



The Fairview Town Crier

THE VOICE OF OUR COMMUNITY • FAIRVIEWTOWNCRIER.COM • OCTOBER 2016 • VOL. 20, No. 10 • FAIRVIEW, NC

EARLY VOTING SITES & SCHEDULE OCTOBER 20–NOVEMBER 5

Early voting sites 1–16 are open 10 am–6 pm, every day from Thursday, October 20 to Friday, November 4 (see details for Sunday voting below).

Voting sites 1–20 are open every day, 10 am–6 pm, from Thursday, October 27–Friday, November 4. **There is no early voting on Sunday, October 23.** Early voting is available on Sunday, October 30 at sites 3, 5, 6, 7, 10, 11 and 16. All sites are open for early voting on Saturday, November 5 from 8 am–1 pm.

1. Avery's Creek Community Center – 899 Glenn Bridge Road, Arden
2. Asheville Mall – 3 South Tunnel Road, Asheville
3. Black Mountain Library – 105 North Daughtery Street, Black Mountain
4. Wesley Grant Sr. Southside Center – 285 Livingston Street, Asheville
5. Enka-Candler Library – 1404 Sandhill Road, Candler
6. Fairview Library – 1 Taylor Road, Fairview
7. Leicester Library – 1561 Alexander Road, Leicester
8. Montford Building – 90 Montford Avenue, Asheville (formerly Dickson Elem.)
9. New Hope Presbyterian Church – 3070 Sweeten Creek Road, Asheville
10. North Asheville Library – 1030 Merrimon Avenue, Asheville
11. Pack Library – 67 Haywood Road, Asheville
12. South Buncombe Library – 260 Overlook Road, Asheville
13. Bee Tree Fire Station – 510 Bee Tree Road, Swannanoa
14. UNCA Highsmith Student Union Building – 1 University Heights, Asheville
15. Weaverville Town Hall – 30 South Main Street, Weaverville
16. West Asheville Library – 942 Haywood Road, Asheville
17. A-B Tech Mission Health/Conference Center – 16 Furnihurst Drive, Asheville
18. Murphy-Oakley Recreation Center – 749 Fairview Road, Asheville
19. Pole Creek Baptist Church – 96 Snow Hill Church Road, Candler
20. Woodfin Community Center – 11 Community Street, Asheville

HOW TO REGISTER

Buncombe County residents can contact the Elections Services office at 77 McDowell Street in Asheville, 250-4200

DEADLINE FOR REGISTRATION:

To vote in the 2016 General Election you must be registered by October 14, the required 25 days before the election day.

WHERE TO VOTE

Visit enr.ncsbe.gov/voter_search_public/ to do a search to find your polling and map location. You can also download sample ballots from this site. If you can't locate yourself in the database, call 250-4220 or email Joyce.Kanavel@buncombecounty.org.

Buncombe County Republicans!



The Buncombe County Republican headquarters is open at 63 Turtle Creek, off Hendersonville Road in south Asheville. Hours are 10 am–6 pm weekdays and 10 am–4 pm on Saturday until Tuesday, November 8, Election Day. Your participation is important for local and state candidates, as well as for President. The party is recruiting volunteers to hand out the slate of candidates at 25 polls for early voting running through Saturday, November 5 and Election Day, Tuesday, November 8.

Many people do not know state and local candidates, so it is important that there be adequate manpower to hand out the Republican Party recommendations. All days are divided into two- or -three-hour shifts and are flexible; volunteers can work any day, many days, any shift! Please find two or three hours to help. You are needed. Call **337-4718** or **253-5800** or visit buncombegop.org.

Buncombe County Democrats!



Be part of the Blue team – we welcome your support. We need volunteers for poll greeting and as runners, drivers, canvassers, phone bankers, and for general assistance. There are many opportunities, and just a few hours makes a difference. Early Voting is October 20–November 5, and Election Day is November 8. Voters need help with voter registration, voting sites and dates, and knowledge about the entire ballot. To volunteer, sign up on the website buncombedems.org or contact the office at **274-4482** or buncombedems@gmail.com. To donate, go to the website. The Buncombe County Democratic Party is headquartered at 951 Old Fairview Road in Asheville, off Fairview Road near Oakley. Office hours are Monday–Wednesday 9 am–5 pm, Thursday and Friday 10m–4pm. Let's get out the vote!



Friday, October 7, 4-7 pm

Fairview Elementary's annual Fall Festival will be held on the FES ballfields and will include inflatables, carnival games, hay rides, raffle baskets, pony rides (new!), live music and much more.

Be sure to bring extra to "Dunk-a-Teacher" (\$1) and purchase spirit wear and food. Choose from Chick-fil-A or Smokey and the Pig for dinner, and save room for dessert from Ruth & Ranshaw or Sweet Treats. Unlimited Pass wristbands can be pre-purchased until October 6 for the reduced rate of \$10, and will be \$20 the day of the festival. Raffle tickets for amazing baskets will once again be \$1 each. Passes and tickets may be purchased through any FES family

or by emailing ptafairviewelementary@gmail.com. Raffle tickets will also be on sale at the festival up until the drawing at 6 pm.

The committee is still working hard to make this the best Fall Festival yet. To find out how you can help, follow our event page on Facebook (fairviewelementaryPTA) or email us at ptafairviewelementary@gmail.com.

As one of only two fundraisers the PTA has each school year, the continued success of the festival is a result of the tremendous support given by our community each year. We'd like to thank those who supported us by sponsoring or donating an item for a raffle basket or prize.

Have You Seen Angel the Cat?

Angel was last seen on September 2 in Upper Indian Falls Estates, Indian Trail in the Reynolds community. Please contact her owner Jack Haverly at 299-7760 if you know anything about her whereabouts.



Found White Cat

A family on Sayles Town Road has had a very skinny, all-white tomcat adopt them. He's very used to people, so he's clearly had a family. He's a great mouser and would love to be in an outdoor space with a family. If you think he's yours or would be able to give him a home, please call Emily at 337-0007.

Events

October 10 (opens)
Fairview Baptist Great Pumpkin Patch

October 29
Nesbitt's Chapel Trunk or Treat
HNGF Spooky Maze and Costume Parade at the Farm

October 31
Fairview Fun Fest at Fire Dept
Trunk or Treat at SMCC
Details on Calender, pg 2-4

Corrections

Apologies to Autumn Berry for misprinting her name in the September edition. Autumn is now in Tech School at Lackland Air Force Base for her job training as a Loadmaster.

John and Annie Ager were mistakenly designated owners of Sherrill's Inn in the last issue. The property is actually owned by a family trust and the Agers are occupants by agreement.

The Fairview Town Crier
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COMMUNITY EVENTS

OCTOBER 4 (TUESDAY)

Us TOO of WNC Cancer Forum

The October prostate cancer support forum for men, caregivers and family members features Jonathan L. Stokes of Abbott Labs, who will discuss exercise programs, products and the ZERO Prostate Cancer Run/Walk coming up on Nov 5. 7 pm at First Baptist Church of Asheville on 5 Oak Street. No fee to attend. For details, 273-7698 or wncprostate@gmail.com.

OCTOBER 5 (WEDNESDAY)

Lord's Acre Year's End Potluck

All are invited to an end-of-year celebration and potluck. There will be garden work from 6–7ish pm beforehand, but everyone should feel free to come just for the potluck. Anyone who has ever volunteered is particularly invited to come and collect some thank yous. Bring a dish to share with some sort of note listing the ingredients (so folks with allergies know what they can eat). TLA will provide eating/drinking ware, a little camp fire and drinks. And anyone who plays music, bring it on. 26 Joe Jenkins Road, Fairview.

OCTOBER 6 (THURSDAY)

Embroiderer's Guild Meeting

The Laurel Chapter of the Embroiderers' Guild America will meet for the second of a two-part stumpwork embroidery project. 9:30 am–12 pm at Cummings United Methodist Church, 3 Banner Farm Road, Etowah. All are welcome. Call Carol Gray, 335-0375 or Janet Stewart, 575-9195.

OCTOBER 7 (FRIDAY)

Fairview Elementary Fall Festival

Fairview Elementary School's annual Fall festival will include inflatables, carnival games, hay rides, raffle baskets, pony rides (NEW), live music, raffle, "Dunk a Teacher" and much more. 4–7 pm on the FES ballfields. Passes and tickets may be purchased through any FES family or by emailing ptfairviewelementary@gmail.com. *See page 25 for more info.*

Blood Drive at SMCC

Spring Mountain Community Center will host an American Red Cross Fall Blood Drive; times are from 3–7:30 pm. Please call 280-9533 for a reservation but drop-ins are also very welcome.

OCTOBER 8 (SATURDAY)

Shibori-Indigo Fabric Dyeing

A 3-hour workshop by Caroline Harper to learn to make/maintain a non-fermented indigo vat and dye 4 cotton napkins. Four techniques will be presented. Cotton will be supplied. Bring a snack/lunch, water, a hat and bug spray. Noon to 4pm at Gap Creek Farms, 2040 Cane Creek Road, Fletcher. \$60; register online at chidesign-graphics.com/services.

PG Movie Night at HNG Farm

Asheville Brewing Company partners with Hickory Nut Gap Farm for a family movie night in the Big Barn. 5–8 pm, 57 Sugar Hollow Road. \$5 admission.

Eblen Race Fundraiser

Eblen charities will hold its 16th annual Walk, Run or Roll event beginning at 8:30 am on the main A-B Tech campus on Victoria Rd. Runners, walkers and cyclists, regardless of ability level, are invited to participate in either a 5K or 10K. Online registration at eblencharities.org, discounted until October 5. *See page 30 for more info.*

Tails and Trails 5K Run

Get some exercise and throw your dog a bone at Buncombe County's Tails and Trails Adventure Run, a timed but non-competitive event. Dogs are welcome (on leashes). Starts at 9 am at Charles D. Owen Park, 875 Warren Wilson Road, Swannanoa. \$20 adults, \$10 children 4–12, and 2 cans of dog food to donate to the Asheville Humane Society. Register at tinyurl.com/hxttsbp

New Moon Event at Light Center

Higher Purpose of Time, 10 am–12 pm; Crystal bowl meditation, energy clearing and Reiki, 2–4 pm. 2190 Route 9, Black Mountain. For details visit urlight.org.

Anne Frank Story in Song

To open its 40th season, the Asheville Choral Society will perform James Whitbourn's Annelies, the first major choral setting of The Diary of Anne Frank. 7:30 pm at Central United Methodist Church, 27 Church Street. Tickets \$20 adults, \$10 students, \$25 at the door, available at ashevillechoralsociety.org or 232-2060.

OCTOBER 10 (MONDAY)

The Great Pumpkin Patch

Fairview Baptist Church's annual pumpkin patch is open through **October 31, Monday to Friday, 10 am–7 pm and Saturdays 9 am–7 pm.** The "Patch" is located on Highway 74 past Reynolds next to the QP Gas Station.

You'll enjoy concessions, games, hayrides and a photo area for family photos. For information or to schedule a group, visit the FBC Facebook page or call 231-5035. Proceeds will go to support FBC missions.



WNC Knitters & Crocheters Mtg.

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 handmades to local charities. All skill levels are welcome. If interested contact Janet Stewart at 575-9195.

OCTOBER 11 (TUESDAY)

Garren Creek VFD Annual Meeting

Garren Creek Volunteer Fire Department will hold its 2016 Annual Meeting at 7 pm at the main station, 10 Flat Creek Road. All residents of the Garren Creek Fire District are encouraged to attend and participate. Refreshments will be served. For details, please call Elizabeth Simmonds at 669-2846.

OCTOBER 13 (THURSDAY)

Nehls Nelson Town Hall Meeting

An opportunity to chat with Nancy Nehls Nelson and County Commission Chairman David Gannt. 6–7:30 pm, Reynolds Volunteer Fire Department, 1 Charles Lytle Lane.

OCTOBER 15 (SATURDAY)

Pamper Yourself Themed Vendor/Craft Fair at Fairview CC

A multi-vendor shopping event for pampering ourselves and getting a head start on holiday gifting. A raffle of vendor donations will have four winners and benefit the WNC Advocacy League. 11 am–5 pm at the Fairview Community Center, 1355 Charlotte Highway.

OCTOBER 15 (SATURDAY) CONT'D

Brush Creek Baptist Fall Festival

Food, games, candy and hay rides are all free at the Brush Creek Baptist Church Fall Fest, 6–9 pm at 1323 Upper Brush Creek Road, Fairview. For details call **681-8743**.

Farming Celebration at HNGF

A celebratory dinner at the Farm. 6–9 pm, \$5 admission. 57 Sugar Hollow Rd.

"12 Rays" at Light Center

An introduction to divinity in humanity by Richard Shulman and Michael Love. 10 am–12:30 pm, 2190 Highway 9, Black Mountain. Visit urlight.org.

OCTOBER 16 (SUNDAY)

Ethical Society Meeting

"Nobel Prize Winner Jane Addams on The Tools and Travails of Democratic Practice," discussion led by Dr. Brian E. Butler, Philosophy Professor, UNCA. At 2 pm, Asheville Friends Meeting House,

227 Edgewood Road, Asheville. Free. Refreshments follow the presentation. Visit EHSAsheville.org.

OCTOBER 18 (TUESDAY)

Friends of Hickory Nut Gorge Quarterly Meeting

The meeting at 6 pm at Lake Lure Inn, 2771 Memorial Hwy in Lake Lure, precedes a "Conservation of Native and Useful Plants in the Gorge" discussion and event/workshop planning. For details, friendsfhickorynutgorge.org or hickorynutgorge.nc@gmail.com.

UHGCC Community Dinner

Upper Hickory Nut Gorge CC's monthly Covered Dish Dinner, 6:30 at UHGCC in Gerton featuring Jami Linn's talk on Responding to Cancer.

OCTOBER 22 (FRIDAY)

Storytelling Concert at HNGF

Becky Stone, Pat Stone and other professional tellers will be featured at an evening of storytelling in the Big Barn, 6–9 pm at Hickory Nut Gap Farm, 57 Sugar Hollow Road. Bring a chair and a blanket. \$5 admission.

Fall Festival
Saturday October 15, 6–9 pm
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1323 Upper Brush Creek Road in Fairview

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COMMUNITY EVENTS

OCTOBER 22 (FRIDAY) CONT'D

Hope Chest Fundraiser

The Hope Chest for Women's 4th Annual "Here's Hope" luncheon and fashion show, 10:30 am-1 pm, Asheville Event Center, 991 Sweeten Creek Road. For details visit hopechestforwomen.org. See page 32 for more info.

