



THE VOICE OF OUR COMMUNITY

The Fairview Town Crier

JUNE 2017 VOL. 21, No. 6 | FAIRVIEW, NC | WWW.FAIRVIEWTOWNCRIER.COM

Navy Veteran Walks Cross-Country for PTSD Awareness



Note received from Joe's aunt Marie Baker: "My nephew Joe Copeland is a Navy SeaBee veteran and is walking across the U.S. with his service dog Molly from Virginia to California to help raise awareness of those veterans who suffer from Post-Traumatic Stress Disorder (PTSD) and in the hope of saving the 22 veterans who take their own lives each day. He is 49 days into his journey, spent last night at Creekside campground in Bat Cave, and is heading toward your way on Route 74. He walks about 10 miles a day. I am helping him spread the word. He does live videos and I know it would mean so much to him to have people encouraging him along the way."

Editor's Note: We received this email from Joe Copeland's aunt the day before Smokey & The Pig's annual BBQ fundraiser for the Fairview Fire Fighters and so it was too late to get in touch with our readers. I had been in the office working on this particular Saturday and finished up early to head over to the fire department to pick up a plate to go. Everyone was excited to share the news that Navy Veteran Joe Copeland had just left after visiting for an hour or so. It seems Joe had come down the mountain and was walking west on 74A, planning to make a left onto Cane Creek Road when he "smelled barbecue." He changed direction and headed for the delightful smoky aroma. Of course he was greeted with open arms and an overflowing plate. Smokey & The Pig owner Tim Brewer told me he was proud to serve Joe and a special plate of bones for his dog Molly. Captain Phillip Davis, who spent quite a bit of time talking with Joe, recounted that Joe laughed and said, "My dog eats better than I do. Everywhere we go, people always feed her."

As the June Crier goes to press, Joe has moved on through the Nantahala National Forest and into Tennessee. We at the Crier hope our readers will let Joe know how proud we are of him, and perhaps let friends and family in Tennessee and on to the west know of his journey; maybe some of them can even go out and shake his hand — and offer Molly a snack. Joe can be tracked and contacted through his website at 22joe.weebly.com and his Facebook page "Joe's walk to end 22."

Hollywood Road Landfill Update

The work is still progressing on the remedy work at the Hollywood Road Unregulated Landfill project. Due to the heavy rain and other site difficulties, the revised completion date is now July 6th. The first four phases are now complete, and they are currently working on phases 5, 6, and 7.



Please Plan Ahead

The Fairview Town Crier and The Hub of Fairview will be **closed the week of July 3rd and will reopen at 10 am on Monday, July 10th.**

Anyone wishing to drop off payments, submissions, etc., can do so in the blue dropbox mounted on the wall outside the offices at Unit G, 1185 Charlotte Highway in Fairview. We will try to check phone messages and email daily.

Wishing everyone a happy and safe Independence Day!

The Gardens of Fairview Tour and Presentations, June 10-11

The Gardens of Fairview is an amazing collection of gardens and homesteads in our area. Last year, Jim Smith organized this tour and it was extremely well received, with more than 150 people wandering around Fairview to enjoy the variety of gardens.

This year's self-guided tour is on Saturday, June 10, and patrons will have from 9:30 am to 3 pm to take in the green sites. There are eight gardens on the tour, varying in type and scope.

On Sunday, June 11, there will be five in-depth presentations at different gardens: community gardening, attracting butterflies, a green home and edible garden, a year-round garden, and all about bees. Pick up a detailed brochure, map and tickets at Trout Lily, The Hub of Fairview or The Garden Spot, or look for the tent at Saturday's Fairview Farmers Market.

For more information, visit the website, www.gardensoffairview.com



A note from Jim Smith, organizer of The Gardens of Fairview:

I want to thank all who have helped make this event happen. It is a vision shared by many in our area to provide food, beauty, healing herbs and flowers, nourishment, education, and networking for those who garden, and to supply fresh food to all. Primary to the event are the gardens themselves. The extraordinary efforts by all of the participants to share their spaces, ideas, beauty, and hard work are beyond anything I imagined. I am grateful for them, and to them.

Many thanks to Debbie Weaver of Turgua Brewing on Garren Creek for her help in designing the brochure, organizing the event and putting together our website, and to Sandie Rhodes of the Hub and the Town Crier for her efforts to build and support our community and her wonderful direction in finalizing and printing the brochure. And of course, thanks to both for their patience. Many thanks also to our sponsors: Trout Lily Market, The Garden Spot, the Hub of Fairview/Fairview Town Crier, Fairview Farmers Market, Imladris Farm, Hickory Nut Gap Farm and Store, The Organic Growers School, Troyer's Market and Deli, and Turgua Brewing.

And lastly, thanks to you... the folks of Fairview... for your support. This community has so much to offer and I am proud to be a part of it.

Come out and enjoy the weekend of June 10 and 11.

Gratefully, Jim Smith

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COMMUNITY EVENTS

JUNE 2 (FRIDAY)

HNGF Barn Dance Kickoff

Square Dance with the Spring Mountain Shiners 6–9pm. \$7, kids 4 and under free. Dinner available 6–8pm. 57 Sugar Hollow Rd, Fairview. 628-1027.

