wncprostate@gmail.com or call 273-7698.

JUNE 9 (THURSDAY)

Making Probiotics Class at Hickory Nut Gap Farm

An introduction to natural vegetable pickling using lacto-fermentation. 6–9 pm at Hickory Nut Gap Farm. \$45. For details see hickorynutgapfarm.com.

JUNE 9, 11, 12 (THURS–SUN)

Meditation with Yogi Sri Swamiji

Three free programs of meditation with a Master and Living Yogi from India Sri Shivabalayogi. Sessions include a brief introduction, one hour of meditation, spiritual songs, arthi and an opportunity to speak with Sri Swamiji individually. For details, shivabalamahayogi.com.

JUNE 10 (FRIDAY)

Movie Night at SMCC

Balken Roofing is happy to bring the popular Outdoor Family Movie Nights back to the Spring Mountain Community Club park. June's movie is *The Goonies*, at 8:30 pm. Kids' activities will begin at 7:30 pm. Popcorn, drinks, and cupcakes available at a small charge. Please bring lawn chairs and blankets.

Herbal Medicine Class

Free mini-class at The Labyrinth Center offers basic elements of wildcrafting and herbal medicine making, 5–7 pm, 58 Dark Star Way in Fairview. Open to anyone, but required for those attending the herbal workshops June 11 and 12. For details, 628-1706 or labyrinthcenter.com.

JUNE 11 (SAT)



Kombucha Workshop & Tasting


Herbalist Indy Srinath shows how to start your own batch of Kombucha, a fermented tea made with black tea leaves. 5:30–7 pm at Trout Lily Market and Deli, 1297 Charlotte Highway. For details, go to troutlilymarket.com.

"Blast of Spring" in Fairview

Crafts, jewelry and lots more will greet browsers 8 am–2 pm at the "Blast of Spring" market in the parking lot of Creative Touch Salon at 1346A Charlotte Highway. A food booth will be available. Vendors are welcome. For more information please call Dee Trivette 775-4947 or Gail Austin 215-2004.

Light Center Events

"Heal Yourself, Heal the World" with Odilia Forlenza, 2 pm; "A Stellar Evening" concert with Richard Shulman and John Serrie, 7:30 pm, 2196 Highway 9, Black Mountain. Visit urlight.org.



GARDENS OF FAIRVIEW INAUGURAL TOUR

Saturday, June 4

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

JUNE 11–12 (SAT–SUN)

Herbal Medicine Workshop

"Stocking Your Herbal Medicine Chest" focuses on making first-aid remedies from native plants. Saturday 10 am–4 pm and Sunday 1–5 pm at the Labyrinth Center. Visit labyrinthcenter.com or call 628-1706 for details.

JUNE 13 (MONDAY)

WNC Knitters and Crocheters

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

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

JUNE 13–17 (MON–FRI)

Acting Workshops

The Meisner Acting Conservatory for the Southeast offers eleven professional acting workshops; all-access for \$15. For details and registration, visit nys3.com.

continued next page

ELSPIE'S SUMMER WORKSHOPS

An Arts and Music Summer Workshop series hosted by Flying Cloud Farm, Hickory Nut Gap Farm and Sherrill's Inn



In A Pickle – June 29 by Ashley English



Natural Dyeing for Fibers – July 1 by Molly Hamilton



Using Your Digital Camera – July 5 by Gabriel Mann



Soap Making – July 6 by Molly Hamilton



Screenprinting – July 7 by Kristen Necessary + \$10 materials fee

Fine Fiddlin' – July 8 by Elizabeth Bahnson aka Lizzie Hamilton

A Non-Traditional Approach to Drawing Flowers & Gardens – July 12 & 13 by Anne Bessac

Beautiful Bouquets – July 14 by Annie Louise Perkinson

Coming Home to Your True Nature: Body, Heart and Mindfulness – July 15 by Kristin Wade and David Hamilton



Get Your Swing On (at HNGF Barn) July 15 presented by Mick Glasgow & the House Hoppers – \$5 entry + \$10/beginner lesson

All Workshops are \$55/day unless otherwise noted


Space is limited! To sign up now or get more information contact elspethallicemann@gmail.com or 828-273-4856

JUNE IS ALZHEIMER'S AWARENESS MONTH

Alzheimer's has touched so many of our lives and Americare wants to help raise funds for the National Alzheimer's Foundation.

Stop by any time during June to make a donation and you can add your name to a paper ribbon that will hang in the store.

Americare will even match your donation!



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Fairview Business Park
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Phone: (828) 628-3121
Hours: Mon-Fri 8am - 6pm
americarepharmacy.net


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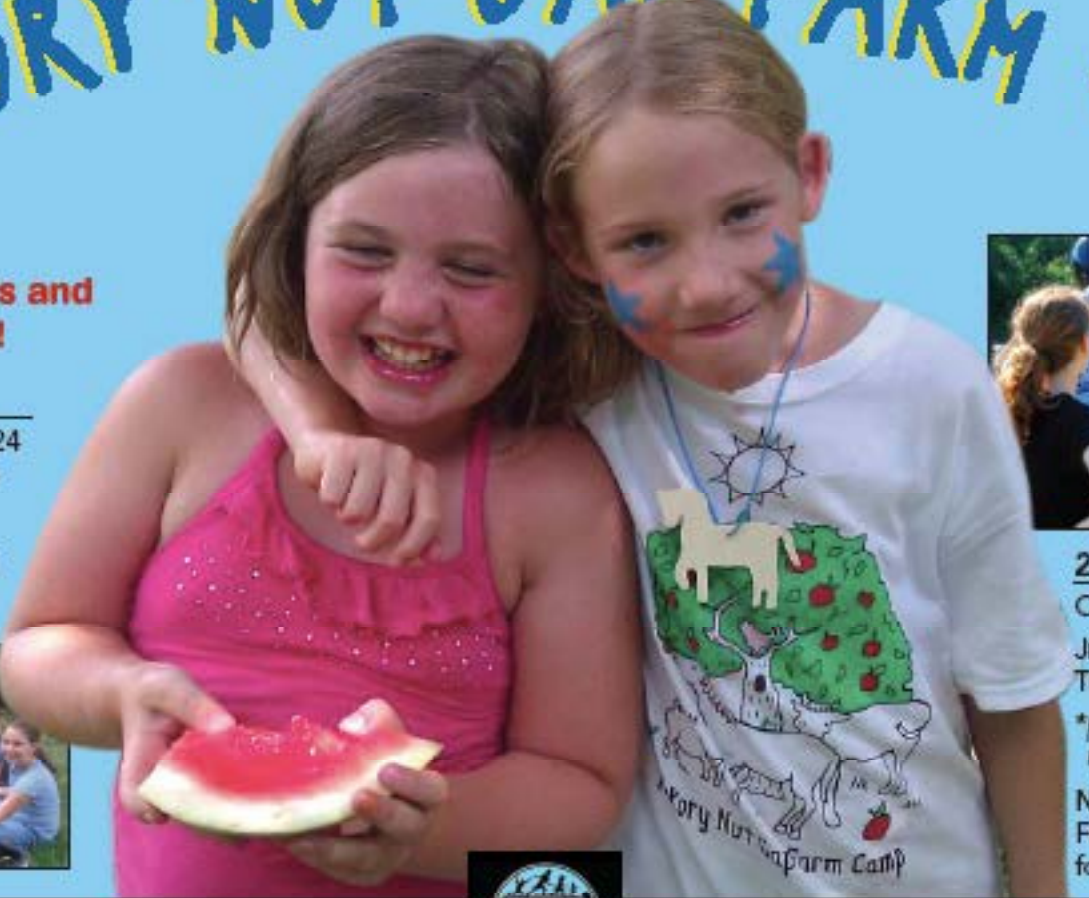
HICKORY NUT GAP FARM CAMP


Day camp for boys and girls ages 6 to 13!

2016 Camp Dates

Week I: June 20–June 24
Week II: June 27–July 1
Week III: July 4–July 8
Week IV: July 11–July 15
Week V: July 18–July 22








2016 Camp Fees

Campers: \$250/week*
Jr. Counselors (Leadership Training): \$300/week*
*plus one-time \$25 registration fee

NEW! Daily lunch from the Farm Store Deli available for an additional \$35/week

Sugar Hollow Road, Fairview | 828-273-6236 | 828-628-2616

 www.hickorynutgapfarmcamp.com | anniehng@gmail.com

COMMUNITY EVENTS

JUNE 16, 23, 30 (THURSDAYS)

“Back School” at Fairview Chiropractic



A three-part course on improving quality of life for back pain patients and their families and providing some of the necessary tools to reduce or eliminate persistent or recurring neck and back pain. 5:30–7:30 pm each Thursday in the series; \$50 in advance for three, or \$25 each class. Classes held at 2 Fairview Hills Drive. Limited to no more than 12 participants; call 628-7800 to reserve. See ad on page 13 for information.

JUNE 16 (THURSDAY)

Sausage- and Bacon-Making Class at Hickory Nut Gap Farm

Students will learn to cure, smoke, and slice their very own pork belly, and to grind and season sausage with butcher Brian Birmingham. Students will grind and stuff their own sausages and take home bacon and sausage. 6–8 pm at Hickory Nut Gap Farm. \$55; register at hickorynutgapfarm.com.

JUNE 18 (SATURDAY)

New Moon Marketplace Flea Market

Spot is only \$10. Opens at 8 am. Get there early to pick location. Every other Saturday. 1508 Charlotte Highway (next to Dickeys by Cane Creek). Call 505-6199

Full Moon Farm Howl-In

The Full Moon Farm Wolfdog Sanctuary’s Howl-In opens at 3 pm. Come meet the wolfdogs, hear their tales and howls, and learn about the breed and its history. Optional potluck dinner for \$5 per plate (bring a side dish; meat and soft drinks provided). Visit the Gift Den for local crafts. For more info call 664-9818, or visit fullmoonfarm.org.

Light Center Seminar

Self-Realization Seminar with Mary Cook Nadler, 10 am, 2196 Highway 9, Black Mountain. Visit urlight.org.

JUNE 24–25 (FRI–SAT)

Womansong Concert

Asheville’s largest and longest-running women’s community chorus presents their “THERE’S HOPE” concert at Rain-

bow Community School, 60 State St., Asheville, Friday 7:30 pm, Saturday 3 pm. The concert celebrates our power to build a more inclusive and peaceful world. Tickets are \$18 adults/\$8 children under 12, available from Womansong member,s online at womansong.org or at the door.

JUNE 25 (SATURDAY)

Light Center Concert

“Songs of Hope and Inspiration” with Roberta Baum, Bill Bares and Steve Alford, 7 pm, 2196 Highway 9, Black Mountain. Visit urlight.org.

Animal Haven “Sweet Sixteen” Birthday Party

All you can eat vegan burgers and other treats, music, tours of the sanctuary, beer from Pisgah, French Broad and Burial Brewing, and a silent auction to celebrate 16 years of rescues. 2–6 pm, 65 Lower Grassy Branch Road. \$18 adults, under 12 free. For details call 299-1635.

JUNE 25–JULY 2 (SAT–SAT)

International Calligraphy Conference at Warren Wilson

Local artist and calligrapher Annie

Cicale joins an internationally renowned group of calligraphic artists and teachers at an event including workshops, lectures and exhibits. Held at Warren Wilson College. For details visit AShowofHands2016.com.