OCTOBER 27 (THURSDAY)

Neuropathy Therapy Lecture

Learn about innovative neuropathy treatment protocols and therapies found nowhere else in WNC, which have helped hundreds of neuropathy patients without drugs. 5:30 pm at Fairview Chiropractic Center, 2 Fairview Hills Drive. Free; reservations required. Please call 628-7800 to reserve a place.

OCTOBER 29 (SATURDAY)

Trunk or Treat at Nesbitt's

Nesbitt's Chapel United Methodist Church invites everyone to a free fun family time, 4-6 pm at the Community Building, 1225 Garren Creek Road in Fairview. There will be Trunk or Treating and games and a BBQ dinner. Contact Brittany Meiners, 545-0273.

OCTOBER 29 (SATURDAY) CONT'D



Spooky Maze & Costume Parade

Celebrate a family friendly Halloween early at Hickory Nut Gap Farm, 5-8 pm, 57 Sugar Hollow Road. Dinner with entrées and sides a la carte, plus beer and wine, 5 pm in the Big Barn. Kids' costume parade at 6 pm, Spooky Maze opens at 6:30. An adult costume contest at 7:30 and a spooky costume dance party conclude the evening. Admission is \$5, kids 3 and under free. Dinner price is separate from admission.

Chili Cook-off to Benefit Library

Annual fundraising event for Mountain Branch Library from 12-2 pm at the Temple of Jesus Fellowship Hall, 6750 Highway 74A, Lake Lure. Kids' costume parade and cooking event, raffle and prizes. Admission \$5 for chefs and participants. For details call 287-6392.

OCTOBER 31 (MONDAY)

Trunk or Treat at SMCC

The whole family is invited to the park for a night of bewitching fun. 4-6 pm at Spring Mountain Community Center, 807 Old Fort Road. Show off your decorated trunk, pass out the biggest candy bars and be the talk of the park. Call Maria at 778-0279, and plan to arrive at 3 pm to set up.

Fairview Fire Dept's Fun Fest

Treat bags for children 12 and under (costumes welcome), 6-8 pm at the main firehouse, 1586 Charlotte Highway. Games, face painting, hay rides, cake walks and snacks. Parents can take photos of kids with Sparky the Fire Dog. Free but parents must accompany children. Drop off donations of purchased wrapped candy at the Fire Department, 8 am-5 pm.

ONGOING EVENTS

Dining for Women

The Fairview chapter of the global poverty-fighting giving circle meets on the fourth Monday of each month. For details visit their Facebook page.

ONGOING EVENTS CONT'D

Friday Night Barn Dance at Hickory Nut Gap Farm

Each Friday night in October the Farm's Big Barn opens with live music for dancing. Kids can play and visit the animals. 6-9 pm at Hickory Nut Gap Farm, 57 Sugar Hollow Road. \$5 admission; kids under 10 free. Dinner menu available 5-8 pm.

Fairview Farmers Market

On the 1st and 3rd Saturdays, 9 am-12 pm in Fairview Elementary School's parking lot. For details see Facebook.com/FairviewFarmersMarket.

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 the Welcome Table's Facebook page or fairviewwelcometable.com.

HNG Farm Sunday Brunch

Hickory Nut Gap Farm Sunday Brunch every Sunday from 10 am-4 pm.

ONGOING EVENTS CONT'D

LEGO Exhibit at NC Arboretum

The exhibit, Nature Connects®, Art with LEGO® Bricks, composed of more than 370,000 bricks constructed on a larger-than-life, nature-inspired basis, runs until October 23; visit ncarboretum.org.

Brain Tumor Support Group

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

Spring Mountain CC Events springmountaincommunitycenter.com

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

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

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

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

COMMUNITY EVENTS

HUMANE SOCIETY PET EVENTS

Blood Drive - Saturday, October 15, 11 am-4 pm Humane Society Education Room, 14 Forever Friend Lane. Preregister at thebloodconnection.org. Tails and Trails Adventure Run Saturday, October 8, 9 am-3:30 pm, Charles D. Owen Park (875 Warren Wilson Road, Swannanoa). \$20 adults, \$10 for children 4-12 plus 2 cans of dog food, which will be donated to Asheville Humane Society.

Pet Fest & Cover Dog Competition hosted by Asheville Outlets and Critter magazine; also adoption. Sunday, October 9, 11 am-3 pm, 800 Brevard Rd., Asheville.

COMING IN NOVEMBER

Taste of Compassion Humane Society Charity Gala 11/5

Put your best paw forward at the "Night at the Moulin Rouge" fundraiser. Silent and live auctions, local vegetarian cuisine and desserts, wine and local craft beer. 6-9 pm. Tickets can be purchased at ashevillehumane.org.

ACRHS Band Mattress Sale 11/5

The AC Reynolds High School Band holds their 2nd Annual Mattress Fundraiser, 10 am-5 pm in the Commons Area. New mattresses, all sizes, with full factory warranties. Layaway/Delivery. Email acreynoldsband@gmail.com with any questions.

For everyone who needs a smile

BOO!



IDENTIFICATION STATEMENT

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

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

Submissions: Announcements, community news, upcoming events, personal notices, letters, etc. will be published free as space allows. Email to copy@fairviewtowncrier.com. For staff directory, contacts and additional information, please see page 38.

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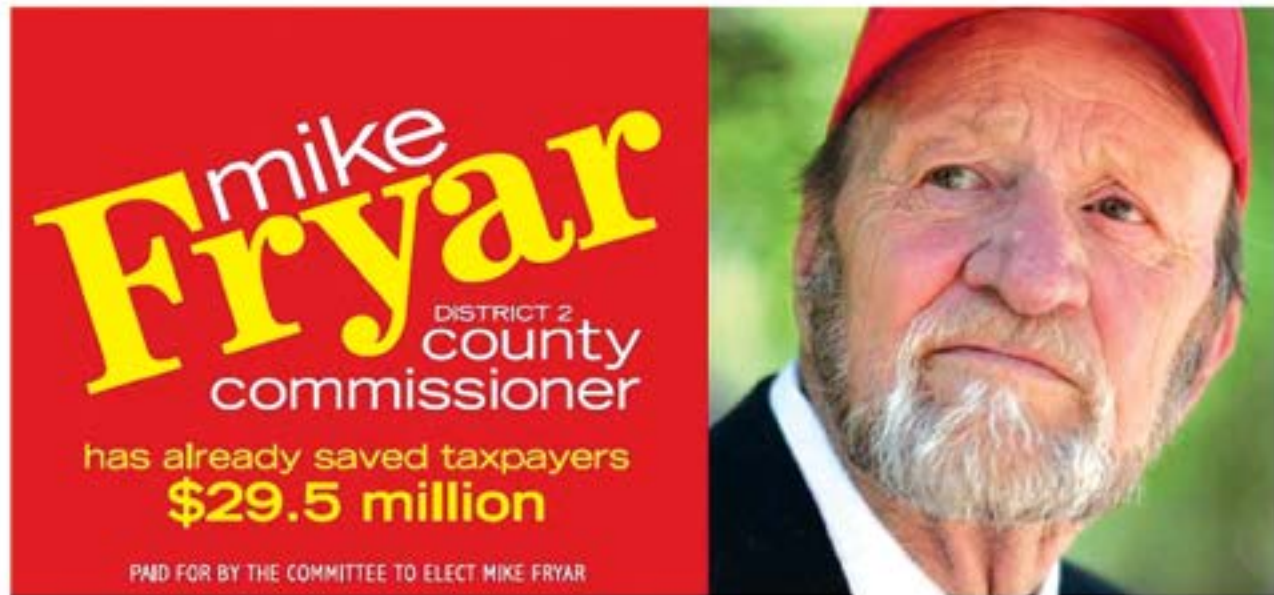
BOO!

THIS YEAR, THINK OUTSIDE THE PUMPKIN.



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Dear Buncombe County residents and voters,

I am writing to, first off, thank you for your overwhelming support in my 2012 campaign and during my service as your Buncombe County Commission representative since that time. I am asking for your support, once again, as I run for re-election to continue the hard work that I have been doing for you.

It has recently been alleged that I have abused the time of County Manager Wanda Greene during my time as a commissioner. **This is dirty politics, pure and simple.** While I adamantly deny the number of hours alleged and the assertion that I have abused her time, I am unapologetic for the time that I have spent with her to accomplish what I set out to do when elected, and that was to be a responsible steward of your hard-earned taxpayer money. That is the job you elected me to do and I take it very seriously. **I am a commissioner and your representative every day of every week of every month, not just on the days of commissioner meetings.** I take my obligation to be accountable and transparent with regard to where taxpayer dollars are being spent to heart.

To date, I've saved the taxpayers of Buncombe County **\$29.5 million**. In order to do so, I led the way to have the county oversee construction of A-B Tech, a move that saved **\$16 million** on the Allied Healthcare building alone, providing the funds to build a much-needed parking deck for our citizens. Also, by closing the Enka Campus of A-B Tech, we moved **\$5.5 million** of the 1/4 cent sales tax for projects on the main campus. I was able to reduce the fund balance money the county gave to A-B Tech by **\$2 million per year**. Over three years, that equals **\$6 million** in taxpayer savings. In addition, the previous commission granted Mountain Housing Opportunities a loan of **\$2 million** of your hard-earned taxpayer dollars for the Eagle Market Street project. When I was elected and became a commissioner, I ensured that the money was held until the project was completed. It's a move I'm glad I made, now that the project seems to be in trouble.

The work that has gone into saving this kind of money has required time, effort, and energy. Yes, it required time taking our county manager and fellow commissioners to task on budgets and numbers. Again, I am unapologetic for doing my job. I am retired and I have both the time and the passion to represent you. The same goes for **Chuck Archerd**, running for County Commission Chair, as well as **Robert Pressley** and **Joe Belcher**, running for the District 3 Commission seats. With the four of us as part of the leadership of Buncombe County, you will have representation for your well being, not representation of personal or special interests. There will be no underhandedness or hidden agendas. There will be accountability and transparency. Also, with **Frank Moretz** in office as a state representative, we in Buncombe County will again have a voice at the state level.

Again, I ask for your support and your vote on November 8 in my re-election campaign. I am proud of what I have accomplished so far and I intend to do more of the same, should you re-elect me to represent you.

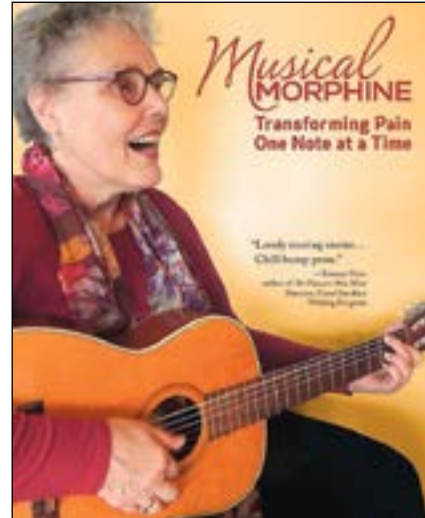
Sincerely,
Commissioner Mike Fryar

PAID FOR BY THE COMMITTEE TO ELECT MIKE FRYAR

FRIENDS OF THE LIBRARY.....by Jaime McDowell

Transforming Pain One Note at a Time: Meet the Author of *Musical Morphine*

Certified Music Practitioner (CMP) and author Robin Russell Gaiser will present a program of readings and music at the Fairview Library on **Tuesday, October 4 at 7 pm**. Gaiser performs as "an agent of holistic healing, for the way music taps into our most profound physiological, psychological, and emotional places. It can bring with it release from pain, a feeling of serenity, even a sense of elation."



Robin provides therapeutic music to the ill, the elderly and the dying in hospitals and hospice settings. She tailors her live acoustic music to the needs of each patient, offering a centering, profoundly spiritual respite for them (and their families, caregivers and friends) from the

pain, fear, and confusion that frequently accompany the complicated process of dying. Books and audio books will be available for signing.

Refreshments served courtesy of Friends of the Library volunteers.

Come in Costume on...

HALLOWEEN!

Monday, October 31 and Get a Treat!

All kids who come to the library in costume on this day will receive a special treat.

LEGO Club at Fairview Library

All kids from kindergarten up are invited to the very first Fairview Library LEGO Club meeting on **Friday, October 7 at 3:30 pm**. We provide the blocks. You bring your creativity. Then join us the first Friday of every month for special challenges, interesting builds, and lots of fun. All LEGO creations will be put on display at the library.

Evening Book Club

This month the book club is reading *Unaccustomed Earth* by Jhumpa Lahiri. **Tuesday, October 11, 7 pm** in the community room.

Friends of the Library Meeting

The business meeting of the Friends of the Fairview Library will meet **Tuesday, October 11 at 7 pm**. All are welcome.

Used Books for Sale

Gently used books are for sale just inside the library doors — great reading, great gifts, and a great bargain. All sale proceeds support the Friends of the Library programs for adults and children.

NEW ARRIVALS Adult Books

Two by Two by Nicholas Sparks

Today Will Be Different
by Maria Semple

The Trespasser by Tana French

Small Great Things
by Jodi Picoult

Precious and Grace
by Alexander McCall Smith

Hag-Seed by Margaret Atwood

Children's Books

Hammer of Thor by Rick Riordan

Ashes by Laurie Halse Anderson

Home Sweet Motel
by Chris Grabenstein

We Found a Hat by Jon Klassen

Fairview Public Library

1 Taylor Road, Fairview

250-6484

MON/WED/THURS/FRIDAY 10-6 PM

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

CLOSED SUNDAY

MOTHER GOOSE TIME (4-18 MO)

TUESDAYS, 11 AM

BOUNCE 'N BOOKS

(TODDLER, PRESCHOOL)

WEDNESDAYS, 11 AM

PRESCHOOLER STORY TIME (3-6 YRS)

THURSDAYS, 11 AM

Children must be with a parent/adult

LETTER TO THE EDITOR

Dear Editor:

As Postal Officer, I would like to make people aware of the increase we've seen lately in people parking in the No Parking Lane at the Post Office, as well as cars that are driving too fast through the parking lot, particularly around the Post Office and Food Lion. We have seen more than a few "near misses" with pedestrians, including our postal carriers, and want to remind our citizens that caution should always be used in these high traffic areas.

No doubt, when the holiday season approaches and people's attention will be diverted even more by deadlines, cell phones and too many tasks at hand, the need to be careful and aware at all times will only increase.

Let's all look out for our neighbors and keep our business complex a safe environment for all of us!

