



# The Fairview Town Crier

THE VOICE OF OUR COMMUNITY • FAIRVIEWTOWNCRIER.COM • JULY 2016 • VOL. 20, No. 7 • FAIRVIEW, NC

## JULY 3

### Lake Lure

The Independence Day festival begins at noon at Morse Park Meadows near the beach with ice cream, funnel cakes, kettle corn and more — until fireworks at dark over lake with seating at the pavilion. There will also be preferred seating for a fee on the new beach deck.

### Grove Park Inn Fireworks

The Omni Grove Park Inn produces a fireworks display for their hotel and dining guests. For more information, visit [groveparkinn.com](http://groveparkinn.com).

## JULY 4

### Pack Square Park — Downtown Asheville Celebration

Join in the fun in Park Square Park with family activities and entertainment, starting at 2 pm on July 4th at the annual Ingles Independence Day Celebration. The Ultimate Air Dogs will compete at 2, 4, 6 and 7:30 pm. Children's activities, bouncy house and Splashville Fountain from 2-6 pm. Live music starts at 5 pm with headliner Nikki Lane at 8 pm. Opening acts are Savannah Smith and Kevin Kinney. Beer and wine will be available for purchase, and plenty of food vendors and food trucks too. Fireworks begin at 9:30 pm and can be best seen from the park. Bring your chair or blanket to picnic. Parking is available in nearby parking decks, on the street or in private lots. No outside alcohol, coolers or pets in the park. Free admission.

### Lake Julian Park

At Lake Julian in South Asheville, fireworks show starts at dark, but the park is open to be enjoyed all day. The fireworks display is one of the largest in the area. Bring blankets and lawn chairs; the park offers picnic tables, grills, a sand volleyball court, two horseshoe pits, boat rental and a playground. Parking is at Estes Elementary school across Long Shoals Road from the Lake Julian entrance. Lake Julian Park is a Tobacco Free facility. The event is free.

### Asheville Tourists Baseball Game & Fireworks

The ever-popular baseball team and fireworks double feature begins with the game at McCormick Field, then the Tourists present their spectacular fireworks show. Those interested should get tickets in advance since these games will sell out ahead of time. For tickets and more information visit [theashevilletourists.com](http://theashevilletourists.com).

### Upper Hickory Nut Gap Community Center

A community cook-out begins at 6:30 pm, Bingo until dark, followed by fireworks, at the Upper Hickory Gorge Community Center, Gerton. Burgers and hot dogs provided; guests please bring sides. A donation basket will be available.

### Montreat Small Town Parade

Montreat will host the All-American Small Town Parade on July 4 at 10:30 am. It's a long-time local favorite. Get there early to see the short, but fun parade.

### Chimney Rock Park Centennial Celebration

A full day of activities is planned to celebrate the 100th anniversary of the dedication of Chimney Rock Park will include live music, State Park Rangers sharing the historical moments and images of the park and behind the scenes tours of the elevator. The celebration will continue later in Chimney Rock Village.

### Biltmore Estate Independence Day Weekend

The Biltmore Estate offers a weekend of activities and events culminating in a fireworks display on July 4. For more information, visit [biltmore.com](http://biltmore.com).

## A Quilt of Many Hands

Sharon Smith took first place in the group category at the Smoky Mountain Quilt show held at the Expo Center in Knoxville in June. Sharon was President of the Asheville Quilt Guild from 2014-2015 and it is a long standing custom for members of the guild to make blocks and deliver them to the outgoing president, as a thank you. Sharon had requested that all blocks have a patriotic theme. She designed the layout, quilted, and finished the quilt.



It will be displayed at Givens Estates as part of their Fourth of July celebration.

Sharon's husband Claude said, "I think the quilt serves as a symbol of our country in more ways than just the red, white and blue colors. Many hands prepared the blocks. Sharon lovingly and skillfully put it together. It could be that carrying that thought beyond the 4th of July is a good thing." We couldn't agree more.

## Fairview Farmer's Market Features Fresh and Crafty Vendors

The Fairview Farmers Market is off to a good start this season with great local produce and craft vendors. Cane Creek Creamery has been a big hit so far, introducing their new cheeses and ice cream to the community. If you haven't visited their new creamery yet, it is certainly worth the short drive down Cane Creek road to try their ice cream and cheese.

A new produce vendor at the market this year is Jah Works Farm. They are a young family starting a farm that specializes in sweet and hot peppers. They sell an incredible line of sauces made from their many species of peppers, from sweet and mild to spicy and hot.

As always, Flying Cloud Farm is providing an abundance of fresh fruits, vegetables, flowers and vegetable starts. Flying Cloud Farm has a great diversity of produce at the market and at their Farm Stand on Highway 74, including squash, carrots, garlic, late season greens, and best of all... beans of all sorts!

Also new this year, Jim Smith is hosting a table to educate market goers about The Lord's Acre, Food for Fairview, The Welcome Table, The Garden Tour and easy ways to prepare the local produce they buy at the market.

As summer sets in and local farms become their most productive, we really encourage the community to come out to the Farmers Market, visit with neighbors and buy some great local produce.

There are great local crafts this season also, including Lindsay Bostic pottery, Yancey Davis metal works and Evolutions jewelry, to name a few.

Last but not least, if you're looking for edible plants for your home and garden, the Garden Spot is selling a great variety of berry plants and other fruits as well.

The Farmers Market is open the 1st and 3rd Saturdays of the month through October, 9 am-12 pm at Fairview Elementary School. Come out and enjoy the Fairview Farmers Market on Saturday, July 2 and July 16!



## Lost Cat

Hi my name is Lori and I've lost my cat. Here's a picture of her. Her name is Princess. She is black except for a small white spot on her chest. She is petite, but a little heavy. She was lost off of Whittaker Road at the end of May. She has a microchip.

Please help her get home. She was an inside only cat that got out. My number is 828 337-3263.

Thanks for any help anyone can give.



## Town Crier Office Closed

**Monday, July 4 – CLOSED**

**Tuesday, Wednesday, Thursday – Open from 1 – 5 pm**

**Friday July 8 – CLOSED**

**August issue deadline is July 11!**

**Labeling for August issue is**

**Friday, July 29, 10:30 am at Fairview Fire Dept.**

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COMMUNITY EVENTS

JULY 2 (SATURDAY)

Summertime Evening in Trout Lily Garden

Trout Lily kicks off its Summertime Evening program with live music by “Noonday Feast” featuring Fairview’s Ryan Baker on mandolin, food for purchase and \$2 craft beer and \$3 wine. For information, call 628-0402 or visit troutlilymarket.com

JULY 5 (TUESDAY)

Digital Camera Workshop

This 3-hour workshop led by Gabriel Mann for beginner to intermediate photographers focuses on aperture, ISO and shutter speed. 9 am–12 pm at Sherrill’s Inn. \$55. An Elspie’s workshop; for details contact elspethallicemann@gmail.com or 273-4856.

JULY 6 (WEDNESDAY)

Beginner Soap Making

A beginner class led by Molly Hamilton on making all-natural soap using the cold-process technique. 9 am–12 pm at Flying Cloud Farm. \$55. Contact Elspie at elspethallicemann@gmail.com or 273-4856.

JULY 7 (THURSDAY)

Embroiderer’s Guild Meeting

The Laurel Chapter of the Embroiderers’ Guild America will create bookmarks stitched in pattern darning with cotton embroidery floss, 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.

Probiotic Drinks Class at Hickory Nut Gap Farm

Making milk kefir, water kefir and kombucha, and the secret to making naturally fizzy drinks, with instructor Philip Desenne. Students will take home live cultures, jar and instructional sheet. 6-8 pm at Hickory Nut Gap Farm. \$45. For details see hickorynutgapfarm.com.

Screenprinting Workshop

A class led by Kristen Necesarry on screenprinting various items such as posters, t-shirts and tote bags. 9 am–12 pm at Flying Cloud Farm. \$55. An Elspie’s workshop; for details contact elspethallicemann@gmail.com or 273-4856.

JULY 8 (FRIDAY)

Herbal Medicine Class

Free mini-class at The Labyrinth Center offers basic elements of wildcrafting and herbal medicine making, 5–7 pm, 58 Dark Star Way in Fairview. Open to all but required to attend the upcoming herbal workshops. Call 628-1706 or visit labyrinthcenter.com.

Class in Fine Fiddlin’

Elizabeth Bahnson will work with intermediate to advanced fiddle and violin



students (all ages), who will learn at least one fiddle tune and work on improvisation, tone, technique, and bow control. 9 am–12 pm at Flying Cloud Farm. \$55. An Elspie’s workshop; for details contact elspethallicemann@gmail.com or 273-4856.

JULY 9 (SATURDAY)

Art Studio Opens in Fairview

Sculptor Rosa Jung will host an open house at her studio at 554 Old Charlotte Highway, 11 am–4 pm. For details visit sjjungstudio.com, or email her at SJJungStudio@gmail.com or 767-2536.

JULY 9–10 (SAT–SUN)

Making Herbal Remedies

“Support, Soothe, Sedate” focuses on making herbal remedies to calm the nervous system. Saturday 10 am–4 pm and Sunday 1–5 pm at the Labyrinth Center. Visit labyrinthcenter.com or call 628-1706 for details and directions.

JULY 10 (SUNDAY)

Trout Lily Lazy Sunday Supper



In the garden (weather permitting) with live music, \$2 craft beer and \$3 wine. Bring a covered dish to contribute. For details, visit troutlilymarket.com.

COMMUNITY EVENTS

JULY 11 (MONDAY)

WNC Knitters and Crocheters for Others Meeting

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

JULY 12–13 (TUES –WEDS)

Drawing Flowers & Gardens

A non-traditional approach to colored drawings of flowers and gardens led by Anne Bessac. 9 am–12 pm each day. Includes a formal tea with scones at Sherrill’s Inn. \$55 each day plus \$10 materials fee. An Elspie’s workshop. For locations and details contact elspethallicemann@gmail.com or 273-4856.

JULY 14 (THURSDAY)

Beautiful Bouquets

Annie Louise Perkinson will lead this workshop beginning with a walk in flower fields, then into the shade for

flower arranging demonstrations and student arrangements to take home. 1–4 pm at Flying Cloud Farm, \$55. An Elspie’s workshop; for details contact elspethallicemann@gmail.com or 273-4856.

JULY 15 (FRIDAY)

Family Movie Night at SMCC



Balken Roofing’s popular Outdoor Family Movie Night presents *Zootopia*. Kids’ activities will begin at 7:30 pm and movie at dusk, at Spring Mountain Community Center. Bring lawn chairs and blankets. Popcorn, drinks, and cupcakes available at a small charge.

Mindfulness Practice

An introduction to the relationship to Self, Other and Nature through mindfulness. 9 am–12 pm at Sherrill’s Inn. An

Art Studio Open House, Saturday, July 9

Sculptor Rosa Jung will host an open house displaying her innovative and appealing modern works in her new studio at 554 Old Charlotte Highway (Old 74A), 11 am–4 pm. General studio hours will be 11 am–4 pm, Wednesday–Saturday. For information visit sjjungstudio.com, email SJJungStudio@gmail.com or call 767-2536.



Elspie’s workshop; for details contact elspethallicemann@gmail.com or 273-4856.

JULY 17 (SUNDAY)

Ethical Society Meeting

“The Waves of Feminism” will be presented by Patricia Robertson, professor emeritus at East Tennessee State University, and Curry First, retired civil rights attorney, at the Ethical Humanist Society of Asheville, 2–3:30 pm at Asheville Friends Meeting House, 227 Edgewood Road, Asheville. Free. Discussion and refreshments follow the presentation. Visit EHSAsheville.org.

Swing Dance Lesson

A lesson from professional swing dance instructors precedes the barn dance at Hickory Nut Gap Farm Event Barn. The lesson begins at 5 pm and the dance at 6 pm. \$5 entry, \$6 beginner lesson. An Elspie’s workshop; for details contact elspethallicemann@gmail.com or 273-4856.

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## COMMUNITY EVENTS

JULY 19 (TUESDAY)

### UHNGCC Covered Dish Dinner

This month's community dinner features an excerpt from the summer play *Grace and Glorie*. 6:30 pm at the Community Center in Gerton.

JULY 21 (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.

### Ultimate Ice Cream Making Class at Hickory Nut Gap Farm

Who doesn't love ice cream? Learn how from 6-8 pm at Hickory Nut Gap Farm. \$45. For details visit their website at hickorynutgapfarm.com.

JULY 29-30 (FRI-SAT)

### Grace and Glorie at Hickory Nut Players of UHNGCC

Don't miss this two-woman play. (See box at right) at the Upper Hickory Nut Gorge Community Center on 74 A in Gerton. Tickets \$15 at the door.

JULY 30 (SATURDAY)

### Giant LEGO Exhibit Opens at NC Arboretum



The Arboretum's newest exhibit is Nature Connects®, Art with LEGO® Bricks. It is composed of more than 370,000 LEGO bricks and includes 14 nature-inspired sculptures constructed on a larger-than-life scale. Don't miss this great opportunity with the kids. Open until October 23, ncarboretum.org.

### Grace and Glorie at Hickory Nut Players of UHNGCC, Friday & Saturday, July 29 & 30.

The Hickory Nut Players are back again this year with a funny and poignant two-woman play, *Grace and Glorie*, the story of one woman's last days and another's attempts to be helpful. Strangers as the play opens, the two bond through end-of-life issues. Doors open at 7:15 pm, show at 8 pm in the Upper Hickory Nut Gorge Community Center on 74 A in Gerton. Tickets \$15 at the door; concessions will be available.



### COMING IN AUGUST

#### Model Airplane Show August 6

Join the Asheville-Buncombe Aeromodelers Flying Club at the Buncombe County Sports Park, 10 am-1 pm, for an air show and display of models from small electric to gasoline-powered 33% size airplanes. Free flight and control line pilots are represented. Bring the family, pack a lunch, lawn chairs and sun screen. The Sports Park is in Candler behind Sandhill-Venable Elementary School. For details call 250-4269 or jay.nelson@buncombecounty.org.

### ONGOING EVENTS

#### Friday Night Barn Dance at HNCG

Each Friday night in July in the Big Barn 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. 6-9 pm at Hickory Nut Gap Farm, 57 Sugar Hollow Road. \$5; kids under 10 free. Dinner menu available 5-8 pm. July 1: Sparrow & Her Wingman, Vintage Swing; July 8: The Haw Creek

## COMMUNITY EVENTS

### Brain Tumor Support Group

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

### Fairview Farmers Market

Don't miss Fairview's local Farmer Market on the 1st and 3rd Saturdays, 9 am-12 noon in Fairview Elementary School's parking lot. For details see Facebook.com/FairviewFarmersMarket.



Friday, Saturday and Sunday evenings at 7:30pm from July 8 through July 30. Performances will be held at the Hazel Robinson Amphitheater at 92 Gay Street in Asheville, from July 8th through July 30th. These performances, like all of Montford Park Players' shows, will be free to attend.

### Moppets Summer Program

Montford Park Players continues registration for their popular summer program for kids 11-18 years old, The Montford Moppets, through July 12. See page 26 for more info.

### "God Bless America" Exhibit at Red House in Black Mountain

Red House Studios artists express their love of this beautiful country with American subject matter in various media. Through July 22 at 310 West State Street, Black Mountain. Gallery hours Tues-Sat 11-5, Sunday 1-4. Visit svfalaris.org.

Sheiks, Bluegrass and Square Dance; July 15: Mick Glasgow & The House Hoppers, Swing; July 22, Cafe Sho, Old Time and Square Dance; July 29, Blue Kudzu, Bluegrass and Square Dance.