JUNE 25–26 (SAT–SUN)

ASAP Farm Tour

Area family farms will be open to the public 12–5 pm on the Appalachian Sustainable Agriculture Project’s fun weekend. Locals and visitors alike will discover how food is grown and raised in the mountains, taste farm-fresh fare and meet local producers. For details visit asapconnections.org.

JUNE 29 (WEDNESDAY)

“In a Pickle” Workshop

Learn the basics of making homemade pickles hosted by Flying Cloud Farm, Hickory Nut Gap Farm and Sherrill’s Inn. Students get hands-on instruction, printed materials and a jar of homemade pickles made with fresh-from-the-farm, just-picked produce to take away. Presented by Ashley English at Flying Cloud Farm, 1860 Charlotte Highway, 9 am–12 pm. Class fee \$55; for details or to register contact Elspeth Mann, elspethal-icemann@gmail.com or 273-4856.

COMING IN JULY

Fabric Dying Workshop July 1

Learn about natural and local dyes for yarns and fabric, dye wool yarn with natural dyes, dye a cotton shawl with indigo, and learn fabric manipulation techniques. An Elspie’s Summer Workshop for beginners by Molly Hamilton at Sherrill’s Inn, 57 Sugar Hollow Road, 9 am–12 pm. Class fee \$55; to register for this and find out about other July workshops, email Elspeth at elspethal-icemann@gmail.com or call 273-4856.

Fireworks at Lake Julian July 4

On Monday, July 4th, Lake Julian Park will hold a Fireworks display. Bring a lawn chair or blanket and join the fun. Fireworks start shortly after dark.

ONGOING EVENTS

Thursday 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. A donation of \$10 if you can afford it. Visit their Facebook page or fairviewwelcometable.com.

COMMUNITY EVENTS

Fairview Farmers Market

On the 1st and 3rd Saturdays, 9 am–12 noon in Fairview Elementary School’s parking lot. For info, Facebook.com/FairviewFarmersMarket

Spring Mountain CC Events

springmountaincommunitycenter.com

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

Quilting Bee: Every second Tuesday, 10 am–2 pm. Bring a project and lunch. Make aprons, quilts and more to donate to worthy causes. Call 628-7900 or 628-1938.

Berrypickers’ Jam: Tuesdays at 7:30 pm. Bring an instrument, listening ear, and dancing feet 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.

Yoga at the Light Center

Karen Barnes offers yoga classes on Thursdays, 10:30–11:45 am, \$10/class. The Light Center, 2196 Hwy 9, Black Mountain, urlight.org.

Wednesday Art Class

Casual art classes for all levels. Come once or weekly, \$25 per 2-hour class. Every Wednesday, 6–8 pm at Karakido Karate School, 45 Old Gap Creek Road in Fairview. Call 712-1288 for details.

Montford Park Players

Montford Park Players present *Much Ado About Nothing*, one of William Shakespeare’s greatest comedies, June 3–July 2, Fridays through Sundays at 7:30 pm at the Hazel Robinson Amphitheater, 92 Gay Street in Montford. All summer shows are FREE. For details visit montfordparkplayers.org.

Brain Tumor Support Group

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

Open Studio Sessions at SVFAL

Swannanoa Valley Fine Arts League provides artists with one weekly 3-hour portrait/drawing session, Mondays 1–4 pm, and one 3-hour life drawing session, Fridays 10 am–1 pm, uninstruted, open to all skill levels. Red House Studios and Gallery, 310 West State Street, Black Mountain. For details visit sfvalarts.org or call 669-0351.

Send events to copy@fairviewtowncrier.com

IDENTIFICATION STATEMENT

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

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

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

Trinity of Fairview
A LOVING CHURCH SERVING A LIVING CHRIST

SUMMER SHARE PROGRAM

For Students Entering First–Sixth Grade

- Math Skills
- Computer Pals
- Science Exploration
- Bible Study
- Service Projects
- Field Trips

June 13th–August 26th
7:15 a.m.–6:00 p.m.

Provided by the certified & loving staff at Trinity of Fairview Weekday Kids.

Two attendance options:
5 days a week - \$140 (\$110 sibling)
3 days a week - \$100 (\$90 sibling)

Contact Nichole Young at 628-1788 (ext. 208) or email weekdaykids@trinityoffairview.org to enroll your child.

VBS

VACATION BIBLE SCHOOL

“Walk This Way”

Monday, June 27th to Friday, July 1st
9:00 a.m.–12:15 p.m.

Open to children 4 years old through completion of fifth grade.

Register your child at www.TrinityofFairview.com.

Join Us Sunday Mornings

First Worship Service
9:00–10:00 a.m.

Small Groups for Adults, Students, & Children
10:10–11:00 a.m.

Second Worship Service
11:15 a.m.–12:15 p.m.

646 Concord Road, Fletcher, NC 28732 • (828) 628-1188
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TOP OF THE WORLD END OF THE ROAD Stunning view of Fairview, Reynolds, Asheville & beyond! Private 5 acres in exclusive area of 2-7 acre estates, wilderness, heavily forested, 5 miles to Ash, \$275,000 MLS #2748997

15 ACRES WITH 18 ACRES PASTURE, Cool Creek Valley, some land available up to 132 acres, woods, great views, paved road, \$590,000, MLS #2746747

6.23 ACRES, established neighborhood of beautiful homes, south facing, large lots, several home-sites, 5 minutes to school, post office, shopping, etc. \$110,000, MLS #2746743


25 ACRES in Fairview Forest, 20 miles to Asheville. Level plateau, privacy & long range south views. Spring fed stream, community property with needles, waterfalls, hiking trails & cabin house. \$225,000, MLS #2746747

31 ACRES IN CRYSTAL CREEK 4000 sq. ft. house, panoramic views on edge of, hiking & 44 waterfalls, great road. Wooded, well & property ready to go, perfect, 1000, annual fees, close neighbors, no restrictions \$499,000, MLS #2746748

PRICE REDUCED BY \$40,000 Stunning Williamsen 2.28 acres in exclusive neighborhood in Sweet view of Dark Creek Valley, lush, large, private, acres of horse pasture, nestled in driveway \$440,000, MLS #2746749

5 ACRES OF WILDERNESS BEAUTY just 10 miles to Asheville, views, hiking trails, post-office, paved road and driveway to horse-shed, waterfalls and electric, price-reduction price \$440,000 near \$225,000 MLS #2746747

3 ACRES, LEVEL TO BUILDING FURNISHING and woods, near driveway facing hill, beautiful view, 136 miles to Hwy 74A, near-south, shopping, post office, etc., 15 miles to Asheville \$440,000 MLS #2746747



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FRIENDS OF THE LIBRARY

by Lauren Biehl

Summer Projects at the Library for Teens and Tweens

Beginning Wednesday, June 1, and continuing through the summer, the Fairview Library will offer a variety of self-directed projects for tweens and teens. Projects will feature Blackout poetry, Guessing jar, Sophisticated coloring, comics design and more! Visit the library and find out what the latest project is.

Used Books for Sale at Library!

Gently used book are for sale in the shelves to the right as you enter the Library. They make not only great reading but great gifts and are a great bargain! As always, consider donating your lightly used books to the Library for re-sale. Funds support Friends of the Fairview Library programs for children and adults.

Fire Safety Talk for Ages 3–6

The Fairview Fire Department will visit the Library to talk about staying safe from fire, *Thursday, June 9, at 11 am.*

Great Stuffed Animal Sleepover

Kids may drop off a stuffed animal or doll at any time on *Friday, June 10*, and pick them up after 12 pm on Saturday. They will receive a written account of the sleepover and a photo.

Fancy Nancy Gala

The wearing of finery is encouraged at this party for children aged 3–11 on *Friday, June 11 at 2 pm.*

Asheville Tourist Special Storytime

Asheville Tourists' mascot Mr. Moon and some of the team's players will visit for this special story time, *Friday, June 24, 10:30 am.* Ages 5 and up.

Snakes Alive!

Learn about snakes with Ron Cromer on *Monday, June 27 at 11 am.* Ages 5 and up.

Free Book for Four Visits!

Four visits to the library this summer will earn a child a free book! Ask a librarian for details.

NEW ARRIVALS

The Last Dawn: A Mystery
by Joe Gannon

Before We Visit the Goddess: A Novel

by Chitra Banerjee Divakaruni

Star Wars: The Force Awakens
by Alan Dean Foster

Fast and Loose
by Fern Michaels

Lazaretto: A Novel
by Diane McKinney-Whetstone

FOOD FOR FAIRVIEW

by Vicky Ballard

Sometimes there is nothing to say but “thank you.” When Food for Fairview began the campaign to raise funds for the pantry remodel, we knew we were working with a generous and caring community. We were overwhelmed and humbled, however, by the response. Businesses, individuals, and anonymous donors came forward to sponsor pantry shelves, allowing us to make the much-needed upgrades and increase the pantry's capacity and accessibility. These donations not only provided the funds for the remodel, but also once again demonstrated to the clients and volunteers at the pantry how much this community cares.

Throughout this project, Food for Fairview has continued to receive the essential support for food, pet food and hygiene items through donations of money and goods. It is an uncommonly munificent community that responds to a special need or project and still continues to provide important maintenance.

As we move into summer, Food for Fairview is working to help meet the nutrition needs of families who will not have the safety nets of school breakfast and lunch programs. Food for Fairview serves almost 300 kids per year, a third of our individual clients. We are especially aware of the vulnerability of these children during school vacation. Each summer a section is set up in the pantry for snacks and easy-to-prepare foods to help kids eat well during the summer months. Food for Fairview also purchases school supplies for these students to make sure they are prepared for the start of school in August. Your donations during the summer months go a long way to make this program a success.

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Again, thank you to everyone who helps make our work possible. There are no words, really, to express the depth of gratitude we feel to this community for its kindness and generosity.

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 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.

FAIRVIEW FARMERS MARKET

Local Fairview farmers are seeing their fields green up with a great variety of produce. Their hard work over winter and spring to condition soil and get their “starts” going is beginning to yield an abundance of fresh local produce to feed their families and community. We are all blessed and lucky to live in a place where farmland is being preserved and the great tradition of small, local working farms continues for another generation.

It is important to realize that if we want to see this quality of life continue in our community, we need to support our local farmers by purchasing their produce and goods whenever possible. How many times have we passed

up the opportunity to purchase vegetables from our local produce stands or farmers markets, only to go to a “big box” store to purchase the very same vegetables grown half a world away?

Your produce purchase will go much further if you buy directly from our Fairview farmers. Produce from local growers is not only fresher and healthier, but also cheaper than the foreign-grown produce you find in large grocery stores.

The Fairview Farmers Market encourages everyone to buy direct from our local farmers this season and enjoy the fresh produce they work so hard to grow!

What's Available Now?

Fairview farmers are harvesting and selling a variety of lettuce and mixed salad greens, kale, spinach, collards, carrots, radishes, strawberries, and more. Here's where you can buy directly from farmers, as well as donate produce back to the community:

Markets

Fairview Farmers Market: 1st and 3rd Saturdays, until October, 9 am–12 pm at Fairview Elementary School. Produce from **Flying Cloud Farm, New Moon Farms, Jah Works Farm, Cloud 9 Farm, Cane Creek Creamery, Sugar Hollow Farm and Mossy Mountain Mushrooms.**

Flying Cloud Farm Stand: Open all day, every day, at 1860 Charlotte Highway, with a wide variety of fresh vegetables, fruits, flowers, and starts all year.