JUNE 2–JULY 1

Summer Shakespeare

Montford Park Shakespeare's comedy, *The Taming of the Shrew*, will be performed at the Hazel Robinson Amphitheatre, 92 Gay Street, Asheville. Performances are FREE and run Friday, Saturday and Sunday nights, 7:30pm. For info or to reserve seats, call 254-5146 or visit montfordparkplayers.org

JUNE 3 (SATURDAY)

Fairview Farmers Market

Support all things local at this weekly market held Saturdays, 9am–1 pm. Find pasture raised meats, veggies, berries, honey, candles, goat soaps, baked goods, plants and cut flowers, jewelry, pottery, cast-iron cookware, and more! Thanks to the Hub of Fairview, Farmer Jane Goat Soaps and The Local Joint

for sponsoring the market this season. Fairview Elementary School parking lot. Visit fairviewfarmersmarket.org for info.

New Moon Flea Market

8am–1pmish. Always some great finds inside and out. Vendors can set up a table for \$10. Just show up and pay.

Movie Night at HNGF

First Saturdays in Summer Movie Night at Hickory Nut Gap Farm presents *The Lego Movie*. 6–9pm in the Big Barn, 57 Sugar Hollow Road in Fairview. Admission \$6. Children under 4 FREE. hickorynutgapfarm.com



Local Cloth's Fiber Feel Day

Fiber craft enthusiasts can buy fleeces and processed fibers straight from our region's local sheep, goat and alpaca farmers, 9–2pm. Free. NC Farmers Only, Shed One, WNC Farmer's Market, 570 Brevard Road, Asheville. localcloth.org

JUNE 4 (SUNDAY)

Cane Creek Cemetery Association

Semi-annual meeting at the Cane Creek Cemetery, beginning at 2:30pm. Please bring a chair. For information contact Bruce Whitaker, 280-9533.

Musical Puppet Play at DWT

Original shadow puppet play & concert with Fairview pianist John Cobb and The Red Herring Puppets set to Mussorgsky's *Pictures at an Exhibition*. Animated imagery enhances the score. Show 3pm. Tickets \$18, \$15 students. DWT, 2 South Pack Square, Asheville, redherringpuppets.com, dwttheatre.com

JUNE 5–6 (MONDAY - TUESDAY)

Eliada Family Foster Care Q & A

Learn about the Foster Care system and how to become a foster parent. Fairview Library, Monday, 10:30am–12pm, Tuesday, 4–6pm. Resources available.

JUNE 6 (TUESDAY)

Local Cloth Dye Studio & Classroom Workshop

Fear Not the Dyepot! Fiber artist Judi Jetson teaches how to hand paint with acid dyes using a steamer to set color. 9am–1pm. The Refinery Creator Space, 207 S. Coxe, Asheville. localcloth.org

FAAL Monthly Meeting

The Fairview Area Art League will meet at 10am at the Hub of Fairview, 1185 Charlotte Highway in the Americare shopping center. Artists of any kind and art appreciators should consider joining this new group. For info call 628-1422.

Sons of Confederate Vets Meeting

The Sons of Confederate Veterans Camp (Cane Creek Rifles) meets at 7pm at the Fletcher Fire Department. The group focuses on Confederate ancestry and Southern heritage. For details call 628-1376.

Prostate Cancer Support Meeting

Us TOO of WNC for men, caregivers and family members, meets at 7pm at First Baptist Church of Asheville, 5 Oak Street. Jon Stokes will present information on ZERO Cancer programs. Free. For information details call 242-8410 or visit wncprostate@gmail.com

JUNE 7 (WEDNESDAY)

Public Meeting for Input on Joe Jenkins Land Development

The 3-acre tract adjacent to The Lord's Acre on Joe Jenkins Road is in the development phase for a 110-unit storage facility, with a second one planned. Residents interested to work toward an alternative plan should meet at the Fairview Library Community room at 6 pm.

COMMUNITY EVENTS

JUNE 7–8 (WEDNESDAY-THURSDAY)

3D Felt Workshop

Fairview fiber artist Vicki Bennett will teach 3D felt. Participants will learn to create felt vessels and sculptures with portals, pathways and pop-ups. 9am–4pm. The Refinery Creator Space, 207 S. Coxe, Asheville. localcloth.org to register.

JUNE 8 (THURSDAY)



Flower Workshop

Learn everything about flowers from growing to arranging at Flying Cloud Farm, 5:30-7:30pm at this first in a series of six workshops. Everyone takes home flowers. One workshop is \$50. Call Annie at 768-3348 or visit Flyingcloudfarm.net See ad page 3.

Republican Women's Club Picnic

The Buncombe County Republican Women's Club is hosting Picnic In The Mountains featuring keynote speaker Lt. Col. James Womack. 11:30am–1:30pm. Meet the candidates and enjoy a ham and fried chicken lunch. Please bring a side dish or dessert, a \$5 donation and a toiletry item for women veterans in need. Email a required RSVP to Dorothea Alderfer at dalderfer2567@charter.net or 683-2567.

JUNE 9 (FRIDAY)

HNGF Square Dance

Dance with the Haw Creek Sheiks, 6–9pm. \$7, kids 4 and under free. Dinner available 6–8pm. Hickory Nut Gap Farm, 57 Sugar Hollow Road, Fairview. 628-1027.

