



# The Fairview Town Crier

THE VOICE OF OUR COMMUNITY • FAIRVIEWTOWNCRIER.COM • AUGUST 2016 • VOL. 20, No. 8 • FAIRVIEW, NC



## Janet Peterson Receives Prestigious Award

The Buncombe County Land Conservation Advisory Board honored Janet Peterson at its annual Recognition Dinner for having donated her 168-acre farm property to a conservation easement. This will ensure that it will never become a development and will remain as Janet envisions. Congratulations to Janet of Cloud 9 Relaxation Farm on Bob Barnwell Road in Fletcher. Anyone who knows Janet realizes she never does anything half-way. As past president of WNC Beekeepers Association, as Executive Committee member of the Fairview Business Association, as past second grade teacher, as current farm owner raising chickens, beef cattle, honeybees, blueberries and whatever else she can make proliferate... no one is a greater steward of the land nor deserves this recognition more.



**LOST**

**FOUND**



At first we thought we might have had a match but Ducky (on the left) has his white spot on the left side of his nose and the fellow on above has it on the right side. Ducky is 4 years old, sweet but shy and is the close companion to an 8-year-old boy who misses him very much. Ducky went missing off Garren Creek Road while his family was on vacation at the end of June. His family is offering a reward. Please call 778-0424.

The cat above was found the end of July in Village Park development on Mine Hole Gap. If you recognize him, call our editor at 628-1422.

## Humane Capture Traps Stolen

When someone called the Buncombe County Shelter to report an injured kitten near Food Lion, Shelter personnel asked Friends 2 Ferals for assistance. A volunteer placed two humane traps in the area, but when she went back a few hours later, the traps were gone. Someone just took them.

These traps save lives and cost \$50-\$70 each. Friends 2 Ferals is a volunteer, non-profit group and they don't have the funds to replace the traps.

If you have any knowledge or can offer any assistance, please contact the *Town Crier* office at 628-2211 or editor@fairviewtowncrier.com.

## A Note from Chief Scott Jones of the Fairview Fire Department



July 22 was an historical day for the Fairview VFD. Thanks to the hard work, countless hours, perseverance, dedication and assistance from many people, we are extremely proud to announce that as of 8:30 am that day, Fairview EMS was certified by the NC Office of EMS as a Paramedic level of care provider. This is the highest level of Emergency Medical Certification that this department has ever had. Fairview VFD had an ambulance for a number of years but it was only certified at the EMT-Basic level. At that level, we were unable to provide many of our patients with the advanced level of care they needed. In 2014, we decided to pursue getting our department certified at the EMT-Intermediate level and purchased an ambulance in order to improve the services to our community. Now here we are in 2016 and due to the dedication, sweat and tears of MANY we are certified at the Paramedic Level. We would like to thank ALL of our EMT-Paramedics, EMT-Intermediates, EMT-Basics and especially our EMS Director Steve Gray for making this day happen! You all are awesome! We would also like to thank the many others whom we called and asked for direction and advice... and those who helped us with all the paperwork, etc. required to achieve this goal. We would like to thank our Board of Directors for supporting us and seeing to it that we received everything necessary to make this happen. To the Fairview Community, we thank you for your support as we strive to provide you with the BEST Fire, Rescue, and EMS protection possible. You deserve it! Thank YOU!

## Fire Department Vote Postponed

Chief Scott Jones has announced that due to several administrative setbacks, the vote on June 11 to update the Fire Department Bylaws had to be postponed. Once things are ready to move forward, the date of the vote will be posted. Chief Jones adds "We thank those in the community that took the time to come by ready to cast their votes and hope to see you, and others, when it is rescheduled."

## Those Kids Are At It Again!



You may recognize them: Elia Yonder (10), Natalie Meadows (10), Levi Anderson (7), Truett Compton (9), Oliver Poole (10) and Ada Anderson (10). They are all underage and have been caught doing what they did last year... raising funds to donate to The Welcome Table. It was \$100 to be exact. Last year it was lemonade; this year it was snow cones. We can only imagine what they will get up to next year. Seriously, kids, you rock!

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COMMUNITY EVENTS

AUGUST 2 (TUESDAY)

Prostate Cancer Support Forum

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

AUGUST 4 (THURSDAY)

Embroiderer's Guild Meeting

The Laurel Chapter of the Embroiderers' Guild America will begin a four-month stump work project, 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.

Truth About Cancer Series

Fairview Chiropractic will host a discussion of excitotoxins that fuel cancer, nature's pharmacy and healing cancer with light and sound; one of a weekly series on complementary and nutritional cancer therapies. 5:15–7:30 pm, 2 Fairview Hills Drive. Free; \$5 donation asked for Care Partners. Call 628-7800 to reserve a seat.

SMCC Garden Project Meeting

The Spring Mountain Community Center has land dedicated to growing organic produce and herbs to provide a resource for education and to build community. The community is invited to help in the garden's planning at a meeting, 5:30–7 pm at the Center, 807 Old Fort Road in Fairview. For details contact Jim Smith at 864-313-5106. See page 31 for more info.

AUGUST 6 (SATURDAY)

Fairview Baptist Yard Sale

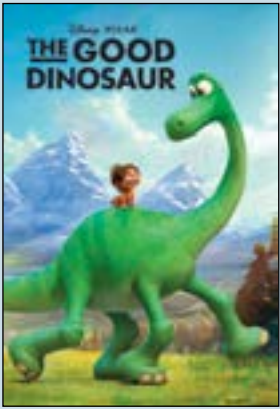
Fairview Baptist Church will hold their annual Summer Yard Sale 8 am–12 pm at Fairview Baptist, 32 Church Road. There are items from families, estates and businesses; biscuits, coffee and juice will be served. Proceeds support the Student Outreach Missions. For details call 628-2908 or 231-5035.

New Moon Marketplace Flea Market

Come to buy or sell (\$10/space) on the first and third Saturdays of the month, 8 am–2 pm. 1508 Charlotte Hwy, Fairview (Cane Creek and 74A). Stop by or call 222-2289.

Family Movie Night at SMCC

Balken Roofing's popular Outdoor Family Movie Night presents *The Good Dinosaur* on August 5 at Spring Mountain Community Center, 807 Old Fort Road. Kids' activities begin at 7:30 pm and the movie begins at dusk. Everyone is invited to bring lawn chairs and blankets for a great family summer evening's entertainment. Popcorn, drinks, and cupcakes will be available at a small charge.



Model Airplane Show

Join the Asheville-Buncombe Aeromodellers Flying Club at the Buncombe County Sports Park, 10 am–1 pm for a free air show and display of models from small electric to gasoline-powered 33% size airplanes. Bring the family, lunch, lawn chairs and sunscreen. The Sports Park is in Candler behind Sandhill-Venable Elementary School. For details contact Jay Nelson, 250-4269 or jay.nelson@buncombecounty.org.

AUGUST 8 (MONDAY)

"Days for Girls" Sewing Drive

The local branch of Days for Girls, a volunteer project to sew sanitary kits

for women and girls in Africa and other regions so that they can continue to attend work and school without embarrassment, will meet at 10:30 am at Spring Mountain Community Center. For details contact Maria Horton, 778-0279 or daylightasheville@gmail.com. See page 30 for more info.

WNC Knitters and Crocheters for Others Meeting

The WNC 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 level. If interested contact Janet Stewart at 575-9195.

COMMUNITY EVENTS

AUGUST 11 (THURSDAY)

Truth About Cancer Series

One of a weekly series on complementary and nutritional cancer therapies by Fairview Chiropractic. 5:15–7:30 pm, 2 Fairview Hills Drive. Free; \$5 donation invited for Care Partners. Call 628-7800 to reserve a seat.

AUGUST 16 (TUESDAY)

UHGCC Community Covered Dish Supper

Monthly meeting and community supper at Upper Hickory Nut Gorge Community Club in Gerton, 6:30 pm.

4-H Club Meeting at SMCC

Students ages 5-18, along with a supporting adult, will meet in the upper level of the community building to learn and grow together. 6 pm at Spring Mountain Community Center, 807 Old Fort Road.

AUGUST 18 (THURSDAY)

Veterans Home Buying Workshop

Cool Mountain Realty will host a workshop to explain VA benefits when

purchasing a home. Led by Cassandra DeJong, Realtor, and Glenn Kavanagh from Atlantic Bay Mortgage. 7 pm at 771 Charlotte Highway. Light refreshments and time for questions. Call 216-6060 to reserve a place.

Truth About Cancer Series

One of a weekly series on complementary and nutritional cancer therapies by Fairview Chiropractic. 5:15–7:30 pm, 2 Fairview Hills Drive. Free; \$5 donation invited for Care Partners. Call 628-7800 to reserve a seat.

AUGUST 19 (SATURDAY)

Sweet

You'll find delectable sweets paired with luscious wines, champagnes and spirits at Sweet held at the Grove Arcade, 8–10 pm. Visit ashevillewineandfood.com for details.

AUGUST 20 (SATURDAY)

Grand Tasting

The Asheville Wine and Food Grand Tasting is a not-to-be-missed event every year. The event is at the U.S. Cellular Center. VIP entry at 1 pm (\$100), general admission at 2 pm (\$65). For details and to purchase tickets, visit ashevillewineandfood.com

Bean Tree Remedy at The Joint Next Door

Bean Tree Remedy will be performing at The Joint Next Door in Fairview on Friday, August 12. Bean Tree Remedy is Ashley Bean and David Tarp-ley, and they play an eclectic mix of their own take on many familiar songs. Don't miss them. More dates are listed on their Facebook page: facebook.com/BeanTreeRemedy



Southern Tales and Tunes at UHGCC With Becky & Pat Stone

A fun evening presented by well-known performers Becky and Pat Stone, suitable for the very young to the very old and everyone in between. 7 pm at Upper Hickory Nut Gorge Community Club, Gerton. Tickets \$5 each, \$10 family at the door.



New Moon Marketplace Flea Market

Come to buy or sell (\$10/space) on the first and third Saturdays of the month, 8 am–2 pm. 1508 Charlotte Hwy, Fairview (Cane Creek / 74A). Stop by or call 222-2289 for details.

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## COMMUNITY EVENTS

AUGUST 21 (SUNDAY)

### Ethical Society Meeting

"The Thirteenth Juror" will be presented by author Nelda Holder, journalist and legislative columnist for Asheville's *The Urban News*, at the Ethical Humanist Society of Asheville, 2–3:30 pm at Asheville Friends Meeting House, 227 Edgewood Road, Asheville. Free; all are welcome. Discussion and refreshments follow the presentation. Please visit [EHSAsheville.org](http://EHSAsheville.org) for more information.

AUGUST 25 (THURSDAY)

### Truth About Cancer Series

Fairview Chiropractic presents a discussion of healing cancer with clean electricity, unique water, natural sunlight and combining super foods; one of a weekly series on complementary and nutritional cancer therapies. 5:15–7:30 pm, 2 Fairview Hills Drive. Free; \$5 donation invited for Care Partners. Call 628-7800 to reserve a seat.

AUGUST 26–28 (FRI–SUN)

### The Circle by Maugham at Readers Theatre of ACT

The Autumn Players of Asheville Community Theatre present the

witty 1921 drama by British dramatist William Somerset Maugham in three matinee performances: Friday and Saturday in 35below at ACT, 35 East Walnut Street; Sunday in the Manheimer Room at UNCA's Reuter Center. 2:30 pm. Tickets \$6 at ACT's box office until noon Friday, August 26; remaining tickets at the door for cash. For details call 254-1320 or visit [ashevilletheatre.org](http://ashevilletheatre.org).

AUGUST 27 (SUNDAY)

### Spring Mountain Annual Picnic

Join in for this family fun night of food, family, music, games and more. The famous Berry Pickers will perform. Details in box at right.

### COMING IN SEPTEMBER

#### Truth About Cancer 9/1 & 9/9

Fairview Chiropractic presents a discussion of cannabis, nature's epigenetic switches, peptides, and healing with micronutrients on 9/1; cancer conquerors and their powerful stories of victory on 9/9; both 5:15–7:30 pm, 2 Fairview Hills Drive. Free; \$5 donation invited for Care Partners. Call 628-7800 to reserve a seat.

### SMCC Annual Picnic August 27

Spring Mountain Community Center celebrates summer by attending with their annual picnic at 6 pm. The meat will be provided; guests please bring a dish for their family plus four. Paper products, utensils and beverages provided. Events include Corn Hole Tourney, Ducky Derby, Dessert Contest and Square Dancing with the Berry Pickers and Franklin Sides, caller. For more information and to volunteer for the party, call Maria Horton at 778-0279. See page 30 for more info.



### Celebration Singers Auditions 9/1



Join the Celebration Singers of Asheville in their 10th successful year. Auditions for singers 2nd grade–high school, will be 5–6 pm at the First Congregational Church, 20 Oak Street, Asheville. Prepare a song and bring sheet music. For details call Ginger Haselden, Artistic Director, 230-5778 and visit [singasheville.org](http://singasheville.org).

### HNG Farm Argentinian Asado Dinner with Wine Pairing 9/15



This dinner will feature Hickory Nut Gap Farm meats and the wines of Bodega Gratia. Four meats will be prepared in authentic Argentine style and served with traditionally prepared sides, salads and empanadas. Catering service will be provided by Dining Innovations. Tickets \$96, gratuity included, available now at [hickorynutgapfarm.com](http://hickorynutgapfarm.com). For details contact [kelsey.winterbottom@hngfarm.com](mailto:kelsey.winterbottom@hngfarm.com).

## COMMUNITY EVENTS

### COMING IN SEPTEMBER

#### Fairview Elementary School Reunion Potluck 9/18

Faculty and staff who remember the old school are invited to reunite and reconnect, 2–6 pm at Cloud Nine Farm, 137 Bob Barnwell Road, Fletcher. For details contact Jennie Buckner, 628-1105.

#### LEGO® Build at Arboretum 9/17

In honor of the "Year of the Pollinator," they will host a LEGO Brick public-participation build during its annual Monarch Butterfly Day celebration on September 17. Visit [ncarboretum.org](http://ncarboretum.org).