### Welcome Table Lunch

A community lunch every Thursday, 11:30 am-1 pm in the Community Room of Fairview Christian Fellowship, behind the Fairview Library. A donation of \$10 if you can afford it. Visit their website at fairviewwelcometable.com.

### Shindig on the Green

The 50th Season of Shindig on the Green celebrates traditional and old-time string bands, bluegrass, ballad singers, mountain dancers and cloggers onstage at Pack Square Park. Bring your instruments, lawn chairs, blankets, family and friends. Saturday evenings July 2, 9, 16, 23; August 13, 20, 27; and September 3. Free. For details visit folkheritage.org or 258-6101 x345.

### Shakespeare at Montford Park

The Montford Park Players, an Asheville theatrical tradition, invite all to their upcoming production of Shakespeare's rarely-produced *Titus Andronicus*,

### Yoga at the Light Center

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

As kids are submerged in God's Word, they will discover that Jesus saw people differently. He saw people for who they were deep down, not who they appeared to be on the surface. Kids will look below the surface to find the truth about how Jesus sees them.

**The Dive Begins:**

Monday, July 18 - Saturday, July 23, 6-8:30 pm  
Emma's Grove Baptist Church  
417 Emma's Grove Road in Fairview

For more information visit  
Emmasgrovebaptist.org or call 628-1953

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FOOD FOR FAIRVIEW

July, that most summerly of months. The last school year is a fading memory and August is far away. The days are long, with time for friends and family and a break from routine. Unfortunately, it is also a time when many of us need even more help feeding our families.

North Carolina is among the 10 states with the highest levels of hunger. "Food insecurity" is the often-used term these days. But what "food insecurity" means is the dark and dragging fear of not having enough to eat; it means insufficient and inadequate nutrition, impaired health, and, especially for children, a reduced ability to learn. The numbers are horrifying, really. Nationally, more than 15 million children do not have consistent access to adequate nutrition. In our state, however, the numbers are worse. According to the North Carolina Association of Feeding America Food Banks, 1 in 4 children in the state are food insecure on a regular basis; 81% of families receiving food assistance do not know where their next meal is coming from; 61% of families served by food banks have had to choose between paying for food and paying for housing. And Asheville is one of four North Carolina cities with some of the highest levels of food insecurity in the country.

Throughout the academic year, our schools feed our children. In summer, which should be a time of fun and play, many of our children experience increased hunger. Without school breakfasts and lunches, it becomes even harder for families to meet their nutritional needs. Aware of the challenges facing families during these months, the Food for Fairview pantry sets up a special

FRIENDS OF THE LIBRARY .....

by Vicky Ballard

area for kids to help bridge the gap. In addition to the standard food inventory, a large supplementary selection of kid-friendly snacks and foods are available for clients. If you find yourself, someone in your family, or a friend or neighbor in need of food assistance, please come by Food for Fairview. The pantry, located in the lower level of the Fairview Community Center, is open Mondays (except holidays) from 3-6 pm. More information is available at [foodforfairview.org](http://foodforfairview.org) or by calling 628-4322.

Food for Fairview is an all-volunteer, community supported organization. The kindness and generosity of this community make the food pantry possible. Every week volunteers staff the pantry on Mondays, shop and pick up food from MANNA, unload the food and stock the shelves on Thursdays. Other volunteers help with distribution and fill in for vacationing volunteers. Without this effort, the pantry could not function. We are in great need of additional volunteers to help with this work. Please contact us if you can donate some of your time. A few hours a week will make an enormous difference in lives of people in our community.

And finally, thank you to all the people and businesses who give so generously to Food for Fairview and its mission to help end hunger in WNC. We are very grateful for your support.

*Donations may be made by mail to Food For Fairview, PO Box 2077, Fairview, NC 28730 or online at [foodforfairview.org](http://foodforfairview.org). For more information on our organization visit [foodforfairview.org](http://foodforfairview.org), email [food4fairview@gmail.com](mailto:food4fairview@gmail.com) or call 628-4322 and leave a message. Food for Fairview is a Tax Exempt 501 (c) (3) Corporation.*

by Cheryl Middleton

**Meet a Park Service Ranger**

Meet a ranger from the National Park Service and learn about cool things for kids to see and do along the Blue Ridge Parkway; on **Friday, July 15, 2 pm**.

Find out how to be a Junior Ranger!

**Free Book for Four Visits!**

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

**Summer Projects at the Library for Teens and Tweens**

Continuing through the summer, the Fairview Library will offer a variety of self-directed projects for tweens and teens. Projects will include Blackout poetry, Guessing Jar, Sophisticated Coloring, Comics Design and more! Visit the library and find out what the latest project is.

**Asheville Tourist Reader's Award**

Buncombe County Public Libraries are partnering with the Asheville Tourist baseball team to encourage children to visit libraries and continue to read during their summer vacation. To this end, every child who visits their library four times and earns a free book will also earn a voucher for general admission tickets to the August 17 game between the Asheville Tourists and Columbia Fireflies. Ask a librarian for details. (Details for redeeming tickets are printed on the voucher).

**Used Books for Sale at the Library**

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

COMPUTER BYTES.....

by Bill Scobie

**Be Quick, Be Safe**

Time is running out for the free Windows 10 upgrade. Microsoft seems to be holding to their deadline of July 29th for people with Windows 7, 8, and 8.1, to upgrade to Windows 10. However, for people with accessibility needs, Microsoft has recently stated that Windows 10 will remain a free upgrade. Details of how to qualify have not been released.

If you are using Windows Live Mail 2012, Microsoft has finally admitted that they are not going to maintain it. At least, that is how I read their announcement that people with outlook.com email addresses will no longer be able to check their email using Windows Live Mail 2012. The handwriting on the wall: use outlook.com or switch to Microsoft's newer Mail app.

Too many apps on your iPhone and you can't find them? The built-in search Spotlight (long a fast way to find and launch apps on a Macintosh computer) can be a fast way to find and launch apps without having to spend time reorganizing them into folders. Swipe down on any home screen or swipe right from the first home screen and use the search box that shows up. Start typing the name of the app and when it matches, just tap that app name to launch it. But there is much more that Spotlight can do. Experiment with locations, math, weather, searches you would otherwise open a web browser for, and see how much Spotlight can find for you.

Windows 10 has a built-in antivirus called Windows Defender, which is ac-

tive if you don't have another antivirus or security program installed. The only way to disable Windows Defender is to intentionally install another antivirus program. Microsoft wants you protected.

On a Mac, it is easy to leave open many apps when you are used to just closing windows and documents. There is an app called Quitter that can be set to automatically quit open but inactive apps. Thus, you don't have to pay attention to what might be slowing down your computer. It is [atmarco.org/apps](http://atmarco.org/apps) and is free.

On an iPhone, when shooting video, you might want to snag a photo of what you are videoing. When shooting video in the built-in or native iOS camera app, look for a white button in the lower left corner. Tapping that will snap a photo while still shooting video.

Phishing, those tricking techniques that use email or IMs to lead you to a fake but real-looking website, has some relatives now. "Vishing," or voice phishing, takes advantage of how we trust a voice on the phone more than text via email. "Smishing" or SMS phishing, plays off the fact that we are now used to confirmation texts for things like password resets. It asks us to confirm some other personal login information by phone, which is answered by those phishing for information. Bottom line: find some way to confirm that the phone number is a real one for the company you think you are calling.

*Questions? Call Bill Scobie of Scobie.Net, fixing computers and networks for small businesses and home. 628-2354 or [bill@scobie.net](mailto:bill@scobie.net).*

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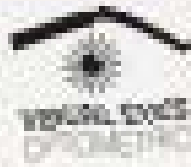
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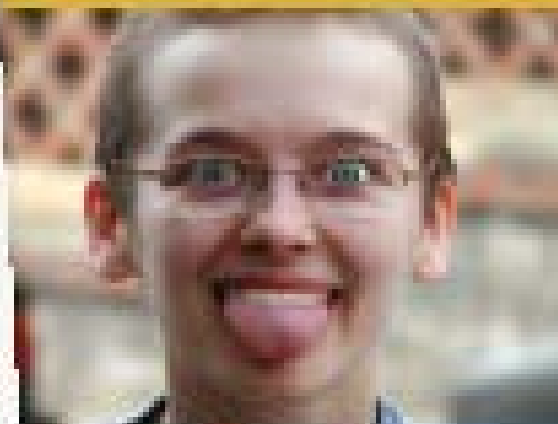


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## DAYS GONE BY

### Samuel Flavel Huntley: Part Two

by Bruce Whitaker

One day a man walked up to Samuel Huntley and asked him, "Why don't you get one of these fine girls, settle down and have a home?" These words had a profound impression on Huntley. He decided that was exactly what he would do.

**This may seem ridiculous in today's world — a man penniless, wearing rags, no roof over his head and no job — but the 1880s were a completely different world.**

This may seem ridiculous in today's world — a man penniless, wearing rags, no roof over his head and no job — but the 1880s were a completely different world. Almost everyone, except in the big cities, dug their living out of the ground. A man could not make it by himself, and neither could a woman; it took a couple and as many children as they could have. They needed the children for their labor, and they started earning their keep at the age of 3 or 4. There was no such thing as social security or pensions at the time. Children were needed to look after their parents in their old age, if they were lucky enough to live to be old.

Old itself was not very old either. Newspaper obituaries from the period would read "John Smith died at the ripe old age of 52" or "Mary Smith,

one of the community's oldest residents, died at 60."

Samuel Huntley soon found a woman who would marry him. He married Lutzer Marion Hill on February 3, 1882. "Lou" was born in 1860. She was the daughter of Allen L. Hill (October 1827-July 22, 1916) and Nancy Conner (August 1841-1915). She was a sister to Cora Hill Reed (1875-1960), wife of Ben Reed (1864-1947).

Ben Reed's father Abner Reed (1824-1900) lived at the head of Garren Creek on what is now called Ownbey Cove Road at the foot of Little Pisgah. This resulted in a large number of the Reed family marrying Huntleys, who lived on the Henderson County side of Little Pisgah Mountain.

Sam's brother-in-law offered to build the couple a cabin to live in, if Huntley would help him. Sam and Lou were soon living in their own tiny little cabin. Huntley's brother-in-law also helped him make his first year's crop. Sam soon got so in debt to his wife's brother it took him until he was 25 years old to pay him off.

Huntley cleared land, built roads and made liquor, which he both sold and drank. Sam Huntley came under the deep conviction that he lived wickedly and could not sleep at night. He worried about leading his children into living this sort of life, and he decided to give up some of his bad habits and try to live

better.

Sam tried to avoid his drinking buddies, but this proved to be hard to do. Nothing seemed to get better. He started



Middle Fork Baptist Church in Bat Cave. Photo courtesy of blogger, Dan the Mountain Man at www.spiritualplacesmoments.blogspot.com

going to Sunday School and tried to read the Bible, but he had so little education that it was hard to read the Bible. He spent as much time trying to learn how to read as he did reading.

Sam's cousin Billy Huntley was pastor of Middle Fork Baptist Church (on the back side of Little Pisgah); when the church was about to start a revival meeting, Sam Huntley decided to attend. This revival took place in the fall of 1901. Rev. H. P. Rich was supposed to be the revival preacher. He was unable to attend at the last minute. Rev. W. F. Sinclair, who went to hear Pastor Rich speak, ended up taking his place.

Samuel Huntley went into an ivy thicket on the way to church to pray in private before the meeting. One night the sermon "exactly fitted my case," according to Huntley. He said to himself that he would not sleep until he found "rest for my poor soul." Samuel got on his horse and headed home. It was a very dark night and his horse was skittish and hard to manage. He stopped his horse, got off and fell to his knees and prayed to God. The burden was lifted from Huntley's heart and he went home and got his first good night's sleep in years.

However, Sam decided not to tell anyone what had happened. He went back to church the next night, but when the preacher asked at the end of service if anyone had been blessed to tell about it, Huntley said nothing. He was afraid to say anything. He had lived wrong for so long that he was afraid he may not really have made a change.

Sunday morning the pastor asked again if someone wished to give testimony. This time Samuel Huntley's fear and backwardness couldn't hold him back. He stood up for the first time in public and gave his testimony. The church was stirred in a great way by what Sam had said; the "spirit caught fire." Rev. W. F. Sinclair said Sam Huntley's testimony resulted in the most far-reaching revival he ever saw.

Part 3 will be in next month's Town Crier. 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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Have a Headache That Just Won't Quit?

by Amy Santin, MD, MAHEC Family Health Center at Cane Creek



If you answer yes to this question, there is a good chance your headache treatment might be part of the problem. Frequent headache sufferers know that a bad headache can mean a day in bed, a day of missed work, another missed social event or a lost opportunity to play or exercise. Naturally, they turn to headache medications to help them cope with the pain and dysfunction. This frequently becomes a regular event, leading to regular, sometimes daily use of pain relievers.

It turns out that the very medications we use to treat our headaches, when used regularly, can actually be what is causing or making the headaches worse. One can easily get into a vicious cycle where the only thing that relieves a headache is a medication, but the frequent use of this medication is what is causing the daily headache. This phenomenon is known as a "rebound headache" or a "medication overuse headache." Classically these headaches occur every day or nearly every day, wake you early in the morning, improve with pain medication but then come back when the medication wears off.



Symptoms can also include nausea, restlessness, irritability, and difficulty concentrating.

Symptoms can also include nausea, restlessness, irritability, and difficulty concentrating.

Interestingly, these tend to occur only in people who have an underlying headache disorder like migraines or tension headaches. Those without an underlying headache disorder will generally not develop rebound headaches if they are taking pain medications daily for other reasons such as arthritis.

It appears that just about any medication taken for pain relief can cause these types of headaches when used regularly, which would mean more than 10 or 15 times per month. The biggest offenders are medications containing opiates (like hydrocodone, oxycodone, morphine and codeine), medications containing butalbital, acetaminophen (Tylenol), aspirin and aspirin-containing products (like Goody Powders) and aspirin/acetaminophen/caffeine combinations (used in many over-the-counter migraine medications like Excedrin). Prescription migraine medications

continued on page 31

"Truth About Cancer" Lecture Series

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



Many of us in America have direct or indirect experience with cancer. Today, medical treatment of cancer continues to evolve but surgery, chemotherapy and radiation are the current

standards of care. However, I believe that there are reasonable, safe and effective complementary approaches that, along with medical treatment, may improve our odds of living through or

The series was developed by Ty Bollinger, a CPA, health freedom advocate, cancer researcher and author, after losing several family members to cancer.

with cancer. In my own research I have learned about such complementary and alternative treatments from a lecture series entitled "The Truth About Cancer." "The Truth About Cancer" series was developed by Ty Bollinger, a CPA, health freedom advocate, cancer researcher and author. After losing several family members to cancer, he questioned the idea that chemotherapy, radiation and surgery were the most effective treatments available for all cancer patients. He has now made it his life mission to share his conviction that many diseases, including cancer, might be prevented or

even cured without drugs or surgery. We are pleased to be able share his innovative research, with the goal of helping cancer patients get through chemotherapy and radiation easier, and adding a complementary approach that will help to "cover all the bases" or provide alternatives when medical treatments fail.

Beginning July 7, we will host nine weekly sessions on complementary and nutritional cancer therapies. All classes are free but we are asking for a \$5 per class donation that will be donated to Care Partners.