JUNE 10 (SATURDAY)

Compost Demo

Buncombe County Master Gardener volunteers demonstrate composting techniques, provide info and answer questions. Free samples of "black gold" for all. 11am–2pm, also given on June 24. 2nd and 4th Saturday through October 14. Jesse Israel & Sons Garden Center, WNC Farmers Market, 570 Brevard Road, Asheville. For more information, buncombemastergardener.org

JUNE 10–11 (SATURDAY/SUNDAY)



Gardens of Fairview Tour

Spend Saturday exploring Fairview's variety of gardens, chat with farmers/gardeners to ask questions and learn tips. On Sunday, choose from two of five interactive presentations: community gardens; butterflies and your garden; green home and edible gardening; year-round growing in the mountains, and all about bees. The Saturday tour is \$10, Sunday presentations are \$10 each or two for \$18, or sign up for the entire weekend package for \$25. Info and tickets at Trout Lily, Garden Spot, The Hub or online at gardensoffairview.com See article page 1 and ad page 9.

JUNE 12 (MONDAY)

Trout Lily Sampling Event

Trout Lily Market will host a free beer and food sampling event from 4–6pm.

Beer from Fairview's new Turgua Farmstead Brewing will be paired with handcrafted food from the deli and local vegan dark chocolates. After trying a few things, guests can go for a "pint and plate" for \$9. troutlilymarket.net or Facebook.

JUNE 12–13 (MONDAY/TUESDAY)

Asheville Community Theatre Auditions

Try out for Mel Brooks' musical, *The Producers*, 6–9pm. Open to all, no previous experience required. Prepare 16 bars of music to bring to the audition in the key in which you will be singing. Accompanist provided. For info, call Asheville Community Theatre, 254-1320 or www.ashevilletheatre.org

JUNE 13 (TUESDAY)

Books & Bites Authors Luncheon

Author Lisa Wingate will talk about her latest novel, *Before We Were Yours* at the Friends of the Mountains Branch Library fundraising luncheon, 11:30am, Lake Lure Inn, 2771 Memorial Hwy. \$25 includes lunch. For reservations call 287-6392.

JUNE 15 (THURSDAY)

Fairview Chiropractic Center

Learn how to avoid back surgery and about technologies that can help with



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Flower Workshops

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Attendees will learn about growing, harvesting and arranging cut flowers. Everyone will take home a flower arrangement, plus valuable growing tips.

Workshop Schedule

Thursday, June 8 • Saturday, June 17
Thursday, July 13 • Thursday, August 10
Saturday, Sept 9 • Thursday, Sept 14
\$50/workshop or \$250 for all!



To register call 828.768.3348 or email flyingcloudfarmnc@gmail.com or visit FlyingCloudFarm.net

COMMUNITY EVENTS

spine and extremity pain and disc problems. Class 4 Laser Therapy and Nonsurgical spinal decompression plus new technologies from Europe and professional sports teams may help avoid surgery. 5:30pm. Reservation required. Call 628-7800.

Gardening in the Mountains presents Beneficial Insects

Learn about the wonderful world of beneficial insects and how they are as essential as the plants themselves. Presented by Jill Sidebottom, Ph.D., 11:30–1:00pm. NC Cooperative Extension, Buncombe County Center, 49 Mt Carmel Road, Asheville. Free, but registration required. Call 828-255-5522. Bring a bag lunch.

JUNE 16 (FRIDAY)

Summer Jewelry Event

Super sale of costume, vintage, hand-made, Native American designs and sterling silver jewelry. Light refreshments will be served and door prizes awarded. The Hub of Fairview, 1185-G Charlotte Highway, (in Americare shopping center). 5–8pm.

HNGF Zydeco Dance

With Bayou Deisel, 6–9pm. \$7, kids 4 and under free. Dinner available 6–8pm. 57 Sugar Hollow Road, Fairview. 628-1027.



Downtown After 5

Headliner: The Greyhounds, a combination of old school, “SoCal” feel and East Texas, “slap-a-jank” guitar and vocals. Opener: The Northside Gentlemen, local funk/soul band playing old soul classics and instrumental New Orleans funk. Downtown After 5, N. Lexington Ave., Asheville. Every third Friday of the month through September. ashevilledowntown.org

JUNE 17 (SATURDAY)

New Moon Marketplace Flea Market

8am–1pmish. Always some great finds inside and out. Vendors can set up a table for \$10. Just show up and pay.

Fairview High School Class of 1955 Reunion

All classmates, graduated or not, are invited to relive memories and share a catered lunch. Meet at 12:30, lunch served 1pm at Cane Creek Community Center, 1370 Cane Creek Road in Fletcher. Cost is \$19.50 per person. Send a check to Frankie Kirstein Smith, 35 McGee Circle, Fairview, NC 28730 or Dot Reed Rice, 273 Mills Gap Road, Asheville, NC 28803. Questions, call Martin Lytle at 628-1144.

Free Community Meal at Fairview Sharon

Fairview Sharon United Methodist Church (beside Food Lion) invites the community to a free dinner and family fun, 5–7pm. Meet your neighbors while enjoying hamburgers, hotdogs, music, inflatables and other activities for children. Visit their Facebook page for updates.