### ONGOING EVENTS

#### Friday Night Barn Dance at HNGF

Each Friday night the Big Barn at Hickory Nut Gap Farm opens with live music for square dance, contra, swing and more. Kids can play on the tunnel slides, tetherball, and rope spider web and visit the mother sows and their young piglets, baby chicks, fluffy sheep, and a few stubborn goats. The Barn Dances are held from 6–9 pm at Hickory Nut Gap Farm, 57 Sugar Hollow Road. \$5 admission; kids under 10 free. Dinner menu available 5–8 pm.

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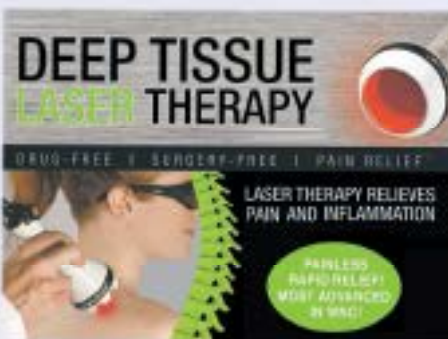
### IDENTIFICATION STATEMENT

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](http://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](mailto:copy@fairviewtowncrier.com). For staff directory, contacts and additional information, please see page 39.

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Edward Reilly, D.C.

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\$199,000 Five acres 241 Bob Barnwell Road, Fletcher

Fairview near Cane Creek. All usable land with creeks throughout. Private drive. 200 protected acres behind property. Mostly cleared to build with wooded area. Several outbuildings to remain on upper portion. MLS 3173801



\$259,000 Location, location, location! 3 Sheldon Lane, Arden



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## Samuel Flavel Huntley: Part Three

ten serve at four churches. They would preach at each church once a month. Sam Huntley was also pastor at what is now Swannanoa First Baptist during part of the time that he was at Ridgecrest.

Reverend Sam Huntley was a pastor for 38 years. He served at twenty-two different churches including Emma's Grove in Fairview and Salem in Fletcher. He pastored churches in Buncombe, Henderson, McDowell, Rutherford and Polk Counties. He baptized 1,266 people and conducted 1,381 funerals. Sam Huntley wore cars during his ministry. I accept any money for past his twenty churches or to of his travels. Huntley's last Mount Moriah. He resigned poor health and old age.

Reverend Huntley returned home from an appointment one Sunday afternoon to find that his wife Luizer (Lou) had fallen and had broken her hip. She was taken to Biltmore Hospital but did not recover. She died on March 18, 1943. The Huntleys had been married 60 years. Sam Huntley then married a second time to the widow Grace Dills.

Reverend W.C. Huntley went to visit his uncle Sam on Monday, June 17, 1946. He said that he and his uncle had a great time telling stories that afternoon. When



Rev. Samuel F. Huntley

Reverend Sam Huntley greatly enjoyed the fellowship he had with all the people he knew. He said, "I must hurry on and see as many people as I can." That afternoon as he sat on his porch watching the sunset, he sang, "My latest sun is sinking fast, my race is nearly run; my strongest trials are past, my triumph is begun."

Sam Huntley and his wife Luizer "Lou" Connor Huntley had eight children.

Ada Belle Huntley was born March 23, 1883. She married John Victor Camby (1883-1964). Ada died on September 4, 1935.

Luna Marion Huntley was born Aug 23, 1888. He married a woman named Grace. He died on August 30, 1923. He is buried Tabernacle Church Cemetery in Black Mountain.

Carrie Lee Huntley was born on April 21, 1890. She married James Asbury White (1886-1969). Carrie died on June 22, 1963. Both are buried At Mountain View Cemetery in Black Mountain.

Bessie M. Huntley was born on January 15, 1894, and married James C. Gray (June 6, 1888 – October 1, 1977). She died Jan. 11, 1983 in McDowell County.

Mamie Mae Huntley was born on December 7, 1896. She married Joseph Edward Huggins (1896-1958). Mamie died on July 7, 1950. Both are buried at Ebenezer Baptist Cemetery in Henderson County.

James Rowland Huntley was born on August 21, 1898. He married Faye Gilbert. James died on November 9, 1967. They are buried at Ebenezer Baptist Cemetery in Henderson County.

*Local historian Bruce Whitaker documents genealogy in the Fairview area. You can reach him at 628-1089 or email him at [brucewhitaker@bellsouth.net](mailto:brucewhitaker@bellsouth.net).*

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**Make checks payable to: FES PTA. Order online at: [brickmarkers.com/donors/fairview.html](http://brickmarkers.com/donors/fairview.html)**

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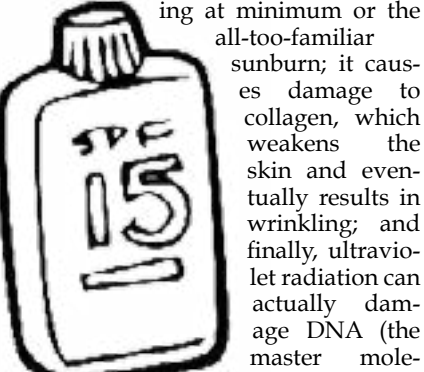


What’s in Your Sunscreen?

by Stephen Kimmel, MD, MAHEC Family Health Center

Asheville is a great place to be a physician in training. Inspiration is everywhere. A few weeks ago I was preparing for an evening jog, putting some sunscreen on my already rather prominent nose, and noticed a bumper sticker that said “question everything.” It’s an inspiring, rebellious, if somewhat impractical sentiment and it made me think. What is this stuff I am putting on my nose? Should my wife and I continue the sunscreen wrestlemania with our fair skinned, surprisingly strong and evasive 2- and 5-year-old daughters? Since I am a resident physician in the Family Medicine program at MAHEC, and I love preventive medicine, I did some reading and here’s what I found.

The idea of sunscreen is to protect the skin from ultraviolet radiation, specifically wavelengths 290-400 nm. Ultraviolet radiation damages the skin in several ways: It can cause physical trauma, which results in itching at minimum or the



all-too-familiar sunburn; it causes damage to collagen, which weakens the skin and eventually results in wrinkling; and finally, ultraviolet radiation can actually damage DNA (the master mole-

cule of life!) in our cells. This damage, if you are unlucky, can contribute to the formation of skin cancers.

Sunscreens are topical filters for ultraviolet light. In the United States there are 17 different filters approved by the FDA, but generally speaking there are only two types: chemical filters and physical filters.

The chemical filters are usually composed of a class of molecules known as Benzopenones, which absorb the ultraviolet radiation and convert it to an extremely small amount of heat (cool!). The physical filters are mineral compounds with bases of Zinc or Titanium and work by reflecting and scattering ultraviolet light. The physical compounds were formerly associated with a thick white residue and lifeguards on power trips, but in our new age of nanotechnology the nicer, more expensive versions mitigate the cosmetic effects using unfathomably small particles.

There are really only three sunscreen filters that cover all of the damaging ultraviolet wavelengths, so in order to get the maximum benefit sunscreen must contain one of the following: Avobenzone, Zinc Oxide, or Titanium Dioxide.

“Wait a minute,” you say. “The names of those chemicals sound scary!”

Maybe, but we are made of around 60% dihydrogen oxide (water). That’s not to minimize the fact that one has to weigh the risks and benefits. Nothing is 100% safe, and anything you put on

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Sciatica

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



Sciatica describes persistent pain along the sciatic nerve, which runs from the lower back through the buttock and into the lower leg. The sciatic nerve is the longest and widest nerve in the body; it controls the muscles of the lower leg and provides sensation to the thighs, legs, and soles of the feet.

Although sciatica is a relatively common form of low back and leg pain, the true meaning of the term is often misunderstood. Sciatica is actually a set of symptoms — not a diagnosis for what is irritating the nerve root and causing the pain. Sciatica occurs most frequently in people between 30-50 years old. Most often, it tends to develop as a result of general wear and tear on the structures of the lower spine, not as a result of injury.

**What Are the Symptoms?**  
The most common symptom associated with sciatica is pain that radiates from the lower back and down one leg; however, symptoms can vary widely depending on where the sciatic nerve is affected. Some may experience a mild tingling, a dull ache, or even a burning sensation, typically on one side of the body. Some patients also report a pins-and-needles sensation most often in the toes or foot, and numbness or muscle weakness in the affected leg or foot.

Pain from sciatica often begins slowly, gradually intensifying over time. In addition, the pain can worsen after prolonged sitting, sneezing, coughing, bending, or other sudden movements.

**How is Sciatica Diagnosed?**  
Your doctor will take a complete history, a description of your pain when it began, and what activities lessen or intensify the pain. To make a diagnosis, the doctor will perform a physical and neurological examination with special attention to your spine and legs. You may be asked to perform some basic activities that will test your sensory and muscle strength and reflexes. In some cases, your doctor may recommend diagnostic imaging such as an X-ray or MRI.

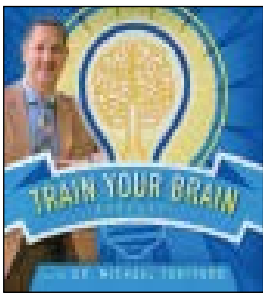
What Are the Treatment Options?

For most people, sciatica responds very well to chiropractic, spinal decompression traction therapy, and class 4 lasers. Since sciatica is a symptom and not a stand-alone medical condition, treatment will often vary depending on the underlying cause of the problem.

*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, dreilly@fairviewdc.com, or fairviewdc.com.*

Wear Your Helmet

by Dr. Michael Trayford, Apex Brain Centers



At first glance, the concept of wearing your helmet might seem like pure common sense. But take a look around and you’ll see people every day who aren’t wearing helmets when they are riding a bike, roller blading or involved in other outdoor activities where helmets should be required equipment.

It is estimated that only 15% of children nationally wear helmets, even though they have been shown to reduce risk of brain injury or death by as much as 85%. There is clearly something wrong with this scenario, and something needs to be done about it!

In my clinical work, I see many people who have suffered traumatic brain injury as a result of not wearing a helmet when it was clearly called for. I’ve seen everything from mild traumatic brain injury, or concussion, to open head injuries with lifelong consequences.

Wearing a helmet is one of the simplest ways to actively prevent or decrease the risk of suffering a significant injury to your brain. This applies to any type of wheeled sport — motorcycle, bicycle, scooter, roller blades, etc. When you fall during any one of these activities, the first thing to hit the pavement or hard dirt is often your head.

In New York City in 2013, 74% of fatal bike crashes involved a head injury. Of that 74%, a staggering 97% were not

wearing a helmet. This is irrefutable evidence that if you want to stay alive during a bicycle crash and avoid significant head injury, then you need to wear a helmet.

The numbers paint a very clear picture — helmets save lives! Of equal importance is that they preserve health and reduce the risk of compromised brain function. This is not to say if you’re wearing a helmet it’s impossible to have some kind of brain injury. However, you are significantly reducing your odds of suffering a serious brain injury that could affect you all your life.

It’s also worth noting that the price-point these days for a good, solid, approved helmet only ranges between \$15 to \$30; therefore, socioeconomic factors are no longer the barriers to protection as they once were. As I always say, if you can afford the bike, you can afford the helmet!

Of course, the value of wearing a helmet doesn’t just extend to riding a bike or roller blading. You and your family should be wearing them in all activities other than walking (e.g. skiing, white water sports, etc.).

*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. More at ApexBrainCenters.com.*



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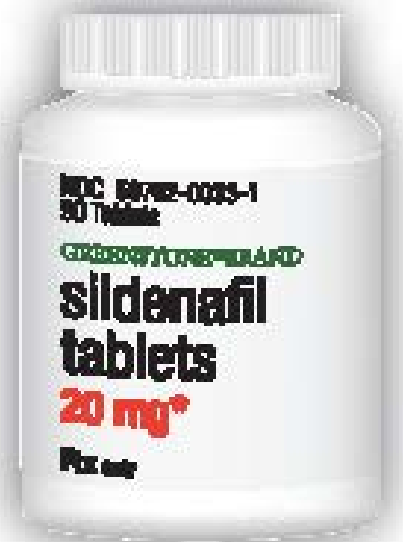
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## OF INTEREST TO SENIORS ..... by Mike Richard

### Signing Up for MedicarePlans



If you're one of the 11,000 people a day approaching age 65, two of the most important questions you face are: "How and when do I take Social Security?" and "How and when do I sign up for Medicare?" Marilyn and I are turning 64 this year and have already addressed the numerous strategies available to maximize our Social Security benefits. In reality, we started our planning just before age 62, the earliest you can draw SS. You'd be amazed to see how much more you can get by properly planning. I won't attempt to discuss that here but would highly suggest that you consult a certified expert in Social Security planning to maximize your benefits. I can recommend a good resource. Just give me a call. Planning for Medicare doesn't require nearly that much lead time.

#### When to Sign Up

If you're already getting benefits from Social Security or the Railroad Retirement Board (RRB), you'll automatically get Part A and Part B starting the first day of the month you turn 65. (If your birthday is on the first day of the month, Part A and Part B will start the first day of the prior month.)

If you're under 65 and disabled, you'll automatically get Part A and Part B after you get disability benefits from Social Security or certain disability benefits from the RRB for 24 months.

If you have ALS (Amyotrophic Later-

al Sclerosis, also called Lou Gehrig's disease), you'll get Part A and Part B automatically the month your Social Security disability benefits begin.

If you're automatically enrolled, you'll get your red, white, and blue Medicare card in the mail three months before your 65th birthday or 25th month of disability benefits. If you do nothing,

**You'd be amazed to see how much more you can get by properly planning.**

you'll keep Part B and will pay Part B premiums. You can choose not to keep Part B, but you may have to wait to enroll and pay a penalty for as long as you have Part B.

If you're close to 65, but not getting SS or RRB benefits, you'll need to sign up. Contact Social Security 3 months before you turn 65. You can also apply for Part A and Part B at [socialsecurity.gov/retirement](http://socialsecurity.gov/retirement). If you worked for a railroad, contact the RRB. In most cases, if you don't sign up for Part B when you're first eligible, you may have to pay a late enrollment penalty for as long as you have Part B.

If you have End-Stage Renal Disease and you want Medicare, you'll need to sign up.

Mike Richard is president of Prime Time Solutions, Inc., an insurance agency serving people across the Southeast specializing in senior insurance products since 1998. Reach Mike at 628-3889 or 275-5863.