Share the Harvest Market / Welcome Table: Thursdays, all year, 11:30 am–1 pm at Fairview Christian Fellowship behind the Fairview Library. Free produce grown by **The Lord's Acre** is donated to the community.

Vendors

Also try these Fairview vendors for more local food options: **Trout Lily Market, Hickory Nut Gap Farm Store, Looking Glass Creamery Cheese Shop, Cane Creek Organics and Creamery, and Cloud 9 Farm.**

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Will you help us feed our kids this summer?

Believe it or not, one in four children within our own community lives in poverty — *that's 25%!* And each summer, when the safety net of school breakfast and lunch is gone, Food for Fairview creates a kid-friendly section at the pantry stocked with soups, pasta, peanut butter, snacks and items selected specifically to appeal to young appetites.

In the past, folks have stepped up to help us care for the neediest children in Fairview, Fletcher and Reynolds... and we are asking for your help again this year!

All gifts are tax deductible. Food for Fairview is a Tax Exempt 501 (C) (3) Corporation — Federal ID # 58-2539200



foodforfairview.org
828.628.4322

Pantry open Mondays 3–6 pm
1357 Charlotte Highway
in the Community Center
at Fairview Elementary School

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- ☐ Sponsor 10 children for the summer.....\$1,440
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Any donations in excess of what's needed to fund the Summer Kids' Program will go into the general fund.

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Help us "Go Green" with your email address so your receipt can be emailed to you.

More than half the children in Buncombe County schools are eligible for free or reduced lunch. Last year, Food for Fairview served nearly 350 children — a third of the total number of people served.

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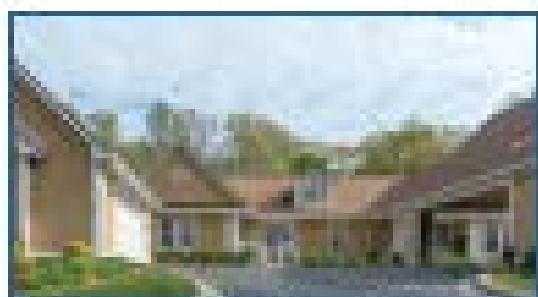
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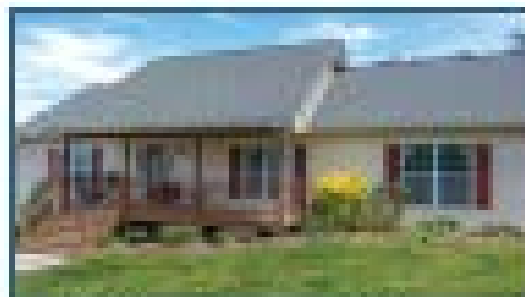
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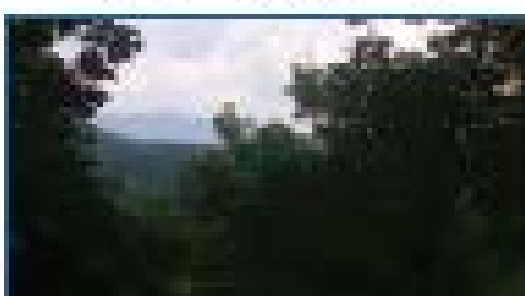
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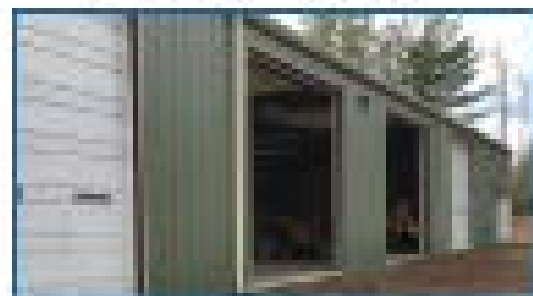
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DAYS GONE BY by Bruce Whitaker

Samuel Flavel Huntley: Part One

Samuel Flavel Huntley was born in Rutherford County, North Carolina on April 6, 1864. He was the 8th child of David Job Huntley (March 8, 1825-May 3, 1899) and his first wife Mary Adeline Shehan (1837-1881). Samuel Huntley was especially close to his mother Adeline. Adeline loved to sing while she worked, and always sang while she was churning butter. She especially liked to sing the old songs from the "Christian Harmony" song book. Adeline's favorite songs were "Am I a Soldier of the Cross?", "Am I Bound to Die," and "Lay This Body Down." Huntley's job was to keep the flies away with a brush while his mother made butter, but he would go behind the house when his mother sung this last song to keep his mother from seeing him cry.

Samuel Huntley said his mother had a very large skillet that she used for baking potatoes and corn bread. Adeline would heap coals of fire on top of the skillet lid and drag hot embers around the skillet to make the potatoes and corn bread bake. Sam said no food ever tasted better than what was cooked on the fire back then.

One day an older brother thought it would be fun to play a trick on their mother. He said they would try to steal

her potatoes while her back was turned. The older brother lifted the lid off the skillet using hooks. He used a sharp stick to spear a potato and then stick it out the window to a waiting brother. Their mother went on preparing the rest of the meal and did not notice what was going on. The older brother put the lid back on the skillet after all the potatoes were gone and raked the coals around the pot so it would look the same as it had before. Adeline Huntley went over to the skillet when she thought the potatoes were done. He



Rev. C. E. Beaver (1913-1916)

Samuel F. Huntley left home at age 14, not knowing where he was going or what he was going to do. He found a job working on a man's farm for 20 cents a day, but he worked there for six weeks and the farmer didn't pay him anything. Sam's clothes were dirty and ragged and he had no money to buy more.

A man came by one day and seemed to be interested in Sam Huntley, and asked the boy to go to church with him. Sam told him he didn't

have any clothes fit to wear to church. He told the man that the farmer he worked for had not paid him. The stranger told him, "He will never pay you." Huntley decided he would leave the man's farm and look for a job somewhere else. Then the farmer's wife told him "If you will stay and help the boys one more week, I will cut out my cloth and make you a pair of pants." He stayed another week, but the farmer never paid him a cent and his wife never made him any pants.



Samuel J. Huntley (1910)



Rev. H. Rutledge Freeman (1911-1912)

Huntley then went to work for another farmer. Sam used what little money he saved and bought a used suit from a boy who had out grown it. This job soon ended and Sam went off to the woods to take an inventory of his life. He found he had accumulated nothing — no home, no money, no nothing. He went days and nights without food or a place to call home.

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



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TO YOUR HEALTH

Statins

by Irene Park, PharmD, MAHEC Family Health Center at Cane Creek



A very common class of medications used for lowering cholesterol levels is the statin class. These medications include simvastatin (Zocor®), atorvastatin (Lipitor®), and rosuvastatin (Crestor®), among others. When I discuss these medications with patients, I often hear people say, “my brother takes that,” or “my dad was on that medicine.” So even if you do not work in the healthcare field, you may be seeing and feeling what we see as healthcare providers — statins are everywhere.

How we use cholesterol medications, especially statins, has changed drastically in the last few years. Until 2013, statins were used to get your cholesterol levels to a specific target number goal. In particular, these medications targeted the low-density lipoprotein (LDL), which is known as the “bad” cholesterol. This is the cholesterol that causes problems such as heart attacks and strokes. In November 2013, the healthcare world was somewhat shocked when the American College of Cardiology and the American Heart Association released new guidelines for management of blood cholesterol. These new guidelines moved away from treating cholesterol levels to a particular number goal, and instead recommend treating based on one’s overall risk for having a heart attack or stroke in the next 10 years.

After studying statins in hundreds of thousands of people over many de-

acades, the new guidelines determined that there are four groups of people who can reduce their risk of heart attacks and strokes by taking a statin:

- If you have had a heart attack or stroke already;
- If you have an LDL (“bad cholesterol”) higher than 190;
- If you have diabetes; or
- If your risk of having a heart attack or stroke in the next 10 years is more than 7.5%.

Determining your risk takes into account several factors, including your overall cholesterol levels; high density lipoprotein (HDL), or “good cholesterol,” levels; blood pressure; blood pressure medications; whether or not you smoke; whether or not you have diabetes; and your age.

What these new guidelines have meant for many is that some who have always been told they have great cholesterol levels may now be hearing that their risk is high enough to consider starting cholesterol medications. It is a huge change from what all of us were used to prior to the new guidelines.

It is important to remember that these are only guidelines, and every person is different. No one should underestimate the value of eating well and exercising for maintaining good heart health. Open communication with your doctor or pharmacist about your goals and risks, and the benefits of taking medications like statins, is always an important step in making healthcare decisions and staying healthy.

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Back Pain Goes to School

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



Fairview Chiropractic Center is pleased to announce that they are now offering a Back School training program. Chiropractic Back School is not a new concept, but in fact has been around for many years. Back School’s key objectives is to not TREAT injuries and pain once they occur, but to TEACH people how to PREVENT them in the first place. The course focuses on:

- Improving quality of life for participants and their families;
- Helping participants return to more enjoyable activities of daily living;
- Promoting the a wellness lifestyle, and;
- Providing some of the necessary tools to reduce or eliminate persistent, or recurring neck and back pain.

Chiropractic Back School consists of a series of three progressive once-weekly classes of ten to twelve participants. What makes the experience unique is that the person will receive for a simple, one-on-one 15 minute pre- and post-evaluation which scores how well the person performs proper body mechanics and posture, relating to about 20 everyday activities of daily living. Some of these daily activities include lifting, carrying, bending, crouching, kneeling,

reaching, pushing and pulling, moving under and over barriers, sitting, sleeping in various positions and others. This evaluation permits the establishment of a baseline score before back school classes begin, and then measures participant improvement at the conclusion of all three classes. When both scores are compared, often a person’s performance of most activities will have markedly improved.

Chiropractic Back School will be offered for the first time June 16, 23 and 30 from 5:30–7 pm. Space is limited to no more than 12 participants.

Back School as a Public Service

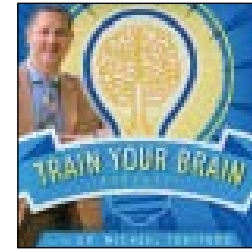
“On a personal level and while in private practice,” says Dr. Reilly, “serving my community through community service has always been a key focus. I am planning on presenting Back School as a service to nonprofit organizations, large and small companies, public service employers, local schools and others.”

If interested, please contact the office at 628-8900 for more information.

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

Gratitude Journal

by Dr. Michael Trayford, Apex Brain Centers



The concept of keeping a gratitude journal has gained attention as a focal point for brain writings and research. A *Forbes* article in November of 2014 explored the value of keeping such a journal.

Something happens when we reflect on our choices, relationships, and the special events in our lives. Actively reflecting starts to hardwire neurological connections in the brain. If you’re constantly focusing on emotions that make you fearful, angry and resentful, they eventually get hardwired into your brain. The opposite outcome holds true for gratitude.

Research has found that keeping a gratitude journal can help lead you away from negative patterns and toward positive thoughts and actions even more effectively than simply focusing on positive thoughts in your day.