SAHC Free Guided Hikes and More

Southern Appalachian Highlands Conservancy's June Jamboree features a variety of outings from advanced hikes to relaxing yoga or a roll and stroll suitable for folks using wheelchairs. Events cater to all ages, interest and ability levels. Visit appalachian.org or see article page 21 for more info.

Flower Workshop

Learn everything about flowers from growing to arranging at Flying Cloud Farm during this second in a series of six workshops. Everyone takes home flowers. Workshop is \$50. Call Annie at 768-3348 or visit Flyingcloudfarm.net

JUNE 18 (SUNDAY)

Ethical Society Meeting

“Global Ethics: 10 Universal Essentials (Capabilities) to Well Being” presented by Professor Grace Campbell at Friends Meeting House, 227 Edgewood Road, Asheville, 2–3:30pm. Explore the essentials required for people to achieve well being as Prof. Campbell presents the 10 capabilities proposed by Martha Nussbaum in her book *Women and Human Development*. Informal discussion and refreshments will follow the presentation. Call 687-7759 or visit EHSAsheville.org

JUNE 19 (MONDAY)

Chautauqua History Alive Festival

Come see Fairview's Becky Stone perform Maya Angelou, with music by Zoe & Clyde. 7pm. Ferguson Auditorium, A-B Tech Campus, 340 Victoria Road, Asheville. Tickets \$5 (or \$15 for 4-night pass). See full schedule on page 9.

COMMUNITY EVENTS

JUNE 23 (FRIDAY)

HNGF Square Dance

With the Spring Mountain Shiners, 6–9pm. \$7, kids 4 and under free. Dinner available 6–8pm. 57 Sugar Hollow Road, Fairview. 628-1027.

JUNE 24 (SATURDAY)

Food For Fairview Benefit

All are welcome for a fellowship meal following a performance of The Lowe Family Singers. Bethany United Methodist, 212 Bethany Church Road, Fairview, beginning at 5:30pm. Admission is one or more prepackaged items, such as peanut butter, canola oil, or other non-perishable food items. Call Linda Dotson at 684-4338 or Sadie Clemments at 669-4992

JUNE 24-25 (SATURDAY-SUNDAY)



Appalachian Sustainable Agriculture Project (ASAP)

All are welcome from 12–5pm for ASAP's Farm Tour. Experience firsthand how food is grown and raised in WNC, taste farm-fresh products, visit farm animals, meet the community's food and fiber producers. Kids can enjoy hands-on activities at the more than 20 Appalachian Grown Farms (Fairview farms: Cane Creek Creamery, Flying Cloud Farm, Hickory Nut Gap Farm). \$30/car in advance or \$40 day of for a weekend pass. asapconnections.org.

JUNE 26 (MONDAY)

Eyeglass Trunk Sale

Elite Eye Care is holding a Trunk Sale, 2–6 pm, featuring treats, fun and giveaways including Neubau and Adidas frames and lens packages and a FREE iPad! Elite is located at 140 Airport Road in Arden, 687-7500 or see ad on page 5.

JUNE 29 (THURSDAY)

Free Ultra Slim Presentation

A free presentation of UltraSlim for immediate fat loss. Demo, Q&A, and snacks. Attendees receive a free consultation. Serenity Spa, 2 Doctors Park, Suite C, Asheville, 5:30–7pm, 628-7800.

JUNE 30 (FRIDAY)

Labeling the July Town Crier

Volunteer labelers welcome, 10:30am at the Fairview Fire Department. If you have an hour to spare, come help your community paper get in the mail. All volunteers: kindly RSVP to Patti Parr, pattiparr@yahoo.com

HNGF Contra Dance

With the Spring Mountain Shiners, 6–9pm. \$7, kids 4 and under free. Dinner available 6–8pm. 57 Sugar Hollow Road, Fairview. 628-1027.

ONGOING EVENTS

Fairview Farmer's Market

The Farmer's Market is open every Saturday 9am–1pm every Saturday from through October. Fairview Elementary School parking lot. For information, visit fairviewfarmersmarket.org.

Fairview Welcome Table Lunch

A community lunch every Thursday, 11:30am–1pm in the Community Room of Fairview Christian Fellowship, behind the Fairview Library. Visit fairviewwelcometable.com.

IDENTIFICATION STATEMENT

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

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

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



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COMMUNITY EVENTS

Brain Tumor Support Group

Meets every third Thursday at MAHEC, 6pm. Refreshments provided. wnc-braintumor.org

WNC Knitters and Crocheters for Others

Meets 2nd Mondays, 7–9pm at New Hope Presbyterian Church, 3070 Sweeten Creek Rd. All skill levels welcome. Contact Janet Stewart, 575-9195.

BCDP Women's Club Dinner

Monthly dinner meetings are held the third Thursday of the month, 6–7:30pm at the Buncombe County Democratic Party HQ, 951 Old Fairview Road, Asheville. Dinner catered by Artisan Catering, \$12. Information and RSVP at buncombedemwomen@gmail.com

Spring Mountain Community Center

springmountaincc.com

Summer Concert Series

Come to the first of a weekly summer concert series beginning at 7:30pm. Enjoy an eclectic music mix from the Berry Pickers, or bring your instrument to jam. Refreshments will be available for a freewill offering. For information contact Jim Stilwell: jamesstilwell@bellsouth.net.