## Aging

### It's Everyone's Future — Stay Active, Involved, Informed

by Gayland Welborn



Did you know that citizens who volunteer and stay involved in their communities live, on average, at least four more "healthy" years than those who do not? Are you aware of research that shows how valuable exercise is to maintaining good physical and mental health? You probably would answer yes to these questions. But do you know about an agency in Buncombe County devoted to helping senior citizens find the resources they need as they grow older?

The Council on Aging of Buncombe County has been a leader in providing educational resources and access to services that help our citizens age with dignity. As a service specialist for the

Fairview community, I've witnessed the positive impact these resources have made on the lives of our elderly citizens. Unfortunately, there are residents of Buncombe County who are unaware of this important resource. You may know such a person or have a family member who needs assistance but knows little about the Council on Aging.

Take a minute and review the COA website at [coabc.org](http://coabc.org) to learn more about the services available to our elderly residents. There you will find resources for helping someone who needs in-home assistance or caregiver support. You can find help with those important decisions about Medicare, and there is assistance for elderly citizens who have home repair, transportation or nutritional concerns. The COA has long been a trusted resource for families facing these kinds of problems.

If you know of someone in the Fairview area who might benefit from our services, please call 277-8288. The COA office in Fairview is located at the Spring Mountain Community Center and is open most Mondays and Tuesdays from 8:30 AM until 3:00 PM.

Remember — aging is everyone's future.



Photo from Buncombe County Council of Aging website

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<sup>3</sup>If Requirements Are Met: The Premium Interest Rate will be paid and all Asheville Savings Bank ATM fees will be refunded and up to \$20 in other banks' ATM fees. If Requirements Are Not Met: You will still earn the minimum rate from your checking balance. ATM fees will not be refunded.

<sup>4</sup>Mobile carrier fees may apply. Mobile Check Deposit is Subject to approval - Limit \$10,000 per item, \$3,000 daily and \$5,000 total per month. In addition, there is a limit of 5 checks per deposit & checks per month.

## A Sweet Surprise on a Savory Tour

by Roger Klingner

In July, I was leading a wild foods tour at Sam Trophia's incredible estate and show gardens in Fairview, and what was already a very enjoyable day got even better with a lovely surprise. A delightful young Swedish man proposed marriage to his equally lovely girlfriend during the edibles tour. It was amazing!

The future groom and bride had met in northern California and loved the redwoods, so he handmade a stunning ring box from a piece of redwood to present to her during the tour. He walked with her a short distance away, and when they came back here was our group with wild foods — plants and mushrooms — spread out on a sheet, and they announced that they had just gotten engaged! We all burst into applause, and it was very moving moment.

I presented them with a Reishi mushroom as a symbol of immortality and longevity.



## WEATHER CORNER

by Tom Ross, Meteorologist

## Feeling the Heat



Last month we took a look at the mean number of days the afternoon high temperature reaches or exceeds 90 degrees F. It seems like that was quite providential since we have already exceeded our average number of seven days this year by early July. Hopefully, we won't exceed that number multiple times, as we did in 1952 when we had 32 days at or above 90 degrees F during the summer months.

One of the things that stands out this summer for most of us is that many areas across Fairview developed the "crunchy lawn syndrome." The combination of hot temperatures with below average rainfall hasn't helped to keep most lawns and gardens green. In fact, in June we received a scant 2 to 3 inches of rainfall across the region, with some spots only seeing an inch and a half of rainfall.

I am afraid the situation hasn't changed greatly from last month's report, and the trend may continue to favor dry and hot conditions for the remainder of the summer. However, there seems to be a bit more scattered thunderstorm activity across the region in July, and hopefully our final total rainfall for July and then in August will be higher than what we received in June. If it doesn't, look for brownouts to continue, and I'm not talking about power shortages!

Moving on a bit, let's take a look at

the hurricane season of 2016. We have already had several storms this year, and it could turn active especially in later summer. However, in contrast, as of July 4, 2016, it has been a full two years since the U.S. Gulf or Atlantic coast has sustained a direct hit from a hurricane. The last hit was Arthur on July 4, 2014, and that was just a glancing blow to the Outer Banks of North Carolina. As of now, things in the Atlantic are fairly quiet. Earlier this year, rains and some localized flooding occurred across parts of the coastal Carolinas in June from tropical storms/depressions Bonnie and Colin.

However, the important thing to remember with hurricanes is that it's not very important to predict the number of named storms in advance each year. The whole story with hurricanes is location, location, location. Where are they going to strike? All it takes in one category 3 hurricane to strike a populated area along our eastern seaboard and we have a multi-billion dollar disaster on our hands. Since the U.S. coastline is in a favored path of these storms each year, it is only a question of time that a major hurricane will strike the coast again.

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

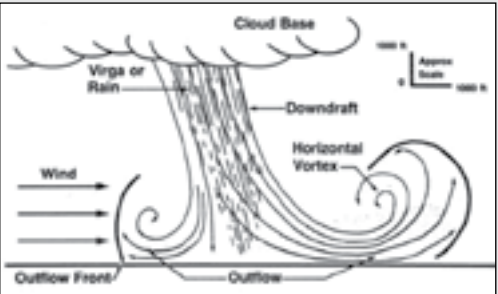
### JULY'S TRIVIA ANSWER

*What is a microburst?*

Microbursts, also called downbursts, are a sudden downward burst of wind from the base of a thunderstorm. The air can rush towards the ground at speeds of 60 mph before impacting the surface and spreading out in all directions, usually in an area 2.5 miles in diameter or less. Winds at the surface can exceed 100 mph in the strongest microbursts, often causing extensive tree and building damage.

Thunderstorms have two main components: an updraft and a downdraft. The updraft feeds warm, moist air into the storm, while the downdraft blows rain-cooled air with precipitation out of its base. It's important to note that downdrafts and microbursts are two different things.

General, run-of-the-mill downdrafts occur over a much wider area and their winds usually don't reach severe levels. This is usually what we feel in the summertime, with a corresponding drop in temperature during a thunderstorm. Up until a few decades ago, microbursts were one of the leading causes of weather-related airplane crashes in the United States. Now all commercial aircraft and many commercial airports in the United States and around the world have wind shear detection systems to alert aircraft to the dangers of microbursts. Thanks to better training and major advances in technology, the last commercial airplane crash in the U.S. attributed to a microburst was back in 1994, 22 years ago.



Typical microburst

### AUGUST'S TRIVIA QUESTION

*What were some of the worst floods recorded in recent memory across the French Broad River valley due to decaying hurricanes or tropical storms?*



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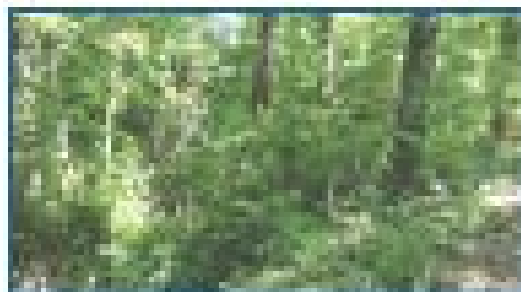
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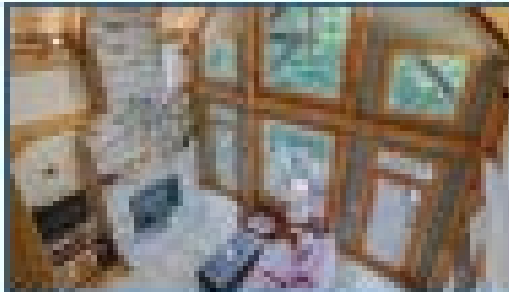
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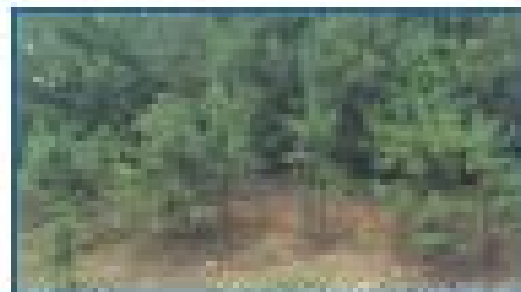
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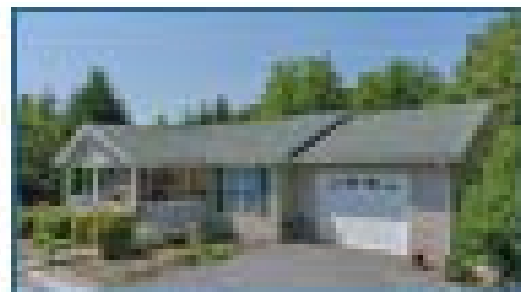
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## BEHIND THE LENS

by Ken Abbott

### Really? No Puppies?



We just got a puppy — a golden retriever, 9 weeks old. We named her Camille, and we call her Cami, for my son's favorite NFL player Cam Newton. Cami is my first dog ever, and my kids swear up and down that they will help take care of her, but I know most of the caregiving will be on me. That said, any reluctance I had evaporated the first time she laid her big hazel eyes on me.

So, I've been distracted and was having a hard time coming up with a topic for my monthly photo column in the *Crier* (Oh no!). In desperation I asked my wife for suggestions, and she said I should write about the new puppy! I reminded her it was a photography column, but then decided what the heck — since naturally I'm making lots of pictures of the new pup.

Dogs are very photogenic, of course. Not too long ago there was an exhibition at the Asheville Art Museum by a photographer named William Wegman who has made a career in art photo-

graphing his Weimaraners. But I'm not going there. My photographs of Camille will be strictly for Facebook and family.

As a matter of fact, the thing that comes first to my mind about photographing puppies is the prohibition I make to beginner photo students when giving assignments. It's a challenge to shoot a couple of rolls of film (remember film?) for an assignment, especially if you're not in some exotic place. So, if there's a cute puppy in the vicinity you can bet the little darling will snarf up at least half a roll of film. In order to avoid this I set ground rules, and one of them is: No photographs of puppies! Also, no photographs of homeless people, old men, smiling kids, sunsets or waterfalls.

I hear you! Why no sunsets? No waterfalls? No puppies? No homeless people or old men? There are specific reasons, but the basic problem is that it's hard to make an interesting photograph of such overpowering material, especially when you're just starting out, when you're just learning what subject matter you're interested in — and what particular and maybe peculiar point of view is yours.

Waterfall and sunset photographs pretty much all blend together, and that is a bad sign if you're trying to be an artist, which calls for self-expression. In photography, when you make a picture you are making a new thing, and an artist needs to say something new — maybe



even surprise us. Waterfalls and sunsets, old men and puppies may be beautiful things in themselves, but it's pretty hard to say much new about them.

Sometimes the students break the rules, and sometimes they even surprise me. That's always a good sign. Meanwhile, the dog needs walking!

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](http://kenabbottphoto.com).

## Sunscreen *continued from page 12*

your skin could be an irritant, or even cause an allergic reaction. Because of this the American Academy of Pediatrics recommends that children less than six months of age be kept out of the sun entirely, and that if unavoidable one should use SPF 15 only in exposed areas.

For everyone else the benefits of being protected from the UV radiation with its DNA damaging effects probably outweigh the risks. However, if you ever had a reaction to one filter it would be reasonable to avoid that one and use one of the other two.

Sunscreen is only one component of good UV protective strategies. A holistic strategy would include appropriate use of sunscreen, staying well hydrated, weather-appropriate UV protective clothing, especially wide-brimmed hats, and avoidance of late morning and afternoon sun when UV radiation is at its highest concentration.

When using sunscreen, it is worth considering that the American Academy of Dermatology recommends SPF 30 applied 20 minutes before sun exposure and reapplied every two hours. If you're interested, SPF 15 blocks 93% of ultraviolet radiation, SPF 30 blocks 97%, and SPF 50 blocks 98%. Because of this nonlinear relationship, SPF 30 gets you the biggest bang for the buck. Water-resistant/waterproof sunscreens stay on better after being exposed to water, but of course they are not actually waterproof, and should be reapplied early and often.

Wishing you safe fun in the sun!

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Our Children



I got a big hug from my son the other day and it felt pretty good. He is in his late 20s. Getting to spend time with him at this busy time in his life and getting that hug means a lot to me. After he left to head back into the rest of his life, I started thinking about what he and his generation have been through in the relatively short time they have been around. That led to my thinking about other generations who have had similar world events and technological advances.

I was raised by loving but rarely hugging parents who grew up during the Roaring Twenties, the Great Depression, WWII and the Korean War. My son has already lived through two recessions and two wars. My parents had Pearl Harbor and the Cold War. My son's generation has grown up with 9/11 and terrorism.

September 11, 2001 was the moment my son's generation found out they were vulnerable in ways they most probably had never considered. Pearl Harbor on December 7, 1941 also brought vulnerability to a generation. Both were followed by years of war. Some people called those of my parents' time "the greatest generation." The title was given in part because out of the ashes of WWII, the U.S., Germany and Japan became strong allies and trading partners.

Sometimes my son's generation has been called selfish and self-focused, the "Me" generation. I guess I see something different in them and wonder what the

world will be like as our children show what they are made of. I believe that when the baton passes along, as it always does, they will find solutions to our planet's problems that my generation, the Baby Boomers, could never have imagined.

**Although each generation has its own challenges, it seems our children are coming of age in particularly divisive times...**

Although each generation has its own challenges, it seems our children are coming of age in particularly divisive times, when finger pointing seems to be all we hear about and solutions rarely make the news. The job market is getting better for some, yet for many people, young and older, well-paying jobs can be hard to find. It seems the economy has been growing slowly, in turmoil, stagnating or contracting off and on for nearly two decades. Credit is still tight, so the American dream of home ownership is much more limited than it was when my parents came of age. In ways that are astonishing, but also hopeful and new, the dream is shifting as necessity is coupled with creativity.

The radio, newspapers, poor roads, one home phone line, factory work, stay-at-home moms, living your life in the same place and respect for the leaders of my parents time gave way to television, interstates, the visible human failings of leaders, increased mobility with better cars, roads and air travel. Air conditioning and television affected where people

lived and to some extent what they were exposed to.

Our children have grown up in a complicated world of new technology, with massive amounts of information at their fingertips.

**Finding ways to filter through the many sources of information and agendas of those sources will be important to our children as they seek solutions to our world's problems, search for meaning and discover life.**

Finding ways to filter through the many sources of information and agendas of those sources will be important as they seek solutions to our world's problems, search for meaning and discover life.