Keeping such a journal has other varied benefits, one of the biggest being the ability to open new relationships or to communicate better in current relationships. Reflecting and being grateful for the people who help you expands your empathy, and empathy is one of the cornerstones of healthy relationships.

It also improves physical health; research in 2012 reported in the *Journal of Personality and Individual Differences* found that people stuck in negative emotional patterns feel pain more intensely than people who practice gratitude and posi-

tive thinking on a daily basis.

A study published by the *Journal of Applied Psychology* found that people who wrote in a gratitude journal for 15 minutes at night before going to bed experienced better quality of sleep on a regular basis.

A gratitude journal also helps people manage depression and feelings of aggression and increase self-esteem. Reflecting on what you’ve accomplished and what you’re grateful for ingrains the value of the experience in your memory. This also helps to reduce social comparisons, because focusing on what you appreciate about yourself impedes the negative impulse to judge others.

Gratitude journaling has also been shown to be a therapeutic tool that can help people deal with conditions like PTSD and other stress-related disorders.

It costs little more than a cheap composition notebook or a special file on your computer’s hard drive (although handwriting is the preferred method of expression). I think you’ll find if you take the time to reflect on your life and the things you’re grateful for, the results will be nothing short of amazing.

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.

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Yucatango

Some years ago, when I was book editor for the *Detroit Free Press*, I had the pleasure of interviewing America’s pre-eminent travel writer Paul Theroux about his latest book, *The Kingdom by the Sea*. It was an account of his trip around the British coastline. If you know anything about Theroux’s travel books, you know that he avoids “sights” and tries to get as close to real folks as he can. When he wrote the book in 1982, England was at a low ebb, and he went by train, staying in run-down guest houses. It was a surprisingly unpleasant journey.

So, there he was in my office in run-down Detroit, overlooking one of the less-appealing parts of town, looking very tired, as writers do on these promotional book tours, and I had to ask: “Why do you take these dreadful trips?” His answer has always stayed with me: “I go so you don’t have to.”

He may have softened up a bit, since his latest book is a backroads trip called *Deep South*, which has been panned as a cliché-ridden mashup of all the books he had read about the South.

So our recent journey to the Yucatan had a kind of Therouxian cast to it, but

since his last visit 10 years ago. It is a bustling city of over a million people, with crowded side streets and one grand main boulevard. It is seedy on the outskirts, but the center has a magnificent cathedral made from stones taken from Mayan structures. As with most Spanish-influenced cities, it’s built around a beautiful central square. The town hall contains a number of large and rather disturbing paintings of the Spanish conquest. There’s much talk of a “blended” culture, but Mayan is still spoken widely; the Spanish influence seems as much an overlay as a blend.

We took a side trip to Celestun to see the flamingos. The driver took us through a number of Mayan villages, and the poverty was oppressive. Alas, at Celestun, there weren’t a lot of flamingos, and they weren’t very pink. Too early in the season, we were told, because they had to eat a lot of shrimp eggs to get the full pink color. But the trip over was pleasant, the weather beautiful, and the beach stunning.

We were in a pleasant group that included Australians and Dutch, and of course American politics became a sub-



Hacienda Chichen, which backs up to the ruins. It was created from the original camp of the archaeologists who were unearthing the ruins. A collection of cottages around a main building are neatly tucked into a lush landscape, and a great deal of effort goes into making the hacienda environmentally non-intrusive. There is a back entrance to the Chichen ruins, which we took.

You’ve seen the pictures of the pyramids, but the entire site is huge. It is breathtaking, certainly, but has become spoiled by the crowds of vendors. They put their tables and goods back in the undergrowth at night and drag it out in the morning to line all the walkways. Not only are you accosted by the sights, but there are sound effects. More than once while I was looking at some structure, I was distracted by the growl of a jaguar from some carved souvenir.

We arranged for a ride from Chichen to Uxmal, and were driven by one of the players in the restaurant’s mariachi band. Given the poverty, I was curious about how people made it. The driver said that his town was lucky to have the hacienda because it paid a very good wage — 75 pesos a day. The peso has dropped drastically against the dollar, and so that wage amounts to about \$3.50. Mexico is suffering because, as our Dutch friends (who lived in Cancun) told us, Mexico depends on three sources of income: tourism (including expats), oil, and remittances from Mexicans working in the U.S. With oil down, Mexico is in serious trouble, and it showed.

It turns out that the Chichen Uxmal, where we stayed, had the same owner as Hacienda Chichen. We were given a driving tour of the huge property by the manager, Bersain Velazquez, who ex-

plained how the plantation grew much of what was served in the restaurants. He also showed us the original hacienda, mostly overgrown by strangler figs.

The hacienda is close to the entrance to Uxmal, and the contrast with Chichen was astonishing. There were no vendors, the park was almost pristine—better maintained than many American national parks. Our guide explained that Uxmal was pure Mayan whereas Chichen Itza was a mixture of Mayan

I think there was something about Mexico that did not want me to see the Mayan pyramids and temples of Chichen Itza and Uxmal, because this was my third attempt. The first two were foiled by storms, so the only part of Mexico I’d ever seen was Cancun in the 90s.

and Toltec (said with some disdain). If I were to choose between the two, I’d say go to Uxmal; it’s magical.

Our guide had a ton of unusual facts that enriched the experience for us. I had noted, for example, how narrow the hundreds of steps up the pyramids were (less than half of the length of my foot). He said it was because no one was supposed to go straight up because one should approach the gods by degrees, winding up slowly. He said that when the Empress Carlotta came to Uxmal, she climbed the pyramid in her voluminous Victorian dress (supported, one assumes, by her ladies-in-waiting). We declined to follow her example.

PHOTO CAPTIONS

1. The great pyramid at Uxmal, climbed in the 19th century by the Empress Carlotta
2. Vendors hauling out their wares to line the paths in Chichen Itza
3. Photo of the Hacienda Uxmal as it was in the 19th century
4. The entrance arch at the original Hacienda Uxmal
5. The great pyramid at Chichen Itza



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On the other end, if your airline participates, you automatically get TSA pre-check. This perk eliminates shoe removal and taking out all your stuff. Just put your carry-on on the conveyor and walk through the detector and you’re done. And this works domestically, whether you are traveling international or not.

Lots of people are getting precheck now, since airlines are giving it out rather a lot. Once again, it looks like a money-saving move as well as a way to reduce the number of annoyed pas-

sengers. The end result, though, is that sometimes the precheck line is longer than the old one. Still, it goes pretty quickly even then.

Another issue is that only about 40 percent of airports have precheck, and Asheville is not one of them. The airport here will give you a green card that makes you an “Expedited” passenger, which is pretty close to the same thing.

So, how do you join the mobs that are trying to get GOES? Go to www.goes-app.cpb.dhs.gov. You set up your login and password, then fill out the application. It isn’t difficult — you basically need to know where you’ve been and worked for the last five years. It does cost \$100 — but it’s good for five years. Then you wait several weeks to see if you’ve passed the background check. You’ll then be notified to go online and choose an interview time and place.

This is the only sticky part. Interviews have to be in person at a major airport (for us, that’s Atlanta or Charlotte). The interview is brief and friendly, but it’s where they get your photo and fingerprints, so it is necessary. I did it on the way to Mexico, and wondered if my new number would work right away.

It did. I breezed through the return kiosk in Atlanta, then waited and snickered at my traveling companion who did not yet have a number. He’s applied for one since.

Highly recommended, five stars and all that. Be aware, however, that lots of folks have caught on to this and so there may be a bit of a wait for your interview. But go for it.

we did go to see the Mayan pyramids and temples of Chichen Itza and Uxmal. I think there was something about Mexico that did not want me to see them, because this was my third attempt. The first two were foiled by storms, so the only part of Mexico I’d ever seen was Cancun in the 90s.

This trip was in the company of a writer friend, Elliott who loves the area around Merida, which is close to both Chichen Itza and Uxmal, and has, according to Elliott, grown incredibly

ject at lunch. Explaining the primaries went well, but when we got to caucuses, I had the distinct feeling that our fellow travelers thought we were pulling their legs. At about that time, up came a singer, who had a powerful voice that resembled a mating moose, which put a stop to that discussion. Just as well. The driver promised us a free massage on the way back, but it turned out that it was his joke about how rough the roads were.

We had the pleasure of staying in the

12 The Fairview Town Crier June 2016

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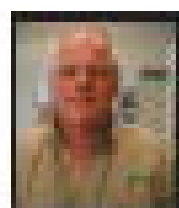
The Fairview Town Crier June 2016 13

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I was a longtime patient of Dr. Kelly. I have been finding it a maintenance headache for some time. I started to experience a sharp pain in my shoulder. I was unable to lift my arm above my head. I was in constant pain and wanted to avoid surgery so I came to Dr. Kelly for his recommendations. Dr. Kelly used the Graston technique and after a few sessions I felt a lot better. I felt a lot better after the first treatment. Over all, 100% recommended trying this treatment before resorting to surgery. — Andy

After three years with a rotator cuff tear, I was told I had to have surgery. I had been having a lot of pain in my shoulder. I was unable to lift my arm above my head. I was in constant pain and wanted to avoid surgery so I came to Dr. Kelly for his recommendations. Dr. Kelly used the Graston technique and after a few sessions I felt a lot better. I felt a lot better after the first treatment. Over all, 100% recommended trying this treatment before resorting to surgery. — Andy



I had a rotator cuff tear and was told I had to have surgery. I had been having a lot of pain in my shoulder. I was unable to lift my arm above my head. I was in constant pain and wanted to avoid surgery so I came to Dr. Kelly for his recommendations. Dr. Kelly used the Graston technique and after a few sessions I felt a lot better. I felt a lot better after the first treatment. Over all, 100% recommended trying this treatment before resorting to surgery. — Andy

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GUEST WRITER

by Pat Stone

Surgery

I don't know what happened, actually. I wasn't there. Well, the I that is part of me wasn't there. I was talking to a male nurse in the pre-operation room. I was talking to a female nurse in the post-op room. I completely missed the two-and-a-half hours in between. But I've been living with it ever since, with the... surgery.

Shoulder. Rotator cuff. A medium-level tear. That and arthritic spurs that made my bones grind. All caused by aging (who, me?) and too many failed white-water canoe rolls, the ones where, upside-down and underwater, you reach high over your shoulder and try to spin a full canoe and yourself back upright.

Nothing special there. As I quickly learn, every single person in the world (it seems) has had shoulder surgery. As soon as you become one of the recovering wounded, you learn two things:

1) Everyone either has had a similar problem or knows someone who has—and they are going to tell you the story. Most of these stories are discouraging. ("My brother-in-law? He kept trying to do things too soon. Ended up having the operation three times!")

2) Everyone knows exactly what is going to make you better. Arnica. Acupuncture. Birch bark tincture. Medical marijuana (now we're talking!).

It's nice, if rare, when someone is willing to just let you unburden yourself and listen sympathetically.

But I digress—and sound cantankerous (who, me?). All I really want to do here is share bits of what has been a new and fascinating (in a not-100%-fun sort of way) experience. And, really, since so many

people have had similar experiences—see 1), above—you don't want to hear my whole story, anyway.