Outdoor Family Movie Night

Balken Roofing's popular SMCC movie series is back. See Storks June 16! Kids' activities start at 7:30pm; movie begins at dusk. Bring lawn chairs and blankets.

Mondays in the Garden

Meet Jim to help in the garden, 5–7pm.

Quilting Bee

Meets second Tuesdays, 10am–2pm. Bring a project and your lunch. Quilters make various items to donate to worthy causes. Call 628-7900 or 628-1938.

Yoga Classes

Thursdays 6:15–7pm; \$5–10 suggested donation. Contact 243-8432 or email sabrina.alison.mueller@gmail.com

COMPUTER BYTES BILL SCOBIE

Tips from All Over

Take it on the Road

Protecting data while travelling can be done in a variety of ways. First, learn how to use your phone as a hotspot, rather than relying on public hotspots. Don't use those public computers in places you don't know. Find out what countries will search your devices, and consider not bringing sensitive data with you. Make sure you use https connections when you connect to any websites, and learn if your email program uses encrypted server connections. This means that you should also use a VPN while traveling.

How the Pod People Sleep

Falling asleep with podcasts is one of those contradictory pieces of advice. We're told to stay away from our devices for at least 30 minutes before bed, yet there are podcasts that might help us fall asleep. Try some to see if they help you more than they drive your partner crazy — that is, they probably work best if you sleep alone. Here's a partial list, in no particular order: sleepwithmepodcast.com; classictales.libsyn.com; thedaily meditationpodcast.libsyn.com; meditationminis.com; sleepandrelaxasmr.com; and a podcast without a website, Deep Energy 2.0.

Cell Phone Caution

Make sure when buying a used cell phone to check if it's been stolen. Get the device's ESN or IMEI number from the seller and check it at stolenphonechecker.org, a site set up by the

industry trade group CITA. And, if the seller won't give you that device number, beware.

Checking it Off

My grandmother had a great idea: start making your to-do list at noon with all the things you'd already done, so you could cross them out. But Tim Ferris, a business expert with a wide podcast following, has another trick. Ask yourself, for each item on your to-do list, "If this were the only thing I accomplished today, would I be satisfied with my day?" Then prioritize the yeses.

Just Sayin'

Joy of joys, talking to myself while working on a computer is supposed to be making me smarter. Ulrich Boser, in an article in the *Harvard Business Review* "Talking to Yourself (Out Loud) Can Help You Learn," explains why asking yourself questions out loud helps solidify new knowledge. Now I will never shut up, I can just say "I am learning all the time."

Smile, You're On...

Some wonderful advice from Apple for shooting photos and video on iPhone, geared toward iPhone 7, is at apple.com/iphone/photography-how-to/



Bill Scobie fixes computers and networks for small businesses and home. 628-2354 or bill@scobie.net

FOOD FOR FAIRVIEW LESLIE AUSTIN

A Community Effort

Whether you are a native of Fairview or are new to the area, you may find yourself surprised by the overwhelming generosity of our community. Food for Fairview operates almost entirely on the support of this community, so we thought we would take a moment to share our highlights of the past year with you.

Pantry Makeover

We began in April, 2016 with a wonderful new makeover for the pantry. We now have a much brighter, cheerier, and much more functional facility for both the clients and the volunteers. In May, we received vegetable plants donated by Sales Greenhouses and distributed them to the clients to plant in their gardens. The Lord's Acre provided their beautiful bounty of vegetables throughout the summer. Silas's Produce also donated produce during the summer.

The summer children's program supplied extra food to families to help feed their children who were home for school vacation, and we sent the kids back to school with 75 new backpacks filled with personal hygiene products and school supplies.

Thanksgiving found us packing 100 boxes with Thanksgiving fixings and turkeys. For Christmas, clients received holiday boxes with ham and sides for their holiday feasts. February brought about the annual Fairview Elementary School food

drive where the students raised \$1,042 in food and monetary donations.

Every week Food Lion donates meat, refrigerated items, baked goods, and produce. Last year, they also donated 1,650 Feeding America Food boxes. We also receive monthly donations of cat and dog food from a Fairview resident. Some groups such as Bethany Methodist Church come every month, and some Fairview residents pop in with food or money donations from time to time.

Impressive Totals

For the year of 2016, we had a total of 2,236 client visits, which means that we managed to provide food and other essentials throughout the year for 228 individual families with 784 adults and 276 children. As you can see, Food for Fairview is a community effort. We operate with a 100 percent volunteer staff, and with your contribution of funds and foods, we all take a part. We should take a moment to acknowledge what a special place this is to live and we should all be proud to call Fairview home. Thank you for your generous hearts.

Leslie Austin is the Pantry Manager at Food for Fairview. Food for Fairview is a Tax Exempt 501 (C) (3) Corporation. For more information on our organization, please call 628-4322.

HOME IS WHERE ALL THE BEST JOURNEYS BEGIN



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(1) Subject to credit approval.



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

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.

SCIATICA WARNING

Pain, Numbness & Tingling Going Down The Leg

Sciatica is commonly caused by compression of the sciatic nerve in the low back often causing weakness, pain, numbness, and tingling down one or both legs. As you see in the illustration, the nerves become damaged in the lower spine. Your doctor may have told you have to live with it, try drugs, injections or surgery, which may not help. There is now a facility right here that offers you hope without taking 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 can be done for you.
3. How much treatment will your condition require?