My parents' wars, new mobility and television helped make this a more globally focused society. Now many believe the "prosperity boat is full" and say, "we need to pull up the ladder," locally and globally. Even with more wars, mobility and communication, it is still not clear to everyone that we are all in this together.

Our children have an opportunity to find solutions we have not considered. They are already finding answers, as they become more self-aware, learn self-acceptance, and take on the responsibility of running this world. They will work through the problems inherent in this conflicted world, discovering and

accepting that a global society is here to stay and that mutual acceptance, respect, and cooperation are powerful keys to successful living. Our children can care about their neighbors while working toward a global good. They will become the leaders who seek needed solutions. They can teach us and they will make us proud.

Our children were raised with rapidly advancing technology, so some new use of all this technology for the local and global good will undoubtedly assist them in finding solutions. They will continue to be up against those who want to hold onto the status quo.

Stepping outside of our normal routine brings us new perspective, and therefore opportunities for new solutions. For our high-tech children, stepping outside of their normal routine might include putting down the mobile device for a few moments and spending time talking and listening, looking and seeing, reading and absorbing, enjoying their own children and maybe our stories, too.

Our children's generation will soon be running the world and will have an opportunity to break some of the patterns of divisiveness and conflict left to them by my generation. I believe they will someday earn the title "the greatest generation."

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](mailto:copy@fairviewtowncrier.com).

The Journey from the Dropbox to Your Mailbox

by Grace Royal



Patricia Rhodes, affectionately known by friends and family as Patty, has lived in Fairview all 72 years of her life. She is a local in this community and has been sending mail from the United States Post Office in Fairview for as long as she can remember. She has loved ones in all places, but today, she walks into the town post office to mail a care package to her granddaughter attending school at Gardner-Webb University in Boiling Springs, North Carolina, and a letter to her friend, Gail, who lives in Greenville, South Carolina. As Patty walks through the doors, she is instantly greeted by the warm and familiar smiles of the postal workers. "How can I help?" Debbie asks.

Patty's mail joins the 8,000 to 12,000 daily letters filtered through Fairview's center — approximately 90,000 to 120,000 weekly! So what happens to the mail from there? "It is a little hard to explain unless you see the processing center yourself," says Melody, Fairview's postmaster.

According to the U.S. Postal Service newsletter, the Postal Service made the decision to move all processing operations from the Asheville, North Carolina Processing and Distribution Facility to Greenville, South Carolina in 2011. The Postal Service had experienced a significant reduction in the amount of first-class mail entering the system, in addition to receiving zero tax dollars for its operations. They rely solely on the sales of postage and postal prod-

ucts and services. As a result, Congress enacted legislation that called for an effective postal initiative.

The U.S. Postal Service is the only delivery service that reaches every address in the nation — over 151 million residences, businesses, and Post Office boxes. It has nearly 32,000 locations and has the most frequently visited website in the federal government. The Post Office delivers 40 percent of the entire world's mail, and in 2011 was ranked number one in overall service performance out of the top twenty wealthiest

the Most Trusted Government Agency for six years, and the sixth Most Trusted Business in the nation. Post Office revenue last year was \$68.8 billion. It is a big business at the core of a \$1.4 trillion mailing industry that employs more than 7.5 million people.

Chief Executive Officer and Postmaster General Megan Brennan explains, "The decision to consolidate mail processing facilities recognizes the urgent need to reduce the size of the national mail processing network to eliminate costly underutilized infrastructure. Consolidating operations is necessary if the Postal Service is to remain viable to provide mail service to the nation."

This plan was enacted in order for the U.S. Postal Service to continually improve its efficiency by making better use of space, staff, equipment, and transportation in processing the nation's mail. They were challenged to handle a massive nationwide organization that was no longer financially maintainable, leading them to propose the Network Rationalization Initiative. This initiative is a multi-phase, multi-year strategy announced in 2011 to balance mail processing costs with current and future amounts of mail, and to successfully convert the postal processing network to an appropriate size. If the plan continues on its in-

tended course, the final stage of the network consolidation is scheduled to take place this summer.

As a result of these implementations, Patty's care package to her granddaughter and letter to her friend are sent, along with all the other mail of the Fairview residents, to the processing center in Greenville. The mail is put on a conveyor belt and sorted. After it is sorted and loaded onto a truck with its comrades, the mail is sent out to its respective destinations, then placed into the mailbox and hands of the delighted recipients two to three days later.

Mail is distributed all over the nation from Greenville. The Postal Service promises to safeguard its mission in the continuation of prompt and reliable service consistent with its standards. They remain steadfast in implementing new and efficient goals and pursuing service performance improvements as always, so that residents of our town just like Patty can stay connected to her friends and family outside of the community.

*Grace Catherine Royal was awarded a Superior rating in the Association of Christian Schools International's 2011-2012 Southeast Regional Creative Writing Festival, and was published in their regional publication; she won first place in the Montreat College Creative Writing Contest in 2013 and 2014, and graduated from North Asheville Christian School as Valedictorian with highest honors. Grace will graduate in May 2017 from Truett McConnell University with a Bachelor of Arts in English. She lives in Fairview with her family.*



Patty Rhodes

nations in the world. And it is also recognized as a leader in workforce diversity. The Postal Service has been named



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Jim Stilwell has been drawing stuff since he could lift a crayon. As long as he can remember, he has loved spending many hours creating adventures on paper involving buildings, cars, people, airplanes; you name it, he drew it.

Jim has been very fortunate to have turned this passion into a long career as an artist. When he was 18 he started doing pen and ink illustrations of homes in his neighborhood. This blossomed into a business while he attended college at night. Armed with a portfolio of house sketches, he got his foot in the door of an architect's office to do drafting. His boss would let him occasionally draw illustrations of some of their projects, and Jim continued moonlighting on these projects in the evening hours and weekends.

He moved on to a larger architectural firm where he was responsible for all the in-house presentation illustrations, then eventually ventured off on his own again as a freelance architectural illustrator.

Since 1978 he has worked on hundreds of projects ranging from doghouses to mega-mansions. He has had a successful association with architects, designers, advertising agencies, developers and corporations. Many of these projects have strange or unique stories behind them and are chronicled on Jim's website ([jimstilwell.com](http://jimstilwell.com)).

Particularly intriguing is a story entitled "Hollywood Comes to Delray Beach." It involves kidnapping, extortion and explosions. Did I mention that Jim spent most of his career in South Florida? He says, "This is usual Florida stuff."

Many of his projects didn't involve architecture, but other diverse subject matter. For instance, Jim was involved with the scuba diving industry part-time. As a Dive Master he stumbled onto many projects involving his passion for the ocean and the environment.

Five years ago Jim faced his mid-life crisis, which did not involve getting a sports car but finding his way in this world as he approached the next phase of his life. He says, "Most of the men in my family never lived past 52 and I was preoccupied with this." His wife, Edrianna, was involved with a healing school and her contacts led him to his first vision quest.

Jim and Edrianna relocated to Fairview. He scaled back his business and started painting images from his vision quest experiences. This art has been transformative for Jim and for many who view it. His work is on display at the Zapow Art Gallery in Asheville.

Recently, Jim returned to his first passion of home illustration. He likes the one-on-one relationship with the homeowner, creating an image they can proudly display.

Most days you can find Jim either in his home studio, mentoring, playing music with the Spring Mountain Shiners, or out in nature enjoying his Journey.



From a blank canvas at left, to the finished work at right, to the home illustration below, Jim fills his life with creating.



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**Zeva** is a 1-year-old orange and white tabby. A bit nervous around people but will give love on her own terms. She doesn't mind other calm dogs or cats in the home, as long as they respect her space.

**HUMANE SOCIETY**



**Bandit** is a 5-year-old male Chihuahua who weighs 10 pounds. He is very shy by warms up quickly once he gets to know you.

**CHARLIE'S ANGELS**



**McDough** is a very sweet 3-year old pitbull-type mix who loves the outdoors and people. He is selective with dogs but has been OK with a cat.

**BROTHER WOLF**



**Manhattan** is a 4-month-old, female, domestic long hair. She is black, gray and white with beautiful green eyes, and a sweetheart with a gentle demeanor.

**CHARLIE'S ANGELS**



**Moe** the rabbit is about 3 months old and has grown up with lots of handling and love, so he (and his brothers Larry and Curly) will make wonderful house pets.

**BROTHER WOLF**



**Bonnie** is a loving 6-year-old dalmatian/spaniel mix – a laidback dog who will cuddle on the couch and plays nicely in doggie playgroups.

**HUMANE SOCIETY**



**Rosie** is a 7-month-old min-pin/terrier mix, weighs 17 pounds, and is very smart. She likes the company of other dogs and is good with cats. An active family would be great for Rosie.

**ANIMAL HAVEN**

### August Events

**Humane Society**  
Sanctuary Brewing Pints for Pets, adoption – *Wednesday, August 3, 6–8 pm*, at 147 First Avenue East, Hendersonville.  
Yappy Hour with Mix 96.5 at Blaze Pizza, Gerber Village – *Thursday, August 25, 6–8 pm*, 1840 Hendersonville Road.  
Low-Cost Vaccine and Microchip Clinic – *Saturday, August 27, 2–5 pm*, Hall Fletcher Elementary, 60 Ridgelawn Road.

**Brother Wolf**  
National Night Out Adoption Event – *Tuesday, August 2, 6–8 pm*, Bullman Park, 718 New Haw Creek Road.  
BWAR Adoption Day at Second Gear – *Sunday, August 7, 11 am–2 pm*, 444 Haywood Rd.  
Petsmart, adoption – *Saturday, August 13, 12–4 pm*, 150 Bleachery Blvd.  
Cat Adoption and Bluegrass Brunch – *Sunday, August 14, 12–4 pm*, Asheville Music Hall, 31 Patton Avenue.  
Craft for Critters, adoption/fundraiser – *Saturday, August 20, 10 am–6 pm*, Grovewood Gallery, 111 Grovewood Road.  
Petsmart, adoption– *Saturday, August 27, 12–4 pm*, 150 Bleachery Blvd.  
Bikers for Paws at Regeneration Station, fundraiser – *Tuesday, August 30, 6–10 pm*, 26 Glendale Avenue.

### AHS Earns 4-Star Rating

Asheville Humane Society's strong financial health and commitment to accountability and transparency have earned it a 4-star rating from Charity Navigator, America's largest independent charity evaluator. This is the fourth consecutive time that Asheville Humane Society has earned this top distinction. They are now ranked in the top 9% of charities evaluated by Charity Navigator nationwide.

### LOCAL ANIMAL SHELTERS & RESCUE ORGANIZATIONS

Animal Haven of Asheville 299-1635 or animalhaven.org

Brother Wolf 885-3647 or wncanimalrescue.org

Charlie's Angels Animal Rescue 885-3647 or wncanimalrescue.org

Humane Society 761-2001 or ashevillehumane.org

## Tick-borne Diseases — You and Your Pets

by Sarah Hargrove, DVM, Cedar Ridge Animal Hospital and Mobile Equine Services



Summer is a great time to live in the mountains. Camping, hiking, long evening walks or trail rides and river trips are all part of the fun. We often take our pets with us, and we need to make sure that we help our dogs, horses, and other pets stay safe, along with having fun.

**Contrary to what you might think or have experienced, there are ticks in Western NC, and there are risks to having them attach to your pets.**

I have heard some people in our clinic say that they don't have issues with ticks, or that we don't have ticks around here. While the risks to your family can depend on a number of things (hobbies, wildlife populations, etc.), there *are* ticks in Western NC, and there *are* risks to having them attach.

Diseases such as anaplasmosis, ehrlichiosis, Rocky Mountain Spotted Fever and Lyme disease are spreading widely through most of the southeast US. They are transmitted through tick bites, but also through contact with the internal fluids of an infected tick.

For both people and animals, preventing tick bites is the most important aspect of preventing tick-borne diseases.

- Talk to your veterinarian about an appropriate product for your dog. There are topical (Advantix, Frontline, Vec-

tra) and systemic/oral (Bravecto, Nexguard) tick-control treatments.

- If possible, limit access to tick-infested areas.
  - Check dogs frequently for ticks or, at a minimum, at the end of each day's activities. The ticks should be promptly and carefully removed, taking care to pull the head out with the body. Do not twist the tick, or try to drown in alcohol, as this can cause them to regurgitate while still attached, increasing the chance of transmitting infection.
- For horses, consult with your vet, but general advice includes:
- Apply topical insect repellent products. Reapply these products often when in an insect infested area.
  - If possible, limit access to tick-infested areas.
  - Check horses frequently for ticks or, at a minimum, at the end of each day's activities. The ticks should be promptly and carefully removed. Be sure to check the tail, mane and ears thoroughly for ticks.
  - Consider the use of insect nets designed to be worn over horses' eyes and ears to minimize insect bites, but do not consider them 100% effective. If you use these products, you should still check your horses regularly for ticks.
- Anaplasmosis and Lyme disease in dogs can have very similar clinical signs: lameness and joint pain, and some may

Tick Species	Adult Male	Adult Female	Habitat	Disease Transmission
Black-legged tick (Ixodes trianguliceps)			Prefer moist shaded areas. Found in tall grasses too.	Lyme disease Anaplasmosis Ehrlichiosis ...a few others
American dog tick (Dermacentor variabilis)			Harder than the black tick & can survive in drier habitats where there are tall grasses (open fields).	Rocky Mountain Spotted Fever ...a few others
Brown dog tick (Rhipicephalus sanguineus)			Highly warm, persistent feeder. Locations where there are dogs (its preferred host). Doesn't like our cold climate but has been seen in town.	Rocky Mountain Spotted Fever Ehrlichiosis ...a few others

also develop vomiting, diarrhea, coughing or labored breathing.

Horses infected with anaplasma can develop fever, lethargy, edema ("stocking up" in the legs), incoordination, and bleeding disorders. Lyme disease in horses can show as lameness, joint pain, neurologic disease, eye problems and dermatitis.

Dogs with ehrlichiosis can have non-specific clinical signs in the initial phase of infection, including fever, loss of appetite, weight loss, depression and swollen lymph nodes. Chronic infection can develop, however, and can be life-threatening. Signs of severe ehrlichiosis include dramatic weight loss and loss of muscle tone, swollen lymph nodes, high fever, and bleeding.