Thank you,

Melody Dodge
Officer-In-Charge
Fairview Post Office



Allen Helmick



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31 ACRES, COZY CABIN, WELL & PUMP W GENERATOR, long level ridgetop views, valley creek, trails thru-out, no close neighbors, no restrictions, **\$400,000**, will divide, **MLS 3155768**



25 acres, ESTATE PROPERTY in exclusive Fairview Forest, level plateaus, total privacy, long range view, huge old trees, thick vegetation, stream, community property w creeks, waterfalls, hiking trails and club house. **\$225,000, MLS 3218142**



3.26 ACRES TOP OF THE WORLD! Spectacular views of Reynolds, East Asheville and beyond! Close up views of Cedar Mountain. 5 minutes to Asheville, 10 minutes to downtown. **\$175,000 MLS 3136898**



15 ACRES WITH 10 ACRES OF FENCED PASTURE, Cane Creek Valley, up to 132 acres available, creeks, views, well, two septic, paved road, **\$495,000**, seller financing available **MLS 3208506**



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Democrats opposed the measure

Economy

The NC HB2 "Bathroom Bill" has cost NC nearly 2,000 jobs and more than \$77 million-worth of investments and visitor spending.

Democrats opposed this discriminatory legislation.

Education

North Carolina ranks 41st in the nation for teacher pay. A North Carolina teacher makes \$10,000 less than the average US teacher.

Democrats support increasing teacher pay, reversing cuts to textbooks and school buses, and stopping teacher assistant lay-offs.

Environment

Duke Energy's 32 coal ash storage sites are NC's biggest environmental problem. Gov. McCrory has twice vetoed legislation for their cleanup.

Democrats support cleanup, and believe Duke Energy, NOT NC citizens, should pay for it.

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Economics 101: Why Support Local Businesses?

By Andrew Crosson

You've probably heard people talking about local business, but it's not always clear why it's important or should matter to you. This article is an attempt to start answering those questions, building on a talk I gave at the recent meeting of the Fairview Business Association at Trout Lily Market.

While today's economy is much bigger and more globalized than ever before, we still meet a lot of our needs through local business. In fact, most experts (including major business voices like Warren Buffet and Michael Bloomberg in a recent *USA Today* editorial) agree that small business is the true cornerstone of the American economy. Job creation is a good place to start: According to federal statistics, small businesses with 20 or fewer employees provide almost half of all private sector jobs and account for over 60% of net employment growth each year.

It may sound obvious, but small businesses are also what make up a local economy. If you're wondering why a strong local economy is a good thing, it turns out there are economic, social, and environmental reasons to support local businesses. One of the best reasons has to do with the "multiplier effect," which measures what happens to your money after you spend it (hint: it doesn't disappear!). Statistics vary slightly depending on the source, but on average in the U.S., when you spend money at a locally owned business, 48% of that spending gets immediately re-spent locally. So for every dollar you spend locally, \$0.48 gets recirculated in the local economy. Compare that to a big box store or chain, where only 14%

gets re-spent locally — that means that \$0.86 of your dollar leaves your community the moment you spend it! Put otherwise, spending locally generates more than three times as much return as non-local spending.

Why should you care? The more money that gets re-spent locally, the more business opportunities are created and the more jobs are supported. Local businesses pay local taxes, which support infrastructure, schools, parks, and public safety in your community, while non-local businesses pay most of their taxes wherever they're headquartered (another hint: it's more likely to be Ireland or Delaware than Fairview). Local businesses are more likely to source supplies and ingredients locally, participating in short supply chains that reduce environmental impacts and fossil fuel reliance.

There is also lots of research showing that communities with more local business have a stronger sense of community vitality, local identity, and shared ownership of their future. A higher number of local businesses in a community even correlates with better individual health! Check out the American Independent Business Alliance (**AMIBA.net**) for more facts about the power of local business.

Yet, despite all these benefits to the community, it is hard for small businesses to survive and thrive. In fact, only half survive their first five years and just a third make it 10 or more!

There are many ways to support small businesses, depending on who you are. Locally in WNC and nationally, there are

ience and community revitalization (the author is one of BALLE's Local Economy fellows). Check out **BeALocalist.org** for more information.

Businesses themselves can do a lot to support each other and strengthen a local economy. "Buy Local" and "Local First" campaigns, like "Asheville Locally



The author's talk drew an interested crowd at Trout Lily.

organizations working to make it easier to start and grow a small business through financing, training, and more. The Business Alliance for Local Living Economies (BALLE) is a national network of local economy leaders and advocates who are using local business development as a tool for social change, economic resili-

Grown," help independent businesses identify themselves as part of a local business community. Destination branding, "place-making," and "local flavor" initiatives can help a community, town or region make its businesses more visible and appealing to visitors (good examples in-

continued on page 17

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The Fairview Landfill & the Need for Clean Water

by Katie Hicks, Clean Water for NC

There are now requirements for construction and maintenance of solid waste landfills, but before 1983, the places where people dumped their trash weren't subject to any rules requiring lining, construction standards or maintenance. Hundreds of these sites, called "pre-regulatory landfills" (PRLs) are scattered all over North Carolina. The Fairview Landfill is one of 700+ old "Pre-Regulatory" dumps in North Carolina.

Prior to 2008, the burden of cleaning up these old landfills fell to landowners on whose properties they were found. Legislation in 2008 created a pre-regulatory landfill program within the NC Division of Waste Management. Under this program, the state will cover the costs of remediation if the landowner agrees to certain terms such as testing groundwater, testing for methane gas, and possible land use restrictions for the owner. Surrounding landowners may also be approached about restricting uses of their land.

This state program uses a "risk-based remediation" approach. This means that the risks of humans being exposed to waste (through skin, ingestion, and air exposure) are mitigated to the extent possible using the taxpayer funds available, but the waste is not fully cleaned up. This is the best that the state can do, since there are so many old dumps, many of them with subdivisions or businesses built on top of them, complicating remediation steps.

The Plan for Remediation

The Fairview Landfill site along Hollywood Road near Garren Creek Road will undergo remediation this year under this program, as the Division of Waste Management (DWM) works down the long list of

sites in the state. The plan was made after evaluating contaminants in soil, groundwater, and vapors surrounding the site. Neighbors of the site reviewed the remedial action plan this spring and submitted input to DWM, but the plan didn't change all that much. The final plan involves clearing the plot of land, stabilizing slopes in the area, installing a cap over the waste area and planting vegetation to prevent skin exposure for people who may cross the property. It also includes land use restrictions.

Groundwater Concerns

There are remaining concerns with this approach, particularly related to groundwater — another way that neighbors could be exposed to toxins if they are drinking from wells nearby. DWM only tests well water within a 500 foot radius of the waste area around old dumps, but contamination can move further away through cracks and fractures underground. Within the 500 foot radius, DWM does take steps to ensure that people who have contamination in their wells above the EPA's Safe Drinking Water Act standards are provided a new source of water — a new well, permanent filtration system, or city water line, depending on what is feasible at the location.

If you live in the area and have not had your private well tested recently, it's a good idea to do so. (Clean Water for NC recommends that all well users test their water at least once every three years!) Call Buncombe County Environmental Health at 250-5016 to get started. If you live within a mile of the landfill site, tell them and they will recommend specific tests.

For more information contact Clean Water for North Carolina at 251-1291.

DAYS GONE BY

by Bruce Whitaker

John Harper

James Ernest Morgan Sr. was born in Greenville, SC, on April 7, 1900. He was the son of John Wesley Morgan (1871-1938) and Mabel Christine Tate (1879-1937). Ernest was brought to Asheville by train a few weeks after he was born. Ernest's grandparents, Thomas and Helen Augusta Lankford Tate, lived in Fairview. Tom Tate was famous for being double jointed, which may have led to his death. He was digging a well one day when someone dropped a large rock on his head, killing him instantly. Tate's body was stolen by grave robbers. The family always believed that Dr. Ben Ashworth killed Tate and stole his body for the large sum of money Johns Hopkins University would pay Ashworth for his rare and unusual skeleton.

Ernest Morgan grew up in Asheville near the French Broad River. He and his brothers loved to swim in the river despite their parents' strong objections. Morgan grew up to be a very good baseball player, and some thought he could have played in the major leagues if he had desired to.

Ella Mae Ledbetter was born in the Broad River section of what is now Buncombe County on July 2, 1900. She was the daughter of Richard Oscar Ledbetter (1869-1901) and Cora Ellen Whitaker (1878-1965). Ella's father Richard Ledbetter died from a back injury when she was less than 9 months old. Ella's mother Cora could not manage their farm by herself, so she decided to move to Asheville and live with her parents, Solomon Whitaker (1849-1928) and Anner Harper Whitaker (1846-1924). Cora and her brother Bascombe were raised in the

home of their grandparents.

Solomon Whitaker and his wife Anner Harper were both raised in Fairview. Solomon was a carpenter and a very active member of the Salvation Army. Ella remembered her grandfather as a "Christian gentleman." He would not allow his grandchildren to play games on Sunday or to read the comic strips in the newspapers. She said her grandfather's favorite expression when correcting her was "Tut tut, Sister." Ella Mae attended Asheville City Schools and was later sent to the Doring Bell School for girls in Hot Springs.

Ernest Morgan and Ella Mae Ledbetter both grew up in the West End section of Asheville. They fell in love and married in 1918. Ernest Morgan worked for Cone Mills in Asheville, starting out as an office boy and working his way up to purchasing agent and then supervisor of shipping. Morgan worked with the company for 45 years.

Morgan and his brothers formed a quartet known as The Morgan Brothers Quartet. The group was one of the first to perform on WWNC when it went on the air in 1927. Ernest could play both the piano and the accordion.

Morgan also recorded the water level of the French Broad for the National Weather Service for almost all of his adult life.

Ella Mae Morgan, besides being a housewife, raised dahlias to use in floral arrangements at her church. Ella and Ernest also hybridized a variety of iris for their garden. When World War II broke out, Ella went to work with the U.S. Army Air Corps with a unit stationed at the weather wing in Asheville. Ella also



Ella Mae Ledbetter Morgan



James Ernest Morgan, Sr., at age 16

served as a volunteer at the Veterans Hospital at Oteen. She was a member of Gold Star Mothers, VFW, the American Legion Auxiliaries and the Home Extension Club. Ella was also very active at her church, Haywood Street United Methodist.

James Ernest Morgan died suddenly of a heart attack on January 21, 1961. Ella Mae Ledbetter Morgan died on August 6, 1981. They are buried at Green Hills Cemetery. The Morgans had two children.

James Ernest Morgan, Jr. was born in Asheville in 1920. He died in March 1943 when the Germans shot down his plane over the North Sea in World War II.

Carolyn Morgan was born in Asheville on September 6, 1921. She married Colonel Luther B. Anderson.

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

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The Flu Is Back!

by Mike Coladonato,MD, MAHEC Family Health Center at Cane Creek



It's that time of year again. As the weather cools and summer turns into fall, we start to see influenza infections in Western NC. Some are mild, some are severe. All are unpleasant. Influenza is a virus that infects humans and spreads easily. It evolves and changes rapidly. As the virus changes, it looks different to our immune system. This is why new flu shots are recommended every year — each year the flu shot is a little different than the year before. Also, the immunity you gained against last year's flu shot has "worn off" by the time the next virus season rolls around. With all the news hype focused on the Zika virus, it is important to remember that influenza is a much more dangerous and life-threatening infection for the vast majority of Western North Carolinians. To date, there have been no local transmissions of Zika in our area, whereas people will certainly die of influenza in Western North Carolina this winter. The classic symptoms of influenza are fever, cough, headache and body aches. People with the flu often feel like they have been "hit by a truck." All they want to do is lie in a bed and be left alone. Dehydration makes the symptoms worse. Infants, older adults, pregnant women, people with chronic diseases (diabetes, COPD, heart disease, asthma, etc.) and

immunocompromised people (on medicines that suppress the immune system) are at highest risk for becoming very ill or dying if they get infected with influenza. Infants less than 6 months of age cannot be vaccinated — safety tests have not been done — but the Centers for Disease Control recommends that everyone over 6 months of age be immunized. Most people only need a standard shot. People over age 65 qualify for a "high dose" shot, which appears to provide better protection against influenza. The nose spray vaccination option (always popular with children) is no longer recommended, as it does not seem to work well in preventing the flu. We are all stuck with the shot this year ... no pun intended. As with all infectious diseases, prevention is key. Get immunized, wash your hands often, and stay away from sick people. If you do develop flu-like symptoms, see your doctor quickly. There are medicines available that can help decrease the severity and duration of your illness, but they need to be started within 48 hours after symptoms start. Stay well!

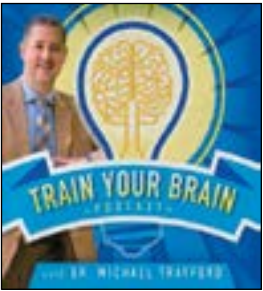
The immunity you gained against last year's flu shot has "worn off" by the time the next virus season rolls around.

Day of Discovery for Your Brain

by Dr. Michael Trayford, Apex Brain Centers

Is your brain not working as well as it used to? Have you been struggling with a recent or lifelong brain performance issue that you want answers for? Or do you simply want to know how well your brain is working to ensure it is serving you optimally?

If so, you might consider looking into the APEX Brain Center's comprehensive "Day of Discovery" program. Fear of a declining brain is one of the top issues of our time, and the Day of Discovery can give you the informed guidance to make the best choices possible for your brain and body health. By investigating numerous "biomarkers" of brain health and integrity, the APEX professionals connect the dots between your experience of life and your current state of brain and body function. The Day of Discovery will include the following: Comprehensive history and review of previous diagnostic testing; Comprehensive neurological exam looking at functions of the brain, spinal cord, and peripheral nervous system; Quantitative EEG (qEEG) for measurement of brainwave activity; Cognitive testing to assess memory, attention, executive function, and more; Videonystagmography (VNG) for detailed assessment of eye movements;



Dynamic posturography for investigation of multiple aspects of balance; Interactive Metronome testing of mental and physical timing capabilities; Review of all testing with precise recommendations for appropriate intervention. The Day of Discovery takes from 4 to 6 hours depending on physical ability, level of fatigue, technical factors and any unforeseen circumstances. The duration of the day is spent in our office; you should pack a healthy lunch or snack depending on time of day, try to have quality sleep prior testing day, refrain from alcohol/recreational drug/cigarettes, stay hydrated, eat a healthy breakfast the morning of testing, bring copies of any pertinent diagnostic tests with you, be on time to ensure smooth transitions, and not wear any skin care products/makeup/hair gel. Also very important, bring a positive and proactive attitude with you, as this day is designed not to point out flaws in your performance but to empower you with critical information to help you create positive change in your life! Dr. Michael Trayford is a Board Certified Chiropractic Neurologist and co-founder of APEX Brain Centers utilizing cutting-edge technology and strategies to optimize brain function. More at ApexBrainCenters.com.