The treatment provided at our Center has three main goals:

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



We are providers for Medicare, BCBS, UHC, MedCost, Cigna and State Health Plan.

Call for an always free "Avoid Back Surgery" consultation!
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If you decide to purchase additional treatment, you have 3 days to change your mind and receive a refund.

Gardner Lanning

Gardner Lanning was born on August 11, 1837 in Fairview. He was the grandson of John and Sarah Whitaker and son of James Lanning (1804-1885) and Polly Vaughan (1807-1877), the fifth of eleven children born to James and Polly. James and Polly Lanning had more misfortune with their children than any Fairview family I know of; although Gardner Lanning only lived to be 25 years old, he outlived 6 of his 10 brothers and sisters. Gardner's oldest brother Henry Harvey Lanning died of typhoid fever in 1855 at age 26.

Gardner's sister Martha Lanning was standing too close to the fireplace in 1834, caught her dress on fire and burned to death at the age of two years and six months. His twin sister Elizabeth Lanning died of scarlet fever on October 21, 1842 at age five, and his nine-year-old sister Amanda died six days later, also of scarlet fever. Brother Jasper Lanning died in the Civil War on June 3, 1862, at age 20. An infant sibling died at birth on April 7, 1844.

Excerpts

Lanning wrote several letters to his sister Alcy Lanning Garren (1840-1912) during the war; the following are excerpts from the letters that survived:

“Tell Mama that I got my clothes; I got a shirt, a pair of slips [shoes], a pair of socks



and gloves. I was glad of them... they done first rate, only I have to get on a stump to get in my shirt pockets... they are so high on my shoulders. They come in a good time; there has been some very cold weather here. We have not drawed blankets yet, but I have got as many clothes as I can tote and more than I can tote if the Yankees get after us....” [here Gardner Lanning mentions his cousin B. Lanning having measles.]

“Noah Whitaker [there were two Noah Whitakers; since they were cousins and about the same age they called one Noah Whitaker (1832-1908) “Branch” and the other Noah Whitaker (1839-1909) “River”] “and Russell Jenkins [1839-1916] washing their shirts today... Sunday...as tis, they are trying to bile [boil] the regulars [bed bugs or lice] to death! I will bile a little tomorrow myself, I do not like to many

bedfellows... “Newton [Gardner’s brother], you wrote that you had a dull Christmas; I want you to save about five gallons of brandy till I come home, we will have a new Christmas.”

“Noah Whitaker and Russell Jenkins [1839-1916] washing their shirts today... Sunday... as tis, they are trying to bile [boil] the regulars [bed bugs or lice] to death! I will bile a little tomorrow myself, I do not like to many bedfellows...”

Gardner writes of getting sick riding railroad cars going to Tennessee. He said he went through three tunnels. “It was dark as three black cats in a cellar and they [the railroad cars] run so fast, sometimes I had to hold to keep them from running from under my feet.”

A short time after these letters were written, Gardner Lanning came down with tuberculosis, and he was sent home to die. Gardner Lanning died at his parents’ home in Fairview on April 11, 1863. He is buried in Cane Creek Cemetery in Fairview.

ADULT PROGRAMS

Chautauqua History Alive

More than history, more than a performance, more than a story — Chautauqua is a nonprofit, experiential oral tradition bringing history to life through interactive theater and compelling discussion. The program in Asheville will host four free, fun, family-friendly events Monday, June 19–Thursday, June 22, 7 pm, at the Ferguson Auditorium at A-B Tech. Tickets are \$5/night; \$15/four-night pass. Daily events are: Monday, June 19: *Maya Angelou* by *Becky Stone*; music by Zoe & Clyde. Tuesday, June 20: *Abraham Lincoln* by *George Frein*; music by Don Pedit. Wednesday, June 21: *Cesar Chavez* by *Fred Blanco*; music by Cary Fridley. Thursday, June 22: *Walter Cronkite* by *Larry Bounds*; music by the Magills.

Foster Parent Seminar

For anyone interested in learning more about becoming a foster parent or understanding more about the Foster Care system, Eliada Family Foster Care will be at the Fairview on Monday, June 5, 10:30 am–12 pm and Tuesday, June 6, 4–6 pm, to provide resources and answer questions on becoming a foster parent.

PROGRAMS AND EVENTS FOR KIDS

Summer Reading Program

The Buncombe County Public Library offers its Summer Reading Program June 1–August

31. The library will host fun-filled programs and events and give away a free book to any child who visits the library four times. To earn a free book, each child must come to the library and pick up a special bookmark. Each time they visit June–August, they collect a stamp on their bookmark. Once they collect four stamps they can pick their book.



Summer Reading Festival ... With Big Trucks!

This year's Summer Reading Festival will be held at the Oakley/South Asheville Library on Saturday, June 3, 10am–12 pm to kick off the Buncombe County Libraries' Summer Reading Program. The focus of the festival is to “Build a Better World” with big trucks

and construction equipment on display plus stories, crafts and more. Everyone is welcome to attend and start their summer reading program at this special event.

SUMMER READING EVENTS

Summer Reading Events for June are listed below. To check out the full schedule, visit the Buncombe County Library website. All events are free and open to the public. **Fire Safety for Preschoolers!** Friday, June 9, 11 am. Fire trucks and real live firefighters will be here for a visit! **Fancy Nancy Gala** Saturday, June 10, 2pm. This annual spectacular is always tons of fun with crafts galore, plenty of photo ops and all things Fancy Nancy! Costumes encouraged but not required. For children 3 & up.