In horses, clinical signs of disease can include fever, lethargy, loss of appetite, incoordination and swollen limbs. If infected by *Neorickettsia risticii* (a member of the Ehrlichia family), horses can develop "Potomac horse fever," which can result in fever, loss of appetite, depression, colic, depression, and laminitis (founder).

While there are no reports of Rocky Mountain Spotted Fever in horses, a dog first presents with a high fever. Blood spots (pinpoint or larger in size) may be seen on the lips, gums and nonhaired (or shorthaired) areas of the dog's skin.

Ticks are not as serious an issue for cats, as they tend to groom them off before they become attached and able to transmit disease. There are fewer options for tick prevention, so ideally, if your cat goes outside, look them over for ticks when they come in. Please *do not* use a dog flea/tick preventative on a cat, as it may be toxic.

Make sure your pets are also on flea prevention, as fleas also carry diseases, in addition to being itchy.

So please, go outside and be active with your pets. You will all be happier for it. Just make sure you are doing what you can to keep yourself and your animals safe from parasites that can make them sick.

### Correction

In our July issue, we mistakenly attributed the article on "Photomodulation for Your Pet," listing its author, Charles H. Lloyd, DVM, as being with Cedar Ridge Animal Hospital. Apologies to Dr. Lloyd, who is a partner at Fairview Animal Hospital.

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## Help Reynolds PTSO Create Lasting Change for Our Community

by Karen Wallace-Meigs, Incoming PTSO Vice President

Your contribution of \$10 or more, combined with similar contributions and in-kind support from our community, makes a real difference in the educational opportunity provided to young people in our area.

**Working together as a community, our young people achieve more and the outstanding faculty and staff feel supported.**

During the 2015-2016 school year, the A. C. Reynolds High School Parent-Teacher Support Organization (PTSO) provided over \$10,000 in cash and other support to meet staff and student needs through teacher mini-grants, student enrichment programs and materials, and staff appreciation efforts. Working together as a community, our young people achieve more and the outstanding A. C. Reynolds High School faculty and staff feel supported. The PTSO's success is made possible by membership dues, donated/discounted services and goods, and financial contributions provided by the following community partners: Becky's Florist; Blue Ridge Service Center/Worley's Automotive; Corner Kitchen; Covenant Community Church; Fairview Chiropractic Center; Dolci di Maria; Food Lion; Kaplan; Kounty Line of Fletcher;

Pepsi; Piazza; PostNet; RentAll; Ruth and Ranshaw; Sam's Club; Texas Roadhouse; US Cellular Center; Asheville Christian Academy; Mr. and Mrs. Howard Bridges' Catering Services; Mrs. Briden's Art Students; Mr. Lowman's Carpentry students; Mrs. Love's 9th grade Honors English classes; and countless community members, alumni, and families.

The PTSO could not accomplish all it does without the generosity of people like you. If you baked cookies, volunteered, or made a contribution of cash or goods to support our students and teachers in the past, thank you.

We welcome continuing and new members. Please consider joining the A.C. Reynolds PTSO for the 2016-2017 school year. Our combined contributions help propel students forward in school and in life. Your \$10 contribution at the beginning of the new school year will make a huge difference now and untold positive differences in the future of our community.

Families and individuals may join the PTSO by signing up at freshman orientation, during Fall Open House, completing the membership form provided to your student, or by visiting our Facebook Page, [facebook.com/ACReynoldsHighPTSO](https://www.facebook.com/ACReynoldsHighPTSO). Grandparents and other community members are encouraged to join as well.

Thank you for your support of PTSO, A. C. Reynolds High School, and our community's youth.

## Samantha Davis to Study in Bosnia

Fairview teen Samantha Davis has been accepted to the U.S. Department of State's competitive Kennedy-Lugar Youth Exchange and Study (YES) program. Samantha was chosen to receive one of 60 merit-based scholarships for U.S. citizens to study in select countries; she will participate in the Bosnia and Herzegovina program, and will spend the upcoming academic year in Sarajevo. Samantha will live with a host family and attend a public high school in order to experience true immersion in the local culture.

The YES Abroad program is a cultural exchange for high school students between the U.S. and countries with significant Muslim populations. YES Abroad participants serve as "youth ambassadors" in their host communities, promoting mutual understanding by forming lasting relationships with their host families and friends.

"I am so excited to participate in the YES Abroad program through the State Department because in this country we have so many stereotypes about what it means to be Muslim, especially post-9/11," said Samantha. "I am ready to take the step towards being a global citizen and break down those barriers. With this kind of relationship building, I hope to create relationships that will be based on mutual respect, understanding, and friendship with people who differ in nationality and religion. I look forward in being a catalyst for interfaith education and awareness once I return."

Sarajevo is the capital city of Bosnia and Herzegovina, as well as the largest city in the country. Often called the "Jerusalem of Europe" or the "Jerusalem of the Balkans," Sarajevo is famous for its tradition of religious diversity. Adherents of Islam, Orthodox Christianity, Catholicism, and Judaism have coexisted there for centuries.



An iconic view of Sarajevo as pictured on lonelyplanet.com



## Local Student Interns at NC Senate



Audrey E. X. Meigs, a student at A.C. Reynolds High School, recently served as a page in the North Carolina Senate in Raleigh. The daughter of Ted and Karen Meigs of Fairview, she was sponsored by Senator Terry Van Duyn and appointed by the Senate President Pro Tempore, Phil Berger of Rockingham County.

Statewide high school students in grades 9 through 12 serve as pages when the General Assembly is in session. They perform valuable duties for the senators and their office staff, attending daily Senate sessions and committee meetings, and assisting staff members with office duties during the week they serve in the legislature.

## Montessori Preschool Opens in Fairview

Beginning in late August, young children in WNC will have a new learning opportunity. Mighty Oaks Montessori will be offering an authentic Montessori curriculum for children ages 3-6. Mighty Oaks is located on a 5.5-acre working homestead in Fairview. In addition to the outstanding academic offerings, the school will feature an outdoor education program that will provide its students with a meaningful connection to the land.

Head of School Erin Roberts comes to the Asheville area with 11 years of experience as a Montessori directress.

Mighty Oaks is beginning its enrollment period on August 1. Enrollment will be limited to 15 students. To schedule an admissions tour, call 338-0264 or visit their website at [MightyOaksMontessori.com](http://MightyOaksMontessori.com).



## Plans Underway for FES Fall Festival

by Melissa Lacy, FES PTA Communications Coordinator

Planning is already well underway for the annual Fall Festival at Fairview Elementary School.

Following the successful Friday evening ballfield setting of last year's event, this year's festival will be held on **Friday, October 7, 4-7 pm** on the FES ballfields. This is once again a bye week for ACR football.

As always, the festival will include inflatables, carnival games, hayride, raffle baskets, great food and more. Make plans now to attend this fantastic event and support Fairview Elementary School.

Aside from being a wonderful community event, the festival is one of only two fundraisers the PTA has for the school each year. Funds raised by PTA

allow for continued contributions to the school for classroom supplies, extra-curricular activities, technology, playground updates and much more.

Local businesses are invited to consider sponsoring the Fall Festival with a tax-deductible donation. Donor levels are: Diamond level: \$350+ donation; Platinum level: \$250+ donation; Gold level: \$150+ donation.

Business donations are currently being accepted. For more information, email [pta@fairviewelementary@gmail.com](mailto:pta@fairviewelementary@gmail.com).

Please send all contributions by September 30 to FES PTA, 1355 Charlotte Highway, Fairview, NC 28730. The students, parents, teachers and staff at Fairview Elementary School thank you in advance for your generous support.



## Fairview Preschool New Days and Hours

Fairview Preschool is enrolling now for two fall 2016 classes. The 3-year-old, 4-year-old and Pre-K class day begins at 8:30 and ends at 12:30; the 2- and 3-year old class meets 8:30-12:15.

We now offer two-day or three-day class options. The school offers a developmentally age-appropriate, hands-on learning environment.

For details or to schedule a visit see [fairviewpreschool.org](http://fairviewpreschool.org) or call Chris Lance, 338-2073

## Donate School Supplies at Creative Touch

Dee Trevitte's Creative Touch invites everyone to donate school supplies to help students succeed. Supplies can be dropped off at Creative Touch, 1346A Charlotte Highway, or picked up by calling Gail Austin with Avon at 215-2004. A free Avon product will be given to those who leave their names and phone numbers, and after August 29 a drawing including all names will be held for a free service from Creative Touch.

**NOW SCHEDULING ADMISSIONS APPOINTMENTS**

Call Erin Roberts at (828) 338-0264

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Parents and Guests invited to a Commencement meal on Friday night, August 12th

Questions? Please call (828) 681-8743 or visit our Facebook page: **Brush Creek Chapel Baptist Church.**



Local Supplement for Teachers: Is It a Vitamin?



This summer brought momentous news regarding teacher pay in Buncombe County. One may ask: Why is Buncombe teacher pay any different than pay for teachers across the state? Our NC legislators are constitutionally required to provide “a general and uniform system of free public schools... wherein equal opportunities shall be provided for all students.” Isn’t this a statewide mandate? It’s true that we are lucky in NC, in that our constitution calls for state government to provide quality public education for everyone. However, it also states that local governments “may use local revenues to add to or supplement any public school or post-secondary school program.” This is where the local supplement comes in.

**The truth is that in areas with a high cost of living, the state pay rates for teachers simply aren’t sufficient to pay their bills. Therefore our local county government steps in so teachers can live on what we pay them.**

The truth is that in areas with a high cost of living (such as Buncombe County), the state pay rates for teachers simply aren’t sufficient to pay their bills. Therefore our local county government steps in to make up the difference so that we can recruit and keep excellent teachers, and so teachers can live on what we pay them.

As a School Board, we met in May to approve the funding request that would be presented to the Buncombe County Commissioners. The Superintendent presented a proposal to us that included a substantial increase in our request to the county, but this increase was not for increasing the local supplement. It was for the necessary costs to staff the new Enka Intermediate School (scheduled to open this fall) and add another grade (11th) to the Nesbitt Discovery Academy, which will continue to grow by one grade until it reaches capacity in the 2017-18 school year.

Pat Bryant, the School Board representative from the Erwin District, raised an important concern about this budget as it was presented to us. Several years ago, the County Commissioners approved a three-year plan to increase the local supplement for teachers. They were only able to implement one year of the planned increases because the economy bottomed out at that time. Isn’t it time to ask them to revisit this plan, now that the economy has improved substantially?

We scheduled an additional called meeting several days later to address this question, and Personnel Director Cynthia Lopez presented very convincing data: most of the school systems closest to us have markedly higher supplements than we do, making it harder for us to compete with them in attracting and retaining teachers. After considerable discussion, we voted unanimously to ask the Commissioners to increase the local supplement for certified teachers, so that we would reach the level originally planned for the third year of increases.

We were not the only board that needed considerable discussion in order to reach this important decision. At its five-hour meeting on June 21, the Buncombe County Board of Commissioners voted on two different budget proposals before finally approving (4-3) a budget that included an increase to the local supplement for certified teachers, as well as a \$500,000 increase for non-certified staff (including instructional assistants).

**The increase for teachers was less than we requested, but the Commissioners committed to an additional increase for next year.**

The increase for teachers was less than we requested, but the Commissioners committed to an additional increase for next year, which will bring the local supplement to the level agreed upon with the earlier plan.

This much-needed increase for teachers is for all public school teachers within the boundaries of Buncombe County, including those in Asheville City

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- Welcome New Members:**
- Alan Hargraves, Mountain Glass Werks
  - Craig Beam, B & B Tree Service

**July Member’s Meeting**  
We had a super time and great turnout (despite the thundering sky) at The Joint Next Door. Despite Chris and Stephanie being off at the beach, we enjoyed a great spread of food and received a warm welcome. Many members extended their networking and enjoyed the music and beverages.

**August Family Picnic**  
There is never a meeting in August but we do have our member’s picnic. This year it is on **Sunday, August 7, 2-6 pm** and will again be at Cloud 9 Farm in Fletcher. It’s always a great time to bring a friend or associate who may be interested in

joining the FBA. It’s also a perfect time to get to know each other and our families in a more relaxed atmosphere. The FBA supplies the grillables. Members are asked to bring a side dish and beverage of choice. There’s always plenty of food, along with badminton, swimming in the pond, horseshoes, and other games. Very sociable dogs are welcome... along with their very sociable people. Watch your email for information on the picnic and plan to come with your family or bring a friend who might like to join or get to know a little about the FBA members.

**Future Meeting Dates**  
**Wednesday, September 7**, lunch meeting (11:30-1) at Trout Lily Market & Cafe.  
**Monday, October 10**, 6 pm at Spring Mountain Community Center hosted by Solo Tube.