OF INTEREST TO SENIORS What is Medicare Advantage?



After re-reading last month's article, I realized that a lot of people new to Medicare don't even know what Medicare Advantage is and how it is different from Part A or Part B Original Medicare. It's been awhile since I last addressed the topic, and with all of the confusion of the Annual Enrollment Period (AEP) about to descend on us, I thought it worth a revisit. The Basics Let's start with the basics: Medicare consists of four parts — Part A, Hospital; Part B, doctor's coverage; Part C, which is also called Medicare Advantage; and Part D, Rx drug coverage. Parts A and B, also called "Original" Medicare, have been around since 1965. Medicare Advantage and Part D are the new kids on the block, but we'll stick to just Medicare Advantage at this time. It originated with the passage of the Balanced Budget Act of 1997, which offers Medicare beneficiaries the option of receiving their benefits through a private insurance company under annual contract to Medicare instead of receiving benefits through Original Medicare. The "advantage" part of these plans is that, according to law, the benefits are designed to be

equal to or better than and must cover all of the same things that Original Medicare covers. Among other things, they feature a Maximum Out Of Pocket (MOOP) benefit, which limits your exposure to health care expenses; they cost less to buy than a supplement; and the need for a supplemental plan is eliminated. It's Not a Supplement The main point to remember is that a Medicare Advantage plan is different from and is not a Medicare supplemental plan. Instead you "substitute" Part C Advantage benefits in place of but without ever losing your Part A and B Original Medicare benefits, which still belong to you. You can't use both at the same time and a supplement will not work with an Advantage plan. Another important point is that just like Original Medicare, you must continue paying your Part B premium after enrolling in an Advantage plan. And, if you don't like it, switching back to Original Medicare can be done annually during the enrollment period between October 15 and December 7 or during special enrollment periods each year. This is a very simplistic overview of Medicare Advantage, and there are other important features that need to be considered before making the move. We'll take a look at them next time, or feel free to call me if you can't wait. 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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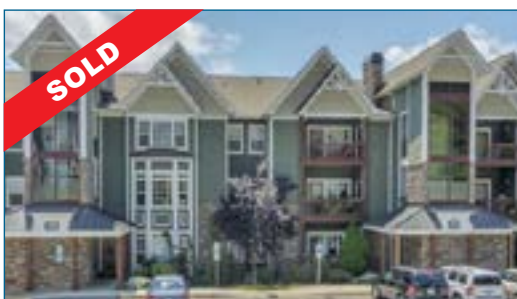
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COMPUTER BYTES..... by Bill Scobie

Safer, Brighter, Faster



Some new rules for passwords come from the US National Institute for Standards and Technology (NIST). As you make new passwords or change existing ones, don't just do the mini-

mum; make such improvements as: use more than eight characters, since more is harder to guess; avoid known bad passwords like common sports teams or "password"; and consider using a pass phrase with punctuation marks if allowed. Also, the NIST considers password hints, and all those recovery questions with answers that are publicly available, to be dangerous. They also find that forcing frequent password changes leads people to use easy passwords rather than something longer but harder to guess.

Apps that Enliven

On the Mac side of things, there is another app that can help with screen dimming. Some of you may use FLux for changing your screen to a less blue color later in the evening, and now you may want to add in Lumen to help adjust screen brightness on an app-by-app basis, depending on how light or dark an app is. It will darken the screen for those apps that use a lot of white, while raising the brightness for those darker apps. Unfortunately, there is no easy installer, but the process of installing lumen may encourage you to learn a bit more about the underpinnings of the Mac operating system. Lumen is at github.com/anishathalye/lumen.

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Smooth Out the Route

When setting up a new router, there are ways to enhance performance and security. First, set up the router in a central location, in the middle of an imaginary bubble around your house, but not right by masonry walls, microwave ovens or telephone base stations; then orient the antennas, if you have them, perpendicular to each other. Second, change the default administrator password if possible and update the router's software or firmware. Third, make sure that outside or remote management is turned off. Fourth, figure out how to change the radio channels and try different ones to see if performance improves (not as important if there are no other Wifi networks in range). And finally, if you have the choice to set up a guest network or enabling parental controls, decide if either or both will help with limiting abuse of your Internet connection.

Do I Look Like I Want That?

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

FOOD FOR FAIRVIEW..... by Vicky Ballard

Our Valued Volunteers

The Fairview Community has been especially generous to Food for Fairview this year. The pantry upgrade was fully funded by individuals and businesses as well as a grant from the Mary Norris Preyer Fund. The summer program to make additional food available for children to replace the meals provided by schools during the academic year, and to help with school supplies for the new school year, received tremendous support from donors. In addition, the community has continued to provide support for the ongoing work of the pantry. These donations of food, supplies, and money and the support they represent demonstrate the kindness and openness of the community.

An equally important and often unrecognized part of that foundation is our volunteers. Each week, a small group of people comes together on Mondays and Thursdays to do all the work that makes the pantry's operations possible. It is no small task. Food must be selected, picked up and delivered from the MANNA warehouse. Donations of food must be picked up from area drop offs. Once the food is at the pantry, records are updated, shelves are stocked, and the pantry is made ready for clients. During open hours (Mondays 3 - 6pm excluding holidays), volunteers are on site to help clients optimize their visit to the pantry—and to make sure the clients feel welcome, comfortable, and valued.

Food for Fairview is an all-volunteer organization. While that means that all donations go directly to support client services, it also means that there is no

staff back-up for the volunteers. Food for Fairview's volunteers are unusual in that their work does not happen once a month or as their schedule allows, but every week. This small pool of incredibly dedicated people shows up without fail. They make sure the food is there, the shelves are stocked, and the doors are open. They work tirelessly and selflessly to help the community, giving that valuable and irreplaceable commodity, time.

Food for Fairview is currently seeking additional volunteers to help with food pick up and staffing the pantry. A few hours a week will make an immeasurable difference to the pantry and to the people it serves. Last year, Food for Fairview provided food assistance to 275 families, with many of those recipients being children. (26.1% of children in North Carolina experience hunger on a regular basis.) Families, who often must choose between food and medicine or transportation or utilities, depend on this community pantry. Please join in this effort to end hunger. If you or someone you know is interested in volunteering, please contact us at 628-4322. We need your help.

Donations may be made by mail to: Food For Fairview, PO Box 2077, Fairview, NC 28730 or online at foodforfairview.org.

For financial details about the organization call the State Solicitation Licensing Branch, 919-807-2214. For more information, visit foodforfairview.org, email food4fairview@gmail.com or call 628-4322 and leave a message. Food for Fairview is a Tax Exempt 501 (C) (3) Corporation.



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SCIATICA WARNING

Pain, Numbness & Tingling Going Down The Leg



Sciatica is a result of damage to the sciatic nerves often causing weakness, pain, numbness, tingling going down one or both legs. This damage is commonly caused by compression of the sciatic nerve in the low back.

As you can see in the illustration, the nerves become damaged in the lower spine. The nerve compression causes the sciatic nerve damage and leg pain.

The main problem is that your doctor may have told you to just live with the problem, try drugs, injections or surgery, which may not help. There is now a facility right here in Asheville that offers you hope without taking those endless drugs, injections or having surgery. (See the special sciatica severity examination at the end of this article.)

The amount of treatment needed to allow the nerves to fully recover varies from person to person and can only be determined after a detailed neurological orthopedic evaluation. As long as you have not lost reflexes or significant strength, your condition can be treated.

In order to effectively treat your sciatica three factors must be determined.

1. What is the underlying cause?
2. How much sciatica nerve damage has been sustained? (*Note: Once you have sustained reflex loss and muscle weakness there is nothing that we can do for you.*)
3. How much treatment will your condition require?

The treatment that is provided at Asheville Neuropathy and Class 4 Laser Center has three main goals:

1. Decompress the sciatic nerve.
2. Heal the damaged nerve.
3. Decrease pain.

The treatment “unpinches” the sciatic nerve utilizing advanced spinal decompression and 25w Class 4 Laser.



Edward Reilly, DC

Edward Reilly, DC at Asheville Neuropathy and Class 4 Laser Center will do a sciatica severity examination to determine the extent of the nerve damage for only \$70 (or your contracted copay). The sciatica severity examination will consist of a detailed sensory evaluation, orthopedic, range of motion and computerized postural assessment and a detailed analysis of the findings of your sciatica. Dr. Reilly will be offering this sciatica severity examination until limited appointments are filled. Call to make an appointment with Dr. Reilly to determine if your sciatica can be treated.



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Local continued from page 9

clude the WNC cheese trail, craft brewing clusters, quilt trails and recreation destinations like “trail towns”).

Businesses can also spend more of their money locally by sourcing products, hiring, and purchasing from other local businesses whenever possible. And when they band together around shared interests, businesses have a powerful voice in local politics — just look at the Asheville City Council races, where every candidate lists “supporting local business” as one of their top issues. Last but not least is the all-powerful referral — if a friend or trusted business recommends another business, you’d probably check it out!

But nobody has more power to support small businesses and local economies than you, the community member and customer. We’ll probably never be able to spend all our money at local businesses — there are just too many things we need that come from bigger companies. But start thinking about where you could make a shift — even if you redirect just 10% of your spending to locally owned businesses, it can make a huge impact.

Just remember that \$0.48 of every dollar gets re-spent locally — who knows, it may even end up back in your pocket! Local business is part of what makes a place what it is, and a stronger local economy means a stronger Fairview.

Andrew Crosson is a native of Gerton and Fairview, and a graduate of A.C. Reynolds High School and UNC-Chapel Hill. His mother, Susan Bost, owns Trout Lily Market. As the Director of Regional Initiatives at the Asheville-based consulting firm Rural Support Partners, he works across Appalachia to develop strong local economies.

WEATHER CORNER..... by Tom Ross, Meteorologist

Hello Autumn Color



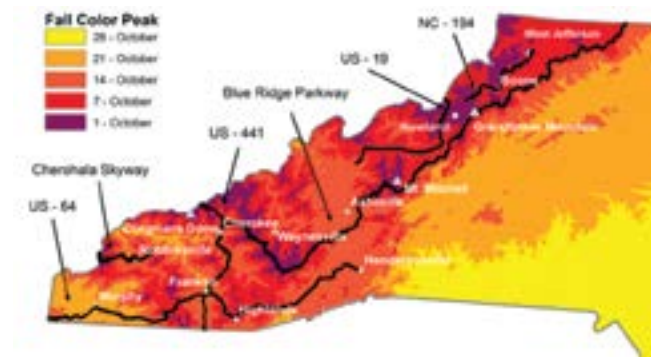
We’ve had a little bit of everything this summer: times of drought to start June off, followed by a few wet periods in July and August. However, I think one of the standouts of the summer was the warmth, which was even more noticeable this year in looking at the nighttime lows. Our elevation usually helps us cool down several degrees lower than areas in the foothills, but the higher-than-usual amount of moisture in the air at times this summer helped to offset this. We did not enjoy as many comfortably cool nights as we usually do. One indicator of that comfort level is the number of times the nighttime low was 70°F or higher during the summer (June-August) period.

In looking at the records, the airport had nine days at or above 70°F for nighttime lows. A number of evenings were quite uncomfortable due to the higher temperatures and dew points, and it felt like we were in the foothills or Piedmont rather than the mountains. In contrast, we had 18 days with a high temperature of 90°F or better over the summer. The most ever 90°F days or higher occurred in 1952, with 32 days.

In terms of rainfall, we caught up a bit due to a wet August, but September should come in drier than normal, and historically October is one of our drier months, with generally about 3.5–4.0 inches of rainfall in Fairview.

On a final note, we will be going through the annual fall colors here in the mountains over the next 4-6 weeks. In some years, our mountains look like a patchwork quilt of glorious color, and other years not so much. Looking at the accompanying map, you can see the estimated dates of peak fall colors across western North Carolina. The map takes into account changes in elevation and latitude, and was developed by The Department of Biology at Appalachian State University; visit the website at biology.appstate.edu/fall-color-report/fall-color-map-north-carolina.

Meteorologist Tom Ross managed NOAA’s Climate Database Modernization Program during his 25-year career at the National Climatic Data Center (NCDC) in Asheville.



OCTOBER'S TRIVIA ANSWER

What are frost/freeze dates and how do they work?

First of all, frost forms on solid objects when the water vapor in the atmosphere changes from its vapor phase to small ice crystals. If you see frost, then you know that the temperature of the object it is on has reached 32°F or lower. However, the air temperature, measured at five feet above ground in the vicinity of this object, is likely several degrees higher. Conversely, not every air temperature recorded at or below 32°F means that frost formed on solid objects in the area. The average date of the last spring frost is April 10th for downtown Asheville, April 27th for Black Mountain, May 5th for Bent Creek and April 26th for Hendersonville. The average date of the first Autumn frost is October 23rd for Asheville, October 17th for Black Mountain, October 9th for Bent Creek and October 12th for Hendersonville. To get the earliest date of the last frost, add 14 days to the average or subtract for the latest frost. In Autumn, add or subtract about 12 days to get the earliest or latest dates. In Fairview our dates run pretty close to Bent Creek, and also deeper valleys will tend to have frost/freezing conditions later in the spring and earlier in the fall than surrounding terrain. The old adage of not planting tomatoes until Mother’s Day certainly has some merit.

NOVEMBER'S TRIVIA QUESTION

What is wind chill and how is it calculated?