The basic fact is Richard Jones, a skilled surgeon with Southeastern Sports Medicine, drilled three arthroscopic holes in my shoulder, then sewed my tendons and shaved my bones, and I am extremely grateful modern medicine can do such miracles and I won't have to spend the rest of my life with a failing right arm. Hallelujah!

The only problem? A five month—five month!—recovery time.

I wasn't as worried about the five months (fool!) as I was about the first week, the one on constant pain meds. I've heard too many Percocet horror stories. I watched my precious wife, Becky, go into a Percocet-induced depression after her knee surgery where she burst out crying uncontrollably about events from decades ago. My brother (skin cancer surgery) had such a psychotic nightmare from one night on it he never took it again.

Boy, was I wrong to be nervous about that. That first week of popping Percocet every four hours was great—filled with the deepest, warmest sleep I'd had since childhood. I had forgotten what it was like to be a kid and be able to fall asleep almost joyfully, knowing you were diving into a pool of peace and would emerge hours later from deep, careless rest, clean and refreshed. What a joy that was.

And soon, and how dearly, I would wish it back.

Because once I started weaning myself from the pills, I learned that recovery from shoulder surgery ain't fun. Hip replace-

ment surgery, I'm told, is the easiest to get over. (A buddy of mine had his hip operation a month after I had my shoulder one. He's already paddling again!) Knee surgery comes second—and having seen Becky go through two of those, I know that recovery is far from easy. Shoulder surgery is third, the hardest one.

What a lesson it is to be constantly uncomfortable.

What a lesson it is to be constantly uncomfortable. How hard life must be for people with real, long-term chronic conditions!

Then there's the annoyance of being a one-sided human. Did you know that

even toilets are right- or left-handed, depending on where the t.p. is hung? How longingly I'd sit just gazing at the roll on my right! How miserable not to be able to hold my pants still so I can pull up a zipper (forget putting on a t-shirt!) or, and this never failed to upset me, not be able to reach out with my right arm to touch my wife in bed. (Don't suggest I sleep on the other side—then I couldn't get myself out!).

Lesson learned: I will never again look at a film of someone so crippled they paint landscapes with their teeth and think, "Oh, how noble and touching." "Oh, how utterly miserable!"—that's the truth.

continued on page 30



Oh! One Arm aka Captain Cantankerous aka Pat Stone stands by all the wood he split before the surgery since he knew he couldn't split any after. (And the skirt? You try fiddling with pants zippers and buttons one-handed!)

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Shuford to Coach in World Special Olympics

“If it is possible to be both humble and proud at the same time I can honestly say



UNCA Chancellor’s and Dean’s List

Fairview
Chancellor’s List: Kayla Renee Blair; Matthew P. Rose; Connor William Ryon; Kimberly Sills. **Dean’s List:** Andrew Samuel David Allen; Heriberto Guerra Gomez; Rachel Nicole Killian; Rena Elayne Lubin; Katie Alexandria Ownbey; Melinda Kaye Schueneman; Brittanypa Paige Weber

Fletcher
Chancellor’s List: Talene Gabrielle Dadian. **Dean’s List:** Charles Tyler Allen; Nathaniel Lee Brown; Jennifer Nicole Hires; William Gerhardt Isaacson; Amy Caroline Lewis; Ruby May Mincher; John B. Olsen; Sneha Shailesh Patel; Andrew James Stephens; Adrian Suskauer; Megan Allyson Walters; Samantha Elizabeth Watkins

Gerton
Dean’s List: Rhiannon Joline Brown; Sarah Caitlin Carballo

that that is what I am feeling right now.” This was Michele Shuford’s reaction the day she found out via email that out of 100 applicants in the nation, she had been chosen as one of 13 coaches for the Special Olympics Alpine World Games in Munich in 2017. “I never thought I would be picked. I am so excited to be able to serve the Special Olympics community in this way.”

We at the *Crier* share Michele’s reaction ... we’re proud and humbled to have her in our neighborhood.

Montford Park Players Summer Kids’ Program

Montford Park Players has opened registration for their summer program for kids, 11–18 years old, The Montford Moppets. This year they will create a show based on some of Shakespeare’s greatest scenes. The program and the final performance will be held at the Hazel Robinson Amphitheater, 92 Gay Street in Asheville.

Registration is open until the classes begin on July 12; the program will run on Tuesdays and Thursdays 2–6 pm until the performances begin on Friday, August 19.

The students will present their work immediately before Montford Park Players’ production of *Measure for Measure*, Friday–Sunday, August 19, 20 and 21 at 6:30 pm. The show, like all other Montford Park Players’ productions, will be free to the community. Participation in the program is \$100 per student.

For more information or to register contact Jeff Catanese at jeff.catanese@montfordparkplayers.com or 661-8037.

FES Dad’s Club News

by Brian Fuchs



From left to right, Bahnson (dad) and Clyde Lovelace, Brian (dad) and Ansley Fuchs trying out the new stand-up desks purchased by funds raised by the Dad’s Club.

The Fairview Elementary Dad’s Club’s two fundraisers allowed us to buy three stand-up desks for a 3rd grade classroom, and the dads and kids helped to put them together.

We displayed them for the first time at a Daybreak with Dad, a breakfast we have 4–5 times a year where dads come and eat with their kids before school. We typically have 120–150 dads show up for these Daybreak with Dad events, held over two days, one for K-2 and one for 3-5.

The Dad’s Club also held the first ever Daddy-Daughter dance at the school gym on May 6th. We had over 200 dads and daughters in attendance from the school. It had a Hawaiian Luau theme and was a huge success. We also had a craft station at the

dance where the kids made Mother’s Day gifts and cards.

The proceeds from the dance will fund the Drama Stage for the new playground being installed next to the school.

Fairview UNCA Grads

The following students from Fairview graduated from UNC Asheville in May:

Kayla Renee Blair - Bachelor of Arts in Chemistry, Concentration in Biochemistry, Minor in Neuroscience, *Summa cum laude*, University Research Scholar, Distinction in Chemistry;

Angel Alvaro Fong - Bachelor of Science in Management; and

Mason Owen Ryon - Bachelor of Science in Accounting, Minor in Management.

Congratulations and best wishes to these fine young graduates.

Cane Creek Students in All State Band

Six Cane Creek Middle School students participated in the North Carolina All State Band at UNC-Chapel Hill April 29 through May 1. Only 90 students from across the state are selected to participate, and CCMS had six of those chosen.

Performers are Ethan Colon, Annabelle Sparks, Sion Kim, Tucker Hinkle, Robbie Goss and Aaron Lipsky. Band Directors are Clif Dodson and Bryon Graeber.

Connecting the Dots



Hooray for June! It’s the month of weddings and, perhaps more importantly, the month of *graduations*. At our April School Board meeting, we recognized the community partners who support Buncombe County Schools’ Graduation Initiative, and June is the obvious time to be talking about this important program.

But wait! Isn’t everything that happens in our public schools designed to help our students graduate? Why do we need a special initiative? It’s true that we’re in the business of graduating students. But some students need extra help to get there, and that’s the purpose of the Graduation Initiative.

The Graduation Initiative was the 2006 brain child of then-Associate Superintendent Tony Baldwin and Bill Murdock, Executive Director of Eblen Charities. The idea was to network internal student support services, along with support from Eblen Charities and other community partners, under the concept of “Connect the Dots.” As Murdock described it, “Dr. Baldwin and others in the school system had the courage to do something totally different. They knew what the best practices were for Buncombe County Schools, and they designed an initiative that would work right here.”

The Graduation Initiative, now led by former school counselor and principal Kaye Lamb, has a two-pronged approach to eliminating barriers to graduation:

- 1) they work with individual at-risk students to identify and address any specific issues that may prevent that student from staying in school; and
 - 2) they address system-wide policies and procedures that may inadvertently drive students out of school.
- The magic of this initiative is in its flexibility. Lamb and Emily Walters, our Reynolds District Graduation Initiative Specialist, work closely with the teachers and administration at Reynolds High to first identify the students who are at risk of dropping out, and then figure out the specific issue and find creative solutions to keep those teens in school. You’d be surprised what these

The magic of this initiative is in its flexibility. Kaye Lamb and Emily Walters work to first identify the students who are at risk of dropping out, and then figure out the specific issue and find creative solutions to keep those teens in school.

students need: it may be finding creative ways for a student to get on-line instruction, or it may be a simple pair of shoes to wear to school. Whatever it is, the Graduation Initiative team will not let go until it happens.

As Reynolds Principal Doris Sellers said, the Graduation Initiative has brought a culture change to the school.

“It has been a mindset shift,” she said, “and every faculty and staff member at our school contributes to helping our students achieve success.”

As a result of this intense focus on individual students’ unique needs, the Board of Education recently recognized Reynolds High School with the Graduation Initiative Compass Award, sponsored by the Eblen Center for Social Enterprise. This award acknowledges outstanding efforts for obtaining a graduation rate exceeding 90% and school-wide accomplishments with the graduation initiative. In five years, Reynolds’ graduation rate has grown from 83% to 90% — a tremendous jump.

As with all successes, this is a community-wide effort, and wouldn’t happen without the active engagement of several nonprofits, including:

- Eblen Charities;
- Children First/Communities in Schools of Buncombe County;
- The United Way of Asheville and Buncombe County;
- The YWCA of Asheville; and
- The YMCA of WNC.

Please join me in thanking all of these partners of public schools. And if you’d like to be a part of the solution, consider making a donation to one of our partners. Your contribution could buy that pair of shoes that walks across the stage on graduation day!

Questions for Cindy? Please email cindy.mcmahon@bcsemail.org.

Reynolds District Events

Wednesday, June 1
Oakley Elementary Kindergarten Graduation, 10 am

Saturday, June 4
Reynolds High Music for the Sole 5K

Fairview Elementary: Farmer’s Market and “Gardens of Fairview” tour, 9 am–4 pm

Monday, June 6
Bell Elementary Grades K-2 Awards Day, 8:15 am

Bell Elementary Barnes and Noble Summer Book Night, 4–8 pm

Tuesday, June 7
Bell Elementary Grades 3-4 Awards Day, 8:15 am

Wednesday, June 8
LAST DAY FOR STUDENTS EARLY RELEASE DAY

Bell & Oakley 5th Grade Graduations

Saturday, June 11
Reynolds High Graduation, Cellular Center (ticketed event)

Oakley “Mighty Oaks” Relay for Life Walking Team, Carrier Park, 4–10 pm

Monday, June 20
Summer School starts for Grades 1–3

American Top Team Summer Camp!

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They’re listening!

All Pets Can Feel Pain

by Margaret Moncure, DVM, Cedar Ridge Animal Hospital and Mobile Equine Services

All of our pets can feel pain, but not all of them show it in the same way; just as pain affects each one of us in different ways. When pain is left untreated, there are consequences for the pet and for the pet owner. For instance, short-term pain can inhibit healing from a surgical procedure or a trauma.

Long-term pain can lead to a weakened immune system and stress on the body, including the heart. Pain left untreated can become pain that cannot be easily treated — a maladaptive pain syndrome. When you notice that your pet has pain, please seek veterinary advice.

Over-the-counter medications for humans are not good choices for pain control for animals. While there are safe doses for a few of these meds, the safety range is narrow and it is very easy to accidentally overdose a pet. Using human medications also very often limits what safe medications can be used by your veterinarian. Here are some signs of pain in different species. Call your vet if your pet is exhibiting these signs.