July sessions, all on Thursdays, are as follows:

Session One: July 7, 5:30-7:30 pm – The true history of chemotherapy and the pharmaceutical monopoly;

Session Two: July 14, 5:30-7:30 pm – Cancer facts and fictions, breast cancer, hormones, skin cancer, and essential oils;

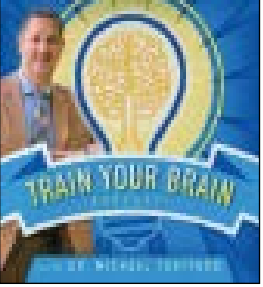
Session Three: July 21, 5:30-7:30 pm – Cancer-killing viruses, cancer stem cells, GMOs, juicing and eating the rainbow;

Session Four: July 28, 5:30-7:30 pm – Excitotoxins that fuel cancer, nature's pharmacy and healing cancer with light and sound.

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

Diaphragmatic Breathing

by Dr. Michael Trayford, Apex Brain Centers



Diaphragmatic breathing focuses on breathing by engaging the diaphragm. Your diaphragm is basically a series of big, round, long, broad muscles that sit under your lungs. They're positioned about halfway between your neck and your pelvis.

When they go down (breathing in) they fill your lungs up with air that feeds oxygen into your blood stream. The diaphragm muscles then go up (breathing out) and it forces air out.

Sometimes people have a tendency to suck in their gut, sit improperly in their chair, or have poor posture, which causes them to breathe more from the chest. Chest breathing should be secondary to stomach breathing.

If you look at the way babies breathe, they start each breath with the stomach; then they continue the breath with the help of chest and neck muscles. Those secondary muscles of the chest and the neck should come into play after the diaphragm activity.

There's a simple exercise to show how much you're incorporating your diaphragm in your breathing. Start by lying on your back, then put your hands on your stomach and take a nice deep breath. You'll feel your stomach move up towards the ceiling. Your hands will rise and fall.

The goal is to draw about 75% of your breath with the stomach by expanding

the lower lobes of the lungs fully. Then the final stage of the breath in should be through the chest. It's like filling up a sponge with water and then squeezing it out. We're filling up the lungs with oxygen and squeezing all of it out into our bloodstream.

When you're breathing through the chest, you're not getting as much oxygen into your lungs. You end up utilizing about half your lung capacity, and you're only getting out about half of the carbon dioxide that needs to be expelled. This poses great challenges for your brain, as your brain uses an extraordinary amount of oxygen relative to other body systems.

There was a great book written in the 1970s by a Dr. Benson, called *The Relaxation Response*. The book is still widely read today. It describes diaphragmatic breathing and what the author calls Paced Breathing — in which we have to breathe through the stomach in order to get the best oxygen exchange.

Pay attention to your breathing. It's something we all have to do, so we may as well do it as best we can... Your brain will thank you.

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

Preventing Weekend Warrior Injuries

by Lucie Lasnier, RN, NCTMB, HTP, Mountain View Healing Hands



Weekend Warriors... who are these over-doers? In most cases they are the people who have sedentary jobs during the week and cram their exercises into weekend ballgames, running, gardening or other activity or hobby on the weekends.

An estimated 80% of Americans are not able to meet the recommended weekly exercise guidelines. For instance, some people work sitting all day, then come home and sit on the couch to surf the Internet, play games, watch TV or read, spending about 13 hours a day sitting down, according to a survey by Ergotron.

So if you do not take the time to prepare for the event or activity, it can be detrimental to your health; this is the primary reason people get injured. Hospitals treat nearly 2 million people every year due to sports-related injuries.

Emphasize the importance of stretching to maintain healthy muscles and help in recovery from soft tissue injury. It's very important to warm up first because it actually helps raise the temperature of your body and your muscles

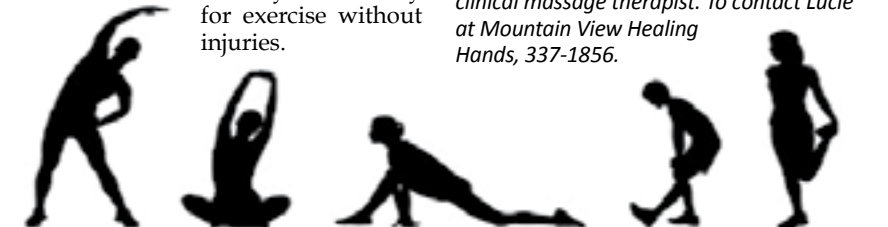
so they'll be ready for exercise without injuries.

Stretching is imperative in the maintenance of healthy muscle and in the recovery from soft tissue injury. When a muscle is torn or injured, its resting length usually shortens. In massage therapy, to help clients recover from an injury, the therapist must know how to precisely stretch the targeted muscle. Stretching should be done slowly, gradually, gently and only after the muscles have been warmed up. It should never be left out or rushed through. When stretched, the body feels good and flexibility is maintained.

Aging is another factor that affects our flexibility. However, the rate of decline in flexibility may not be the same at every age. Physical changes with aging that affect flexibility include increased calcium deposits, increased dehydration in connective tissues, increased adhesions and cross-links in connective tissues, replacement of muscle fibers with fatty and fibrous (collagen) fibers, and an actual change in the chemical structure of the tissues.

Start stretching and get your body back into shape to live a better life without pain.

Lucie Lasnier is a registered nurse and a clinical massage therapist. To contact Lucie at Mountain View Healing Hands, 337-1856.



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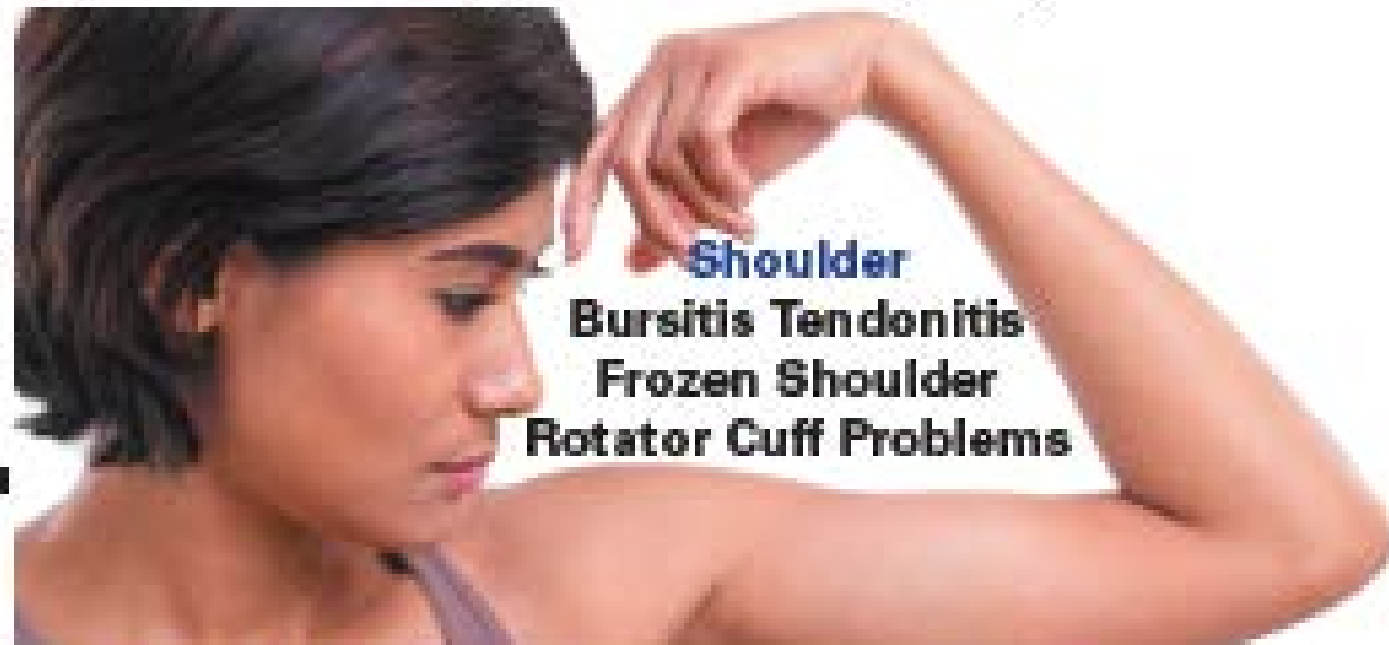
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## Wrist & Hand

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## Neck

**Disc Problems  
Neck Pain  
Neck Arthritis  
Stenosis  
Pinched Nerves**



## Shoulder

**Bursitis Tendonitis  
Frozen Shoulder  
Rotator Cuff Problems**

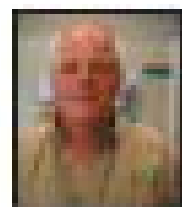
## Chronic Pain

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## Elbow

**Tennis/Golfer's Elbow  
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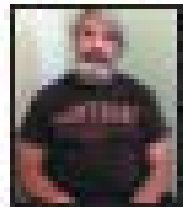
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"I had a very bad neck and shoulder pain. I was told I would need surgery. I found Fairview Chiropractic Center and after just a few visits, my pain was gone. I was able to get back to work and live my life again. I highly recommend Fairview Chiropractic Center to anyone who is suffering from chronic pain." — *John*



"I had a very bad neck and shoulder pain. I was told I would need surgery. I found Fairview Chiropractic Center and after just a few visits, my pain was gone. I was able to get back to work and live my life again. I highly recommend Fairview Chiropractic Center to anyone who is suffering from chronic pain." — *John*

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## OF INTEREST TO SENIORS

### Earthquake Protection: Medical Cost-Sharing Plans

by Mike Richard



In an earlier issue I described some potentially traumatic life-changing events that can upset our otherwise relatively tranquil daily routines. These can be brought about by changes in work, health, personal relationship and other dramatic landscape-altering events that we all go through at one time or another. I coined these "lifestyle earthquakes." Losing one's health insurance is certainly one of these.

#### What Are the Options?

A job-loss earthquake can be followed by aftershocks such as health insurance replacement and cost. The ensuing first question is: "What are my options?" These may include COBRA employment continuation coverage, HSA (Healthcare Savings Accounts), individual plans, or the one we'll look at here, which isn't insurance at all: medical cost-sharing programs.

#### How Does Medical Cost-Sharing Work?

A medical cost-sharing organization is primarily geared to folks under age 65. It isn't an insurance company at all, nor do you "buy" coverage with a "premium." Instead you "join" the organization, become a "member" and pay a "Monthly Share" (the insurance industry equivalent of a premium) based on the age of the oldest individual, how many are joining and the size of the "Annual Household Portion" (the insurance industry equivalent of a deductible) that is chosen. Most organizations allow

you to choose Annual Household Portions ranging from \$500 to \$10,000 depending on individual needs. Discounts may be offered for maintaining certain health standards as well. The Monthly Share payments are placed in your own personal cost-sharing account. Should another member have eligible medical expenses, the money in your account can be used to match those expenses. You are eligible to receive matching payments yourself when you have paid

**Most of the plans are faith based and require a profession of faith as described by the organization. Some plans are more restrictive than others.**

out-of-pocket medical expenses equaling the amount of your Annual Household Portion within a 12-month period. You do this by "publishing" your needs to the organization members whose accounts will be used to match your expenses. The organization keeps track of all of this and sends you notice of who is receiving your cost-sharing amounts and vice versa. To manage healthcare costs, strategies such as preferred provider networks, healthy lifestyle discounts and fee negotiations with the provider may be utilized. Payments are generally sent directly to the providers.

There are other very important details that should be considered when looking

at these medical cost-sharing programs.

#### Medical Cost-Sharing FAQs

**Who can apply?** Most of the plans are "faith based" and require a profession of faith as described by the organization. Some plans are more restrictive than others. As such, these plans may not appeal to some folks.

**Can I rely on it to pay?** It's important to keep in mind that a medical cost-sharing program is not an insurance product, nor is it offered through an insurance company. Here's what they say: "This program does not guarantee or promise that your medical bills will be paid or assigned to others for payment. Whether anyone chooses to pay (match) your medical bills will be totally voluntary. As such, this program should never be considered as a substitute for an insurance policy. Whether you receive any payments (matching) for medical expenses and whether or not this program continues to operate, you are always liable for any unpaid bills."

The plans are quick to point out, however, that benefits have consistently been paid out for its members for many years, and I have also had good reviews from some close friends who are members and have had significant medical expenses. Nonetheless, it is a risk you have to consider.

**Can I qualify?** In an effort to hold down expenses, most plans have waiting periods for preexisting conditions, or may not accept you at all if you do have them. Also, like regular insurance plans, they do ask qualifying health questions

when considering your application. Additionally, you may be asked to acknowledge that you will live a healthy lifestyle as defined by the plan (no tobacco, illegal drug or alcohol use, for instance).

**Is it Affordable Care Act (ACA) recognized?** Yes. Room was made for faith-



based organizations to lawfully provide healthcare to its members and still be compliant with the law for tax purposes.

**What does it not cover?** The list varies from plan to plan, but like most insurance plans, fertility treatments, abortifacients, hair restoration, elective plastic surgery and alternative care such as acupuncture are some of the things that aren't. Refer to the plan's summary of benefits before you enroll.

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.

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At AMERICARE PHARMACY we believe education is the vehicle to begin learning about wellness-based self improvement. It is never too early to learn, so that is why we're giving free backpacks to students at Fairview Elementary who need one... as well as the supplies required to learn.

We'll be collecting back-to-school supplies to fill the backpacks from now until early August. Won't you join us in our commitment to the community and its families in need?

**Items being collected:**

- "Fiskars for Kids" scissors
- Yellow #2 pencils
- Pencil toppers
- Crayola crayons (24)
- Crayola colored pencils
- Crayola washable markers
- Highlighters (wide-tip)
- Composition book (b+w)
- 1 inch 3 ring binders
- Spiral notebooks
- Wide rule notebook paper
- Baby wipes (unscented)
- Purell hand sanitizer
- Ziploc bags (quart/gallon)
- Antibacterial soap
- 8 GB flash drive

- Glue stick pack (Elmer)
- Kleenex tissues
- Expo Markers
- 3x3 Post It notes
- Plastic pocket folders
- Pencil box
- Clipboard (flat-styled clip)

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- Americare Pharmacy
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- The Fairview Town Crier
- First Citizens Bank

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Preparing for a Hike

Summer is a wonderful time to enjoy a trek outdoors, but as more and more folks hit the trails to explore our Southern Appalachian landscape, it is increasingly important to consider our impacts. Here are seven principles to follow from Haley Smith, Southern Appalachian Highlands Conservancy's AmeriCorps Conservation Education and Volunteer Associate.

Plan Ahead and Prepare

To many, this is the most important of the seven Leave No Trace principles. If you prepare well for your outdoor adventures, it should be much easier to follow the other six principles. One key thing to remember before going out for a summer hike in WNC is to prepare for the weather. Scattered rain showers are very common in the mountains in the summer, and can sometimes surprise you! It's a good idea to prepare for both rainy and sunny conditions, just in case.

Travel and Camp on Durable Surfaces

Remaining on pre-existing trails is the easiest way to do this, and will also keep you safe and minimize your chances of getting lost. When camping overnight, use established campsites instead of clearing your own.

Dispose of Waste Properly

The easiest way to remember this is "Pack it in, pack it out." This includes food scraps as well as wrappers or other trash, such as dirty diapers or dog waste bags. Plan ahead and bring a waste con-



tainer like a Ziploc bag, which helps minimize odor while packing out.

Leave What You Find

Often kids will want to collect things (and you might too!), but particularly in sensitive habitats like mossy rock outcrops, this can be very damaging. Instead, you might allow children to study something more closely so they can learn about it in its natural setting — bring a magnifying glass. Or, ask them to find a creative way of bringing back a memory of the place they've been, such as letting them take pictures or sketch an image in a journal. For younger kids, a pencil rubbing that traces the texture of a leaf or rock on paper can be a really fun way to capture the essence of a piece of nature!