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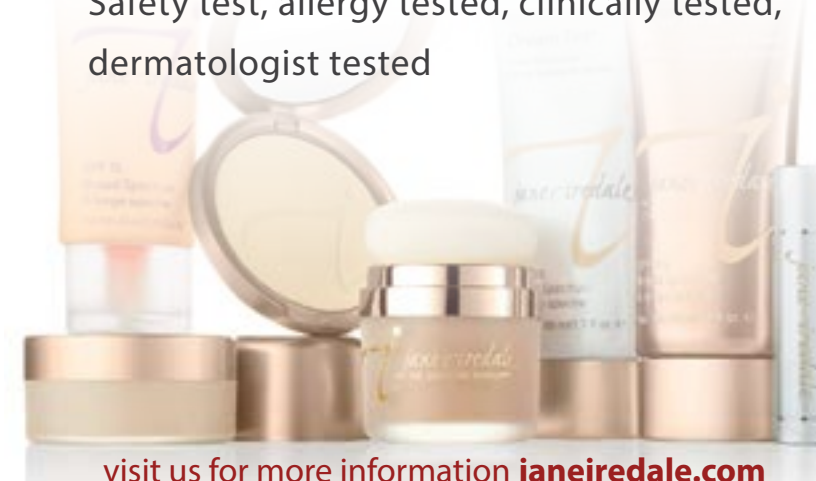
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Suite with office and fireplace. Extras galore including 5 camera monitoring system, 1.7 kw generator and Nuvo Audio System. Peaceful and well landscaped yard is perfect for entertaining. **This is the one! \$1,095,000**



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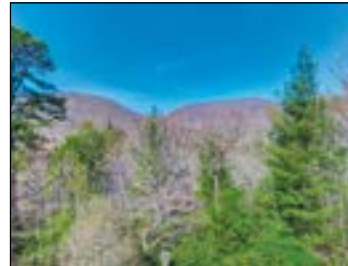
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MLS# 3192362 **NEW PRICE** **\$199,000**



BEHIND THE LENS

by Ken Abbott



"Nice story, nice house, but ugh, redo them kitchen cabinets."

A comment from "Opus512" on Slate's Behold: The Photo Blog August 21, 2016.

One of the things I love about teaching photography, when I get to do it — which is not often enough — is doing "crits." What is a crit, you ask? It's short for critique, and is when you put some of your pictures up in front of a group of people, usually your photo class plus your teacher, and you tell them what you were trying to accomplish, and then they tell you whether or not you succeeded, and how.

Usually, crits are followed by drinking — at least that was my experience in grad school. Sometimes the drinking is in celebration of your success, but more often it is to drown your sorrows. I'm not recommending this necessarily, just passing along a bit of experience.

Crits can be painful, but they are key to making better work. Criticism is how you figure out the difference between what you think your pictures are of or what you think they are about, on the one hand, and what they actually are of and are actually about. The critics (your classmates or audience) have the advantage of objectivity, and you don't. We all have stories about what we hope for our photographs, or what it was like taking

Redo Them Kitchen Cabinets



them, but an important step in becoming a serious photographer is realizing that our hopes and experiences have nothing to do with the pictures themselves.

Pictures are new things, and they go forward (or don't) independent of our experience. You have to figure out how to evaluate and edit your own work, and critiques are critical for learning how to do that. Through the critical evaluation of your work you learn whether you are succeeding in your efforts, but you also learn more accurately what the pictures you are making actually mean. What you discover may frustrate you or delight you, but most importantly, it may surprise you. Looking at your work objectively, with the critical understanding that your pictures exist independently of your wishes for them, allows you to discover new things about the world and about what you are interested in. It also teaches you new things about what pic-

tures can mean, which clues you in to the true power of photography as a mode of communication and exploration.

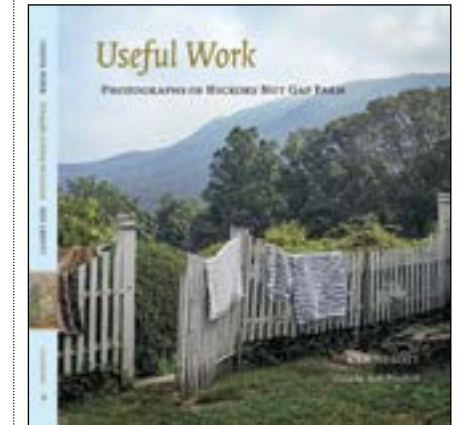
What got me thinking about this were some comments (criticism, I suppose) I received on the Slate.com site, specifically on the feature about *Useful Work* on their photo blog called Behold. They did a nice, brief piece that was undoubtedly seen by lots and lots of people, which was a thrill and helped me sell maybe a dozen books. The piece itself wasn't critical at all, but like most blogs there is a comments section! Most of the comments were fine, too, but there were a couple that were negative, and pretty funny — like the one quoted at the start of this article, which makes it clear that "Opus512" kind of missed the point. Another suggested that the name "Hickory Nut Gap Farm" sounded ridiculous, and a third complained that, throughout the entire article, not a single photo of a hickory nut was featured! I will not lose any sleep over these remarks, but I did get a chuckle out of them.

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.

Purchase Ken Abbott's book, *Useful Work: Photographs of Hickory Nut Gap Farm*, from the *Town Crier* and 50% of sales will be donated to the paper.

Abbott and Neufeld's Useful Work Semifinalist for Thomas Wolfe Award

The Western North Carolina Historical Association has announced the selection of semifinalists for the Thomas Wolfe Memorial Literary Award. The award has been presented annually



since 1955 for printed works that focus special attention on the Western North Carolina area.

Among the 10 semifinalists is *Useful Work: Photographs of Hickory Nut Gap Farm*, with photographs by Ken Abbott and historical essays by Rob Neufeld.

The *Crier* is proud to have Ken Abbott as our columnist on the world of photography. *Useful Work* is available in the *Crier* office.

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TRAVEL LOGUE

Family, Gardening and Food in Sweden

by Susan Sides

My maternal grandparents and great-grandmother came over from Sweden. And because I loved them dearly, I also loved looking at their photos from “the homeland” — Nana next to a haystack with a pitchfork in her hand and Papa Pete on the boat that brought him to America.

The three of them went back from time to time to visit loved ones they’d left behind, and I’d see photos of them

all outside the red house with white trim, the same one where my grandfather was raised. I fell in love with that house from afar. In my mind, it stood for all things Sweden — skinny dipping in the river, traditional summer crawdad picnics, the milk cow and resulting homemade langfil, and a family I’d never know. I always said I’d visit Sweden some day but never believed it would or could really happen.

Then, about a year ago, our sons approached my husband Franklin and me, saying that before one of them left for his medical residency we had to take this trip of a lifetime — no excuses. And so we did.

We stayed with relatives, ate traditional foods, learned our history and yes, we visited the red house with white trim. I even put my arms around the birch tree my grandfather had planted

the day he left for America, and held the bread bowl my great-grandmother used daily to feed her seven children and the four others she took in to have a little income after my great-grandfather died. Being agriculturally inclined, our family was always on the lookout for something we could learn from the Swedes. The accompanying pictures and captions show some of things that caught our interest.



A small organic farm in Uppsala, Sweden. The owners also run the AirB&B where we stayed. The countryside here was full of enormous windmills and the soil was rich and free of rocks.



Swedish fences (*Gärdesgård*) date back at least 1,000 years and were traditionally used to keep cows in the summer pastures and out of hay meadows. These fences are typically made with wood from slow-growth spruce forests in Darlana, and the bottoms of the upright poles are charred before putting them in the ground to resist rot. Swedes know trees and they know wood. It is their history and they know a multitude of ways to slow down the growth of trees so that they have tight growth rings and more resin, making them harder and more resistant to moisture and rot.



Scarebird kites were everywhere but we can't seem to find them in the U.S. Anyone have a lead?



Härbren are grain storage buildings built off the ground with inverted half logs directly under two sides of the building. We came to find out these half logs are often as wide as possible so mice cannot get into the buildings. Folks told us that since mice can't climb upside down on smooth surfaces, these two wide half-logs thwart their eager efforts.



Cloud Berries are rare berries that are a little like golden raspberries, but not quite, and are often served on Kalvdans pudding. Amazing!



This is Scandinavia's answer to France's *crème brûlée* or Italy's *panna cotta*. Kalvdans (Calves' Dance) is made from raw milk from cows that have just given birth, from the first, second and part of the third day following the arrival of the calves. Technically this is not really milk, but a nutritious secretion from all mammals following birth, before regular milk is produced. This liquid is particularly high in protein (15%), but low in lactose (milk sugars). It also has a higher content of vitamin A than regular milk. Because the milk-like liquid is so rich in protein, no addition of eggs is necessary because the milk coagulates when heated.

This stuff is amazing!



Sweden is full of woods and the woods are full of lingonberries. They are tart like a cranberry but small and jewel-like. Swedes are known for serving lingonberries with everything from Swedish pancakes to Swedish meatballs and everyone goes to harvest enough for their household for the year when they're ripe. The Outdoor Access Rights (*Allemansrätt*) gives anyone the right to roam and harvest from the countryside in Sweden, except for entering private gardens, land under cultivation or near a private house.



"Long milk" — it's not milk, not yogurt and not kefir, though you can use it on granola, muesli or fresh fruit. Long milk (*långfil*) does not pour. It comes out in a long tube, and when you touch it, it doesn't stick to your fingers. Once mixed with cereal it acts much like very thick yogurt but the taste is something else altogether. You can buy culture in the U.S., which is what we'll be doing this winter.



These prefab boxes are sold everywhere and folks use them for all sorts of things — but especially for garden beds. They're super sturdy and the boards can easily be replaced when needed. There'd be a lot more gardening going on in the States if these were sold at every home improvement store.



This fabric is called Mikroklima and we have not been able to find it anywhere in the U.S. It is a different weave than Proteknet, and serves the purpose of heat retention; but unlike floating row cover, it lasts a minimum of 15 years, you can see through it, water through it, and wind does not blow it away. We want to trial this fabric, but so far we can only find it for sale in New Zealand. Anyone going that way?



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YOU ARE HERE

by Blair Holland Clark

It Wasn't My Fault



I had an accident driving in the rain the other day. No one was hurt, just some bent up metal, lost money, time and pride. It has been a long time since I've had an accident. I think of myself as a safe driver, in part, because I've safely ridden a motorcycle for more than 50 years, and if you want to survive on a motorcycle you have to pay attention to small details of the road and especially to actions or potential actions of other drivers. So hitting someone from behind was pretty embarrassing. Immediately I started to make excuses: "The road was wet;" "There was no obvious reason for them to stop suddenly in the middle of the road;" "I was distracted by some difficult issues I was dealing with." The list could have gone on, as my heart was thumping with adrenaline. What it really came down to, though, was that I was distracted and following too close for the conditions. Later it made me think about how easy it is to finish a mistake off with excuses rather than accepting responsibility and trying to get to the "teach me" moment, but just after the accident, there I was looking for excuses instead of owning my mistake.

We all travel our individual journeys with distractions, and have times when our lack of attention to details catches up to us. Of course it is possible to make unfortunate choices even while paying attention to detail; that kind of choice may be a learning opportunity, but I don't know that I would call them

mistakes. With mistakes we usually know better; some of us may own the consequences, but a large percentage of us make excuses or go to a self-critical place and use mistakes as a reason to beat ourselves up.

Why are we so prone to create hardship for ourselves when at some level we know better? And why do mistakes cost some people their lives while others just get a slap on the wrist or nothing at all? Consequences definitely are not distributed in a fair way.

Some of it is training. If we're distracted and in a hurry in the rain and follow too closely with no accident, we're prone to do it again and again. Until we have an accident and its consequences, we may even have stopped thinking of it as dangerous.

Young people make mistakes for somewhat different reasons than adults. A lot of work has been done studying the developing teenage brain and why teenagers make mistakes. As it turns out, it is not that teens don't know about consequences; they simply desire the sensations produced by the anticipated short term outcome more. With age, the potential chemical rush of certain experiences grows less powerful and most begin to weigh the consequences more heavily. Aging reduces our number of firsts — Kiss, sexual experience, driving without a parent, paycheck, alcohol or other drug use, team sport, relationship, cell phone — all produce sensations strong enough for a teen to ignore potential conse-

continued on page 34

BWARE! FALL IS ON ITS WAY! GET READY NOW!

Seeding and hydroseeding needs to be done before the ground temperature drops so a good root system can be established before winter. It is time to plant trees and scrubs and mulch. Also mulch your bulbs to protect against the cold of winter. Now is the time to get the rock patio and firepit built to enjoy the cool fall evenings. Why not go on now and get that driveway worked on, and ditches put in or cleaned out. Dont forget we do all types of grading, storm drain work and ridge-top ordinance. We are a fully-insured, licensed contractor and we show up the first time, and every time. Give us a call and we'll get er done..

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\$194,000 Five acres 241 Bob Barnwell Road, Fletcher

5 Acres in Reynolds District. All usable land w/bridge, creek running through pastures. Private drive. Gorgeous land w/ choice of bldg sites. Nearly 200 acres of protected land behind this proeprty. Agent related to seller. **MLS 3173801**

\$199,000 3 Bed/2Bath 1197 Charlotte Highway, Fairview

UNDER CONTRACT

Original hardwood floors. Unfinished basement with fireplace. Sliding glass doors in kitchen lead to level backyard that backs up to woods. Inside access to basement, double garage. Make this home your own! **MLS 3196489**

Our Kids Deserve Your Vote



Have you noticed? It's an election year! While we are all bombarded by the national election news, our critical local elections can get lost in the fray. But local elections are vitally important and as your

School Board representative, I strongly urge you to learn about the candidates, get out and vote, and remember to turn the ballot over and vote in all races.

In Buncombe County, the Board of Education is a nonpartisan election. Candidates must live in the district they hope to represent, but each is elected in a county-wide, at-large race. This means that although you live in the Reynolds district (and my seat is not on the ballot this time), you will still vote for one candidate in each of the four different school board races: North Buncombe, TC Roberson, Owen, and the at-large seat.

Ann Franklin, chair of the Board of Education and North Buncombe Representative, is running unopposed for reelection.

I asked the candidates in each of the three contested races to describe what sets them apart from the others in their race. Here is what they told me:

TC ROBERSON DISTRICT SEAT

Amy Churchill (incumbent): "It has been an honor to serve Buncombe County students, parents, educators and communities as the Roberson District representative since 2012. I also serve on the Board of the NC School Board Association and have been en-

dorsed by the Buncombe County Association of Educators. Thank you for allowing me to be a champion for our students and staff, and an advocate for our school system."

Laura Bowen: "I am very familiar with the schools in Buncombe County because I've worked as a substitute teacher in 27 different schools, and have had six children graduate from T.C. Roberson and currently have two grandchildren attending schools in the Roberson School District. I spent 14 years working with construction budgets and contractors, and appreciate the need for prudent use of financial resources."

OWEN DISTRICT SEAT

Peggy Buchanan: "I have lived in the Black Mountain/Swannanoa valley for 37 years; my four children and now grandchildren have all received their education in the Owen schools. I am a strong supporter of public schools and increased support for our teachers and administrators."

Bob Chiltonnik: "My experience as a public school teacher, two-term elected school board member, and former corporate executive will enable me to assist the board in developing district policies to increase academic achievement for all children. I will also tirelessly lobby the state to increase classroom funding and to enable us to improve working conditions of our hard-working teachers and support personnel."