Most Animals		
<ul style="list-style-type: none">LamenessChange in appetiteNot moving much, slower or stiffer movementChanges in body position when standing or lying downGuarding certain areas from touch or pressureChange in personality such as aggression, shyness or hidingRapid breathing	<ul style="list-style-type: none">Splinting or guarding when saddle is placed or when riddenDrooped headPawing at ground and seeming restlessGrinding teeth and yawning	<ul style="list-style-type: none">Hunched postureUncoiled posture (snakes)Easy to startleRestless or agitatedIntermittently pulling head out of shell and back in (turtles)Color changes
Horses		
<ul style="list-style-type: none">Separating from herdStanding in a parked-out position (legs far apart) or with legs held close togetherHolding ears pinned back	<ul style="list-style-type: none">Not able to or reluctant to perchShifting in position oftenCrouching in cage bottomFeather pluckingRuffled feathersClosed eyesRolling	<ul style="list-style-type: none">Dull, closed, or bulging eyesPressing abdomen to floorHidingDecreased poopVocalizingTeeth grindingReluctance to curl up (ferrets)Tucked or hunched postureSelf mutilationHair standing up
Reptiles		
	<ul style="list-style-type: none">Decreased or absent appetite	



Felix is a large, very talkative, friendly 7-year-old boy cat with beautiful markings. We feel he would do best with another cat to pal around with but not a dominant one. Felix lives in a foster home, but comes to adoption events at Petsmart, 150 Bleachery Blvd., Asheville, on Wed. (6-8 pm) and Sat. (12-4 pm). Stop by and meet him!

BROTHER WOLF



Animal Haven of Asheville 299-1635 or animalhaven.org
Brother Wolf 885-3647 or wncanimalrescue.org
Charlie's Angels 885-3647 or wncanimalrescue.org

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 has graduated the New Leash on Life program.

ANIMAL HAVEN



Tazzi is an elegant 6 month old lady who longs to be with people. She's sweet and loving and will want to be at your side. She plays and gets along well with other cats.

CHARLIE'S ANGELS



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



Tutti Frutti is a 4 year-old spayed female tabby. She's had all shots, likes laid back dogs. Loves to cuddle. Indoor or outdoor. Litter box trained. Comes w/ bed, litter box, food bowls, toys, leash/ harness. Must go, new family member allergic. Fairview location. Please call Debbie at 862-251-8677.



Linus is a 4-year old, 35-pound Basset Hound/Retriever mix with a baritone bark! He gets along well with other doggy friends, and is potty-trained and a good-natured boy. He is undergoing heart-worm treatment and will need limited activity and play for a few months after treatment.

CHARLIE'S ANGELS

Grace is a big, beautiful, black, female American bunny, quite the clown when she tosses her toys in the air. She is slowly learning to trust people, but gets along great with two other bunnies. Email dthtarheel@aol.com.

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Items can be dropped at the *Fairview Town Crier* office at 1185F Charlotte Highway, Monday-Friday 11 am-5 pm, or at the Charlie's Angels shelter at 5526 Hendersonville Rd, Fletcher. For more information please leave a message at 885-3647.

Asheville Human Society

Hi folks! I'm Sissy the cat, and I'm ready to get to work helping the animals of Asheville Humane Society during their PAW IT FORWARD fundraising campaign! When mom, who volunteers there, told me about the great lifesaving work that Asheville Humane Society does, I wanted to get involved and help other homeless animals like I used to be, and I could really use your help, too!

Did you know that Asheville Humane is a 4 Star Charity — they take any animal in any condition, and they still average a 90%+ live release rate? That's amazing, but it takes a lot of time, effort, and yes, money.

Won't you help me help other animals in our community by donating whatever your budget will allow? Here is my website where you can donate using the Give Now button: pawitforward.everydayhero.com/us/little_sis



FOR THE BIRDS

Tanagers — Those Other “Red Birds” Here in WNC

photos and text by Simon Thompson

Most of us are familiar with the “red-bird” — the local name for the Northern Cardinal — but cardinals are not the only red birds here in western North Carolina. We have two additional species that may be confused with the far more widespread and abundant Cardinal. These are the Summer and Scarlet Tanagers. Both of these species are neotropical migrants that spend the winter in Central or South America and fly north for the breeding season here with us in the Carolinas; both arrive in our area around the second week of April.

Aside from being predominantly red in coloration, there is not a great deal of similarity between the male Cardinal and the two tanagers. We should all be familiar with most, if not all, of the Cardinal's field marks. The males are medium-sized songbirds with uniformly red plumage, a large pink-orange bill adapted for cracking seeds, a black face and, of course, a crest that can be raised or lowered — depending on the bird's mood. They are found in a range of habitats from lowland to the highlands; from coastal scrub to mountain thickets — a true sign of a very adaptable species.

Both tanagers are a little smaller than the Cardinal and do not show any crest at all. Let's start with the more common of the two species, especially here in our area of North Carolina. This is the Scarlet Tanager, truly a bird of the South American rainforests, where it joins dozens of resident tanager species to spend the northern winter. It is a fairly common bird in the rich deciduous forest that covers the mountains and can be easy to



Top: Scarlet Tanager; bottom: Tanager Immature

like in its quality. The call-notes of all three species are quite different.

The best way to find either the Scarlet or Summer Tanager is to thoroughly familiarize yourself with all of their songs by listening to tapes or CDs, and then head out into the woods to see who you can find. This is always a challenge, but once accomplished, you will be surprised at how many Tanagers are here in our woodlands.

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.



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Heading into Summer

It seems like the cool mornings of early May moderated somewhat and allowed the planting of warm-season plants and vegetables last month. The old rule of thumb of planting tomatoes around Mother's day seems to work for me.

Turning to our weather, we are a bit on the dry side this spring with fewer showers and thunderstorms than usual, at least through mid-May. We have had more of a west-to-northwest flow of air, which inhibits the influx of warm and humid air from the south and southeast. This pattern should break down a bit more over the next few months and we

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In terms of ocean water temperatures, warm waters in parts of the tropical Pacific during our current El Niño have started to cool off a bit and turn into a La Niña pattern by mid-summer. How this will play out in relation to Atlantic hurricanes we will have to wait and see. However, as I usually say, it really doesn't matter how many hurricanes actually form. As stated in previous months, the average number of tropical storms or hurricanes that form each year in the Atlantic Ocean basin is about 12, of which 6 become hurricanes. The all important factor is — are they going to hit the US, and if so, where? While we can have a fairly decent forecast to

APRIL'S TRIVIA ANSWER

What is the green flash phenomenon seen sometimes at sunset?

Green flashes come in two common forms, succinctly described by James Prescott Joule in a letter to the Manchester Literary and Philosophical Society in 1869. First, he noted that "at the moment of the departure of the sun below the horizon, the last glimpse is coloured bluish green." This "last glimpse" flash is associated with the inferior mirage, familiar on asphalt roads on sunny days. It is best seen from a few meters above sea level, and becomes compressed to a thin line at the horizon when seen from considerable heights.

Joule also observed that "Just at the upper edge, where bands of the sun's disk are separated one after the other by refraction, each band becomes coloured blue just before it vanishes." This second form of flash is associated with a mock mirage, which is caused by a thermal inversion below eye level; so it is mainly seen from elevated positions. These optical phenomena sometimes occur right after sunset or right before sunrise. When the conditions are right, a green spot is visible above the upper rim of the disk of the sun. The green appearance usually lasts for no more than a second or two. Rarely, the green flash can resemble a green ray shooting up from the sunset (or sunrise) point. Green flashes occur because the atmosphere can cause the light from the sun to separate out into different colors. The following web site goes into more detail including images: atoptics.co.uk/atoptics/gf1.htm.

MAY'S TRIVIA QUESTION

On approximately what date is the earth farthest from the sun?

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Rocket Grill Open

A new restaurant, The Rocket Grill, is now open in the Reynolds County Line at 195 Charlotte Hwy. The Grill has had a great start and owners Dennis and Katie Curtis invite all to "come on by" and try some traditional luncheon fare as well as homemade Southern favorites. They are open Monday-Friday, 7 am-2



Whistle Hop Brewery Caboose

As the Crier goes to print, the freshly-painted red caboose, which is destined to be Whistle Hop Brewery's new tasting room, is being moved to its new site just east of Angelo's restaurant. Wave if you see it on the road. They expect to open in June.

APRIL FAIRVIEW REAL ESTATE STATISTICS

		High \$	Low \$	Avg \$
Houses listed	25	995,000	220,000	459,392
Houses sold	18	975,000	109,900	407,534
Land listed	25	2,500,000	25,000	293,936
Land sold	3	450,000	40,000	226,667

Average number of days homes on the market: 107 days as of April!

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 coolmtn1@gmail.com or call 628-3088. Cool Mountain Realty provides the monthly real estate stats for the Fairview area (zip 28730).

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In Praise of Compromise

Our founding fathers chose the politics of compromise, which can be frustrating and maddeningly slow and messy.

Now we are a nation of 330 million citizens, and it seems the Republic is straining under the weight of terrible dysfunction. The governments in Washington and Raleigh both seem little admired by its citizens. Our presidential political season has been disruptive and unpredictable to say the least, and we all wonder how it will turn out and where it will leave us as a nation seeking great leadership.

It requires an ongoing political debate and it requires the citizens to participate. No one ever gets exactly what they want.

I truly believe that our democracy

John Ager's Contact:

NC House of Representatives

16 West Jones St, Room 1004,

Raleigh NC 27601-1096

John.Ager@ncleg.net or jagerhng@gmail.com

628-2616 / 713-6450 cell NCleg.net

works best when the political parties are balanced so that real debate and competition has a better chance of creating good policy. The alternative is rule by violence, which always means "my way or the highway."

Over the past generation, there have been people who are against the politics of compromise, who want to elect outsiders with no political experience and who disrupt the customs and rules that civilize and legitimize legislative decision making. They want total victories for themselves and their ideology. They are what Brooks calls political narcissists. And he says this “antipolitics” has poisoned our democracy into a downward spiral. Incompetent political leaders create dysfunctional governing, which leads to voter frustration and the election of more “outsiders.” Cynicism corrodes public trust, and a society that does not trust its institutions and its political system begins to rot. Many politicians live in fear of compromise, and when that happens, we begin to lose our beloved Republic.

I sit here in my modest office here in Raleigh, and it is almost ten at night. My *Town Crier* article is past deadline. I am the last one here besides my friend, the cleaning lady. Just a few moments ago, Nelson Dollar, who led the Republican effort the last two days to pass this budget, saw me sitting here and came by to thank me for my vote. For me, it was a small gesture of political civility that gives me hope that yes, Dr. Franklin, we are going to be able to keep our Republic for another generation.

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Appreciation and Fear



When I was 17 my father was in the US Air Force and we lived in Tehran, Iran. A friend of mine, Mackie, and I used to go shooting at a 5-acre walled-in cherry orchard south of a main highway about 10 miles out of Tehran, in mountainous desert. The caretaker of the orchard liked us to scare away the crows. When we had used up all our shotgun shells, we would put our guns in the cases, walk up to the highway and hitchhike back to town. Looking back, it wasn't the smartest activity, but it was fun at 17.