Brother Wolf Animal Shelter Dogs Visit

Brother Wolf brings dogs to cuddle on Saturday, June 17, 12–~3 pm. Inside the library there will be dog stories to share and a dog bandana-making station. Dogs will be available for adoption that day but adopting is not required to come out and enjoy the fun.

LEGO Club

Friday, June 2, 3:30 pm. Join us for special builds and creative challenges. You bring your creativity, we'll provide the blocks!

Maker Space

Creative opportunities abound all summer long in our Maker Space! Self-directed

activities will be available for children and teens. Past activities have included blackout poetry, bookmark making, and grownup coloring. The station is always changing, so make sure to check out the latest project next time you are in the library.

Book Sale at the Library

The Friends of the Fairview Library Book Sale always accepts donations. If you have any gently used books, CDs, or DVDs to donate, drop them off during open hours. Receipts provided upon request.

NEW BOOKS

Adults

Camino Island by John Grisham (6/6)
The Love Story by Karen Kingsbury (6/6)
The Ministry of Utmost Happiness by Arundhati Roy (6/6)
The Identicals by Elin Hildebrand (6/13)
The Ultimatum by Karen Robards (6/13)
Hunger by Roxanne Gay (6/13)

Kids and Teens:

Once and For All by Sarah Dessen
Little Excavator by Anna Dewdney
Big Nate: What's a Little Noogie Between Friends? By Lincoln Peirce
The Dark Prophecy by Rick Riordan

Storytimes

Mother Goose (4-18 months): Tuesdays, 11am
Bounce n' Books Movement (2-5 years): Wednesdays, 11am
Preschool (3-5 years): Thursdays 11am

GOT TOO MUCH STUFF?

10 YARD CONTAINER: 8' x 11' x 4'

20 YARD CONTAINER: 8' x 22' x 4'

30 YARD CONTAINER: 8' x 22' x 6'

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GARDEN TOUR ON SATURDAY, JUNE 10 9:30–3 PM

PRESENTATIONS ON SUNDAY, JUNE 11 1–5 PM

BROCHURES, INFORMATION & TICKETS

- Trout Lily Market 628-0402
- The Hub of Fairview 628-1422
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- Fairview Farmers Market

Questions? Visit Gardensoffairview.com or call Jim at 864.313.5106

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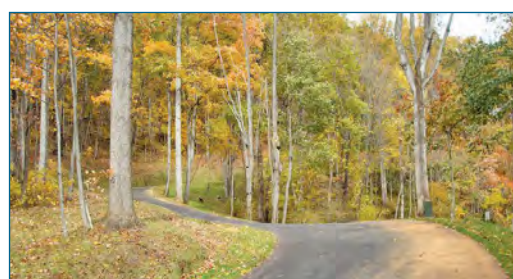
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214.54 acres in Maggie Valley/Jonathan Creek area. Price reduced!
\$1,075,000 MLS 3220837



3-bed, 3.5-bath Gateway Mountain home on 11 acres with guest house cabin and two private ponds. \$749,000 MLS 3260991



2-bed, 3-bath Gateway Mountain home on 4 acres. Close access to the gate and level entry. \$432,500 MLS 3269188



3-bed, 2-bath Asheville home on Emma Rd. within minutes of New Belgium Brewery. New construction. \$264,000 MLS 3264135



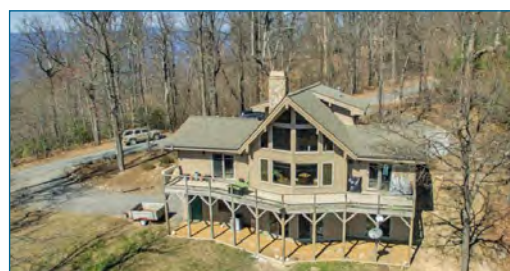
Spacious 3-bed, 3.5-bath log home with year-round views located in the Gateway Mountain Development. \$689,000 MLS 3263929



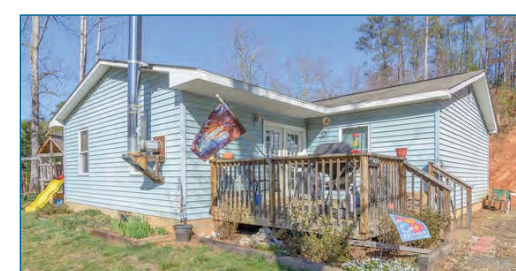
4000-square-ft, 3-bed, 3.5-bath home on nearly 5 acres in Gateway Mountain Development. \$699,900 MLS 3264131



2 acres with easy lake access in Lake Lure. \$59,900 MLS NCM586427



3-bed, 2.5-bath Gateway Mountain home on 4+ acres. Great views and close to community trout pond. \$450,000 MLS 3258911



Three-bedroom, two-bath Candler home. \$187,900 MLS 3253288

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Greybeard's Property Management division manages over 350 vacation and long-term rentals in the Asheville area. Learn more at greybeardrentals.com or call 855.923.7940.

WEATHER CORNER TOM ROSS

It's the Heat and the Dew Point!