Minimize Campfire Impacts

If you must have a fire, build it only in a fire pan or an established fire ring, using sticks that are no longer than your forearm and as thin as a pencil, and supervise the fire until it is fully extinguished.

Respect Wildlife

Most people have a "personal bubble" they like to maintain between themselves and strangers. But with animals, including your pets, this distance is often much greater. When photographing or watching wildlife, think about how you would like to be treated, and give them their space. Also, while many of us think that cute animals may need our help, wild animals should be capable of fending for themselves. Please don't feed wildlife, and certainly don't

touch them! As many of us learned with the recent sad story of the baby bison in Yellowstone National Park, even when you mean well, you could be hurting an animal more than helping. Too much human interaction can desensitize wildlife or cause them to "imprint" on people. This can put these animals in danger by overriding some of their natural instincts or causing them to have to be relocated if they get too familiar with people.

Be Considerate of Other Visitors

One of the most important things is to follow the rules of the place you are visiting. Often national forests or state parks require dogs to stay on leashes and may have restrictions on alcohol or other substances. Also, consider where you are: people tend to head outside to get away from some of the tedium of daily life, so talking loudly on a cell phone or bringing automated toys may be disruptive to others. Also, by following all of the other

Durations and Relations  
Overnights

Do your research ahead of time: if the place you are going doesn't have a fire pit, plan to bring a small, collapsible fire pan, sufficient food, water filter or tablets to sanitize water when you refill your bottle, camp stove (if needed) with protective base to separate from ground, bear bag for storing food securely in a tree overnight, tent/tarp, sleeping bag, sleeping pad, biodegradable soap (for you and/or your dishes), extra Ziploc and trash/grocery bags (always a good idea for keeping things dry and packing out trash!).

Dayhikes

Driving directions (we often lose cell phone GPS service in the mountains), a hiking map or map of the area, sturdy shoes for hiking, an extra pair of socks or a pair of secure sandals for crossing streams, raincoat, sunscreen and/or hat, camera, extra battery(ies), water and snacks.

Bringing the Kids

Everything above, plus water and snacks for the kids, magnifying glass, bird/wildlife ID book, journal with pencils/crayons/markers, binoculars, etc., and extra bags for trash.

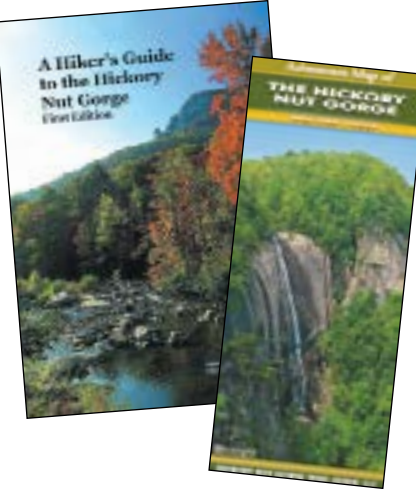
principles, you can help the next person who comes along to have the same or even a better experience!

About Southern Appalachian Highlands Conservancy: Since 1974, the Southern Appalachian Highlands Conservancy has protected over 69,000 acres of unique plant and animal habitat, clean water, farmland and scenic vistas of the mountains

Get a Hickory Nut  
Gorge Trail Guide and  
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Local outdoor enthusiasts Ryan Lubbers and Nate Ballinger have written a comprehensive hiking guidebook for the Hickory Nut Gorge, one that should be in everyone's backpack in our community and beyond. *A Hiker's Guide to the Hickory Nut Gorge* includes some of Western North Carolina's greatest hikes including Chimney Rock, Lake Lure, Bearwallow Mountain, Bat Cave, the Florence Preserve ... and they're all literally in our backyard.

You can purchase the guide, and the accompanying trail map, at the *Town Crier* office (1185 Charlotte Hwy). You'll be donating to the paper, as well, since a portion of sales go to the paper. Call 728-2211 for details. Or you can purchase at them at hickorynutgorgetrailguide.com.



WEATHER CORNER



So, even though we are farther away from the sun in July, we aren't any cooler than when we are closer to the sun in January. That is because of the 23½ degree

tilt of the earth's axis, which allows us in the Northern Hemisphere to receive the most solar radiation during our summer months. As we head through our warmest three months of the year on average (June, July and August), many folks have concerns about the prospect of droughts, hurricanes and hot weather. This month, we will focus a bit on the heat and talk about precipitation as well.

One measure of a warm summer is the number of days the temperature reaches or exceeds 90 degrees F. In any given year, the number of days that can happen is about seven days or so. Looking at the data collected from the Asheville airport records, we have had some years with no 90-degree days; the last time that occurred was back in 2009. In fact, we have had four years since 2000 with no 90-degrees days. In contrast, the year with the most 90 degree or higher days was 1952, with 32. The longest consecutive string of 90 or higher days was back in 1977, with 16 days from July 6th through July 21st. Our most recent string of 90 or higher days was back in 1993 from July 3rd through July 12th.

The graph in the accompanying chart (below left) shows the highly variable pattern of number of 90-degree days by year. We will see what the rest of summer

Feeling the Heat

will bring in regard to 90-degree temps.

One of the factors that can promote these heat waves of 90-degree-plus days is the lack of beneficial rainfall and afternoon thunderstorms. It's possible that we could get into a pattern where the atmosphere is "capped," meaning the atmosphere is warm and stable and there is a lack of daily showers and thunderstorms. This allows the solar radiation to really warm us up, with little moisture and cloudiness to take the edge off the heat.

In contrast, if you think it is really hot here — try Death Valley in July, where the daily average high is 116 degrees F and the nighttime low is about 88 degrees F.

In terms of moisture, we have not had prolonged periods of thunderstorm activity through at least mid-June, which has led to a yearly deficit of precipitation of around 4 or 5 inches. This situation can turn around quickly, but the trend has been for drier and warmer conditions, and that may very likely be our weather trend for the remainder of the summer.

Next month, we will talk a bit more about the Hurricane Season of 2016. We have already had several storms this year, and it could be quite active.

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.



JUNE'S TRIVIA ANSWER

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

The perihelion is the point in the orbit of earth when it is nearest to the sun. The opposite is called aphelion, which is the point in the orbit where the earth is at its farthest from the sun. The word perihelion stems from the Ancient Greek words *peri*, meaning "near," and *helios*, meaning "the Sun." Aphelion derives from the preposition *apo*, meaning "away, off, apart." The difference in distance between Earth's nearest point to the Sun in January and its farthest point from the Sun in July is about 3.1 million miles; Earth is about 91.4 million miles from the Sun at perihelion in early January, in contrast to about 94.5 million miles at aphelion in early July.

JULY'S TRIVIA QUESTION

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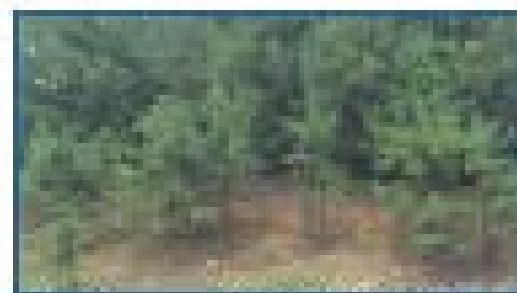
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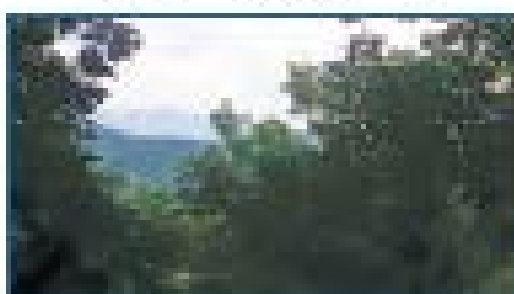
**3-bedroom house on 1.58 acres in Alexander (200,000.00) (200,000.00)**



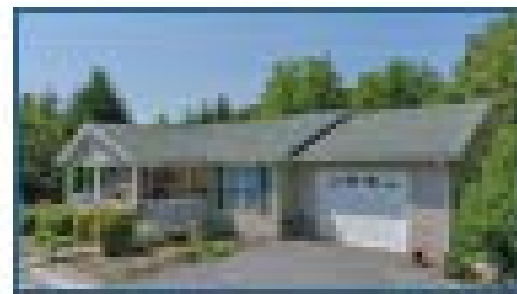
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## JUST PERSONAL

### Congratulations to Dr. Jake Sides

Franklin and Susan Sides are proud to announce the graduation of their son, Jake, from Chapel Hill Medical School as a Doctor of Medicine. He and his wife Sara recently moved to Newark, DE, where Jake has begun a residency in surgery at Christiana Hospital. The Sides want to thank friends and family for supporting, mentoring and loving Jake throughout his life, and his wife Sara for her enduring love.

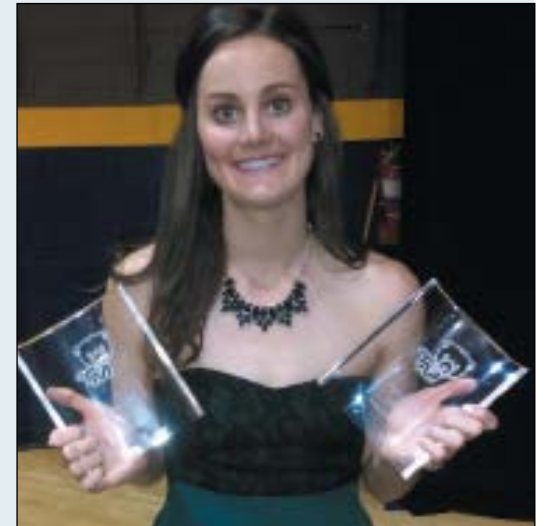


### Helen Royal Earns Graduation Honors

Congratulations to college graduate Helen Royal of Fairview on graduating *Magna Cum Laude* from Truett McConnell University (TMU). Helen was also the most decorated female college athlete at the school's sports banquet.

Helen was an Academic All American Cross Country runner and a National Runner of the Week, named to the Academic All-Conference and All-Conference Teams for Women's Cross Country in the Appalachian Athletic Conference and also chosen as an AAU Conference Champion of Character Athlete. TMU awarded Helen the Runner of the Year and the Newcomer Award. She placed first in every race for the TMU Bears this season.

Helen ended her collegiate career making the President's Club and Dean's List at Truett-McConnell University every semester. Her *Magna Cum Laude* designation signifies that Helen completed her studies with a minimum 4.70 to 4.80 grade point average.



### Farewell George Michael Bostic

George Michael Bostic died in his home in Fairview on June 5th. He was 86 years old. George was born near Bostic, NC and graduated from Cool Springs High School. After serving as an Army Medic in Korea he received a degree in accounting and business finance at King's College in Charlotte. He worked for a number of years at Leakesville Woolen Mills before moving his family to Fairview in 1970.

He was a principal in an Air Freight Company, and in 1976 joined Mars Manufacturing Company where he became VP of Finance. An avid golfer, he became a regular at the municipal Golf Course. He enjoyed growing vegetables and fishing. He was preceded in death by his son, John Mark Bostic and his daughter, Mary Victoria "Ticker" Landers. Surviving are Connie Bostic, his wife of 60 years, son Michael Bostic, daughters Beth and Catherine, and grandchildren Lindsay, Hannah, Rachel, Kari and Will.

A memorial service and celebration of George's life was held on June 25th. George's family would like to thank the Asheville VA Medical Center, Stone Creek, and the PACE Center staff for the extraordinary care and support they have provided.



## ELSPIE'S SUMMER WORKSHOPS

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

- In A Pickle** – June 29 by Ashley English
- Natural Dyeing for Fibers** – July 1 by Molly Hamilton
- Using Your Digital Camera** – July 5 by Gabriel Mann
- Soap Making** – July 6 by Molly Hamilton
- Screenprinting** – July 7 by Kristen Necessary + \$10 materials fee
- Fine Fiddlin'** – July 8 by Elizabeth Bahnson aka Lizzie Hamilton
- A Non-Traditional Approach to Drawing Flowers & Gardens** – July 12 & 13 by Anne Bessac
- Beautiful Bouquets** – July 14 by Annie Louise Perkinson
- Coming Home to Your True Nature: Body, Heart and Mindfulness** – July 15 by Kristin Wade and David Hamilton
- Get Your Swing On** (at HNGF Barn) July 15 presented by Mick Glasgow & the House Hoppers – \$5 entry + \$10/beginner lesson

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

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## How to Ditch The “I Don’t Know What I’m Doing With My Life” Blues

Admit it — you’ve been waiting for the clouds to part and a bright light to shine as you suddenly understand what you should be doing with your life. You see other people who know exactly what they want. Why can’t you have that kind of clarity? Is that something that happens by magic? By luck? What would it mean to you to wake up in the morning and know what you want to do with your life and how to make it happen?

**You can define what you want to do with your life. Regardless of whether you are 15 or 65 — these are the simple steps to help you find your way.**

Good news! That level of clarity and conviction is not just for a lucky few. You can define what you want to do with your life. Regardless of whether you are 15 or 65 — these are the simple steps to help you find your way:

**To begin**, you need to shift your mindset. Many people have a scarcity mindset — believing that there are limited opportunities guarded by hurdles few people can overcome. *“Oh, I can’t be a successful \_\_\_\_\_ You have to be really \_\_\_\_\_ to do that.”* Scarcity mindset follows this basic self-sabotaging script.

**Try this:** repeat that same script in the whiniest voice you can muster. Now, stick your finger in your nose. In your whiny

voice, keep repeating that script. By about the seventh time, you’ll hear it. You begin sounding ridiculous! Let the scarcity script go, and adopt a new script: “Anyone *can* create opportunities. Few do. I will be among the few who do.” This is a mantra that passes the finger-up-your-nose test: it never sounds ridiculous.

**Next step**, take your likes seriously. Trust that where you find joy can point to where you can find meaning and financial profitability. Anything that you enjoy, someone had to create, coordinate, teach, or sell products or services to support. With research, you can find ways to contribute to what you like, love, and enjoy.

**Try this:** make a list of everything you like. Don’t censor yourself. It’s OK to repeat or list things that are similar. Aim to write down 50 things. Then try to get 15 more. And 15 more. Then go back and see if you can group things into similar categories. Is there a pattern? Just notice what jumps out at you.

**For the third step**, find your greatest strengths. Most people can’t define their strengths because they are blind to them. We tend to overlook our strengths because they come so naturally to us; we think it must be easy for everybody. We therefore don’t value them. But that’s the superpower we can use to help others and ourselves.

**Try this:** ask 5 to 25 people what they think are your 5 greatest strengths. Ask people who know you in different contexts, too. Write down all the answers. Again, look for similarities and patterns of what stands out.



**Step four:** dream. Believe that your brilliant mind is capable of showing you the way. We’ve been shamed for daydreaming. We’ve been chastised for being impractical. If practicality and following the herd led to happiness and innovative problem solving, don’t you think the world would be different?

**Try this:** on a blank piece of paper, write this phrase at least twenty times (you can complete the sentence any way you like): *“Since I can do anything with my life, I’d love to…”* Let the ideas flow. If you find yourself writing the same thing a couple of time, cool. Nothing is wrong or right. Just let it be. Let the piece of paper sit for at least 24 hours without looking at it. Come back and circle the 3 ideas that make you smile.

**The final step** will require you to do something crazy — go find someone

who is crazier than you. You want to find someone who has succeeded or come darn close to doing what you have dreamed of doing. Then plunk yourself down at their feet and learn from them. I predict a 99.9% chance they will share some wisdom with you — provided you’re earnest in your desire to learn.

**Try this:** use the internet to find at least one person who has done each of your top 3 ideas from step four. Try to find 3–5 of these people. Find their email address or Twitter handle (it’s surprisingly easy). Write a list of 3–5 questions that would help you get closer to making your dream a reality. Ask them.