One time, as we reached the road, an angry-looking man rode up on a tall, dark brown horse with a rifle in his hand and a whip on his saddle. In Farsi, the Iranian language, he said he was one of the Shah's game wardens. He accused us of hunting on the other side of the road, which apparently was part of the Shah's game preserve. We said we hadn't. He ignored our denials, pointed his rifle at us and demanded we go with him. There was a small police station about a mile away and we figured we could straighten it out there. He had us walk in front of him, off the main road and up the mountain, generally toward the police station. The empty landscape was mostly steep rock and dirt. We were passing a few hundred yards behind the small, mud-walled police station when he pointed to a barely visible building, a couple of miles away up the side of the mountain, and indicated that was our destination.

Our Farsi was limited but Mackie and I understood enough and decided we were safer at the police station. We argued to go there. He pointed his rifle and said no. We chose

to take our chances and ran for the station. Luckily he chose not to shoot us but pulled his whip and gave chase. We both got hit by the whip as we dodged, ducked and sprinted towards the station. We were winded when we finally burst into the isolated little station and asked the young uniformed men inside for a phone. They pointed to a pay phone on the table. Before the horseman could dismount we had contacted my father. He called Mackie's father, who was with the State Department. Both fathers arrived shortly after that. It was Christmas eve afternoon. Eventually a member of the Shah's court and the Deputy Ambassador arrived. It took five hours, some trips in Land Rovers and sworn statements before we were released to our parents and told not to hunt alone anymore. Beyond this experience, while in Iran, I met many fine Iranian people, overcame some of my fears and prejudices and learned to appreciate an amazing, millennia-old culture.

My biggest fears have not been about failing, whips or things that could actually harm me physically. My most challenging fears have been about being vulnerable with people in relationships. When I face the fears and risk being vulnerable, I usually learn to appreciate both the people and relationships in ways I never knew possible.

If someone purposely hurt me, it was usually because they didn't care about me or agree with my priorities. I learned to ask myself, "Why did I expect them to set my wants, needs or desires ahead of their own?" I also found if I was hurt by a trusted person, they seldom did it on purpose and it was a learning experience for both of us, once we talked it out.

continued on page 27

Finding the Muse



I don't know about you, but spring surprises me every time. Maybe it's that I used to live in the more arid West (Colorado), but the lush and brilliant color of spring returning in Western North Carolina, after the brittle browns and grays of winter, leaves me feeling relieved and pinching myself in disbelief.

I think many artists feel like having a good day in the studio or out photographing is similar in a way to the arrival of spring — like a surprisingly intense gift that you were not sure you'd really get to enjoy again, until once again you're in the middle of it. I for one worry that I will be distracted by chores and errands, anxiety about bills and family matters, and that the muse will not visit again, ever, at least until circumstances change. But winter periods — though necessary and with their own kind of beauty — are subject to change, even if that change isn't quite as worked out and certain as the coming of spring after winter.

Artists and creative folk have ways of cultivating the muse, and the more disciplined one is about that cultivation the more productive is the artist. It's not one of my strengths, and sometimes as a matter of fact I spend weeks not making pictures, even though I know and feel the importance of regular practice to my sense of well-being and to my career. One can't always afford to wait for spring, and so I've learned to find inspiration in ways closer at hand.

I look at books, for one thing — in my case, books by photographers I admire. They reliably help me remember and appreciate what success means to me in my own work. A book full of good pictures excites me and usually gets me heading out the door with a camera as soon as I can. Another thing that works without fail is visiting an art museum or going to a workshop or talk by an artist. Sometimes I look at lists of things I want to photograph, perhaps lists that I've made while feeling inspired to work but not having the freedom to do so — as when I have a lot of chores or errands. I look at the lists and that gets me out the door.

Sometimes the muse comes simply as a result of going through the motions — grabbing the camera whether I feel like it or not, and going out to work. I'll walk and make pictures, none of which feel successful, till eventually things begin to warm up and work again. Or they don't, and I find a coffee shop!

The bottom line is I have to put myself in a place — in front of a book, reading or listening to inspiring lines, or looking at others' successful artwork — that reminds me of the power of what is possible when people express themselves as artists.

Of course if none of this works, I wait for spring!

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.



Welcome New Members:

- Brian Underwood, Asheville AV
- Sophia Underwood, Pure Addiction Soaps & Salves
- Valerie Hunnicut & Nita Owenby, New Moon Marketplace

June Member's Meeting

Our June meeting will be a lunchtime get-together at The Fairview Welcome Table located in the community room of Fairview Christian Fellowship church behind the Fairview Library on **Thursday, June 9 at 11:30 am**. We will not have a meeting but will sit together to

network and make our donation of \$100 since it's our quarterly charity. Church groups or other organizations generally donate the desserts. And the FBA will be filling that bill for our lunch meeting. Members are asked to donate a dessert. Melissa Webb is spearheading this effort so please email her at mwebb@exitrealtyvoistas.com or call her at 712-4838 to let her know if you will be bringing a dessert. The Welcome Table serves up a delicious and healthy community meal every Thursday for anyone and everyone in the greater Fairview area. A \$10 donation is encouraged for those that can which covers those who can't.

Members on the front porch of Troyer's Amish Blatz during May's member meeting.



Interested in Joining?

Come to any Member Meeting and check us out. We're a good group of your neighbors in business and we have all learned first-hand the value of networking in a relaxed, professional atmosphere. Join at FairviewBusiness.com or send \$60 check to FBA, PO Box 2251, Fairview, NC 28730. Or join at the Town Crier office, 1185F Charlotte Hwy, M-F, 1–5 pm. FBA Voicemail – 585-7414


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WORSHIP & COMMUNITY OUTREACH

“Cave Quest” at Fairview Baptist



Cave Quest, an over-the-top underground adventure, will be the theme of Fairview Baptist Church’s Vacation Bible School Week *Monday, June 13 through Friday, June 17*. The night will begin with dinner at the Cavern Café at 6 pm, then participants will be off to Cave Quest Cavern from 6:30 – 8:30 pm. Classes are available from Preschool to Adult. Join us at Fairview Baptist on 32 Church Road. On this courageous, captivating quest there are Bible adventures, songs, snacks and hands-on explorations. Those on the Quest will have fun and experience Jesus, the light of the world. Visit Facebook, Twitter or call 231-5035.

“Walk This Way” VBS at Trinity of Fairview



Children aged 4 through completion of 5th grade will walk along the road with the apostle Paul and learn how teachings from the Bible can be a part of their daily life. Classes will be held *Monday, June 27-Friday, July 1, 9 am-12:15 pm* at Trinity of Fairview, 646 Concord Road, Fletcher. Register at TrinityofFairview.com.

Adopt-A-Highway

If you’re an environmentally conscious Garren Creek area resident, your help is needed to continue the Adopt-a-Highway program from the bottom of Garren Creek to Owenby Cove Road. This is done four times a year through The DOT. One family has been doing this for 25 years and now some new young or young-at-heart families are needed to coordinate this important program. Please call Elizabeth at 628-4434.

Appreciation and Fear

continued from page 24

We all have both fear and appreciation built into us. We have natural fear and learned fear. We also have natural appreciations and appreciation that comes from new perspectives. We get many opportunities to expand and enjoy our journeys by facing our fears, natural and learned. Our opportunities to appreciate also grow when we discover something previously unknown to us, perhaps something we once feared, as we open up new paths. Many fears are more about the unknown than about real known threats. Using the simple, positive, one-word statement “yes” when faced with fears of the unknown can help us recognize it is our lack of knowing that feeds our fear. Our challenge is to face our fears, learn more about the unknown and find ways to appreciate what we learn. Here are some tips for facing your fears, stepping into the unknown and becoming more appreciative of what you fear, know, don’t know and may need to know:

- Expect your autopilot to desire sameness and make saying “yes” to more knowing difficult;
- Practice stepping outside of your routine in non-threatening ways, gaining confidence in your capacity to alter your course;
- Sift through what you learn from your altered course and seek new ways of perceiving your journey;
- Look for and find ways to appreciate the experience.

You are here.

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

CONSERVATION

Cultivating Conservation Leaders for Tomorrow

What does it take to launch a career in conservation? Interest, education, connections, and experience all intertwine to form the basis for a successful start in the field. Internships and programs with engaging host sites, like AmeriCorps Project Conserve, can help budding conservationists with professional development. “Taking the opportunity to do an AmeriCorps program gives you time to immerse yourself in the field, to figure out where you want to go in the next stages of your career and work on gaining technical skills,” says Jesse Wood, AmeriCorps Stewardship and Volunteer Associate with the Southern Appalachian Highlands Conservancy. Jesse has served two 11-month service terms with SAHC (the maximum number of terms allowed under the AmeriCorps Project Conserve program), and she recently accepted a research position to pursue her Master’s of Science Degree at Clemson University. She will be employed by the SC Cooperative Fish and Wildlife Research Unit while working toward an MS in Wildlife and Fisheries Biology at Clemson University. This fully funded research assistantship with South Carolina’s Department of Natural Resources will focus on surveying birds and habitat, particularly on private lands that have received federal Environmental Quality

Incentives Program (EQIP) funding. She credits her experiences with SAHC over the past two years for providing on-the-job training to prepare her for such a position. “As part of the stewardship team at SAHC, I have been able to interact with various state and federal agencies that plan for land management and merge collective visions to accomplish conservation on a landscape scale,” she says. “Working with SAHC as part of AmeriCorps Project Conserve provided me with connections to people in these agencies and experiences in learning how to collaborate with them. That’s one way our hosts sites really help — they see facilitating career growth as a priority and make sure we’re making those network connections. It’s a great way to look at different kinds of careers possible throughout the field.” During her time with SAHC, Jesse has helped organize volunteer workdays, monitored conservation easements like the Hickory Nut Gap Byways tracts, produced baseline reports and land management plans for new conservation projects and connected landowners with resources for managing land. In addition to technical training and skill development, Jesse says the AmeriCorps Project Conserve program instills a desire to continue doing hands-on, ac-

tive, on-the-ground service in her community. “My time at SAHC has been life-changing... Most of all, I have felt loved and appreciated through every moment of the term; celebrated after successful volunteer workdays, challenged to take leadership and initiative on personal projects, included in collaborative opportunities, valued for my own voice and feedback, and supported through life’s transitions (like now).” Whether on the ground here or going further afield for research studies, such programs and internships provide critical experience, training, and networking for young conservation leaders of tomorrow. “SAHC values, respects, loves, and supports its AmeriCorps members like family,” says Jesse. “I am so proud to have been a part of SAHC for two years and know I will always be able to trace my passion for conservation and standards for excellence back to my time here.” Since 1974, the Southern Appalachian Highlands Conservancy has protected over 69,000 acres of unique plant and animal habitat, clean water, farmland and scenic vistas of the mountains of North Carolina and Tennessee. For more info, visit appalachian.org. For more info about AmeriCorps Project Conserve, visit americorpsprojectconserve.org.

by Angela Shepherd

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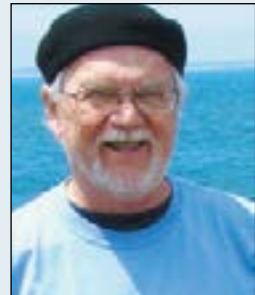
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William David Rhodes, Jr.