Mark Crawford: "A graduate of West Point, veteran of the Gulf War and a former North Carolina legislator, Mark Crawford taught for parts or all of 13 academic years in Buncombe County as a full-time substitute teacher at the primary, elementary, middle

school and high school levels, including in every school in the Reynolds district but two. Since 2005, Crawford has been an instructor at Western Carolina University."

AT-LARGE SEAT:

Matt Kern: "I have 20 years of community service, management experience, political experience and the educational background to be successful on the Buncombe County School Board. Besides managing the superintendent I would continue to support supplemental pay and affordable housing for teachers, an increase in funding for mental health services for children and their families, and form partnerships with local business to help provide school supplies for the classrooms."

Donna Pate: "What distinguishes me as a candidate is actual 'in the trenches' experience. I have served as both a high school English teacher and school counselor for over 30 years, garnering insights into the needs of our stakeholders, which my worthy opponents may not have. As a retiree, I also have the time, energy, and commitment to make myself a visible presence in each of our 44 schools on a monthly basis so I can team with the respective district school board members to address specific concerns."

Amy Wamsley: "Over the last several years, I have been advocating for our schools in both private and public settings by planning and moderating a host of town hall meetings in which I have shared how legislation affects our local schools in both positive and negative ways. I have had hours of meetings with both local and state elected officials and have invaluable relationships built due to my belief in respect and civil discourse. Lastly, I bring the passion and perspective of a mother. I have spent countless

hours volunteering in our schools and have seen firsthand the needs of the classroom, students, educators and parents."

No matter your party or political bent, what matters most is that we all honor our country and community by taking the opportunity to vote in all races during early voting (October 27–November 5) or on November 8. Be sure you vote for the Board of Education!

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

Reynolds District Events

Saturday, October 1

ACRHS Cedar Cliff Classic Tournaments of the Bands, 12–10 pm

FES Farmer's Market, 9 am–12 pm

Friday, October 7

FES PTA Fall Festival, 4–7 pm

Saturday, October 8

ACRHS Song O' Sky Chorus, 3 pm

Saturday, October 15

FES Farmer's Market 9 am – 12 pm

ACRHS Athletics Fundraiser

"Drawdown" 6 pm

Tuesday, October 18

ACRHS Fall Band Concert, 7 pm

Monday, October 24

ACR Middle School Fall Choral Concert, 7 pm

Tuesday, October 25

ACRHS Fall Choral Concert, 7 pm

SCHOOL, SPORTS, KIDS

ACRHS' Doris Sellers – BCS Principal of the Year

Doris Sellers, principal of A.C. Reynolds High School (ACRHS), is the 2017 Buncombe County Schools (BCS) Principal of the Year. Selected by her peers, she succeeds Jack Evans, principal of North Buncombe High School, for the honor.

"I am surprised and humbled to represent our amazing school leadership, which I genuinely believe are among the best in the state," says Sellers. "When I reflect upon the exceptional caliber of leaders in our school system who unselfishly commit themselves to their students in Buncombe County Schools, I am honored to be recognized as this year's Principal of the Year by my colleagues."

"I am surrounded by a wonderful, dedicated, and committed group of educators who work diligently to make our school the best in academics, athletics, and the arts. When surrounded by people like that it makes our school recognized for its success. This school-wide dedication sets us apart and I am just fortunate to be the leader among many leaders in our building."

A graduate of Clyde A. Erwin High School, Sellers has been principal of ACRHS since 2011. She has served as Assistant Principal and Secondary Math teacher at North Buncombe High School. She holds degrees from UNC-Asheville and Western Carolina.

"Principal Sellers is a committed administrator who unselfishly dedicates herself to providing the best environment for



students and teachers to achieve success in academics, athletics, and the arts," said BCS Superintendent Dr. Tony Baldwin. "Her selection as 2017 BCS Principal of the Year is well-earned for her exceptional leadership and is an accolade she undoubtedly will share with the entire Reynolds High family."

Principal Sellers strongly emphasized the importance of community effort in making a successful school. "I would like our community to know that everything they do makes a difference in our schools. Whether it be at our elementary or middle feeder schools, our success at Reynolds High School comes from our success as a Reynolds district. Each year, I see our community volunteering in our schools through mentoring, judging graduation projects, proctoring our exams, working in our athletic and band programs, our PTISO organizations or as guest speakers, providing business internships for our students, financial contributions, and many more efforts that we do not have personnel or time to complete ourselves. We are truly the picture of a community school in Rocket Country!"

Sellers now competes for the title of Western Region Principal of the Year in December. We congratulate her, wish her continued success and thank her for the monumental effort she and her colleagues do for our children.

Katie McMahon Named Student of the Month

The Fairview Town Crier and A.C. Reynolds High School are pleased to announce **Katie McMahon** as the September 2016 Student of the Month.

Katie is the ACRHS Drum Major, the leader of the marching band during rehearsals and in performance. She began practicing and performing at Reynolds in the 8th grade—a year before actually attending. Katie said she loved Reynolds from those first days when everyone went out of their way to make her feel welcome.

What Katie's teachers and principal say about her: "Katie is an all-around great kid. I mean, head-and-shoulders-above-everyone-else spectacular." – English teacher, Alex Grubb

"Dedicated to her education; outgoing!" – Math teacher, Carol Baldwin

"Katie blends the brains of a scholar with the skills of a writer and a musician. She is mature and poised." – Social Studies teacher, Kim Yurkovich

"Katie works very hard in all she does. She is dependable and always with a smile. She represents our school with RPI as our Drum Major. She excels in academics." – Principal Doris Sellers

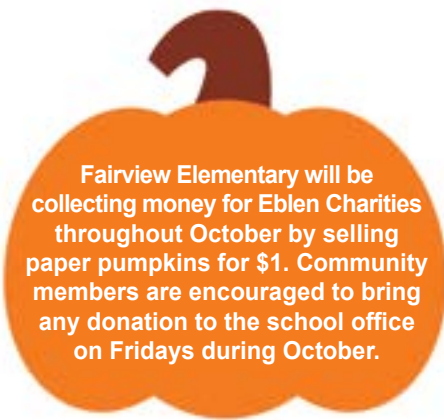
Katie's senior project will focus on light pollution and how artificial light impacts sleep and well-being. Congratulations, Katie. Have a wonderful year!



To Volunteer at Reynolds HS

Whether you have school age kids or not, Reynolds needs volunteers for tutoring, proctoring and graduation project judges. These opportunities are posted on the school's website and sign at Hwy 74. Those interested can also call Ms. Brigman to volunteer for these events. Volunteering for athletics, such as the concession stand, is done through athletic director, Mr. Steve McCurry.

PTISO President Alex Diez suggests contacting acreynoldspitso@gmail.com or the PTISO Facebook page, [facebook.com/ACReynoldsHighPTISO](https://www.facebook.com/ACReynoldsHighPTISO).



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When was the last time you had your carpet, area rugs or upholstery cleaned? Years? Never? There are likely things lurking such as food and drink spills, pet accidents, allergens, skin cells and dust mites. Carpets are also a source of **microbial growth**. Did you know tile grout is notorious for growing **mold**? Not all **mold** is black and may not be noticeable.

Indoor Air

Do you smell anything different when you enter your home? When did you last check your air ducts? Even though you have air filters on your return vents, antigens can form in ducts. **We can run an air sample test for a reasonable price!**

Crawl Space

When was the last time you looked under your home? Do you have sufficient insulation to reduce your heating and cooling costs? Has an animal used some of the insulation to make a comfy home? Worse yet, has one died there? Dampness can also lead to odors and **mold**.

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24 The Fairview Town Crier October 2016

The Fairview Town Crier October 2016 25



Percy is a 2-year-old male/neutered mix breed resembling a Rhodesian Ridgeback without the ridge, well-mannered in the house, and loves car rides. He is being trained at Craggy Correctional Center in the New Leash on Life program.

ANIMAL HAVEN



Kelsey is vision impaired, perfectly sweet, and a low-maintenance cat who gets around great by herself! She is also Feline Leukemia positive, which means she should be inside, alone or with other positive cats, and have veterinary care readily available.

BROTHER WOLF



Hari is a 5-year-old, 14-pound Japanese Bobtail whose owner passed away recently. She doesn't like to be picked up, but is very affectionate and loves to be petted.

CHARLIE'S ANGELS



Lucille is a petite 10-year-old Orange/White Tabby mix who loves people! She will curl up in your lap and enjoys attention. Due to a food allergy, Lucille needs to be on a special diet. She will thank you in purrs and cuddles!

HUMANE SOCIETY

ADOPT ME!



Kimbo is a 6-month-old male/neutered Lab mix that will be a pretty good size (50–60 lbs). Loves playing with other dogs and going for long walks or hikes, and is in the New Leash on Life program at Craggy Correctional.

ANIMAL HAVEN



Bruno knows basic commands like sit, stay, down, etc. He is well-behaved, walks incredibly well on leash and does not react to other dogs or people on the trails. Please come visit handsome Bruno in the adoption center today!

BROTHER WOLF



Carli is a 1-year-old spayed/female Pointer mix, extremely sweet and gentle, medium sized and needs to put on a few pounds. She is good with other dogs but not sure about cats yet, and she is in the New Leash on Life program.

ANIMAL HAVEN



Wendy and William are a 4-year old bonded brother and sister and must be adopted together, ideally as "only children." They are house-trained, very playful, sweet and affectionate. They're good on leashes and love walks, toys and treats.

CHARLIE'S ANGELS



Mia is one of many adorable, hoppy bunnies available for adoption through Brother Wolf Animal Rescue. Please contact Debbie (dthtarheel@aol.com) for more information.

BROTHER WOLF

What Not to Vomit

by Margaret Moncure, DVM, Cedar Ridge Animal Hospital

Vomit comes part and parcel with being a veterinarian. Some days, just being able to make a pet vomit can save that pet from illness, injury, or death. Done in a timely fashion, induced emesis (the action or process of vomiting) can even prevent the need for further treatment. However, for a few important things, making a pet vomit can make the situation even worse. When you are concerned that your dog or cat has eaten something it shouldn't have, keep in mind these common sources of dietary indiscretion that should just stay down until a vet can treat your pet.

Batteries are full of material that may be alkaline or acidic depending on the type of battery, and are often damaged by chewing or exposure to stomach acid. When this material comes into contact with the mouth or the esophagus, it can cause severe ulcerations that are painful, difficult to heal, and may cause the esophagus to have a narrowing or stricture. Inducing an animal to vomit a damaged battery can increase the amount of contact the corrosive material has with the esophagus and mouth and put the pet at risk for aspirating this material into the lungs. If you think your pet has ingested a battery, take him to the vet to be evaluated for the best way to remove it.

Acidic and alkaline cleaners, such as bleach, toilet cleaner, rust remover, and other common household cleaners, are also corrosive to the mouth and esophagus, causing ulcers and strictures. These can easily be aspirated when the pet vomits, causing corrosive injury to the

trachea and lungs. If your pet has ingested a household cleaner, you should rinse out its mouth with lukewarm water and call your vet for further advice and care.

Detergents are often ingested by mistaking a detergent pod for a treat or by being groomed from the fur and feet when the pet is exposed to spilled detergent. Detergents become corrosive and foamy when they are mixed with saliva and can cause ulceration to the mouth and esophagus similar to batteries and other household cleaners. The

Induced vomiting can prevent the need for further treatment. However, for a few important things, making a pet vomit can make the situation worse.

foam made by detergent is easily aspirated into the trachea and lungs, which can cause corrosive injury and difficulty breathing. If a pet vomits detergent, the risk for aspiration and subsequent injury increases. If you think your pet has ingested a detergent, offer them water or milk to drink and call your vet right away.

Hydrocarbons can be derived from oil or wood and can be extremely toxic if ingested. Common oil-based hydrocarbons include liquid fuels (kerosene, gasoline, lighter fluid, etc.) and oil. Common wood-based hydrocarbons include paint solvents and wood stains. All of these are potentially toxic and need to

be treated, but they should not be vomited due to the high risk of aspiration pneumonia. If you think your pet has ingested any hydrocarbon, you need to get to a vet immediately.

Antidepressant medication is more common now than ever, and more pets are accidentally ingesting their owner's medications. These medications tend to have a rapid onset of clinical signs in animals and in the vast majority of overdose cases, neurological signs occur. As there is a high risk for seizures, these animals should not be made to vomit, as this increases the risk for aspiration pneumonia. Animals who have ingested a toxic dose of these medications do need treatment, so if you think your animal has ingested any antidepressant medications not prescribed for it, please call your vet right away.

When seeking help for any dietary indiscretion, have the name of what you think your pet ate, the approximate amount eaten, and any other information from the label available for your vet. While your vet is the best source of information when your pet has eaten something it shouldn't have, you can also use these references:

- ASPCA Poison Control: (888) 426-4435; charges may apply; or aspca.org/pet-care/animal-poison-control;
- Pet Poison Hotline: (855) 764-7661 or petpoisonhelpline.com.

Information for this article came from MK Holowaychuk's "Top 5 ingestions that never require induction of emesis," in Clinician's Brief, October 2015.

SK9S Dog Training and Canine Search Team Service Expands

Steve Canady of SK9S Search and Detection has been successfully training dogs and assisting in both official and private searches for many years. He is currently expanding his team of specialized service and training professionals to better serve the community.

SK9S works not only with law enforcement and other agencies, but also with families and in emergency management situations. The team also volunteers their services as much as possible to the community.

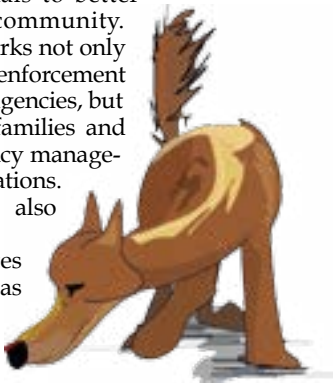
Service dog and therapy dog training is also available for SK9S.

Training for Family Dogs

Another important aspect of SK9S services is dog obedience training for families and individuals.

Professional trainers help owners train adult dogs and puppies to respond well in normal home situations as well as emergencies. Training is offered in group classes, private and puppy lessons.

For details on services and to contact SK9S, visit sk9s.com or go to Facebook, facebook.com/searchanddetection.



Pamper Yourself!

Multi Vendor Shopping Event
at the Fairview Community Center!
Saturday October 15
11 am- 5 pm

Come "Shop 'til you drop!"
Great time to start your Christmas shopping!
Raffle tickets \$ 2 each or 3/ \$5
to benefit the WNC Advocacy League (wncal.org)
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In the parking lot!