After this process, your “I Don’t Know What I’m Doing With My Life” blues will be gone. You’ll find at least one inspired thought to guide you.

The only thing stopping you is you. I don’t say that flippantly — it can be hard to get out of your own way. Let me know how it goes and if you need a boost.

Leslie Frey is founder and chief career coach with Off-Trail on Purpose. She can be reached via [offtrailonpurpose.com](http://offtrailonpurpose.com) or 581-9821.

## When it’s 104° Outside... Stay Inside and Mural Mountains

by Lynn Stanley

Right away you’ve guessed that this will not be a story based in Fairview. If Fairview ever reaches 104 degrees, we’ll pack her in ice and rush her to the ER.

You guessed right. I’m in Mesa, Arizona, visiting my mother-to-be daughter, and helping her decorate the baby’s room by painting a landscape mural on the one windowless wall — bringing the outdoors in and air-conditioning it. Understandably, here in the desert the preferred palette emphasizes the colors of dawn or dusk, and deep shade, over bold hues; so a jungle scene is out (too green and steamy) as is an ocean (too bright and sparkly). What’s better? Well, mountains, for one thing, and that’s what she chose.

I’ve painted a few murals in my wanderings through life, and I’ve developed some methods that make it easier and better. The first involves one of the finest inventions ever — that blue painter’s tape, the kind that sticks when you want it to and comes off without a trace (I had

a boyfriend like that once, and you know, I still miss him). It’s the perfect thing for “sketching” your subject on the wall to get the composition right; there’s no erasing, and the lines are thick enough to see from across the room for perspective.

Once I had the shapes in place it was time to choose the colors, and we opted for shades of twilight blues and grays (sleep-inducing colors, I was thinking... every little bit helps when we’re talking babies). Then came the choice of which color goes where. The same or very similar colors shouldn’t be adjacent, of course, and no color should be used significantly more than the others. But there’s another consideration, too, that goes somewhat beyond the natural order of things ... and now we buckle up and swoop into the realm of Art!

In nature, things farther away generally seem lighter in color, due to particulates and humidity in the atmosphere (less so in Arizona admittedly, there being about one molecule of H<sub>2</sub>O per acre on any given day); but if a painting follows this rule too closely it can seem static and less interesting. So we wanted some lights and darks for each level, but tending darker at the bottom. It was helpful to cut squares from the paint samples and stick them in the shapes (blue tape again!) as we decided.

Then it was time to actually paint. And as you can see I carefully painted from background to foreground; even though I could have just butted the shapes together, I always painted the edge of the “closer” ridge a bit over the “more distant” mountain shape. This is because I’ve discovered that the eye is amazingly sophisticated; even without conscious direction it will instinctively discern that slight overlap or the lack of it, and the painting will seem more or less satisfying thereby.

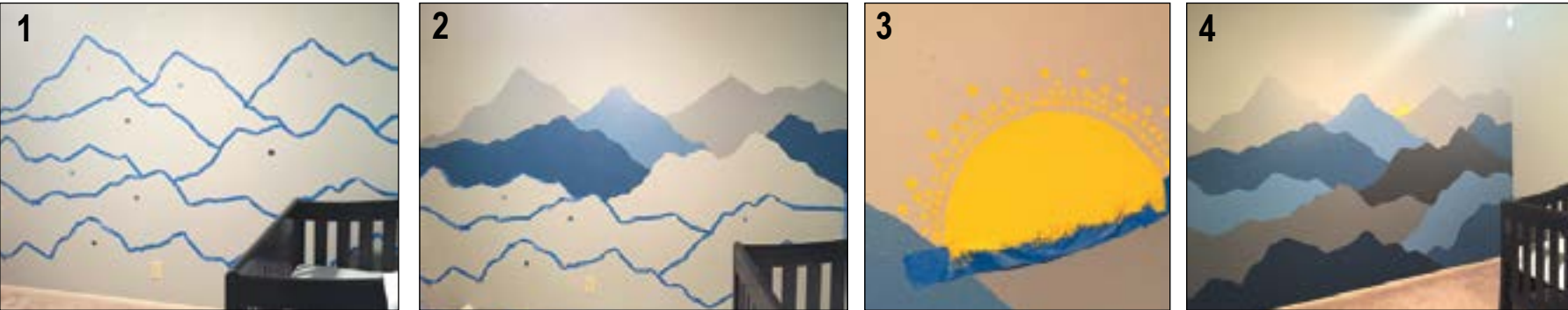
Finally, we decided that for purely emotional/spiritual reasons, the world of the wall needed a sunrise. “The sun’ll come up tomorrow,” Orphan Annie



sang, and isn’t that something that gives us all hope?

And so ... yes! Out came the famous tape! And the sun rose, for a soon-to-be-welcomed and already much-loved little boy, over a new range of mountains in Mesa.

L-R. 1) It all began with blue tape and color swatches. 2) I painted from background to foreground. 3) We decided we needed a sunrise. 4) The finished mural. Above: Lynn, Alicia DiDonato and baby Everett (still in hiding)



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Caring for the Cows — A Visit to the Ramsey Dairy Farm



The Ramsey Dairy Farm is perhaps the most bu-colic sight along 74A in Fairview. Who doesn't sigh and relax just a bit when driving past the cows lolling around in the fields? But more than a lovely vista, the farm is a functioning dairy farm that requires an amazing amount of work. Ingles Dietitian Leah McGrath found out just how much work when she paid a recent visit to the farm and met with Bart Ramsey, who owns the farm along with his brother Nathan and parents Roy and Rebecca.

The Ramsey family has been in the dairy farm business since the 1930s. They currently farm on about 400 acres in Fairview, with about 50 acres leased from neighbors. And as Leah discovered, Bart has been farming most of his life and has a Chemistry degree from UNC Asheville.

Here were some of the questions Leah asked Bart as they bounced around the bumpy dirt and gravel roads of the farm in his pickup truck. It was a bright, sunny, early summer day and they occasionally stopped so Leah could photograph cows and visit various buildings.

How has dairy farming changed in this area?

Bart: "There used to be about 50 dairy farms in Fairview alone and maybe 300 in Buncombe County. Most every farmer had some cows to provide milk for his family and then might sell some to neighbors. All the milking was done by hand. Some got into the business of dairy farming over time and some just sold off their cows when they sold their farms. Now there are only two dairy farms in Fairview and 5 in Buncombe County."

How big is your herd and how many cows do you milk?

Bart: "We have a total of 350 Holstein



cows including a few bulls for breeding, baby calves, and heifers who don't yet produce milk. Right now we are milking about 165 cows. We have had a closed herd for over 20 years meaning we don't bring cattle in from other herds but we do sell extra heifers to other dairies. The bigger the herd, the more equipment and labor you need and the more expensive it becomes. I have five employees; two of them live here on the farm, but it would be possible to have less labor by investing in more buildings and equipment."

We stopped by a long building open on one side with small stalls that housed 16 calves only a week or two days old. The younger ones approached and tried to suck on my fingers; the older calves



initially backed into the corners of their stalls and viewed me suspiciously.

Why are calves removed from the mother after birth?

Bart: "For a couple of reasons: a momma cow might accidentally step on the calf and injure it. And, right after giving birth, the momma's milk contains colostrum which is high in antibodies. It's important the calf consumes a gallon of this rich milk as soon as possible for the health of the calf."

Why aren't the cows outside all day?

Bart: "The milking cows are generally outside from April to October in the evenings so they can graze when it is cool. Cows do not do well in hot weather and like to keep cool in the shade of trees during the middle of the day. It's very important that the lactating herd and the baby calves are protected from the heat in the summer and the wind in the winter. It is better for them to be in the barn on a hot day. The flies often bother them and with the misters and fans in the barn this isn't a problem.

We do let the young ones and non-milking cows outside. During hot summer days they will be under trees where it is cool. Sometimes they crowd into the muddiest area they can find because the mud is cool. This is



bad because they can get stuck and hurt themselves or become stressed and this can affect their health and milk supply."

I also learned that cows are very social animals. Even when provided with good bedding in individual stalls of the barn, they tend to huddle together in the darkest area during hot weather because in their minds dark equals cool.

Bart also explained that when the cows are in pasture, they must move them around so they graze different fields; otherwise the land gets beaten down. This can cause ruts during a drought and erosion when there is a lot of rain.

What do dairy cows feed on?

Bart: "They graze on grasses that we grow like ryegrass, bluegrass and fescue. In dry weather and from October to April that's not enough to provide them with the nutrients they need so we also feed them corn silage. If not, they'd starve and not produce milk if all they did was graze."

Bart told me that technically corn is considered a grass, which I did not know. If you've ever seen those large white things in the field that look like giant marshmallows, they are baled alfalfa. The alfalfa is wrapped with 60 percent moisture so it will ferment. It is inoculated with a bacteria that produces lactic acid so the pH drops faster, which helps preserve the nutrients and prevents the growth of molds that could make the cows sick. The cows are also given probiotics and spent brewers grains that are a by-product of beer making. All in all, their winter diet is a balance of corn silage which is an energy source, alfalfa which is a protein source, and brewer's grain which is a protein source that also provides energy from fat. It's important to keep the rations consistent to keep the cows healthy.

Bart: "To make sure we have the nutrition of the cows right we consult with a ruminant nutrition expert from Purina. They sell us a feed that balances everything out. It contains fine ground corn, soybean meal, by-pass protein, cottonseed hulls, citrus pulp, minerals and vitamins. Brewer's grains, cottonseed hulls, and citrus pulp are feeds that would be thrown away but they produce food for

2015 Stats:  
North Carolina ranked #21 in dairy production among U.S states. There are 204 licensed dairy operations in the state and a total of 20,979 dairy cows. The average herd size is 204.

Source:  
progressivedairy.com/site/stats/us-dairy-stats

humans when fed to cows. The cows are basically recycling machines."

When and how often do you milk the cows?

Bart: "We milk twice a day at 1 am and 1 pm. It just takes a few minutes to milk each cow but to do all 165 of them takes about 6 hours. Each cow's teat is cleaned with a hydrogen peroxide dip before milking and a chlorhexidine barrier dip after milking to prevent infection. (Chlorhexidine is an antibacterial antiseptic).

We produce about 1,350 gallons of milk per day. The milk tanker from Piedmont Sales picks up our milk and it's transported to MILKCO in West Asheville (owned by Ingles Markets) and then bottled. It is typically in stores in about 48 hours. So when you buy Laura Lynn milk you're really drinking a fresh, local milk."

Cows eating in the barn (note misters overhead)



What would you say to people who think that dairy farmers give their cows antibiotics all the time or that antibiotics are in conventional milk?

Bart: "I'd say they don't understand dairy farming. With the help of our veterinarian we have a vaccination program to prevent disease. We don't put antibiotics into the feed of our cows. We only give our cows antibiotics if they are sick and that's all supervised by a veterinarian. If a cow is sick and on antibiotics we have to observe a withdrawal period after treatment when that antibiotic ends. Milk cannot be sold until after the withdrawal period. We also do a snap test of our milk before it's loaded onto the tanker. This insures that there are no antibiotics present in the milk. When the milk gets to MILKCO, they do more tests. If my milk was to test positive for antibiotics it would be a big mess. The Department of Agriculture would show up, inspectors would show up, and I'd be fined and might lose my contract to supply milk to Piedmont Milk Sales temporarily or permanently. The state also revokes permits to sell milk after repeat offenses. I would lose a lot of money, so we are very, very careful about that."

When I asked Bart about hormones in milk he explained that lactating cows have their own hormones just like women who are breast feeding. Additionally, MILKCO requires a signed affidavit from dairy farmers that they do not administer artificial growth hormones.

What would you say to people who think that dairy farming is cruel?

Bart: "If we don't treat our cows well they won't produce well. If we aren't feeding them the right nutrients they won't produce enough milk or be able to reproduce offspring. The cow uses its energy (calories) from food in this order: 1) to keep itself alive; 2) to give milk; 3) to reproduce. I do everything possible to treat my cows the best I can, no matter what. In the Blizzard of 1993, snowdrifts were so high that we had to work 18 hours a day to uncover feed, and to clear paths to reach cattle in the pastures, bed stalls, etc. The milk tankers couldn't get to us so we had to dump the milk for 5 days. There have been times when some cows have been sick that I've been up at 2 am in 8 degree weather in order to put each cow through a head gate so I could spray vaccine (without gloves) into their noses, one by one, so they wouldn't get pneumonia and die. No one can tell me I don't care about my cows or that I treat them badly.

I came away from my visit to this dairy farm feeling so impressed with the hard work and dedication it takes to be a dairy farmer, to work on a dairy farm and to be entrusted with the care of a herd of dairy cows. The attention to detail for every aspect of the cow's well being, from nutritionally balancing their feed to ensuring that they are comfortable and healthy, made me decide to do a better job honoring that glass of cold, delicious milk.

**ATTENTION VETERAN HOME BUYERS**

A VA home loan is designed to provide special benefits to eligible Veterans and their families when purchasing a home. Featuring 100% financing, low rates, and no monthly mortgage insurance, VA home loans are a huge benefit to our military. Realtor Cassandra DeJong and Glenn Kavanagh with Atlantic Bay Mortgage Group are co-hosting a workshop to explain VA benefits when purchasing a home.

Thursday, July 21 7 – 8 pm Cool Mountain Realty 771 Charlotte Hwy, Fairview 828.216-6060 We Honor Veterans

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**Dolly** is a one-year-old Jack Russell Terrier/Hound mix, an energetic 35 pounds. She loves hikes and wants to be the alpha when among other dogs. She will be good with children 6 or older.

**CHARLIE'S ANGELS**



**Lucy** is a cute and energetic seven-pound one-year-old. She needs someone who will be home with her more often than not. She's great with other dogs and good with cats.

**ANIMAL HAVEN**



**Max** gets along well with other dogs and is friendly and playful with people after a little warm-up. A family with older kids would be ideal for Max.

**BROTHER WOLF**



**Maverick** is a sweet bunny, one and a half years old. He is a super friendly rabbit with silky soft fur who loves to have the top of his head petted. He is one of several beautiful rabbits currently available for adoption.

**HUMANE SOCIETY**



**Squeaky Pants** is a dear 10-year-old lady, a sweet, gentle and affectionate lap cat.

**CHARLIE'S ANGELS**



**Rhinestone** is a beautiful, 6-year-old white long-haired cat. She is calm, laid-back and never pesters for attention, but is always happy to receive it. She likes to lie in a spot of sunshine and occasionally bats around a cat toy.

**HUMANE SOCIETY**



**Shiro** is a big bunny with a big appetite who loves to stretch out on the floor. She doesn't mind hardwood floors, is very neat in her cage and doesn't eliminate outside the cage.

**BROTHER WOLF**



**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**

## 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

## Photomodulation for Your Pet

by Charles H. Lloyd, DVM, Cedar Ridge Animal Hospital and Mobile Equine Services



No, we are not talking about doctoring photos of your pet. Technically we are talking about photo-bio-modulation, or light therapy. More specifically, we are talking about laser therapy.

The effects of laser therapy have been recognized for almost forty years. There have been thousands of studies showing the benefits of laser therapy both in humans and animals. When we talk about laser therapy, we are talking about the use of a Class IV "cold" laser. It is not a cutting laser, which can be referred to as a "hot" laser. The lasers used initially in therapy did not have enough power to work effectively and therefore had minimal to mixed results, but this is not the case with the new Class IV lasers. Many physical therapists and chiropractors use lasers in their therapy regimens. Also, numerous collegiate and professional sports teams use laser therapy on their athletes to aid in the healing process of various injuries.