6/14/41 – 5/17/2016

William David Rhodes, Jr., 74, of Fairview, died on May 17 at CarePartners Hospice Solace Center in Asheville. David was born in Memphis, Tenn., is son of Sara Margaret Mitchell Rhodes and the late William D. Rhodes of Weaverville. He was a graduate of Roosevelt University in Chicago and a registered medical technologist. David had a long career in cardiology research in Boston, including building perfusion equipment for isolated heart experiments. He was a musician and a true Renaissance man who played and built lutes, an instrument he began playing in his early years. He made multiple recordings of his own compositions as well as works by other Baroque and Renaissance composers. His last CD, "The Daring Man," was released at the end of May. David established a stringed instrument repair and restoration business in Gloucester, Mass., and continued that work when he moved to Fairview in 1996.

David loved being outdoors camping, hiking in the Smokies, and riding his bicycle. He loved black Labs and is sorely missed by his beloved dog, Hammie, and his loving wife of 40 years, Nancy. Survivors in addition to his mother include his wife Nancy; son Robyn and his wife Erin, and children August and Daisy, of Newcastle, Maine; three brothers, Ken of Winston-Salem; Chris and his wife Sandie of Fairview; and Robert of Asheville. A memorial service was held on Sunday, May 22, at Sherrill's Inn, Hickory Nut Gap Farm, 15 Clarke Lane, Fairview.

Roger Dale Parham

3/4/1948 – 5/8/2016

Roger Dale Parham, 68, of Fairview, passed away Sunday, May 8, after a battle with cancer.

Roger was born on March 4, 1948 in Mississippi to Harvy and Gena (Wheeler) Parham. He lived in Wisconsin, Illinois, and in Fairview for the past 14 years.

He is survived by wife of 33 years, Jerrill Parham; daughters, Jennifer Daniel and Robyn Stratton of Kentucky; stepdaughter, Michelle Trask of South Carolina; and 6 grandchildren.

Before retiring, Roger worked as a computer programmer and system analyst, both for major U.S. financial companies and as an independent contractor. He always enjoyed being in nature, travel, and digital exploring. Online condolences may be made at ashevilemortuaryservices.com.

Wild Summer Mushrooms



This has been an unusual spring, drier than normal but lush, inspiring and beautiful. It may have been one of the paltriest seasons ever for Morel mushroom hunting, but other mushrooms have been abundant. Western North Carolina is one of the most bio-diverse regions on the planet, and we are incredibly blessed to have such a huge variety of mushrooms, wildflowers and edible plants, all growing in our mountain backyard!

One great surprise this year was finding Wine Cap or King Stropharia (*Stropharia rugosoannulata*) mushrooms popping up on wood chips in our gardens after rain. These mushrooms are in the Agaric family and are considered a choice edible. They are amazingly easy to cultivate; this year we used over 40 yards of wood chips on our gardens and paths, and now we have free mushrooms popping up where I have never seen them before. They have made several delicious meals, but I am letting most of them mature and spread the spores around for future harvests. (You can order the mycelium spawn and create mushroom gardens by mixing and scattering it into wood chips.) They appear in both sun and shade areas, are highly dependent on rainfall and begin to appear like magic after heavy rains. I love them grilled with garlic and butter or sautéed and mixed with rice.

Another early summer mushroom that populates hemlock forests is the prized Reishi. They belong to the genus *Ganoderma*, and they have been super

abundant this year. They have been used medicinally in China and throughout Asia for over 2,000 years, making reishi one of the oldest mushrooms known to



Reishi mushrooms

human history. These stunning polypore mushrooms are easy to identify by their conspicuous red-varnished kidney-shaped caps. Reishi mushrooms lack gills; soft and fleshy when very young, they become corky and woody with age. Their preferred habitat is hemlock forest, but they also grow on maple trees and are also cultivated throughout the world on logs inoculated with their mycelium.

The generic name *Ganoderma* is derived from the Greek word "ganos" - which means brightness or sheen - and "derma," meaning skin. The Chinese name for Reishi is "Lingzhi," which means spirit, miraculous, sacred and divine; in Asian cultures, Reishi is referred to as the "mushroom of immortality," a sacred food reserved for emperors.

Reishi mushroom tinctures, extract and teas are used throughout the world as a powerful medicinal agent. They are being investigated in the West for chem-

ical compounds within them which may stop the growth of cancer cells. Reishi also contain strong antioxidants to strengthen the immune system, and their extracts seem to have sterols that not only lower blood pressure and have anti-allergy/antihistamine effects but also slow the process of blood clotting.

This spring, thanks to Asheville's "No Taste Like Home" wild foods organization for which I now work, I discovered for the first time that fresh, baby Reishi tips are edible and delicious when sautéed. I was familiar with their legendary medicinal uses, but it was a marvelous new discovery to sample these treats fresh from the forests we live in!

Beginning in July, another unique and delicious wild mushroom appears, the wondrous and unusual Lobster Mushroom (*Hypomyces lactoflorum*). If Dr. Seuss were to create a mushroom, it would likely be the Lobster, as these whimsical forest gems are so variable and so unique in their shapes and colors. Lobsters are not mushrooms, but actually parasitic



Kids' Program at No Taste Like Home

ascomycete fungi growing on certain species of mushrooms, turning them a reddish-orange color like the outer shell of a cooked lobster.

Lobsters often parasitize members of the *Lactarius* or *Milk Cap* family as well as the *Russula genera* mushrooms. Like Reishi, they love hemlock forests.

Lobster mushrooms are widely eaten and highly esteemed by chefs around the world as culinary delicacies; they have a firm, meaty texture and exquisite flavor that some folks liken to seafood. Lobster mushrooms are often covered in a white powder that looks like mold, but is actually a harmless spore. Their aroma is strong, rich and earthy. I think they are one of the most delicious mushrooms I have ever eaten in my life. I have sautéed them with garlic and ramp leaves, pairing them with scallops, shrimp or chicken.

Summertime is upon us and my hope is that you cherish the long days of sunshine and the abundant bounties the good earth provides, celebrating the gifts of life in our gardens and in our beloved forests, fields and mountains.

Contact Roger at rogerklingner@charter.net.

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continued from page 15

I can't start a lawnmower, drive a stick shift, lift my grandkids. I can barely tie my shoes, put on a seat belt, turn the ignition key. I do everything—everything—slower. For a while, I was good with this. There was almost an isn't-it-nice-to-be-less-frantic-about-life-pace thing to it. That was the first month.

But this thing takes five months to get over! When I went back to the doc for my six-week checkup, I expected him to say, "You're doing so well with your physical therapy and recovery, Mr. Stone. Why, now you can start doing this, this, and this!" Instead what I got was, "You're still in the you-can-still-mess-the-whole-thing-up phase. So, no, still don't lift more than two pounds with your right arm. Never reach up. Never reach behind. Never, never..."

Then there's PT — Pain and Torture. Don't get me wrong. I greatly appreciate my physical therapist and the exercises I do with her twice a week and at home twice a day. I know I have to be forced into increased flexibility if I want to get full strength and range of motion back. And I'm game. I'm grateful to pay my dues.

But that time at the end of each session when exercise time is over—no more spider-crawling your right fingers up a wall or stretching the arm up with a pulley—when she puts that little pillow on that table, motions for me to lie down, and starts bending my injured arm back . . . back . . . and . . .

I want to scream. Cry. Confess—everything! (I would not hold up four minutes under torture.) Instead, I bite down on my hand and breathe very, very hard.

Surgery

But none of that is the worst. The worst is the sheer, enduring discomfort of it. My shoulder aches—24/7. It's not horrible, more like it just had a shot or good hard punch. But it never goes away. I'm definitely not sleeping like a child now. Not when I'm constantly searching for some pillow-padded position that, for a while, will let me forget my right limb. (Why do you think I'm writing this at 4:30 in the morning?)

No, no, that's the second worst. The worst thing is that I'm not always a cheerful soldier about all this (can you tell?). I wish, I wish, I was. I wish I could let the big picture overshadow the little one. I wish I could smile gently when people ask how I'm doing and say, "Oh, you know, it is what it is." "That Pat, what a trooper," they

say, admiringly.

Trust me, nobody's saying that. If only I was a strong enough person that they would.

Which is too bad, because I do know, that come July, I'll be good to go. That I am incredibly blessed to have a condition that I can recover from. That I chose to have this surgery. Temporary inconvenience, permanent improvement—as the old highway builders used to say!

I know that I will be able to dance a boat on moving water. I'll be able to lift a box—and my grandkids. To split firewood and hug with both arms. Heck, I'll even be able to put deodorant on my left armpit, all by myself!

I'm looking forward to all of it, all of it and more.

Come July.



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*Santiago Ramón y Cajal, 1852-1934
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NEW LISTING! North! 27 beautiful acres w/2 ponds, stocked rushing trout stream, includes 2 homes, 4 BR 3 bath home w/office additional 2nd 2 BR 2 bath home, amazing property, absolutely gorgeous, MLS#3175105, \$625,000!



SOUTHEAST! Spacious home on 1.07 acres, 4 BR, 2 baths, rock FP, den, rec room, finished bsmt, lg master BR, sauna in master bath, deck, cov porch, in-ground pool, garage, 3 add'l garages, MLS#3158406, \$499,000!



NORTH! Beautiful 3BR, 3 Bath, amazing views, great kitchen, 2-car gar, lge craft rm, cov porch, encl. side porch, full bsmt easily finished, HOME WARRANTY, private, wooded setting, MLS#3121644, \$349,900!



NORTH! 5.6 acres rolling farmland w/ immaculate home, lg MBR/bath w/jetted tub, wraparound cov front porch, 2 car gar in bsmt, detached gar w/bonus room, barn & outbuildings, MLS#592684, \$325,000!



WEAVERVILLE! Delightful 3 BR, 2 bath brick home on 1.77 beautiful acres, private, fenced backyard, FP in LR, lg workshop, out bldg, HOME WARRANTY, carport, MLS#3147555, \$315,500!



LEICESTER! 5 private wooded hilltop acres, 2 BR, 2.5 bath home, gorgeous setting, lovely views, huge great room, 2-story rock FP (gas), HOME WARRANTY, office, MLS#3154545, \$299,000!



ROYAL PINES! Spacious 3 BR, 2 bath home on private, large 1.32 wooded acre lot, lg LR w/FP, 3 cov porches, add'l 1 BR apt above 2-car gar, convenient South location, MLS#3155374, \$289,900!



NORTH IN COUNTY! Stunning remodeled home, 3 BR, 2 baths, cathedral ceilings, views, see-thru FP, newer ht pump, HOME WARRANTY, 1/2 acre lot, lg kitchen, partial bsmt w/ 2-car gar, great Swannanoa location, MLS#3155358, \$269,000!



MADISON COUNTY! 6 acres whicw 1.5 story home, 3 BR 1.5 baths, covered front porch, fifteen min to Weaverville, very convenient location, MLS#3162276, \$209,900!



CANDLER! 3 acres close to schools and shopping, road & right-of-way in place, perfect for mini estate or vacation home, private mtn top, MLS#590963, \$67,500!

RESULTS!

Overlook Dr.....	Pending in 7 days	Fairfax Ave.....	Pending in 7 days
Noble Rd.....	Pending in 27 days	Hanover Rd.....	Pending in 13 days
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