Scenes from the July Meeting



**Join at [FairviewBusiness.com](http://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**

KEEP IT LOCAL with FBA Members

<b>Aquarium Sales</b> The Evolved Fish .....	782-4254	The Garden Spot.....	691-0164
<b>Artists/Artisans</b> Appalachian Designs .....	628-9994	<b>Marketing   Promotion   Printing</b> PostNet of Central Asheville .....	298-1211
Silverpoem Studio .....	782-7984	<b>Markets   Farm Stores   CSAs</b> Cane Creek Asparagus & Co.....	628-1601
<b>Art Classes</b> Beads & Beyond .....	222-2189	Flying Cloud Farm.....	768-3348
<b>Auto/Truck Sales</b> High Country Truck & Van .....	222-2308	Hickory Nut Gap Farm .....	628-1027
<b>Banks &amp; Financial Planning</b> Edward Jones .....	628-1546	Silas' Produce.....	691-9663
<b>Building/Maintenance Services</b> AA Diamond Tile.....	450-3900	Trout Lily Deli & Cafe .....	628-0402
All Seasons Heating & AC .....	651-9998	Troyer's Amish Blatz .....	280-2381
Aqua Pump Services .....	450-3900	<b>Medical Services</b> Anger Management/ Therapist on Call/Maggi Zadek.....	628-2275
Balken Roofing.....	628-0390	Apex Brain Center.....	681-0350
Cane Creek Concrete.....	230-3022	Fairview Chiropractic Center .....	628-7800
Control Specialties .....	628-4323	Flesher's Fairview Health Care Center .....	628-2800
Daylight Asheville .....	778-0279	Park Ridge Health South Avl. ....	681-5327
Mr. Sandless.....	620-5964	Skyland Family Rehab Center ....	277-5763
Vintage Remodeling.....	628-1988	W. Carolina Physical Therapy .....	298-0492
<b>Business Services</b> An Extraordinary Writer.....	490-4455	<b>Monuments</b> Martin Monuments .....	298-8282
Covan Enterprises .....	298-8249	<b>Newspaper</b> Fairview Town Crier.....	628-2211
<b>Cleaning Services</b> Asheville Housekeeping Serv.....	582-1252	<b>Non-profits</b> Charlie's Angels Animal Rescue .....	704-506-9557
Cinderella Cleaning Service .....	713-2798	Food for Fairview .....	628-4322
Rainbow International.....	333-6996	The Lord's Acre Hunger Garden .	628-3688
Steam Master Carpet & Upholstery Cleaners .....	628-9495	<b>Pest Removal</b> Bugtec LLC .....	777-1577
<b>Computer Services</b> Scobie.Net.....	628-2354	<b>Pet Services &amp; Supplies</b> Elena the Groomer.....	628-4375
MacWorks.....	777-8639	Fairview Kennels.....	628-1997
<b>Contractors/Builders</b> Asheville Contracting .....	785-8788	<b>Pharmacy</b> Americare Pharmacy .....	628-3121
Bostic Builders.....	606-6122	<b>Property Management/Pet Sitting</b> Rent-a-Home of Asheville.....	676-6764
Cool Mountain Construction .....	778-2742	<b>Real Estate Sales</b> Allen-Burton Team.....	329-8400
Moose Ridge Design & Const. ....	777-6466	Cool Mountain Realty.....	628-3088
<b>Education/Instruction</b> Advanced Edu. Tutoring Center...628-2232		Exit Realty, Melissa Webb .....	712-4838
Fairview Preschool.....	338-2073	Greybeard Realty .....	778-2630
<b>Electric &amp; Sound Engineers</b> Taylor Webb Electric & Sound.....	712-4839	Sandy Blair, Realtor/Broker .....	768-4585
<b>Emporium/Flea Market</b> New Moon Marketplace.....	505-6199	Terri Balog, Keller-Williams .....	702-9797
<b>Equipment Rental &amp; Repair Services</b> Carolina Equipment Rental .....	628-3004	Nina Kis, Keller-Williams.....	242-8029
Ed's Small Engine Repair .....	778-0496	Judy Stone, Buyer's Agent .....	210-4663
<b>Eyecare Center</b> Elite Eye Care.....	687-7500	<b>Restaurants   Confections   Catering</b> Brewskies .....	628-9198
<b>Home Inspections</b> Mountain Home Inspections.....	713-9071	Subway Fairview & Reynolds.....	628-3080
<b>House Rentals – Short Term/Vacation</b> Cabin in Asheville.....	348-5488	The Local Joint .....	338-0469
Cloud 9 Relaxation Home.....	628-1758	Piazza Wood Fired Oven.....	298-7224
Sabél Apartments.....	232-1042	<b>Saw Mills</b> Sunrise Sawmill.....	277-0120
The Cove at Fairview .....	628-4967	<b>Veterinarians</b> Cane Creek Animal Clinic.....	628-9908
<b>Insurance</b> Financially Compete .....	230-8168	Cedar Ridge Animal Hospital .....	575-2430
Gloria Berlin Agency/Allstate .....	298-2483	Fairview Animal Hospital .....	628-3557
Prime Time Solutions .....	628-3889	<b>Wellness/Healing/Massage</b> Blue Mandala .....	275-2755
Stovall Financial Group.....	275-3608	Do Terra Wellness Advocate .....	713-2798
Tammy Murphy Agency .....	299-4522	Dream Roper .....	209-8981
Trout Insurance .....	338-9125	Fairview Massage & Bodywork ..	216-1364
<b>Landscaping/Excavating/Nurseries</b> Asheville Stone.....	628-ROCK	Mountain Medical Massage Mountain View Healing Hands .....	628-1539
Beam's Lawn & Landscape.....	778-4282	Pure Addiction Soaps & Salves .....	865 403-9994
Fairview Landscaping .....	628-4080	Virtu Skin & Body.....	367-9099
Ray's Landscapes.....	628-3309		



WORSHIP & COMMUNITY OUTREACH

“Days for Girls” Sewing Project Meetings

Girls and woman in many countries do not have access to disposable hygiene products or the money to buy them when they are available. A group called “Days for Girls” is organizing sewing groups throughout the United States to make kits with supplies for these girls and women so they can go to school or work without embarrassment.

Based on the strong response to the first scheduled sewing date, the group has made plans to meet in August too.

On **Thursday August 8, 10:30 am**, Days for Girls will meet at the Spring Mountain Community Center. Those planning on sewing at Spring Mountain, please bring a sewing machine if one is available and such things and scissors and thread. The center has an ironing board and iron and a cutting board, and there will likely be fabric to share. Those who wish to stop by and pick up instructions to use at home are welcome to help in that way too.

All materials must be cotton. Prints are fine as long as they are not food, animal or military prints, which many cultures find to be objectionable.

And the most important thing, says organizer Maria Horton, is to bring a bag lunch. “Funny how sewing can make you so hungry.”

For more information, call Maria at 778-0279.



Spring Mountain Annual Picnic and ... Yum! Dessert Contest

by Maria Horton

Please join the Spring Mountain community in celebrating the wonders of summer at the annual picnic on **Saturday, August 27, 6 pm**. The meat will be furnished; everyone is asked to bring a dish big enough for their family plus four to share. All paper products, utensils and beverages will be provided too.

Among the many events planned for the celebration this year are the Corn Hole Tourney for the big kids and adults; Ducky Derby for the little kids and the young at heart; a Dessert Contest for the best cooks in WNC; and Square Dancing with the Berry Pickers and called by Franklin Sides. Even if you’ve never danced, you will be right at home. This event is for all ages and is a real delight.

We’ll also gratefully recognize our benefactors, 84 Lumber and Asheville Bolt and Screw, who so generously donated materials for our wonderful new picnic tables.



**Dessert Contest**

It gets harder and harder to challenge the cooks in the Spring Mountain community. This year I think we will try a category called “Grandma’s Favorite.” So look back in your old recipes and see if you can find a favorite dessert. Maybe you have a story to share too.

Categories in addition to “Grandma’s Favorite” will be cakes, pies and desserts by adults, and the Junior Division for kids 12 and under.

Prizes will be awarded in each category and the recipes will be published. Bring desserts to the community center and stay for all the fun.

For more information and to volunteer, call Maria Horton at 778-0279.

SMCC Invites Community to Participate in Developing Garden Project

by Jim Smith

The Spring Mountain Community Center property includes dedicated land at the center for a community garden, a place for the community to grow organic produce and herbs for the gardeners and others, to serve as a resource for education and to build community. You are invited to participate in the garden’s planning, creation, and growth.

The first meeting will be held on Thursday, August 4, 5:30–7 pm at the Community Center, 807 Old Fort Road in Fairview.

At this meeting, we will ask for your input into the design of this shared project. Topics will include a name; how to manage the site; organic gardening methods; the ideas of working a bed singly, sharing of beds, or shared duties in the garden as a whole; and the desirability and management of a section for the community at large. We will talk about food security in our community and how our project can help.

There will be shared areas for landscaping which may include fruits, herbs, and flowers. We will discuss those areas and the concept of having workshops at the center. A number of speakers have already expressed an interest in speaking on herbs, small fruits, season extension, and gardening with worms. You may also have ideas for speakers and topics.

We will discuss how to cover the costs of materials (such as lumber to construct planting beds, soil,



amendments, seeds, plants, etc.) and how to pay for workshop speakers, with the goal of keeping costs to a minimum.

After our first meeting we will have regularly scheduled dates for community members to work in the garden and to attend workshops and demos.

**August Workshops and Workdays**

**Saturday, August 6, 9:30–11 am:** Lay out garden beds and areas to be landscaped. Plan use of areas between beds.

**Monday, August 8, 5:30–7 pm:** Build beds and plan use of space. Lumber and tools will be provided. Please bring newspaper and cardboard to use as mulch for the grass.

**Monday, August 15, 5:30–7 pm:** Continue to build beds and mulch.

**Saturday, August 20, 9:30–11 am:** Fill beds with soil and compost and finish tasks needed to begin planting.

**Monday, August 22, 5:30–7 pm:** Plant seeds and starts using herbs and other plants to support pollination for spring and summer gardens.

**Monday, August 29, 5:30–7 pm:** Continue planting seeds, herbs, and other plants and mulching as needed. **Workshop topic:** adding nutrients to the soil: what to use, why and when.

You do not have to attend every session in order to be a part of our project. Come when you can.

For more information contact Jim Smith at 864-313-5106.

Celebrating the 4th at Flishers Health Care



Flishers Healthcare on Cane Creek Road held their annual Independence Day celebration with friends and family on Friday, July 1. Good food, fellowship and excellent weather all contributed to another successful event. Thanks to Candice Yount, the Crier’s office manager, for snapping this photo.

**Fairview Christian Fellowship**  
Affiliated with the Presbyterian Church in America

Worship 10:00 am

Pastor: Rusty Harper 628-1044

www.fcfpc.org

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Sunday Worship 11 am  
Evening Life Groups & 3rd Kids 6 pm

**WEDNESDAYS**  
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A.M.P. Ministry 6:15 pm  
Team Kids X180 High School Adults  
Wednesday Night Worship 7 pm

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BUSINESS

Appalachian Designs Creates Benches for Historic Roosevelt Home in New York

Local rustic furniture maker Appalachian Designs recently crafted two replica benches for the lawn of the Franklin D. Roosevelt National Historic Site located in the town of Hyde Park, New York, overlooking the Hudson Valley. “2016 is the centennial of the National Park Service so we were especially honored to contribute an installation to a historic site during the year in which we’re celebrating 100 years of our nation’s parks,” says Lang Hornthal, owner of Appalachian Designs. “The original bench was most likely not made out of black locust, but we chose that material for its durability in an outdoor setting. Most of the split rail fences that dot western North Carolina are made



from locust and we are fortunate to have such a great local resource to use for such a project.” It was common for the Roosevelts to take furniture out onto the lawn to enjoy the scenery. In this vein, Appalachian Designs’ benches on the sprawling lawns of the home allow visitors to take in a full view of the Hudson River Valley as the Roosevelts once did. Open to the public, the home and its grounds are registered with the National Park Service. Appalachian Designs specializes in outfitting rustic homes and landscapes, designing and building a wide range of solid wood furniture, stairs and railings, architectural elements and custom designs. Appalachian Designs is owned and operated by Hornthal, who has 20 years experience in custom wood design and craftsmanship. Visit [appalachiandesigns.com](http://appalachiandesigns.com).

Breakfast in Fairview  
New Chef Brings New Dishes to Fairview Pizza

Joe Welch has been a chef downtown for the last five years — two and a half years at Early Girl Eatery and two and a half years at King Daddy’s Chicken and Waffles. Having decided to bring his breakfast-making skill to Fairview, he found a spot available at Fairview Pizza Company, and now he’s offering the community authentic scratch-made southern breakfasts featuring large biscuits and breakfast plates, zucchini fritters, gravy and more. Joe will be making breakfast from 6 to 11 am every day except Tuesday, and then doing the regular lunch and dinner menu. Fairview Pizza Company is located at 1321 Charlotte

Highway. Lunch and dinner menu is available daily 11 am – 1 pm and 4 pm–9 pm  
Delivery 5 pm–9 pm  
Breakfast 6 am–11 am (closed Tues.)  
828-338-5039



Susan Lytle Joins Cool Mountain Realty

Susan Lytle has joined Cool Mountain Realty. Susan has her Provisional Broker certification and is already in high gear getting listings and helping people find their dream homes. Welcome to Susan. Cool Mountain Realty is located in their own building at 771 Charlotte Hwy in Fairview. The office number is 628-3088 and Susan’s cell is 301-1410. Plan to top by on their annual Customer Appreciation Day on September 24, 11 am – 4 pm. For information, [coolmountainrealty.com](http://coolmountainrealty.com).



ON THE ROAD

Cruising the Rhine

Bill Petz and Mary Ritter of Spring Mountain take a break to catch up on the news from back home during their recent Viking River Cruise from Amsterdam, the Netherlands, through Germany and France to Basel, Switzerland on the Rhine River. Below, they are on the deck of their longboat, the *Alruna*.



In Norse mythology, Alruna is a Valkyrie who leaves Egil to fly off to battle, never to return. The painting of Alruna is by Roy Chr. Lauritsen.