Laser therapy can be used to treat numerous disorders — arthritis, wounds, pain, periodontal disease, lick granulo-

mas and various other cases. The treatment time and schedule are directly related to what is being treated. During treatment, the light energy (photons) will be delivered by a non-invasive handheld device. The animal will feel a gentle soothing warmth during the treatment, and many animals will become more relaxed as the treatment progresses. There are no known side effects.

Now for the technical, biochemistry aspect: the light energy (photons), delivered by the hand piece, is sent deep into the tissue where it is absorbed by the mitochondria in the cells. This allows the mitochondria to increase production of ATP (adenosine triphosphate, the body's biochemical way of storing and using energy). This increased ATP is used as extra fuel/energy by the cells to speed up cell repair and rejuvenation. Therefore, this leads to faster healing and healthier cells and tissue.

For those of you who zoned out at the word technical, just know this — laser therapy works.

For more information, visit [litecure.com/companion](http://litecure.com/companion). Fairview Animal Hospital is a Laser Therapy Practice.

## ON THE ROAD

### Washington, D.C.

Fairview residents Abbie Spire (on the left) and Peggy Lewis took the hometown news to our country's capital.



## Finance your dream home with a bank that's homegrown

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Summer Work in Our Schools

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



“Summertime, and the livin’ is easy” – unless you’re in the Buncombe County Schools Maintenance Department! For these hard-working folks, summer is perhaps the busiest time.

At our May School Board meeting, we approved the Capital Outlay Budget and the projects for the Long Range Plan. Each year, this meeting marks both the end of a long and detailed planning process, and the beginning of the work ahead. Many of these repairs happen in the summer, when our classrooms are mostly empty and we don’t have to worry about interrupting instruction or putting our students, teachers, and staff at risk.

With 42 school campuses plus our central office facility, it is a huge responsibility (as well as expense) to make sure that all of our buildings stay safe, accessible, and in good repair. On an annual basis, each school submits prioritized capital needs. Representatives from the facilities and maintenance department then cost each one of the needs; the total is always far more than the funding available, which is why the prioritizing is so important.

The Capital Outlay committee, made up of principals from across the county as well as facilities, maintenance, and technology staff, then sifts through each request, balancing the level of need with the funding available and making sure

that allocations are fair and equitable across our six districts. Projects that cannot be addressed in the current year may be referred to the Long Range Plan or considered again next year.

Our total amount requested this year was \$45.5 million. We were able to fund \$11.4 million of these requests using mostly funding from sales tax and sales tax reimbursements (the projects in the Long Range Plan are funded by Lottery and Article 39 funding, which is another source of sales tax revenue).

This summer, Reynolds Middle will see restroom renovations beginning in August, and Cane Creek will get a new gym floor. At the high school, the gym will get new roofing and the greenhouse will be renovated. Bell Elementary will get new tile flooring in the hallways, and Oakley will have padding installed on the gym walls.

In addition to some new flooring inside, Fairview Elementary is getting an outdoor brick walkway, a fitting welcome to the new accessible playground.

The Board of Education keeps a close eye on our capital expenditures and projects. My fellow School Board members and I are deeply grateful for all the hard work that goes into keeping our public schools in top shape so that our teachers and students can focus on what matters most: *learning*. Our schools will be ready to go again in August!

Questions for Cindy? Please email [cindy.mcmahon@bcsemail.org](mailto:cindy.mcmahon@bcsemail.org).

Montford Moppets Kids’ Summer Theater Classes

Montford Park Players has registration for their popular summer kids’ program (11-18 years old), The Montford Moppets, until July 12. Montford director Jeff Catanese states “This is a great opportunity for tweens and teens to study Shakespeare, and create their own scenes based on the Bard’s. I have found that translating these classic plays gives kids a leg up in reading comprehension and language arts.”

Classes begin on July 12 and runs Tuesdays and Thursdays, 2-6 pm until performances begin. Students will present their work before Montford Park Players’ production of *Measure for Measure*, Friday-Sunday, August 19, 20 and 21 at 6:30 pm. The show, like all other Montford Park Players’ productions, will be free to the community. Participation in the program is \$100 per student.

For more information or to register contact Jeff Catanese at [jeff.catanese@montfordparkplayers.com](mailto:jeff.catanese@montfordparkplayers.com) or 661-8037.



Local Girl Scouts Earn Silver Awards

Congratulations go out to three area girls who have won the Girl Scout Peaks to Piedmont Council’s Silver Award for 2016. The three are listed below.

**Ashley Teague, Asheville**  
**Emily Chambliss, Fletcher**  
**Jordan Chambliss, Fletcher**

Girl Scout Cadettes in grades 6-8 who earn the Girl Scout Silver Award complete a minimum of 50 hours toward a service project. Girls work in small groups or individually to design and execute the project, building life skills, exploring careers, gaining leadership abilities and committing to self-improvement along the way.

Fairview Preschool Enrolling for Fall

Families with children ages 2-5 are encouraged to take a look at Fairview Preschool; there are a few spots left.

Fairview Preschool recently held graduation, and all involved feel confident of the preparation and education the boys and girls have as they enter kindergarten this fall. The school is committed to providing a Christian environment to foster the intellectual, social, emotional, physical and spiritual development and preparation of the whole child.



For more info or to schedule a visit go to [fairviewpreschool.org](http://fairviewpreschool.org) or call Director Chris Lance at 338-2073.

CCMS Sends Three Teams to Destination Imagination Global Finals its Inaugural Year

Three out of the five middle school teams representing the state of NC at the Destination Imagination Global Finals Competition this year were from Cane Creek Middle School, with one of these teams coming in top 10 in the world! These teams were made up of

sixth, seventh and eighth graders. The structural team, the CCMS Olympians (#1), consisted of all sixth graders (Ethan Durkovich, Lilian Johnson, Avery Hines, Clay Morton, Leah Rudisill, and Ansley Sales). They placed first at state and did very well at the global competition, with

a structure that held an amazing 715 pounds! Silas Snead and Chayse Howard made up the improv team, Chaysing Silas (#2). They also did very well at globals and were very entertaining to watch.

In addition to competing on the im-

prov team, these two eighth graders were also on the fine arts team, Cane Creek Mystery Solvers (#3). Along with Ciara Mitchell, Jaiden Hackett and Savannah Wright, this team placed first at state and 5th overall in their division globally!



FES Destination Imagination Teams at Global Finals: An Awesome Experience

by Melissa Spruill

Fairview Elementary School’s Destination Imagination teams recently competed at their Global Finals Competition at the University of Tennessee. Only six teams in North Carolina in the elementary division qualified to attend, and four of those teams attend Fairview Elementary School. This global afterschool activity, known as the “world’s largest festival of creativity,” encourages children to work as a team on challenge-based, creative problem-solving while allowing them to improve their knowledge of science, technical engineering, the arts, and mathematics, as well as community service involvement.

Fairview teams met others from around the world and presented their STEAM-based challenge solutions over the four-day event. Personal highlights of the tournament were exchanging global pins with their buddy teams from Qatar, Mexico and China. According to Glen Dehart, parent chaperone of the engineering team from Fairview, the Amazing Musical Mashers team (1) was excited to share North Carolina peanuts with a team from Korea, who had never seen peanuts in a shell.

Third grade team member Job Brown said of his first Global experience, “Global Finals was amazingly awesome! I loved watching groups from China perform, and the best part was trading DI

pins and walking in the opening ceremony parade representing North Carolina.”

The “Brains-n-Brawn” Improv team (2) performance included an improvised rickshaw in China as a confined space, a person who lost their sanity in the woods as their mysterious stranger, a polluted Angel-Cod fish as their origami prop made of newspaper, and a newsflash of “Cars Speaking to Drivers Baffle Scientists.” “I am so proud of these boys/actors,” their manager Teri Lindeberg reflects. “Their performance was very entertaining; they hit all their required scoring elements; and they improved 20 points from their regional competition!”

The “F.E.S. Game Changers” Technical Team (3) shared handmade friendship bracelets and Tar Heel magnets, made by classes from Fairview Elementary, with many of the children that they met as a goodwill gesture welcoming them to America. In return, their buddy team shared Mexican candy and handpainted wooden ornaments from their country.

Fifth grader Mary Stone from the FES Cold Case team (4) recalls, “We made friends with a team from Missouri. We sat and talked rather than pin trade, and we also met people from China. I learned little things about their writing – they don’t have an alphabet, so each symbol is a whole word.”

When asked how Destination Imagination changed how he looks at things, John Tyler Wright said, “DI has changed the way I interact with my friends by looking at things through the perspective of someone else. Normally I think of making things move. Now I see a prettier shell or skin, rather than just the guts.”

“It’s not that scary,” Alana Hanson said of performing in the challenges. “The audience isn’t scary. They’re not monsters.”

Her enthusiastic team certainly showed

no fear when competing in this year’s global tournament, placing 7th in the world!

Team manager and parent Mallisa Howard states “Destination Imagination has changed the lives of my children forever and they will be better adults because of it.” Mrs. Howard, along with FES team manager Teressa Dickman, and former FES team manager Tara Altman, carry on Fairview’s tradition by leading their former FES teams to become present-day Cane Creek Middle School Global competitors.



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**FAIRVIEW FARMERS MARKET 2016**

New this year... twice per month!

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

Fairview Elementary Parking Lot

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

[www.facebook.com/fairviewncfarmersmarket](http://www.facebook.com/fairviewncfarmersmarket)



Perspective



I recently completed an 800-mile+ trip to Florida pulling a loaded trailer. The day after we got back to my cool sunny mountains, I had planned to meet with some people and went out to the garage. The right rear tire was flat on my car. I called and said I would be late. I started to moan to myself about my bad luck.

Bit by bit, Tire Changing 101 started to come back to me. I took all the stuff out of the rear of the car, found the jack, other tire-changing tools and the spare all neatly tucked away in their little Styrofoam holders. The car is 10 years old, but I was pretty sure none of those things had been used before.

I remembered changing tires back when the tall jack hooked on the bumper and the spare was full sized. I went through the list of things my father taught me: I pulled on the hand

brake, found a couple of pieces of wood to chock one of the tires and prevent the car from moving, and loosened the lug nuts a little before raising the flat tire off the ground. I found the little place in front of the wheel well on the bottom of the car where the little scissor jack is supposed to make contact and proceeded to lift the car. When the spare was on and the lug nuts were tight, I lowered the jack, removed the chocks, put everything back in its place and took the flat to a local tire repair shop. The whole process took about an hour. During that hour my original moaning perspective started to evolve.

I had traveled over 800 miles in the last week with no problem. Was I fortunate or unlucky to have this flat? Only my perspective could say. My evolving perspective eventually chose fortunate.

Perspective is important because it creates the environment through which we see our journeys. For instance, the perspective of a 5-year-old may assume everything on their journey is really big. A person raised in a family where the parents fight all the time will have a perspective different from a person raised in a family where no one fights or feelings are never expressed. A person from a poor country may believe all Americans are rich although 15% of Americans live in poverty. We all have beliefs that influence how we see our own journey, the journeys of those around us and the journeys of those whom the media bring to us . Do we really have a

choice about our perspective? The answer is unequivocally “yes.” Each time we step outside our routine we open the door to possible new perspectives. Each day we have a choice to count our blessings or count our resentments. What we choose can significant-

Was I fortunate or unlucky to have this flat tire? Only my perspective could say.

ly impact our perspective. It is sometimes easier to build a case for how messed up the world is, to feel powerless and join the people pointing fingers at a perceived cause for their discomfort. It is harder to step back from our fears and frustrations and do our best to make a difference in our home, community, county, country, and planet, knowing we are either part of the problem or part of the solution.

Is your perspective accurate? Does your perspective bring joy, cause suffering, further your understanding of others or push you farther apart? Your perspective and beliefs have grown from a lifetime of experiences and are a natural part of traveling this journey of yours.

Some simple ways to determine if your perspectives are fixed or evolving:

- Are you open to the perspectives of others? Your perspective has developed over time in a context that may have been quite different.
- When was the last time you did something you have never done before?

Sameness can narrow perspective, and a narrow perspective may be giving you only a small piece of the puzzle.

- Does your perspective bring joy at times to you and those important to you? There is plenty of pain in the world, and living without joy is a hard journey. Experiencing and sharing some joy may open your perspective, allowing for you to feel more connected and less isolated.

If some of your perspectives, roles, activities or relationships are not what you would wish them to be, try the following:

- Download Google Earth (safe and easy) and look at an aerial view of your home from as close as your can get (which may be a street view of the front of your house). Then gradually pull back, (exit street view) to see your community, then town or city, then county, state, country, continent and hemisphere, then planet. Look for details you hadn’t seen before. Then reverse the process.
- Ask one other person you trust if they will remain silent while you tell them something you haven’t told anyone else. Then ask your trustworthy person for their perspective.
- Do one safe, healthy thing you have never done before. You are here.

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



Welcome New Members:

- Cheri Mitchell, Flesher’s Fairview Health Care Center
- Patrick O’Kelley, Mr. Sandless

July Member’s Meeting

Our July meeting will be at The Local Joint on **Tuesday, July 12 at 6 pm**. We will meet outside (weather permitting). There will be wine, beer, cider and soft drinks available for purchase. Hope to see some new faces.

June Member’s Meeting

We had a great crowd at our luncheon last month at The Welcome Table. Many members had never joined them for lunch before. It’s always a feast of healthy, delicious food. Each week, a different church or civic group provides desserts and FBA members stepped up to the plate and brought desserts to feed the record setting crowd of 165 people.

Volunteer opportunities exist, as well, to help with set up, food prep, clean up or break down. Get information at [fairviewwelcometable.com](http://fairviewwelcometable.com) or on their Facebook page.

August Family Picnic

Sunday, August 7th is the date of our annual picnic 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 and some beverages. 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, horse shoes, and other games. Very sociable dogs are welcome... along with their very sociable people. Watch your email for information on the picnic or plan to come to the meeting on July 12.

FBA Executive Committee members were pleased to present a donation check of \$200 to The Welcome Table. L-R, Bill Scobie, webmaster; Mary Palermo, vice president; Barbara Tromatore, director of TWT; Melissa Webb, secretary; Frank Dixon, president; and Sandie Rhodes, membership.



We were told the day the FBA members gathered at The Welcome Table a new attendance record was set — 165 people for lunch! If you weren’t one of them, be sure to try it any Thursday, 11:30 - 12:30 pm in the community room of Fairview Christian Church behind the Fairview Library. Good, healthy food with a dash of fellowship.



**Interested in Joining?**

**Come to any Member Meeting and check us out. We’re a good group of your neighbors in business and we have all learned first-hand the value of networking in a relaxed, professional atmosphere.**

**Join at [FairviewBusiness.com](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**

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Advanced Edu. Tutoring Center...628-2232	<b>Real Estate Sales</b>
Fairview Preschool.....338-2073	Allen-Burton Team.....329-8400
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Taylor Webb Electric & Sound.....712-4839	Exit Realty, Melissa Webb .....712-4838
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New Moon Marketplace.....505-6199	Sandy Blair, Realtor/Broker .....768-4585
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Carolina Equipment Rental .....628-3004	Nina Kis, Keller-Williams.....242-8029
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Elite Eye Care.....687-7500	Brewskies .....628-9198
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Mountain Home Inspections.....713-9071	The Local Joint .....338-0469
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Cloud 9 Relaxation Home.....628-1758	Sunrise Sawmill.....277-0120
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WORSHIP & COMMUNITY OUTREACH



Project Linus Needs Blanketeers

The local chapter of Project Linus, a national non-profit organization which donates handmade blankets to children in crisis, is seeking volunteers to create blankets. The new “blanketeers” can contribute knitted, crocheted, quilted, no-sew fleece or flannel blankets. During the past 16 years our local chapter has distributed over 57,000 hand made blankets to 12 counties in western NC, but there is always a need for additional blankets. If interested contact Ellen Knoefel, chapter coordinator, at 645-8800.