Look at some of the vendors on hand to help you pamper yourself!


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CONSERVATION

by Teagan Dolan, SAHC AmeriCorps Land Protection & Education Member

Finding Meaning in the Temporary

When I began AmeriCorps Project Conserve with the Southern Appalachian Highlands Conservancy (SAHC) last fall, I was excited, nervous, and bracing myself for a challenge. Fresh out of college, I was moving away from a place I loved and friends I cherished dearly. While I was overjoyed to be returning to Appalachia, I couldn't help but think that it would be impossible to develop deep friendships and meaningful experiences in such a short time. I started to be-

afraid that this experience would feel much the same.

Quite honestly, this year did feel transient. But it taught me that just because something seems short or small doesn't mean that it can't have a profound impact on my life or the lives of others.

I have learned what it's like to start projects I am passionate about knowing that I will not see their completion. I have learned what it's like to form deep friendships knowing that we will soon

be on other sides of the country. I have learned what it is like to fall in love with a valley, form treasured memories in a creek, or learn the history of a land-owner's "built by hand" home only to drive away knowing that I will probably never see it again. It's a confusing place to find yourself when everything around you feels temporary, because you want so badly to feel like your work



Teagan Dolan

come afraid of the transience of my service term — an 11-month commitment, a temporary housing situation and just a short time to make friends. The years post-college seemed to be filled with job changes, physical relocations, and a plethora of difficult decisions. I was

important. I have learned to associate this with the phrase "capacity building." While I won't always see something from inception to completion, I aided SAHC in moving a project forward, and that made a difference. While working with William Hamilton, I mapped all the primesoils

and prioritized conservation efforts in Fairview. That is a small part, but I now believe I have learned more from being a small part of something big rather than being a major player.

I relate these same feelings of transience to my experiences in the Appalachian woods. I feel quietly humbled to walk through those ancient mountains knowing I am just one of many who are passing through, working to protect them.

On a site-visit, after learning I was soon to be leaving my position, an appraiser turned to me and said "Wow, you'll only get to be a small part of this, huh?" It struck me slightly funny, because, as I responded, "We're all only a small part of it, really." As hilariously "meta" as that might sound, while conservation is forever, our involvement in it is only temporary. We spend a few years working to protect land for thousands of years. Our work in Project Conserve is much like that. It will continue to contribute to the work done in western North Carolina. I am proud to have been both a small and large part of it.

About Project Conserve

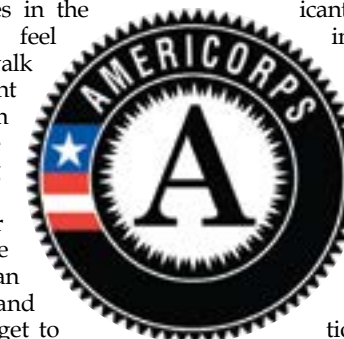
The AmeriCorps Project Conserve is a National Service program started in 2004 as an initiative of the Carolina Mountain Lands Conservancy to respond to growing conservation needs in WNC.

The mission is to serve WNC by building stronger, more educated and involved communities that understand the threats to their local environment, are equipped with the tools and resources to take direct conservation action, and have significant opportunities to engage

in conservation activities through volunteering. Through the efforts of these dedicated communities and the direct service of AmeriCorps Project Conserve members, we hope to ultimately achieve greater community understanding of conservation and the environment and increase support for and sustainable improvements to at-risk ecosystems in WNC.

This Fall, SAHC welcomes two returning and three new AmeriCorps Members.

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 of North Carolina and Tennessee. In addition to preserving land, their conservation work includes guided hikes, volunteer workdays, educational workshops, and farmland access initiatives. For more information, visit appalachian.org. For more information about AmeriCorps Project Conserve, visit americorpsprojectconserve.org.



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WORSHIP & COMMUNITY OUTREACH

Pamper Yourself ... and Help

Pamper Yourself is a free, multi-vendor shopping event on *Saturday, October 15, 11 am-5 pm*, at the Fairview Community Center, 1355 Charlotte Highway in Fairview. Vendors include Perfectly Posh, Jamberry, Younique, Bast Organics, Thirty One, Thrive, Young Living, Nerium, Scentsy and more. And be sure to look for the food trucks in the parking lot! Proceeds from the raffle will benefit the WNC Advocacy League.

The WNC Advocacy League is a not-for-profit organization founded on the belief that a community should serve itself by caring for its citizens directly. The group helps by connecting community members in need with neighbors and services. Assistance may be finding transport to appointments, or taking an elder’s trash out, or working on property in need of rehab. They work with other agencies to ensure community members don’t fall through the cracks and are being cared for in a compassionate way.

WNC Advocacy League also distributes food and clothing to those who need help, builds wheelchair ramps andmakes homes safe. Most of all, they make sure that our community members know that their well-being is important. They believe every neighbor has the capacity to be a superhero to someone.

For more information visit wncal.org.

Garren Creek FD Nuts For Sale

The Garren Creek Fire Department Auxiliary is selling nuts again this year. They have pecans -- both halves and pieces -- and black walnuts in one pound bags. They are great for holiday baking and healthy snacks. The cost is \$10 a pound.

Please call Elizabeth Simmonds at 669-2846 or Jodi Dill at 545-7563 -- or stop by the *Town Crier* office.

Walk, Run or Roll for Eblen Charities

Eblen Charities’ 16th annual “Walk, Run or Roll” event will be held on Saturday, October 8 on the main campus of the Asheville-Buncombe Technical Community College on Victoria Road in Asheville.

“The Walk” is one of Eblen’s most popular and anticipated events and is open to all walkers, runners, and cyclists of all ability levels for either a 5K or 10K distance. Area schools, businesses, and organizations are invited to join by entering teams or participating as individuals.

In addition to the 5K/10K, there will be a DJ, a kid’s zone, door prizes, raffles and more.

Eblen’s Walk, Run or Roll will benefit tens of thousands of families that Eblen serves each year with heat-

Be a Linus Blanketeer

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

Over the past 16 years the local chapter has distributed over 57,000 blankets to 12 WNC counties. For details contact Ellen Knoefel, chapter coordinator, at 645-8800.

JUST PERSONAL

Fairview Preschool’s Fun Family Workday

Fairview Preschool had a wonderful family workday getting ready for the 2016-17 school year. The children joined with parents, grandparents and school staff cleaning and preparing the playground for a year of safe fun!

If you or someone you know may be interested in Fairview Preschool, please call the school at 338-2073 or visit their website at fairviewpreschool.org.



Send Just Personal notices to copy@fairviewtowncrier.com by the 10th of the month.

Leslie Schoof Honored

Leslie Schoof, a veteran biology teacher at Madison Early College High School, was recently honored as MECHS’s Educator of the Year. The award includes the opportunity to attend the Science, Teachers and Research Institute, a summer program of the National Institute of Environmental Health focusing on biomedical research. Participants in the July program develop lesson plans on ethics in biology and genetics, which they can incorporate into their curriculum during the school year.

Leslie was highly praised by her colleagues for her dedication, professionalism and mentoring skills. Her husband Stephen grew up in Fairview and her proud father-in-law Charlie Schoof has been a resident of the community since 1979.

Congratulations and our thanks go to this dedicated and excellent educator!



Lily Grace Porter Wins Big!



Lily Grace Porter, age 10, of the Fairview area won three blue ribbons and one red ribbon for her entries at the North Carolina Mountain State Fair. Lily is a 5th grader at Asheville Christian Academy. The age group of participants was 9-13.

For the competitions, Lily baked lemon blueberry layer cake, peanut butter chocolate chip oatmeal cookies and strawberry biscuits. Her creations won 1st place for layer cake, 1st place for drop cookies and 2nd place for baked foods not listed. She also won a first place ribbon in sewing in the category of sewn toys.

Lily “simply loves cooking and baking,” her proud mom Angie Porter says. “She isn’t afraid to experiment and try new things in the kitchen. Whether it is cooking breakfast for her family on Saturday morning, baking for a neighbor or playing (the TV cooking game) ‘Chopped’ in the evening, the kitchen is one of her happy places.”

Lily wants to be a pastry chef and the next kids’ baking champion on the Food Network. We hope to taste her delicious prizewinning creations someday!

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Are You On Track to Meet Your Financial Goals?



October is Financial Planning Month. And now that you know it's Financial Planning Month (just in case you didn't know before), why not take the opportunity to determine if you're on the right path toward meeting your financial goals?

Consider taking these steps:

Identify your goals. To know if you're making progress toward your goals, you first have to identify them. Of course, you'll have a variety of goals in life, such as helping pay for your children's college educations. More than likely, though, your most important long-term financial goal is to build enough resources to enjoy the retirement lifestyle you've envisioned. But we all have different ideas for how we want to spend our retirement years. Some of us may want to stay close to home, volunteering and pursuing our hobbies, while others want to visit the vineyards of Bordeaux or explore the pyramids of Egypt. So, name your goals and, as much as possible, put a price tag on them. Once you know about how much your retirement is going to cost, you can create an investment strategy that may ultimately provide you with the income you will need.

Don't underestimate your cost of living. Even after you've identified some of your retirement goals, and estimated their costs, you still haven't developed a complete picture of your future cost of living. You also need to take into account other potential major expenses, such as health care. Once you're 65, you'll get Medicare, but that won't cover all your medical costs — and it might cover only a tiny portion of those expenses connected with long-term care, such as a nursing home

stay or services provided by a home health aide. A financial professional can help you explore specific methods of dealing with these types of long-term care costs.

Locate "gaps" — and work to fill them. After you've had your investment strategy in place for a while, you may see that some "gaps" exist. Is your portfolio not growing as fast as it should to help you reach your goals? If not, you may need to review your asset allocation to make sure it is aligned with your risk tolerance and portfolio objective. Do you find that you own too many of the same types of investments? This over-concentration could be harmful to you if a downturn affects one particular asset class, and you own too much of that asset. To help prevent this from happening, be sure to diversify your dollars across a range of investment vehicles. Keep in mind, though, that diversification can't guarantee a profit or protect against all losses.

Protect yourself — and your family. Saving for your ideal retirement is certainly a worthy goal, but you have other ones — such as providing for your family in case you aren't around, or if you become ill or incapacitated and can't work for a while. That's why you will need adequate life insurance, and possibly disability insurance, too. Your employer may offer you both these types of coverage as an employee benefit, but it might not be enough — so you may want to explore private coverage as well.

Financial Planning Month will come and go. But by following the above suggestions, you can create some strategies that will bring you a lifetime of benefits.

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

“Here’s Hope” Fashion Show

The Hope Chest for Women is excited to announce their Fourth Annual “Here’s Hope” Event. A luncheon of delicious locally grown foods, catered by The Chef’s Kitchen of Ingles will be complemented by “The Best of Fall” fashion show provided by the Asheville Outlets, live music and a huge silent auction and raffle on **Saturday, October 22, 11 am-1 pm** (doors open at 10:30 am) at the Asheville Event Center, 991 Sweeten Creek Road. As always, this yearly fundraiser is a community endeavor to support women of 22 counties of WNC in their battle against breast and gynecological cancers. Here’s Hope has an exciting lineup of models who are courageous women affected by this horrific life-threatening disease. They will share their testimonies as they walk the runway. Professional men (doctors, lawyers, men in government, etc.) in the community whose names you will recognize greet guests at the door and serve tables. They look forward to having conversation at any opportunity with those sitting at their table and throughout the room.

Funds raised through this event will go to help women who apply to Hope Chest for help with their everyday needs due to the high cost of surgery and treatment.

Some of these women have lost their jobs due to their illness, some have children or take care of elderly parents, make our voices louder than the cancer that has impacted so many of our Western North Carolina families. Many who have attended past events tell us that they never want to miss a future Here’s Hope, because they always leave with a smile on their face and an unforgettable story in their heart.

Tickets are \$50 each and can be purchased online at hopechestforwomen.org or googled at **Here’s Hope 2016**.



Breast cancer survivor Colleen Higgins walks the runway at a recent Here's Hope event with her escort, well-known Fairview resident and then-NC State Rep. Nathan Ramsey. Photo by Michael Hicks

Working in the 21st Century



Since Labor Day I have been thinking about labor in our modern world and about how government should address questions of labor policy. I began by reflecting upon that history through the lens of my own family. My own ancestors left a crowded Europe for a continent of vast expanses of cheap land in the New World. Small family farms, which Thomas Jefferson adoringly called “yeoman” farms, slowly covered the frontier. You can think of *Little House on the Prairie*. Much of the labor on these farms came from the large number of children typically being raised in these families. Life was hard work for everyone.

But what if there was a profitable cash crop that was labor intensive? Several such large-scale crops were grown in the South: tobacco, indigo, rice, and cotton come to mind. Finding seasonal local workers to harvest such a crop was an impossibility. At first, farmers “indentured” or “held under bond” unemployed workers who were recruited in England and transported across the Atlantic. Even young boys were sometimes rounded up and sent to the New World to work. And then, slowly but surely, Africans were captured and sold as slaves for the value of a lifetime of labor.

It was actually West African slaves who taught low-country planters how to grow rice, which became highly profitable. Labor in the plantation system was a commodity — a pure and simple economic input. But, as we all know, it really was not so

simple, and the practice of slavery certainly raised basic ethical questions in this, the “Land of the Free.” It took a horrible war to resolve many of these questions.

Following the Civil War, great industrial enterprises arose in the US. The demand for labor to build railroads, forge steel, weave textiles and manufacture everything under the sun encouraged more immigration from Europe, and also from Asia. These immigrants were every bit as controversial as they are in our current politics. There was an entire anti-immigrant party called the Know Nothings!

The immigrants came and lived in squalid tenements in New York and Chicago, or in logging camps in our mountains, and many of us count them as ancestors. These workers too felt powerless and abused in the face of the Industrialists, and responded by organizing into labor unions. In many ways, the Civil War was followed by the Labor War, with brutal factory strikes replacing battles in the field. The unions were able to humanize work in America, and provide legal rules to prevent the exploitation of workers, and to ban child labor.