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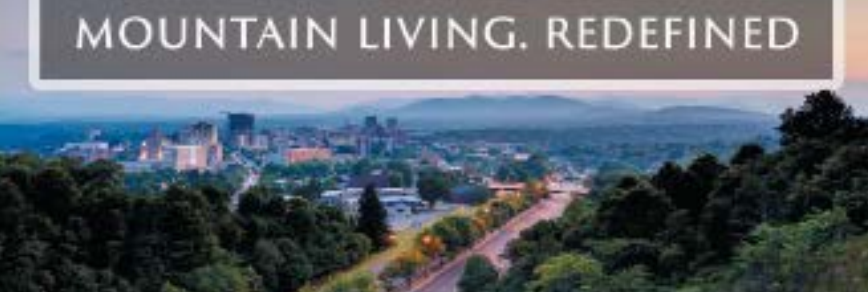
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Be Aware of Challenges to Managing Retirement Income



When you retire, will your cost of living decline? Some of your expenses may indeed drop, but others won't. Plus, you may have some new ones to consider. So, all in all, it's a good idea to think about ways to boost your retirement savings now, before you're retired. And once you do retire, you'll need to be adept at managing your income. But whether saving today or planning for tomorrow, you should

You may never need to stay in a nursing home or receive services from a home health care worker. But you're taking somewhat of a gamble if you don't prepare for these long-term care costs.

familiarize yourself with the key financial challenges you will face during your retirement years. Specifically, consider these areas: **Longevity** — Obviously, the longer your retirement lasts, the more money you'll need. And you could be retired for quite some time. A 65-year-old man, on average, is expected to live another 17.9 years, while a 65-year-old woman can anticipate another 20.5 years, according to the National Center for Health Statistics. With this type of potential longevity in mind, you'll want to

contribute as much as you can afford to your retirement plans, such as your IRA and 401(k), while you're working. Then, when you are retired and start tapping into your investment portfolio, you will need to create a sustainable withdrawal rate — one that doesn't push you into the "danger zone" of possibly outliving your resources. **Health care** — Once you enter your retirement years, your health care costs are all but certain to rise, even with Medicare. In fact, the average annual out-of-pocket health care cost for a household between 65 and 74 years old is \$4,383 — about 11% of total household spending, according to the Employee Benefit Research Institute. And these costs rise substantially for those over 74. To help cope with these costs, you'll need a reasonable amount of liquidity in your portfolio. **Long-term care** — You may never need to stay in a nursing home or receive services from a home health care worker. But you are taking somewhat of a gamble if you don't prepare for these long-term care costs — because they are high. In fact, the annual average cost for a private room in a nursing home is more than \$92,000, according to the 2016 Cost of Care Survey produced by Genworth, a financial services company. Medicare typically pays very little of these expenses, but a financial professional can help you find an appropriate way of coping with these types of costs. **Inflation** — We've had low inflation the past several years, but it hasn't gone away entirely, and it won't disap-

pear when you're retired, either. Even a mild rate of inflation can, over time, seriously erode your purchasing power. To combat the effects of inflation, you'll need to own at least some growth-oriented investments. **Market volatility** — The financial markets will bounce up and down during your retirement years, just as they did when you were working. The big difference? You have less time to recover — and you don't want to withdraw from your investments when their price is down. However, you can help avoid this necessity by maintaining enough income-producing vehicles in your portfolio; these types of investments usually fluctuate much less in value than stocks and stock-based vehicles. By being aware of these issues, both before and during your retirement, you can prepare for them — and preparation is key to managing your income, as it is in all walks of life. *Written by Edward Jones for use by your local Edward Jones Financial Advisor, Stephen Herbert, 628-1546 or Stephen.herbert@edwardjones.com.*

JUNE FAIRVIEW REAL ESTATE STATISTICS

		High \$	Low \$	Avg \$
Houses listed	22	1,292,000	78,000	370,845
Houses sold	13	835,000	71,500	385,942
Land listed	25	194,900	70,000	96,116
Land sold	7	120,000	11,500	48,500

Cool Mountain Realty provides the monthly real estate stats for the Fairview area (zip 28730). Can you see us now? We have been clearing our property to make us more visible. Stop in and see what we have been doing on the inside too! Our agents at Cool Mountain Realty would love to help you with your purchase or sale of real estate. Email Jenny Brunet at coolmtn1@gmail.com or call 628-3088. Veterans Home Buying Workshop will be held on Thursday, August 18 at 7 pm. Find out what benefits you have when purchasing a home.

The Surprising Showdown in Raleigh



Once the Short Session ends in the General Assembly, any hard-fought-for bill that does not pass is sent to the trash heap of failed legislation. Therefore, the last week, and especially the last day, can be full of political trickery and dubious arm-twisting. Under the pressure of time, someone's pet bill can get brought up and escape proper scrutiny. It is often sausage making at its worst. One such bill was Senator Apodaca's Asheville City Council Districting bill. Currently, all Asheville city council members are elected "at large," with no specific districts. In North Carolina, as cities grow, they often go from at-large voting to either all districts or more often a combination of districts and at-large. There are a lot of options. Some say a district candidate loses sight of the big picture in their governance. And some make the argument that there must be an effort made to bring representation to all parts of a municipality. My own view is that there is certainly an argument for district voting, but any new election system needs to be aired out by all who are affected. Senator Apodaca wanted to create six districts, against the wishes of the Asheville City Council and four members of the General Assembly who represent Buncombe County. There was going to be no referendum. There was no local input on the geography of the maps. It was once again a powerful Raleigh legislator dictating policy to Asheville.

After meeting with Senator Apodaca to view the map, and expressing displeasure over the process, the political fight was on. When the bill (SB 897) was filed, it was as a local bill, with the stipulation that it was non-controversial and had the support of all the legislators representing Asheville. Senator Apodaca signed that certification in the bill jacket. When brought to his attention, he called it a clerical error, and reintroduced it as an elections bill. (He was the Rules Chair.) He routed the bill through a Senate Districting committee and scheduled it for a Friday morning. The discussion was sparsely attended but Senator Van Duyn and I spoke vehemently against it. It passed on a party vote, as it also did on the Senate floor. It was a political train that was going to be

hard to stop. This bill was sent to the House, read in and assigned to an elections committee. A good debate took place in committee and once again it passed on a party line vote. Next stop was the House floor. Interestingly for me, several days elapsed before it was listed on the House calendar for what was the last day of the Session. Perhaps it was hoped that legislators would consider the merits of the bill with less scrutiny under the pressure of time running out. My own expectation was that Senator Apodaca, for whatever reason, wanted this bill passed so badly that he was willing to hold House bills hostage. How many House members even cared much about elections in Asheville? On the evening of July 1, SB 897 came before the NC House for consideration. Susan Fisher, Brian Turner and I all had amendments to the bill to try to make it more palatable to our constituents. First, Representative Fisher wanted to add a provision that a referendum by Asheville voters would be required before implementing the new voting rules. My amendment would have reduced the districts from six to three, with three other members voted on at large. The district maps would be drawn locally. Finally, Representative Turner introduced an amendment to set up a local commission to design the districts in hopes of avoiding a gerrymander. All three amendments were voted down mostly along party lines. As far as I was concerned, the writing was on the wall for SB 897. Senator Apodaca had his votes lined up,

and there was little that could be done to change the momentum. Full consideration of the bill was now before the House. Representative Fisher said she was going to channel Senator Martin Nesbitt and blast away at the way this bill was being managed. I followed with a factual list of reasons why this bill should be voted down. To be honest, I felt like Don Quixote tilting at windmills. And yet, something remarkable took hold among our Republican colleagues. One by one, they began to denounce SB 897 — on moral grounds, on the fear that Raleigh was once again being a bully, and on the grounds that rules were being broken. When 24 Republicans voted against this bill, jaws dropped all over the General Assembly, including mine. The final vote was 47 to 59. However, there was still a backdoor way to include the Asheville bill in another bill that the House wanted passed. As it turned out, no such fix could be agreed on. The Senate adjourned, and on the last day of the General Assembly, the most talked about bill was the Asheville bill. It was truly a bipartisan victory, and went a long way to restoring my faith in the institution.

**John Ager's Contact:**  
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Fall Gardens in WNC — Easier than Spring

In spring, crops in the brassica family are growing into the warmer temperatures and longer days of summer, something they don’t particularly enjoy. That’s why fall is such a great time to grow cabbage, broccoli, cauliflower, Brussels sprouts, collards and kale. Admittedly these crops don’t enjoy starting

It’s not always easy to find vegetables starts for fall crops, but the Garden Spot in Fairview will most likely have some, as might other independent nurseries in the area.

out in the heat of the summer but they love maturing in the cool air of autumn. Here’s a list of some of the fall crops that grow here in WNC and the best dates to plant them:

- **Beets** — plant last crop by about September 15 (Beets come in red, gold, white, and red/white concentric circles. We love Boldor, Chioggia, and Red Ace and Avalanche);
- **Garlic** — plant cloves between the end of October and the end of November for next year’s harvest (We get ours from Otis Branch Farm, [toddncfarm.com](http://toddncfarm.com));
- **Radishes** — plant seed between August 15 and September 15 (this in-

cludes daikon radish, a major food crop, as well as the gorgeous and colorful watermelon radish);

- **Lettuce** — plant seeds through August 30 and transplants between August 15 and September 15;
- **Parsley** — plant starts (not from seed) no later than August 30;
- **Peas** — plant between July 15 and August 7 (choose short season snap peas);
- **Potatoes** — a later crop can be planted between June 15 and August 1;
- **Spinach** — plant mid-August for a fall crop and around September 15 for an overwintering crop;
- **Turnips** — plant seeds between August 30 and September 30 (We love Hakuri turnips).

It’s not always easy to find vegetables starts for fall crops, but the Garden Spot in Fairview will most likely have some, as might other independent nurseries in the area. Happy planting.

Tell Us About Your Garden!

I hope you were as inspired by the first Fairview Garden Tour as we were. From a few beds to a few acres, Fairview is buzzing with folks growing food, flowers, herbs and beauty. The Lord’s Acre would love to hear about yours. Drop us a line at [thelordsacre@gmail.com](mailto:thelordsacre@gmail.com) and send a photo or two if you can. We’d love to put your tips, thoughts, questions or creative ideas on our Facebook page.



Blackberry Bliss



Ripe blackberries. Sweet, glistening blackish-purple jewels, dripping nectar in the summer heat; luscious fruits, exploding into our mouths, awakening our taste buds with juicy delight

that is the essence of summertime in the mountains. Yes, summer is in full swing, with the heat of the sun beaming down on the good earth and the whole world, and the mountains are lush and overflowing with the bounty of nature’s gardens.

Numerous thundershowers beginning in July ended what was shaping up to be a tenacious new drought cycle. The lands were bone dry in June, but now all is well as the waters of life have returned.

An integral part of summers for my whole life has been the arrival of blackberries in the fields and meadows. As a child, I would pick baskets of ripe luscious berries for days and bring them home to my father and grandmother, who both adored these fruits of the wild. We would have blackberry pancakes, blackberries on our cereal and cobbles with ice cream, and then my grandmother would always get to work on blackberry jam for the rest of the year, as she knew it was my father’s favorite.

Blackberries, a species in the Rubus genus, are common, thorny, vining shrubs abundant in the mountains and present throughout much of North America. Rubus means “red hair.” The genus also includes raspberries, and western North Carolina has several na-

tive species. Blackberries are woody shrubs with canes that grow upward but often bend to the ground, sometimes re-rooting. The canes grow the first year and fruit during the second year, and then they die. The famous fruits are actually aggregates, ¾” long and 1/3” across, the size varying with moisture levels. Berries are at first white or green, eventually turning red and then black.

When we lived in the Pacific Northwest near Mt. Ranier, our land had whole hillsides covered in the most amazing blackberries we had ever seen. They looked like they were on steroids — the canes could grow 30 feet in a year and be an inch thick with gargantuan thorns that would rip blue jeans! We said we loved blackberries, but the locals said we wouldn’t within a year, because these were Himalayan blackberries, a formidable, invasive introduction plant.

The natives were right; we loved the berries but the plants grew like kudzu with huge barbaric thorns. Still, when summer came, people in the mountains were everywhere with their buckets strapped to their belts enjoying these delicious free gifts from the natural world. When we moved back to the Blue Ridge, we were glad to return to our soul home and also pleased that the blackberries were “normal!”

Blackberry leaves were listed in the official U.S. pharmacopoeia for a long time,

for the treatment of digestive problems, particularly diarrhea. Their dried leaves make an excellent tea. The Cherokee and many other tribes in North America found that the root made an effective topical wash to relieve the discomfort of



hemorrhoids. Blackberries were found in the stomach content of the Haraldskaer Woman, an Iron Age bog body found in Denmark in 1835 but killed around 500 BC. Her last meal was millet and blackberries – not a bad last supper! The ancient Greeks considered the species good for ailments of the mouth and throat and for treating gout.

Blackberries are loaded with nutritional value as they have high concentrations of antioxidants and vitamins. Blackberries are also a good source of vitamin C, potassium, phosphorus, iron, and calcium. The seeds have Omega 3 and 6 fatty acids.

Blackberries are a tender fruit once picked, and will often mold within a

couple of days of picking if not refrigerated. Do not wash them until time of use because that, too, promotes mold. Picked unripe berries will not ripen.

In the United Kingdom, there is a legend that blackberries should not be picked after Old Michaelmas Day, which falls on October 11, because the devil makes them unfit to eat by stepping, spitting or fouling on them. There is some merit in this legend, as wetter and cooler weather often allows the fruit to become infected by various molds such as *Botryotinia*, which give the fruit an unpleasant look and may be toxic.

Insects and wildlife including honeybees, bumblebees, carpenter bees, Mason bees, flies, wasps and small to medium-sized butterflies also love blackberries. Mammals and birds including wild turkey, bobwhite, ring-necked pheasant and various mammals like bears, raccoons, foxes and rabbits are big fans as well.

Blackberries are a natural treasure in our mountains. Blackberries are truly part of summer’s bliss; and the gift we all share in these mountains is that none of us have to travel too far to find these lovely, delightful berries that grow everywhere and are free for the picking.

We all seem to appreciate these summer delicacies; as we eat a fresh, juicy ripe blackberry and let its intense flavor slowly descend into our delighted bodies, may we each give thanks for the blessings of summer and all its living treasures and earthly delights.

Contact Roger at [rogerklingner@charter.net](mailto:rogerklingner@charter.net).