“Days for Girls” Sewing Drive

by Maria Horton

We are so fortunate in this country. And we take so many little things for granted. Recently I met a lady who sews washable, cloth sanitary napkins for girls in Africa and many other poor regions throughout the world. Girls in Kenya, India and many other countries stay out of school during their menstrual cycles because disposable products are not available to them. Now why on earth am I talking about such a personal topic in the *Town Crier*? Because this is such a simple thing to alleviate. 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. Each kit contains a bar of soap and wash cloth, two pairs of underwear, two sets of panty shields with

### Give Blood This Summer

There are 100 days of summer and the American Red Cross urges eligible donors to choose their day to give blood and help ensure a sufficient blood supply.

With many donors vacationing and schools that host blood drives on break, July is an especially difficult time to collect enough blood donations to meet the needs of patients. Hospital patients don’t get a summer holiday or vacation from needing blood; the need for blood is constant. Donors are needed to help alleviate this seasonal decline.

Donors of all blood types — especially those with types O negative, A negative and B negative — are needed to help ensure that blood is available for patients this summer.

To make an appointment to give blood, download the Red Cross Blood Donor App, visit [redcrossblood.org](http://redcrossblood.org) or call 1-800-RED CROSS (1-800-733-2767).

eight liners and a zip lock bag to store the soiled articles. The bag and all the supplies are all washable and last about three years. How simple to make but what a gift. If you would like to be a part of this project, please come to our first meeting on *Thursday, July 14, 10 am* at the Spring Mountain Community Center.

If you can sew, great. If you can’t sew, we can teach you or find something you can do to help. It would be a great opportunity to teach middle school age girls how to sew. You don’t have to have the newest sewing machine on the block, your old Singer from college will work fine. You just need to be willing to enjoy the experience of helping our sisters around the world. Bring a sandwich and plan on having a good time. Call me, Maria Horton, at 778-0279 or email me at [daylightasheville@gmail.com](mailto:daylightasheville@gmail.com) for more information.

**Headaches** *continued from page 10*

known as “triptans” can also cause rebound headaches if used frequently. High doses of daily caffeine can fuel them as well. The lowest risk appears to be with the use of non-steroidal anti-inflammatory medications like ibuprofen.

The good news is that rebound headaches can be treated. Large studies show that withdrawing the offending medication usually relieves the headaches altogether or at least decreases their frequency significantly. The downside is that this process may not be pleasant. Symptoms of withdrawal can be quite significant, depending on the type and amount of medication used. Headaches will often worsen temporarily and one can also experience nausea, vomiting, nervousness, anxiety, restlessness and insomnia. These symptoms typically last about two to 10 days but can go on longer. Fortunately, there are medications that your doctor can prescribe to help with withdrawal symptoms as you stop your medication. There are also headache prevention medications that can be started during this time that are safe and do not lead to rebound headaches. While some people quit “cold turkey,” others prefer to decrease medication use gradually over the course of a couple of weeks. Still others require medical supervision due to the potential danger involved with abrupt cessation of their medication.

A patient wrote to me recently to recommend that I write about this topic to help others going through this situation. She had decided to stop her daily use of Excedrin as we had discussed and was shocked at how terrible she felt and how addicted she felt to this medication. The withdrawal was very intense for her, highlighting how dependent she had become on this medication. Once off, however, the payoff was immense and she felt much better with far fewer headaches.

You just need to break the cycle! If you suspect that you are having medication overuse headaches, talk to your doctor about the best way for you to safely stop your pain relievers and whether symptomatic treatment and preventive medication is appropriate for you so you, too, can break the cycle.

Amy Santin, MD, is a MAHEC Family Health Center physician at the Cane Creek Road office, [mahec.com](http://mahec.com)

LETTERS

Garden Tour Gratitude

I just wanted to say Thank You to all of the folks who shared their special home places with us on the Fairview Garden Tour. It was such a pleasure to see and feel all of the creativity and love that these artists have put into their land. Each garden was an expression of its maker. Meeting the gardeners and my fellow Fairviewians was an extra special treat. Thank you to Jim Smith for his great idea and coordinating the 1st Fairview Garden Tour. And thank you to the sponsors, too.

I did not have enough time to visit all of the gardens so I sincerely hope we will have this opportunity again. Thanks again to all the gardeners and their helpers for inviting us to see their beautiful work.

Sincerely,

Christie Melear  
A Happy Fairview Neighbor

P.S. It was great to see our own *FTC* editor while out on the tour, too.

New Picnic Tables for SMCC

by Maria Horton



“I love it when a plan comes together.” I used to hear that expression every week on the TV show *The A Team*, but I couldn’t really appreciate it until I began trying to organize volunteers for projects at the Spring Mountain Community Center. There are so many factors to consider and so much room for things to go squirrelly.

The picnic tables at the Center were aging poorly and in need of replacement. It would be no small job and costly to boot. We were blessed with a donation of materials, and someone drew up a plan for the construction.

At this point in the game I am running on adrenalin and foresee smooth sailing. Now all I need is volunteers... and here is where the sticky part begins. Try organizing very busy people who have limited time to sacrifice a day, let alone two days to build picnic tables for us. Also I must PRAY FOR GOOD WEATHER.

Friday morning four men build the prototype. It looks good, and a system of construction is fine tuned. Sort of. They spend the rest of the afternoon cutting up the lumber to create 12 kits for assembly on Saturday.

Oops! Prayed too hard; temperature for Saturday is projected to be 90 degrees. Yikes! I can’t work a crew of volunteers, many of whom can get Senior coffee at McDonald’s, if the weather might cause heat stroke. Now I am asking volunteers to get up at the crack of dawn — well, almost — to come out and complete a labor of

love. We’d better start early to take advantage of the cool morning air.

By lunch time on Saturday, all the tables are finished and so are the men. A very tired group of guys enjoy a sandwich together and try to act like they have had a good time. Spring Mountain has new tables. Our old tables go to the Fire Department, and the some go to the children’s camp on our road. We have been blessed and we have shared our blessings with others.

Sound like a happy ending? Well, for the most part it is. But now I have eight or nine people who will block my number and take no calls from me for about a year. Such is the life of a volunteer coordinator.

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There is a rich photography culture in the Southeast, and nowadays many important resources for photographers are found on websites and blogs. In spreading the word about my book and project, *Useful Work: Photographs of Hickory Nut Gap Farm*, I've discovered and come to rely on several such sites for insight and inspiration, as well as for marketing the book. I'd like to share some of my favorites here.

Perhaps the most democratic (small "d" democratic!) of the sites is Raleigh photographer Roger May's Looking at Appalachia ([lookingatappalachia.org](http://lookingatappalachia.org)). Begun as a response to the 50th anniversary of President Lyndon Johnson's 1964 War on Poverty, May's site compiles images from the current year, made with-



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

Useful Photoblogs

in the 13-state region determined to be part of Appalachia by the Appalachian Regional Commission ([arc.gov](http://arc.gov)), by any

**Raleigh photographer Roger May's website was begun as a response to the 50th anniversary of President Lyndon Johnson's 1964 War on Poverty, which "unjustly came to represent the entirety of the region while simultaneously perpetuating stereotypes."**

photographer across the region whose work passes the muster of a jury established annually.

May points out in his introduction to the project that though President Johnson's program was national in scope, many of the photographs made in response to it were from the Appalachian region, and that these images, "...whether intentional or not, became a visual definition of Appalachia," and were "...often drawn from the poorest areas and people, to gain support for the intended cause." As a result, they "...unjustly came to represent the entirety of the region while simultaneously perpetuating stereotypes." The contemporary photographs on May's site, sourced from photographers across the region, work to counter and update this message.

A blog site from one of the region's distinguished documentary photographers, Rob Amberg ([RobAmberg.com](http://RobAmberg.com)), includes images and thoughts from his deep experience of his adopted homeplace, the Sodom Laurel area of Madison County. On his blog you'll find occasional images and writing selected from his celebrated books, *Sodom Laurel Album* and *The New Road*, as well as thoughts on life remaining an outsider even after living in Madison County for 43 years.

John Wall's blog, The Southern Photographer ([southphotography.blogspot.com](http://southphotography.blogspot.com)), is a fine compendium for those interested in the medium's storied masters, as well as emerging and established fine art photographers working in the South today. Roger May and Rob Amberg (and even I!) am listed in various subcategories on the site, where Wall not only reviews shows and books and features photographers he's interested in, but also lists upcoming events and opportunities for photographers.

The *Oxford American Magazine* online site features a photography column called Eyes on the South ([oxfordamerican.org](http://oxfordamerican.org)), curated by Savannah College of Art and Design alum Jeff Rich. Rich, whose book *Watershed* features images made along the course of the French Broad River, now teaches at the University of Iowa, but he stays plugged into work made in the area through this column, and every time I go to it I find several new image makers to follow.

There are several other important sites I visit, such as Lenscratch ([Lenscratch.com](http://Lenscratch.com)) and Aint-Bad ([aint-bad.com](http://aint-bad.com)), though the work they feature is not limited to the Southeast. Next month I'll feature a few of the more hands-on opportunities for photographers in the region.



Sidney Perkinson at 8 years old, riding her unicycle in June 2008.

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).

Cool Mountain Construction Celebrates 20 Years

Cool Mountain Construction, Inc., owned by Brian and Jenny Brunet, is celebrating its 20th year in business. "We feel blessed to be building homes in these beautiful mountains," say the Brunets.

Since starting Cool Mountain they have also added a Log Home company to their mix — Appalachian Log Homes of Asheville. The first cabin Brian built was as a kid with his grandpa in Northern Wisconsin, and he always dreamed of building them as an adult. He started building when he was 17 and hasn't stopped. He worked in a factory building panel homes and worked his way through the ranks of carpenter's helper, carpenter, superintendent, project manager and then to general contractor. He opened his own company 20 years ago.

Cool Mountain builds custom homes and log homes all over Buncombe and Henderson County, though most of their work has been in Fairview. They just finished a 5000 square foot custom cabin in Fairview Forest and will be starting another one soon. They also do some developing; their latest project is Fairview Meadows Subdivision, a small community with seven lots off of Harris Road behind Angelo's. They are finishing up a custom Arts and Craft style home there and starting another home at the end of July. Residents will actually be able to walk to the library, dining, grocery and the bank from there.

The Brunets' other division is Cool Mountain Realty, which they started 13 years ago; now they have 6 seasoned



agents working with them.

Cool Mountain is clearly a one-stop shop for buying, building and selling homes. "We love living and working in Fairview," said Jenny Brunet. "It's an awesome community and it's been a great place to raise our 3 boys. We love the history of Fairview and the sense of community. Thanks to all our past and present clients for allowing us to stay in business for 20 years and making it through the tough times."

The Brunets invite the community to stop by their new offices at 771 Charlotte Highway in Fairview and say "hi."

Visual Eyes Optometric Merging & Moving

Visual Eyes Optometric in Fairview will be merging with their other office, Elite Eye Care in Arden, as of July 5th. The move is so they can better serve patients by offering more hours of operation, better technology, and more staff.

Both Dr. Love and Dr Perry will have new office hours at their Elite Eye Care location on Airport Road.

Fairview Art Studio to Open July 9

Sculptor Rosa Jung discovered "clay" over 40 years ago. She began as a potter but has grown into a sculptor. See her innovative work at an open house on July 9 in her new studio at 554 Old Charlotte Highway (Old 74A), 11 am-4 pm. Hours will be 11 am-4 pm, Wednesday-Saturday. For details visit [sjjungstudio.com](http://sjjungstudio.com), email [SJJungStudio@gmail.com](mailto:SJJungStudio@gmail.com) or call 767-2536.

Whistle Hop Brewery Caboose Sighting

After months of anticipation and curiosity, the difficult and dangerous task of relocating the Whistle Hop caboose has been accomplished. It is in its new home next to Angelo's and Hilltop Ice Cream. The tasting room should be complete and open in late August.



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Don't Keep Family in the Dark About Your Plans



You might work diligently at building a financial road map for your retirement years and a comprehensive estate plan. But you can't just create these strategies — you also have to communicate them. Specifically, you need to inform your spouse and your grown children what you have in mind for the future — because the more they know, the fewer the surprises that await them down the road.

Let's start with your spouse. Ideally, of course, you and your spouse should have already communicated about

**A will and a living trust will obviously contain a great deal of information your children should know about — so take the time to explain your thinking when you created these documents.**

your respective ideas for retirement and have come to an agreement on the big issues, such as when you both plan to retire, where you'll live during retirement, and what you want to do s retirees (volunteer, travel, work part time and so on).

But what you both might have let slip through the cracks are the important specifics related to financing your retirement. You'll need to answer sev-

eral questions, including these:

- When will you each start taking Social Security?
- Are there strategies for maximizing both of your Social Security payments?
- When will you need to start tapping into your respective retirement accounts, such as your IRA and 401(k)? And, once you do start withdrawing from these accounts, how much should you take out each year?

You may want to work with a financial professional to address these issues, but however you proceed, you and your spouse need to be "on the same page" regarding the key financial components of your retirement.

Now, consider your grown children. You need to clearly communicate your estate plans to them, not only for the sake of openness and honesty, but also because they may well play active roles within those plans. So when talking to your children, make sure you cover these areas:

**Durable power of attorney** — You may well decide to give one of your grown children the durable power of attorney to pay bills and make financial choices on your behalf if you are unable to do so.

**Estate executor** — An executor is the person or entity you name in your will to carry out your wishes. An executor has a variety of responsibilities, so you'll want to choose someone who is honest and capable of dealing with legal and financial matters. Again, you could ask a grown child to serve as your executor, but, to avoid potential

conflict of interests among your children, you might want to go outside the family. Talk with an attorney about how best to name your executor.

**Status of will and living trust** — Assuming you have already drawn up a will, share it with your grown children. The same is true with a living trust, a popular estate-planning tool that may allow your survivors to avoid going through the time-consuming, public and expensive process of probate. A will and a living trust will obviously contain a great deal of information

your children should know about — so take the time to explain your thinking when you created these documents.

You want to enjoy a comfortable retirement, and you want to leave a meaningful legacy through your estate plans. To help accomplish both these goals, you need to include your loved ones in your arrangements — so open those lines of communication.

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

MAY FAIRVIEW REAL ESTATE STATISTICS				
		High \$	Low \$	Avg \$
Houses listed	36	1,850,000	39,500	528,190
Houses sold	14	690,000	126,000	300,179
Land listed	12	250,000	14,900	88,275
Land sold	3	65,000	10,000	40,417

**Fairview has listed 3 homes over \$1,000,000 this month!**

This is a seller's market and we are seeing multiple offers in some instances. The median home sale price climbed to a new quarterly record of \$250,000 in Asheville. Our agents at Cool Mountain Realty would love to help you with your purchase or sale of real estate. If you have questions about real estate in our community, email Jenny Brunet at coolmtn1@gmail.com or call 628-3088. Cool Mountain Realty provides the monthly real estate stats for the Fairview area (zip 28730).

How to Pass a Hemp Bill



This month I thought I would tell you the saga of an interesting bill I have been working on. The bill involves "industrial hemp," which has been banned for seventy years because of its botanical association with its black sheep cousin marijuana.

Industrial hemp was a staple crop in early America. It is now being touted for its versatility of uses in our modern world, for biofuels, clothing, rope, paper, building material (hempcrete) and much more. Hemphill Road off of 74A near the Parkway is surely a reminder of a hemp farmer of yesteryear.