In the 21st century, our working lives are vastly different. Few Americans now work on family farms, where it was all hands in to grow enough food to survive the winter and generate enough income to pay the taxes. Nor do most of us work in large-scale factories with hundreds or even thousands of co-workers. Nor do we tend to work our whole lives for one company, as my father did for General Electric. Indeed, we take for granted that the jobs of the future do not even

exist now, and that retraining will be necessary for employment. And on top of all this the forces of automation and technology continually find ways to replace humans in the work place. The few farms that remain are still dependent on migrant labor, although the supply is must always recognize that their loyalty is towards people and their well-being, not towards special interests and corporate interests. An American value, set out in our founding documents, reflects the Biblical view that people are of eternal value, made in the image of God. It is a primary responsibility of elected officials to fight against the economic pressure to reduce American workers to a mere commodity. We can see this battle throughout our history.

In light of our history, there may well be continued political stress as our employment markets adjust to the knowledge economy and technological innovation. I believe much can be understood about the current election, and the frustrations in our country, from the fears of this change and from the yearning for a simpler past.

If we can continue to value our people and their families, and continue to provide an education that prepares them for future jobs, I am certain the future will be more about hope than fear. Every one of us is more than a mere laborer and consumer! Please help me and my legislative colleagues as we strive to grapple with our changing economy in North Carolina.

As always, I am proud to represent you in Raleigh and look forward to hearing from you.

John Ager's Contact:
NC House of Representatives
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		High \$	Low \$	Avg \$
Houses listed	15	1,360,000	220,000	485,266
Houses sold	19	810,000	52,000	347,588
Land listed	18	23,995,000	25,000	1,464,950
Land sold	5	300,000	72,000	148,200

Cool Mountain Realty provides the monthly real estate stats for the Fairview area (zip 28730). Cool Mountain Realty is participating in the Asheville Parade of Homes, *October 8-9 and 15-16, 1-5 pm*. Look for us in the Community Showcase Category online at paradeofhomesasheville.com. Spend the afternoon and take a tour of all we have to offer at Fairview Meadows (US74 to Taylor Rd to Old Charlotte Hwy to Harris Road to Forget Me Not Meadows...follow the signs). Our agents would love to help you with your purchase or sale. Email Jenny Brunet at coolmntn1@gmail.com or call 628-3088.

Fault *continued from page 23*

quences and make it more likely a teen might ignore them again to have the experience they liked the first time.

As adults, surviving some risky choices can inform us and make us more grateful for another day on our journeys. We can choose to be informed, for instance, by the trauma and emotions of having an automobile accident. What can we do to use what we know as adults, beyond the teen years, to accept the learning from our mistakes? How can we balance the longing for adventure with awareness as we make choices to maximize the greatest potential for satisfaction and happiness?

Let's do something different. Plan to drive different routes to make yourself pay attention better. Listen to music or sing more, and stay off the phone. Be aware that it is "in the dew of little things, the heart finds its morning and is refreshed" (Kahlil Gibran). Let's allow ourselves a refreshed morning. Let's begin: with loving ourselves, being patient and kind; by eating, moving, breathing and finding pleasure and joy, while learning from our mistakes.

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.

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We had about 28 members and guests for the September lunch meeting at Trout Lily. After regular business, guests and potential new members were introduced including Matt Killian from Killian Construction, Joe from Fairview Pizza Company, and Tom and Frank from Whistle Hop Brewery... planning to open by October. Quarterly Charities were discussed and Angels of Fairview was selected as the FBA's 4th quarter charity.

Susan Bost, owner of Trout Lily, shared that she is now catering, and fresh juicing is coming.

Susan's son, Andrew Crosson, gave the group some very valuable information in reference to the importance of KEEPING IT LOCAL! (see article page 9)

October's Member's Meeting

The October meeting will be Monday, October 10, 6 pm at Spring Mountain Community Center, and will be hosted by Maria Horton of Solatube. Members should arrive a bit early as the meeting starts promptly at 6 pm. Bring a snack or beverage to share.

FBA Name-tags

If you do not have an FBA name-tag yet, this is the time to order. They are magnetic, attractive and only \$10. They allow other members to identify you and your business at meetings and events. Please email Lisa Pelly at fba.treasurer@gmail.com or stop by the Crier office to order and pay.

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Or join at the Town Crier office, 1185F Charlotte Hwy, Monday-Friday, 1–5 pm or at a meeting. FBA Voicemail – 585-7414

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Fall Gardening — Wrapping Up and Getting Ready

As a lifelong gardener, when I say I hate August and am not so fond of summer if truth be told, though I love fall in the garden, it seems strange to folks. But summer heat (and this year’s droughts) drains my energy as I see plants struggle in less than ideal conditions. In summer we swim in a sea of vegetables, it’s true, but we also tread water when it comes to all the many things we cannot get to for lack of time. That’s when autumn rolls in with a breath of relief and a promise of the next season. Here are some of the ways we’re wrapping up the year at The Lord’s Acre.

Adding a new bed to a grassy area. There are several ways we can go about it. We can cover an area thickly with newspaper, water it down till it’s soaking, then add a layer of compost cover with grass clippings, spent crop residue, old straw or hay, or all four. Sometimes we’ll use wet cardboard (staples and tape removed) if we’ll be planting crops like squash and watermelon, since they require only a few mounds being opened up into the paper layer. Depending on your soil and location, you may be able to simply layer garden debris all year long, cover with black plastic in the fall and – voila! – have a great new bed in the spring.

Collecting dry seed from open pollinated flowers, vegetables and herbs. Some of these we save and label; some flowers and herbs we also toss out wherever we want them to reseed next year.

Planting overwintering cover crops. We do this starting in September, depending on what we want to do in a

certain bed or area. All cover crops protect the soil and lock in fertility, so you don’t lose it over the winter, and provide valuable materials (biomass) for next year’s compost piles. But each cover crop also works for you in specific ways. Some open up clay soil while others kill back weeds or soil pests. The best book out there for easily understanding and using cover crops for the backyard gardener is *Managing Cover Crops Profitably*, which can be purchased for \$20 online or downloaded for free at sare.org/Learning-Center/Books/Managing-Cover-Crops-Profitably-3rd-Edition (click on Free Download). In early October there is still time to plant many overwinter cover crops for this area. We like to use Austrian Winter Pea, hairy vetch or crimson clover in beds that we want to get into quickly in spring; these plants (legumes) can add free nitrogen to your soil. Where we don’t need to get into the soil until April or May, we plant a grain (wheat and oats are easiest to get out in spring) mixed with any of the above legumes.

Planting garlic. We all love it, it’s incredibly easy to grow and what you grow tastes way more powerful and nuanced than what you buy. It comes in a surprisingly wide array of types, sizes, and strengths and can be planted here in WNC anytime in October and into early November, so get some beds ready now. We save back some seed each year for replanting and also order new seed. Separate cloves, plant them in a well-composted bed, pointed side up and about 1.5 inches below the soil level, then cover with an inch

or so of mulch. We like shredded leaves topped with clean straw. The spears will push up through the mulch and if you side dress with some all-purpose fertilizer in spring and add a little more mulch, you can’t grow an easier crop.

Soil testing. You can go through the state extension service, but we like using Waypoint Analytical. Collect 8-10 samples from 6-8 inches below the ground. Use stainless steel or plastic diggers and containers as other metals can skew the testing. Follow your testing service’s instructions and you’ll soon know what to add or amend in spring, which saves money and the chance of harming your soil by adding what you don’t need.

Building a simple cold frame. For over-wintering some food crops and for starting spring crops earlier, you can find simple instructions online for straw bale cold frames and scrounged material cold frames that will cost next to nothing, and many can even be created by non-builders like me. Crops that grow best overwinter are spinach, kale, collards, Asian greens, and the little-known (in this country) mache, which just keeps trucking.

Or build a hoop house. Simple, small

hoop houses can also be built for a small price, which can be even lower if you’re a scrounger/creative type. Check out designs online or in library books for these

walk-in, unheated tunnels of any size that will easily do what cold frames can do but with room to walk in.

Of course there’s more that can be done: planting fall flower bulbs here and there for a spring surprise, cutting back and composting old perennials, cleaning and oiling garden tools, emptying the gas out of lawnmowers (the one thing most recommended by the repair shop) and cleaning your shed or potting area.

Whatever fall garden chores you put at the top of your list I hope that, like ours, each one reminds you of the sights, smells, tastes, joy and even humor of the year you’re wrapping up while also inspiring dreams of what next year will bring.



Kousa Dogwood

Back in the 1980s, the blight on the American Dogwood had taken hold and was spreading fast, and most of the predictions for the dogwood’s survival were dire. I was saddened, as dogwoods were one of my favorite native trees and were such an integral part of my mountain memories, and it was hard to imagine their disappearance. We had already lost a number of trees on our land but many remained, so there was still hope, but it wasn’t looking good from all the reports. One day, I was at a friend’s house and noticed a strange-looking dogwood tree covered with cascading flowers that seemed to grow in waves.

A landscaper friend said that it was called a Kousa dogwood (*Cornus kousa*) and that these unusual trees were the “disease-resistant replacement dogwood.” I had the hardest time thinking of this tree as a substitute for the dogwoods I had known all my life. Okay, I could admit that the flowers were dogwood-like in their form and nature and that they were pretty, but it was such a different tree; they bloom about a month later and the blossoms were very dense and heavy, lacking the ballet-like beauty of the trees I had grown up with. *Cornus* means “horn,” as in a wind instrument or the quality of hardness. The name dogwood is from the

Middle English word *dag*, from which we also get the word dagger, and indeed dogwood is known to make stiff skewers.

It took me many years to simply accept the Kousa on its own terms and see its beauty for what it is, a unique and beautiful variety of dogwood. Fortunately, the American dogwood held on and seems to be surviving, and now there are two beautiful trees in the landscape of my life.

Then something special happened. It was early autumn and I saw a tree outside my dentist’s office, covered in unusual, cosmic, strawberry-colored fruits; I thought it was one of the wildest, most unusual trees I had ever seen in my life.

The berries looked like they were from a Disney outer space movie, with hundreds of these unusual bright raspberry-red dangling berries that looked like some kind of tropical Lychee nut, only the tree was in the Shenandoah Valley. I was amazed to realize that this was a Kousa dogwood! Kousas are native to Southeast Asia and are prized in Korea both for their ornamental beauty and their sweet edible fruits.

When ripe, these fruits contain a sweet plum/persimmon-like pudding, and you can pop them in your mouth, squeeze out the delicious paste onto your tongue and discard the tougher outer rind, which is mildly bitter and grainy in texture. They are delicious and fun to eat. I always eat them raw, but some folks do make jams out of them.



The Kousa grows to 15-20 feet, has flaky bark, and long-lasting white flower bracts, which usually come out about a month later than the American dogwood (*Cornus florida*). Its flowers are abundant and there are many varieties, some pink and red. In autumn the leaves turn bronze before dropping. The Kousa is resistant to Dogwood Anthracnose, a fungal disease that has been infecting flowering dogwoods in eastern North America, so it has become widespread and prized in landscapes across North America.

The bark can be boiled to make a black dye, the leaves can be dried and smoked, the wood can be used for bow and arrow material, and a decoction of the bark works as a laxative. The abundant fruits show promise for having anti-tumor qualities, so these trees may be of future benefit in cancer research. All I know is that they are a fun, delicious autumn treat, they produce abundant fruits, and no critters seem to touch them!

A Dogwood Epiphany

A few weeks ago, I spent the week in Hickory as my brother was in the ICU in critical condition. Later in the week, I had a stress meltdown day and was exhausted; it was hot outside and I was walking down the sidewalk in the town, hauling my carry-on suitcase, eating a sandwich and making necessary phone calls, when

my foot hit some sort of slimy, gooey mess on the sidewalk. I cursed, thinking at first it was fresh dog doo, only to realize to my surprise that it was hundreds of Kousa dogwood fruits, and that delighted me beyond belief. After I hung up the phone, I began scooping up and eating the sweet, delicious ripe fruits. It was such a good feeling; their flavor was intense, like really good candy, and I realized everything was okay. A taste of the wild even in the city reawakened my soul and helped me remember the rest of my life!

Since then, I have made several pilgrimages to the spots in town filled with Kousas, and right now the fruits are ripe for the picking. We will be planting several of these lovely trees on our property so we can enjoy their beauty and, each autumn, have a taste of their wild, unusual sweet fruits.

Contact Roger at rogerklingner@charter.net.



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38 The Fairview Town Crier October 2016

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Put Success on Your Side... Call Jim!

Fairview Resident Since 1992



SOUTHEAST! Spacious home on 1.07 acres, 4 BR, 2 baths, rock FP, den, rec room, finished bsmt, lg master BR, sauna in master bath, deck, cov porch, in-ground pool, garage, **MLS#3158406, \$429,999!**



NORTH! Beautiful 3BR, 3 Bath, amazing views, great kitchen, 2-car gar, lge craft rm, cov porch, end. side porch, full bsmt easily finished, **HOME WARRANTY**, private, wooded setting, **MLS#3121644, \$339,900!**



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



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



CANDLER! 3 BR brick home, HW floors/carpet, appx 1.75 acres, awaiting survey, detached 2-car gar, full unfinished bsmt, **HOME WARRANTY**, city water available per seller, **MLS#3188634, \$220,000!**



ARDEN! Lovely home located in nice area of homes, 3 BR, 2 baths, **HOME WARRANTY**, family room w/FP, sunroom, vaulted ceiling, garage, **MLS#3180418, \$229,900!**



MADISON COUNTY! 6 acres w/nice 1.5 story home, covered front porch, fifteen min to Weaverville, very convenient location, **MLS#3162276, \$209,900!**



EAST IN COUNTY! 3 BR, 2 bath brick home, large kitchen, vaulted ceilings, skylights, 2 decks, garage, bamboo floors, **MLS#3201316, \$150,000!**



SOUTH! Wonderfully private 9.54 acres of land in Hoopers Creek, close to Asheville & Hendersonville - surveyed into 4 lots or suitable for gorgeous mini estate, **MLS#3186397, \$137,000!**



NORTH ASHEVILLE! 1.12 Beautiful acres in a luxury gated community, clear te trees and see all the way to Tennessee, **MLS#3190875, \$99,000!**

RESULTS!

TimberwoodPending in 13 days
 Meadowbrook Ave.....Pending in 5 days
 Winding WayPending in 34 days
 Ridgeway Dr.....Pending in 14 day
 Bramblewood.....Pending in 27 days
 Blalock AvePending in 35 days
 Campground RdPending in 4 days
 Oregon AvePending in 1 day

Mitchell Ave.....Pending in 2 days
 Mtn Meadow Circle.....Pending in 8 days
 Rotunda Circle.....Pending in 28 days
 Fairfax AvePending in 7 days
 Liberty Rd.....Pending in 39 days
 Melody Ln.....Pending in 29 days
 Richmond AvePending in 3 days
 Lakewood DrPending in 7 days