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FOREST PRODUCTS  
RUSTIC FURNITURE

Please call for appointment  
828 628-9994  
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12 Smith Farm Road  
Fairview

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Advertiser's List Clip & Save	
A&B Pool .....	279-5744
ACT Advisors.....	398-2802
All Seasons Heating & AC .....	651-9998
Allen Burton Group.....	329-8400
Appalachian Designs.....	628-9994
Appalachian Realty.....	779-8748
Appalachian Tropicals.....	222-2225
AA Diamond Tile.....	450-3900
Americare Pharmacy .....	628-3121
Andes, Deborah, DDS.....	669-8781
Apex Brain Center .....	708-5274
Asheville Contracting.....	785-8788
Asheville Savings Bank .....	250-7061
Asheville Stone.....	628-ROCK
B&B Tree Service .....	778-1987
Beverly Hanks, Christie Melear	776-1986
Cane Creek Animal Clinic .....	628-9908
Cane Creek Concrete.....	230-3022
Carolina Mountain Sales.....	277-5551
CC Flooring .....	654-9142
Cedar Ridge Animal Hospital	
and Equine Services.....	575-2430
Charlie's Angels Animal Res.	606-4335
Cinderella Cleaning Service ..	713-2798
Cloud 9 Farm.....	628-1758
Control Specialties.....	628-4323
Cool Mountain Realty .....	628-3088
Creative Touch.....	628-0401
Deck Doctor .....	231-5883
Dawn McDade.....	337.9173
Eblen Short Stop .....	628-9888
Edward Jones Investments ...	628-1546
Electric Guitar Shop.....	628-1966
Elena the Groomer .....	628-4375
Fairview Animal Hospital .....	628-3557
Fairview Business Assoc.....	681-1029
Fairview Chiropractic Center.	628-7800
Fairview Kennels.....	628-1997
Fairview Landscaping .....	628-4080
Fairview Massage	
and Bodywork.....	216-1364
Family Care of Fairview.....	296-0880
Fleshers Healthcare .....	628-2800
Flying Cloud Farm.....	768-3348
Galloway Masonry .....	776-4307
Guardian Property Service ....	699-6262
Goodwill Industries of NWNC	Visit us!
Great Wall Chinese Takeout ..	298-1887
GreyBeard Realty .....	298-1540
Hickory Nut Gap Farm.....	628-1027
High Country Truck & Van .....	222-2308
Keller Williams, Jim Buff .....	771-2310
Kis, Nina - Keller Williams.....	242-8029
Lawncare/Handyman	
Bahnsen Lovelace .....	242-2410
Looking Glass Creamery .....	458-0088
MAHEC Family Health .....	628-8250
McCrary Stone.....	649-2008
McKinney Insurance.....	684-5020
Mitch Contracting.....	252-0694
Moores Pond Farm .....	712-2753
Moose Ridge Construction....	777-6466
Payton's Helping Hands.....	424-7255
PostNet of Asheville.....	298-1211
Prime Time Solutions .....	275-5863
Rainbow International .....	333-6996
Ray's Landscaping .....	279-5126
Scobie.net.....	628-2354
Shampoodles.....	628-9807
Silas' Produce.....	Visit Us
Sip & Doodle .....	712-1288
S.J. Jung Studio .....	767-2536
State Farm, Tammy Murphy ..	299-4522
Steam Master Carpet	
& Upholstery Clean.....	628-9495
Strom, Cynthia A., PA Atty.....	296-7550
Surrett, Mike Landscaping.....	230-8494
The Cove at Fairview .....	628-4976
Telephone Fitness Trainer .....	216-8134
Thomas, Scott, DDS.....	299-8960
TP Howards Plumbing Co.....	628-1369
Trout Insurance .....	338-9125
Trout Lily Deli & Cafe .....	628-0402
Troyer's Amish Blatz.....	280-2381
Visual Eyes Optometric.....	628-6700
Webo's BBQ.....	298-1035
Western Carolina PT .....	298-0492
Wild Birds Unlimited .....	687-9433
PUBLIC SERVICE:	
Sheriff's Department.....	255-5000
Fairview Fire Department.....	628-2001
Garren Creek Fire Dept.....	669-0024
Gerton Fire & Rescue .....	625-2779
SCHOOLS:	
Cane Creek Middle School ....	628-0824
Fairview Elementary .....	628-2732
Reynolds Middle School.....	298-7484
Reynolds High School.....	298-2500
POST OFFICES:	
Fairview Post Office.....	628-7838
Fletcher Post Office .....	684-6376
Gerton Post Office .....	625-4080
COMMUNITY CENTERS:	
Cane Creek CC .....	768-2218
Fairview CC .....	338-9005
Spring Mountain CC .....	280-9533
Upper Hickory Nut Gorge .....	625-0264
MISCELLANEOUS:	
Fairview Town Crier .....	628-2211
Fairview Business Assoc.....	338-9628
Fairview Farmers Market.....	550-3867
Fairview Library .....	250-6484
Food for Fairview .....	628-4322
The Lord's Acre Garden .....	628-3688
Meals on Wheels .....	253-5286



*Upper Hickory Nut Gorge*  
Highway 74A in Gerton  
To rent: call Margaret Whitt at 625-0264  
or email mwhitt@du.edu

*Fairview*  
1357 Charlotte Highway  
To rent: 338-9005 or email  
fairviewcommunitycenter@gmail.com

*Spring Mountain*  
807 Old Fort Road  
To rent: call Bruce at 280-9533

*Cane Creek*  
1370 Cane Creek Road, Fletcher  
To Rent: 768-2218

# IF

by Jami Parlett

If I am dying; then let me be dead.  
If I am lonely; then let me be alone.

If I am in love; then let me be loved...let me, love you.  
If I am destined to wander; then let me roam...  
do not make my life, yours to squander.

If I am meant to be deceived; then let me walk away.  
If I am meant to be respected; then make me stay.

If you are meant to bring me happiness; then marry me!  
If you are meant to shatter my dreams; then never ask me... please.

If I am dying; then let me be dead.  
If I am lonely; then let me be alone.

If I am destined to wander; then set me free!  
If I am to be; then change this destiny.

*It's An Artful Summer at 375 Depot Street*

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19Artists~diverse media~working studios



# TheMagneticTheatre

*Daytime Shows for Kids in August*  
*Visit themagnetictheatre.org for details*

375 Depot Street in the River Arts District, Asheville

## FOR SALE

**KIMBALL UPRIGHT CONSOLE PIANO**, cherry cabinet, Queen Ann style in good condition. \$500. Call 545-4804

## FOR SALE – HOUSE

**3BR, 2BA HOUSE**, Appx. 2,000 sf. on ½ acre. 55 Enoch's Way, off Cane Creek Road. A.C. Reynolds/Cane Creek Middle/Fairview Elementary School District. \$239,900. Call 545-4804.

## HELP WANTED

**GENERAL LABORER** Knowledge of basic hand tools. Must pass drug and background screening. Motivated and reliable. Must have vehicle with insurance, and valid NC driver's license. Hours will vary. Call 828 785-8788.

## SERVICES

### CONSTRUCTION/ HANDYMAN

**HOME IMPROVEMENT** Does your house need a face lift or just a nip and tuck? 30 years of exp. in home improvement. Reliable and insured. Call Charlie at 989-4477.

**LET’S MAKE IT EASY AND EFFORTLESS TO SOLVE PROBLEMS and maintain your home. All handyman** services offered from semi-retired contractor/carpenter. Call Jim, 778-0726, 10% Senior Discount.

**SMALL CONSTRUCTION / REPAIR** Experienced retired builder available. Carpentry, remodeling, repair, concrete work, small barns, porches & gazebos. Steve Norris, 777-7816, earthsun2@gmail.com.

### GRADING/ROAD MAINTENANCE

**SHELTON TRACTOR WORKS. ROAD MAINTENANCE**, bushhogging, post holes, dig out for storage buildings and retaining walls, tilling. Free estimates. 779-0490

### HOME CARE / CNA

**COMPANION/CNA** available for Private Duty, In-Home Care. CPR, Hospice Certified. 15 years exp. with excellent references. Flex. hours, 24-hour shifts available. Dependable, non-smoker. Call 400-1699 cell.

### HOUSECLEANING

**TRADITIONAL/GREEN CLEANING.** Experienced, references available. Flexible days and hours. Call Ana at 582-1252.

# AUGUST 2016 CLASSIFIED ADS

### HOUSEKEEPING/ERRANDS

**ATTN: RETIREES! HOME AID**, laundry, light housekeeping, chores, dr. appts., errands, etc. Insured, 24 hr schedule, excellent references, reasonable rates. Call Ellen, 628-0189

### LAWN/LANDSCAPING

**PRAYTOR'S LANDSCAPING** General Landscaping, Grading, Retaining Walls, Plantings, Mulch, Erosion Control, Drainage Work. Please call 674-4339 or email mattpraytor@yahoo.com.

**COMPLETE LAWN MAINTENANCE.** Spring cleanup, mowing, pruning, mulching, clearing overgrowth, tree removal. Call 628-1777 or 242-4444

**NESBITT LAWN MOWING** – Basic lawn mowing, weed eating, blowing, mulching. Free estimates. Call Matthew Nesbitt 243-4759 or 338-5148.

### PET / HOUSE SITTING

**EXPERIENCED PET SITTER WITH AAS DEGREE IN VETERINARY MEDICAL TECHNOLOGY.** Visits and overnight stays. Excellent references Littlefriendspets.com 828-808-4350

**PERPETUAL CARE PET SITTERS** in-home pet sitting. Bonded & Insured. All pets and livestock. 215-2119

**LIVING HARMONY PET SITTING** Reliable, experienced care for your best friends. Insured and bonded. Pet CPR and first aid trained. Visit living-harmonypetsitting.vpweb.com or call Gretchin DuBose, 582-3363.

**CREATURE COMFORTS PET & HOUSE SITTING SERVICE** Experienced, reliable, and loving pet care provided in your home while you're away. Available for long term house sitting. Excellent refs. 458-4927.

**ADORABLE TLC PET BOARDING/ SITTING.** Reasonable rates. Local home. References. 216-7051

### PLUMBING

**RANDY THE PLUMBER** has 35 years experience. All types of home repair at reasonable prices. "I can fix it!" 216-2081.

### WRITING

**WRITING – GOT A STORY OR A GREAT EXPERIENCE?** I'll write it for you. Jim Stramler ExtraordinaryWriter.com 490-4455

## CLASSES

### ART

**ART CLASSES ON WEDNESDAY EVENINGS, 6-8:00 PM**, by painter Roger

Jones. \$25/Class. Call Roger at 712-1288 for info on these classes.

### DOG OBEDIENCE

**DOG TRAINING – THE OBEDIENCE CLUB OF ASHEVILLE** is accepting enrollment in fall classes (September 15-November 3) for puppy and adult dogs. Certificates are available for purchase of classes as a gift. Classes will be held in the Fairview Community Center. Call 255-9997 or visit our website at obedienceclubofasheville.org

### MUSIC

**EXPERIENCED PIANO TEACHER** convenient location on 74A in Fairview. Artistic teaching. Children through adult. Free interview lesson. Call Suzan at 777-0061.

# The Fairview Town Crier

THE VOICE OF OUR COMMUNITY™

**OFFICE OPEN MONDAY – FRIDAY 1 – 5 PM**  
**1185-F Charlotte Highway (office)**  
**628-2211**

Mailing address: P.O. Box 1862, Fairview, NC 28730  
**www.fairviewtowncrier.com**

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**Subscriptions are \$30 per year (Mail check to address above).**  
**Submissions/Announcements/Events/Stories**  
Announcements, community news, upcoming events, Just Personals, Letters, etc. will be published free as space allows. Send a SASE if you would like your photo returned. Articles submitted must have a content and tone in keeping with the Town Crier's editorial policy. All submissions will be edited for clarity, style and length. Materials must be received by the 10th of the month preceding publication. Include name and phone number. Unsolicited manuscripts/photos are welcomed, and will be returned if a SASE is included. Anonymous submissions will not be published. The Town Crier reserves the right to reject editorial or advertising it deems unfit for publication.

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



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 Tammy Murphy, Agent  
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 Asheville, NC 28803  
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## The Fairview Town Crier 2016 Advertising Rates

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

### COLOR DISPLAY ADVERTISING RATES

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

### BLACK DISPLAY ADVERTISING RATES

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

**NONPROFIT AD RATE IS 20% OFF APPLICABLE RATE.**

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

### CLASSIFIED ADVERTISING RATES

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

**All classified ads must be prepaid.**

Notices and personal ads not selling anything are free.

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

**kw**  
 KELLERWILLIAMS.



**Jim Buff, CRS**

828 771-2310

www.jimbuff.com

email@jimbuff.com

86 Asheland Avenue

Asheville, NC 28801



**Put Success on Your Side...Call Jim!**

**Fairview Resident Since 1992**



**NORTH 27 beautiful acres w/2 ponds, shaded rushing trout stream, includes 2 homes, 4 BR/3 bath home w/lotus additional 2nd 2 BR/2 bath home, amazing property, absolutely gorgeous, ML582776706, \$625,000**



**SOUTHEAST! Spacious home on 1.17 acres, 4 BR, 2 baths, rock FP, den, rec room, finished basement, lg master BR, sauna in master bath, deck, car porch, in-ground pool, garage, ML583162406, \$425,000!**



**NORTH Beautiful 3BR, 3 Bath, amazing views, great kitchen, 2-car garage, log cabin on car porch, end side porch, full front easily finished, HOME WARRANTY, private, wooded setting, ML582721644, \$385,000**



**NORTH 5.6 acres rolling farmland w/ immaculate home, lg kitchen w/ granite, lg open floor plan, porch, 2-car garage in front, detached garage/work room, barn & outbuildings, ML582526204, \$325,000**



**NORTH Severe 17.67 acres w/ private hiking trails. Move in ready 3 BR/2 bath home, open floor plan, HOME WARRANTY, private & peaceful, fire pit, bold creek. Call Elizabeth Akins @ 712-2482, ML583207763, \$325,000**



**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, ML583164546, \$299,000!**



**CAMDENE 3 BR brick home, HW floors, open floor plan, 1.75 acres, amazing views, detached 2-car garage, full finished basement, HOME WARRANTY, city water available per seller, ML583162624, \$255,000**



**ANDER! Lovely home located in nice area of homes, 3 BR, 2 baths, HOME WARRANTY, family room w/FP, sunroom, vaulted ceiling, garage, ML583162416, \$205,000**



**HENDERSON COUNTY! 6 acres w/1.5 story home, covered front porch, Silver Hill to Watauga, very convenient location, ML582762276, \$200,000**



**WONDERFULLY PRIVATE 9.54 acres off rd in Hoppers Creek, close to Asheville & Hendersonville, wooded, quiet, crystal clear cascading creek w/ waterfalls - surveyed into 4 lots or suitable for gorgeous mini estate, ML583162627, \$177,000**

### RESULTS!

Timberwood.....	Pending in 13 days	Mitchell Ave.....	Pending in 2 days
Meadowbrook Ave.....	Pending in 5 days	Mtn Meadow Circle.....	Pending in 8 days
Winding Way.....	Pending in 34 days	Rotunda Circle.....	Pending in 28 days
Ridgeway Dr.....	Pending in 14 day	Fairfax Ave.....	Pending in 39 days
Bramblewood.....	Pending in 27 days	Liberty Rd.....	Pending in 7 days
Blalock Ave.....	Pending in 35 days	Melody Ln.....	Pending in 29 days
Campground Rd.....	Pending in 4 days	Richmond Ave.....	Pending in 3 days
Oregon Ave.....	Pending in 1 day	Lakewood Dr.....	Pending in 7 days