Being in touch with many of our mountain farmers, I have been contacted several times about lifting the ban on industrial hemp cultivation in North Carolina. And I wondered, is this really just a first step in legalizing marijuana? Just how different are the plants? Can you grow hemp and hide marijuana in the fields? Would law enforcement officers be able to tell the difference? In my own mind, I felt like hemp cultivation was a long way off in our state.

At an agricultural reception in Raleigh, I talked with Larry Wooten of Farm Bureau, whom I had known for many years. I asked what was the deal with hemp cultivation here. The Farm Bureau remains very powerful in our state regarding agricultural policy. He said, somewhat to my surprise, that Farm Bureau did not oppose hemp, but he thought its economic value was over-hyped. I am always look-

ing out for ways to help our farmers, and hemp seemed like a crop that might even be able to replace tobacco.

The saga of hemp legislation rightly begins with the 2014 Farm Bill in Congress, which opened up hemp research possibilities in the United States. North

**I am always looking out for ways to help our farmers, and hemp seemed like a crop that might even be able to replace tobacco.**

Carolina responded in 2015 with SB (Senate Bill) 313, introduced on March 17, 2015. The bill created a five-member Industrial Hemp Commission, which included two law enforcement members and an agricultural faculty member. \$200,000 in donations would need to be raised from private donors as a first step. The Commission would license growers, promote hemp products, and conduct agricultural research. That bill passed the Senate on April 16 and was sent to the House on a 43 to 1 vote.

The bill bounced in and out of various House committees (but not Agriculture, where I serve!) all summer, and it changed. That indicated to me that the bill worried someone in House leadership. On September 28, with time running out, SB 313 came before the House, which voted overwhelmingly for its passage (101-7). Since the Senate bill had been changed by the House, the Senate

had to vote on the House version and did so the next day; it passed 42-2 and was sent to the governor. Apparently Governor McCrory had reservations, no doubt having something to do with that rogue hemp cousin. A veto would have been pointless with the vote tallies, so he allowed it to become law without his signature on October 31, a less than ringing endorsement.

Over the winter, the Hemp Commission was able to raise its \$200,000, and when the Short Session began last April 25, it was clear industrial hemp was moving forward in North Carolina.

What was needed now was clarification of the program, and on April 27 HB 992, "Amend Industrial Hemp Program," was introduced. This time, the bill would go through the House Agriculture Committee. In early June, this committee scheduled a discussion-only hearing of HB 992. We learned that the cultivation of industrial hemp in close proximity with marijuana was impractical because the pollination of the former spoiled the THC levels of the latter. We learned a great deal more, and the legislators were given much comfort.

On June 9, the bill was voted favorably out of the Agriculture Committee unani-

mously and sent to the House floor for a vote on June 13. During the debate on the floor, Representative Dixon introduced an amendment to limit the acreage per farmer and the overall acreage. He said he wanted to protect the small grower. HB 992 passed as amended, but each bill has to pass two votes, and the second vote was objected to and rescheduled for the next day. Early the next morning, a group came to my office, including my small-farmer Carolina Farm Stewardship Association, to say that the acreage limits would strangle the production of hemp. Later that day, Representative Dixon took out those limits; the Industrial Hemp bill then passed 108-4 and was sent to the Senate. By the time you are reading this article, I expect the bill to have passed the Senate, and we will see once again how the governor will handle it.

When I returned to my office after the House vote, I received a call from Black Mountain from a gentleman who had been following the bill very closely. He owned a company called TerraVare, and wanted to bring his processing equipment to Buncombe County from New York to process hemp seeds. It would be a major investment and create good jobs. While the question about economic viability is yet to be answered, it does appear that industrial hemp could be a boon for our farmers and could create some manufacturing jobs in the mountains. For anyone interested, you can look up HempX.

I hope this example of the legislative process (also known as sausage making!) has been of interest to the *Town Crier* readers this month.

**John Ager's Contact:**  
NC House of Representatives  
16 West Jones St, Room 1004,  
Raleigh NC 27601-1096  
John.Ager@ncleg.net or jagerhng@gmail.com  
628-2616 / 713-6450 cell NCleg.net



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THE LORD’S ACRE.....by Susan Sides

There’s Still Time to Start Summer and Fall Crops

July is just plain hot, and if you come back from vacation to a crop of weeds it’s pretty easy to throw in your gloves for the year. Instead, plo p yourself in the kiddie pool, treat yourself to an ice cream and reconsider. See the box below for things to do in the summer.

Tell Us About Your Garden!

I hope you were as inspired by the first Fairview Garden Tour as we were. 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.



Isbel Behrer, 93, was excited at winning her first raffle – a beautiful quilt handmade by Maria Horton.

Plant Many Summer Crops that Grow Quickly in the Heat

- cucumbers and melons
- beans & edamame (soybeans)
- summer and winter squashes, including pumpkins
- beets
- carrots (they’ll be sweet when harvested in the fall)
- chard
- scallions
- basil, parsley, rosemary, sage, and other herbs from transplants
- leeks (transplants)
- salad mixes, mesclun, braising mixes, mustards, arugula
- cilantro from seed
- radishes
- Swiss chard
- sunflowers, marigolds, cosmos, zinnias, nasturtiums, calendula
- potatoes (in early July)

In mid- to late July You Can Plant Crops that Mature in Fall

- fall brassicas from transplants (broccoli, cauliflower, kale, collards, cabbage, Brussels sprouts
- fall peas, pac choi, kale, collards, spinach, broccoli raab, braising mixes (in late July from seed)

July Garden Chores

- Weed – well, that’s obvious;
- Pick and dry or freeze herbs for winter use;
- Tend to tomatoes by pruning (if you prune), tying up branches, keeping leaves from touching the ground, feeding with fish emulsion or your favorite tomato fertilizer once every week or two;
- Add potash to peppers, cucumbers and tomatoes as needed;
- Stop picking rhubarb so the plant can store energy for next year;
- Pick beans, okra, cucumbers, summer squash and zucchini every two days to keep them producing;
- Watch fall crops for cabbage worms and loopers (those pretty white butterflies are the culprits) and spray with anything that contains Bt – (bacillus thurengensis);
- Stay hydrated and only work in the early morning and late evening.



# says “Thank You!”

On behalf of the entire board, interns, volunteers and food recipients, we’d like to thank the following people and businesses for their very gracious support of The Lord’s Acre’s successful spring square dance fundraiser. This is the best example of community working together and we are blessed to have some of the most generous friends and neighbors on the planet. Without you, we could not exist. If you were inadvertently left off this list, our apologies. Please let us know.

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- Ananda Salon - Larry Hopkins
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- Annie Ager
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- Green Sage
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- Hickory Nut Gap Farm & Café

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- Ruth & Ranshaw
- Sales Farms
- Spring Mountain ‘Shiners
- Steam Master Carpet Cleaners
- Sugar Shack
- The Band
- The Garden Spot
- The Local Joint
- Tom Ross
- Trout Lily Market
- WLOS – TV
- Woof in the Woods



WILD EDIBLES.....by Roger Klingner

Indian Cucumber Root



Summer’s lush abundance is in full throttle throughout our mountain oasis, and the woods are filled with the beauty and bliss of nature’s extravagant wild gardens. It is such a joy to take a deep breath of fresh mountain air, walk into the forest and be enchanted by the beauty of life that surrounds us all. I was in Highlands, NC, recently, giving a private wild foods program through No Taste Like Home. The tour was designed for an extended family; the grandmother was celebrating her 50th wedding anniversary, and they thought an educational walk in the woods foraging for plants and mushrooms would be the best way to celebrate their lives, with three generations all gathered together in the forest.

**My first mentor dug way down through the deep forest litter at the base of one plant, and to my amazement, carefully pulled up a 2-inch, pure-white tuberous root.**

Wild edibles were in abundance everywhere, and due to the higher elevations and rainfall patterns, summer mushrooms were beginning to pop out. Reishi mushrooms were producing heavily on stumps and dead hemlock logs in the forests – the blight has taken a high toll in these parts of the mountains. The upside of this devastating tree disease is that reishi love and need dead hemlocks to grow, and other animals also benefit from the decaying logs, which provide habitat and shelter. But hemlocks, like chestnuts, are such graceful trees that it saddens me to see so many ancient huge trees dying from an introduced insect pest.

A highlight of the hike was finding an abundance of Indian Cucumber Root growing in the deep woods. This is one



of my favorite wild plants, as its design and structure are so perfect and beautiful. I often think that Georgia O’Keeffe would love this plant; its symmetry and grace is right up her alley.

Indian Cucumber, *Medeola virginia*, is a member of the Lily family native to eastern North America, its range extending from Ontario to Nova Scotia and south to Florida and Louisiana. Indian Cucumber prefers deep, rich, moist woods and grows 1 to 3 feet tall. It has hairy, unbranched stems, and the leaves are whorled and lance-like, with an entirely smooth margin. Plants that are going to flower have two tiers of leaves, with a lower whorl of five to eleven leaves and an upper whorl overhanging the flowers. Some plants lack a second tier of whorled leaves, which is only produced when the plant flowers. These dainty and beautiful two-tiered plants can grow to 30 inches high. The small flowers have yellowish-green tepals that appear in late spring and are worth looking at closely, as they are stunning little ballerinas. The fruit is a dark blue to purple, yielding inedible berries above the top tier of leaves.

I first discovered this plant while hiking in the wilderness areas of West Virginia. My first mentor and dear friend, Mark Garland, showed me a large clump of these plants and explained that they are not common enough to harvest many, but since that stand was so large he would dig one for me, since everyone should experience this plant fully once. He dug way down through the deep forest litter at the base of one plant, and to my amazement, carefully pulled up a 2-inch, pure-white tuberous root. We brushed the dirt off and tasted the root together. Some memories are embroidered into the fabric of our living souls, and this is one I will always remember, for that tiny wild root was a revelation to my senses and I felt like I was tasting the essence of spring itself – crisp, sweet and

utterly delicious. I am so enchanted by this plant that I have decided to harvest a few seeds and try to grow it in our newly created edible and medicinal teaching gardens on our land in Fairview.

Indian Cucumber Root was used by the Iroquois medicinally in an infusion of the crushed dried berries and leaves, given to treat convulsions in infants. The root is said to be diuretic and the tubers are high in vitamin C, magnesium, potassium, and calcium.

Indian Cucumber Root is now on the endangered list in Florida and Illinois, and even though I find it fairly often here in the deep woods and mountain forests, my policy generally is to appreciate the beauty of these forest gems but to let them grow and flourish on their own.

However, in Highlands, since it was a special anniversary and the stand of plants was prolific, I decided that the grandmother needed a special memory and treat, so the whole family was able to take one very tiny bite and enjoy the gift given from this special plant. What is wonderful to me is how this experience in 2016 simultaneously re-awak-



ened a delightful memory from 40 years ago in my own life!

When I see Indian Cucumber root growing in abundance, I always feel it is a sign of a healthy, pristine forest habitat. Enjoy the many-faceted gifts of our Appalachian summer, and remember that we are privileged to live in such a diverse and enchanting world, surrounded by nature’s beauty and grace.

Correction

In the June *Crier*, the mushroom varieties were misidentified. The correct names are listed below. Apologies from the mushroom-ignorant *Crier* copy-editor, who will be taking a Fungus Workshop with Roger Klingner soon.



Winecap



Lobster



Reishi



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**OFFICE MANAGER — ADVERTISING / SUBSCRIPTIONS**  
Candice Yount 628-2211 | office@fairviewtowncrier.com

**MANAGING EDITOR: Sandie Rhodes** | editor@fairviewtowncrier.com

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

**LAYOUT EDITOR: Clark Aycock** | clark@fairviewtowncrier.com

**BILLING: Annie MacNair** | annie@fairviewtowncrier.com

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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.

## JULY 2016 CLASSIFIED ADS

### FOR RENT – OFFICE

**OFFICE SPACE FOR RENT**

**SUPER CONVENIENT RETAIL/OFFICE SPACE FOR RENT ON 74A IN FAIRVIEW**



**Pull-Up Parking! High Traffic Area.** Next to The Town Crier office, Americare Pharmacy, Elena the Dog Groomer and adjacent to The Local Joint restaurant and Fairview Station. 1,250 square feet includes private bathroom and breakroom. Floor-to-Ceiling glass front for either visibility or great signage. You can design the space to fit your needs. Available immediately. Call 774-1120.

### FOR RENT – PASTURE

3.5 acres. Stall and storage space. \$100 per month for one horse. Contact Frazier (fworth1@bellsouth.net)) or call 768-2694.

### FOR SALE

**BIKE RACK** – “SWAGMAN” hitch type tray rack for two bikes. Gently used and in good condition. \$95. Call 828-222-2435

**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 828 338-5064.

### 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

**THE SPARKLING JOHN WILL MAKE YOUR HOME SPARKLE.** Reliable, trustworthy cleaning services. No job too big or too small. Free in-home quotes. 275-7848

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

### 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

**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.

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

### PET / HOUSE SITTING

**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.

### PET/HOUSE SITTING CONT'D

**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

### WANTED

**BARN WOOD**, appx. 120 sq. ft. for interior wall. 450-2324

### 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.

### WELLNESS

**YOGA, RELAXATION MEDITATION AND TRANSFORMATION WITH TAMI ZOELLER.** An intimate, fully equipped studio at 90 Taylor Road in Fairview. Call 280-0297 for class schedule and any questions you may have. Cost is \$10 per class.

**CLASSIFIED ADS!**  
**ONLY \$10 FOR 20 WORDS!**  
**Call Candi at 828 628-2211**  
**Mon–Fri, 1 – 5 pm**



# Find your way to savings.



**Tammy Murphy Ins Agcy Inc**  
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\*\*Based on A.M. Best writers premium.

1005880.1 State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company - Bloomington, IL

## 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**



**FAIRVIEW** Beautiful unobstructed mountain, 47.68 acres of unlimited potential for massive private estate or several mini private estates, small or large subdivisions, ML54588518, \$1,385,329



**NORTH** 27 beautiful acres with ponds, stocked rushing trout stream, includes 2 homes, 4 BR 3 bath home with additional 2nd 2 BR 2 bath home, amazing property, absolutely gorgeous, ML545175206, \$625,000



**SOUTHEAST** Spacious home on 1.07 acres, 4 BR, 2 baths, rock FP, den, rec room, finished boat, lg master BR, sauna in master bath, deck, one porch, in-ground pool, garage, ML545152946, \$429,000



**NORTH** Beautiful 3BR, 3 Bath, amazing views, great kitchen, 2-car gar, lg crab mt, car porch, end side porch, full boat easily finished, HOME WARRANTY, private, wooded setting, ML545127644, \$349,900



**NORTH** 5.6 acres with forested w/ immaculate home, lg BR with jetted tub, wraparound covered porch, 2-car gar in front, detached garages room, barn & outbuildings, ML54520046, \$305,000



**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, close, ML545176054, \$299,900



**ANDER** Lovely home located in nice area of homes, 3 BR, 2 baths, HOME WARRANTY, family room w/FP, sunroom, vaulted ceiling, garage, ML54518414, \$225,000



**MAIDEN COUNTRY** 6 acres with 1.5 story home, 3 BR, 1.5 baths, covered front porch, close in to Watserville, very convenient location, ML545176256, \$100,500



**WONDERFULLY PRIVATE** 9.54 acres of land in Hoppers Creek, close to Asheville & Hendersonville, surveyed into 5 lots or suitable for gorgeous mini estate, ML54518837, \$137,000



**CANDLER** 3 acres close to schools and shopping, road & right-of-way in place, perfect for mini estate or vacation home, private with top, ML545185963, \$67,500

## RESULTS!

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