Well, the pattern changed on a dime over the late spring. We got a good dose of much-needed rainfall in April and May. Most places across Western North Carolina received between six–nine inches of precipitation in April alone, and that has turned our deficit of precipitation for the year into a small surplus. We will have to monitor the situation over the next several months and see where we go.

June on average has high temperatures in the low 80s with an average low temperature within a few degrees of 60. June, July, and August comprise our “Meteorological Summer,” which is the warmest three-month period on average during a given year. We should also notice an increase in the dew point temperatures, which is the measure we use to denote how “muggy” or “uncomfortable” it feels outside. This increase in the dew point will be most noticeable in July and August.

Dew Point

The humidity comfort level is the actual dew point temperature, as it determines whether perspiration will evaporate from the skin, thereby cooling the body. Lower dew points feel drier and higher dew points feel more humid. Unlike temperature, which typically varies significantly between night and day, dew point tends to change

more slowly. The chance that a given day will be uncomfortable or muggy in Asheville increases very rapidly during June, rising from 12% to 40% over the course of the month. For reference, on July 26, the muggiest day of the year, there are muggy conditions 59% of the time.

Weatherspark

The humidity information above was taken from an internet site called “WeatherSpark.” This site offers a unique way to graph, plot and analyze the weather data for the Asheville area. See their site online for more info at weatherspark.com.

The table at right indicates the range of dew points in degrees F with the perception of comfort.

Unfortunately, the relative humidity is relative to the air temperature. As the

May Trivia Answer

Fort Yukon, Alaska, eight miles north of the Arctic Circle, holds the Alaska state record for the warmest temperature. How hot was it and when did it occur?

Fort Yukon, Alaska hit 100 degrees F on June 27th, 1915.

Dewpoint F	Perception
55 and Lower	Pleasant
56-60	Comfortable
61-65	Sticky
66-70	Uncomfortable
71-75	Oppressive
76 +	Miserable

temperature changes, so does the relative humidity, and it is not a good method for measuring comfort at the warmest and coolest time of the day. So when you hear someone say “It's not the heat, it's the humidity” they are actually half right. The best measure for comfort is the actual dew point temperature.

Turning to the rest of summer, the long range forecast from NOAA's Climate Prediction Center (cpc.noaa.gov) for the June through August period predicts slightly above normal for temperatures and about normal for precipitation.

However, as you know, precipitation is a tricky forecast here in the mountains during

the summer, due to the spotty nature of thunderstorms that drench some areas while other spots remain dry.

June Trivia Question

What city or cities hold the record for the highest daily and monthly average temperature in July?



Meteorologist Tom Ross managed the Climate Database Modernization Program at the National Climatic Data Center.

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All one level living w/ covered front porch and 0.65 acres. Mature trees on the lot and well manicured front yard w/ beautiful bold creek running through the property. **\$150,000**

MTN TOP HOME W/ PANORAMIC VIEWS

NEW LISTING



Beautiful 2/1 home w/ finished basement and 784 sqft separate cottage or In-Law suite. New 2 car garage. Garden area, covered porch, and outdoor picnic area and patio's. **\$375,000**

2/2.5 ON 37 ACRES W/ 360 MTN VALLEY VIEWS



The home has a garden spot w/ irrigation system, electric fenced pasture, pond, 2 creeks, fruit trees and more. Ideal for special occasion rentals or VRBO's. 6-bd septic system. Call Susan, (828) 301-1410. **\$725,000**

LAND FOR SALE

New listing! 0.74 Acre mountain view piece ready to build. Creek runs through it, priced to sell; build ready. 25K

New listing! 1.69 Acre lot in a Private Neighborhood. Several build sites w/ mature hardwoods and Rhododendrons. 45K

New listing! 9.18 Acres on a private end of the road, secluded with No restrictions. Mature trees and Winter views. 99K

7.7 Acres with creek, driveway and potential for great view. Private, wooded lot in nice area of homes on large tracts, convenient to town. **Call Karen Cernek 828.216.3998**

BI-LEVEL 3/2.5 HOME ON 2 ACRES

NEW LISTING



1900 spacious sf home w/ 2 car garage. Covered entry and paved driveway. A large lot with mature trees and great front yard w/ mountain views! **\$325,000**

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2 Story 4 bd / 2.5 bath 3500 sf home with garage. Beautiful views in a great neighborhood and access to great schools. **\$489,900**

RES/COM CAPABILITIES

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Spacious 4/3 split level home. Fenced in yard. Close to Biltmore Park. Can be zoned Commercial if need. Call Wanda Treadway 828.424.1632. **\$230,000**

1 Beautiful Lot in Leicester 0.63 acres on cul de sac; 3 BR Septic Permit with out a pump on gentle rolling hill, year round views. Priced at \$18,900. **Call Rick Jaynes 828.713.7626**

0.87 Acre Corner lot, paved access. Great topography for site preparation w/ mountain stream. **Call Karen Cernek for more information 828.216.3998 \$65,000**

5 Affordable unrestricted lots totaling 3.25 acres — will divide. **Call Karen Cernek for pricing. 828.216.3998**

3+ Acres of RIVER FRONT property, fabulous one of a kind parcel with preserved historic grist mill, site graded, and septic installed. **Call Karen Cernek for more information 828.216.3998 \$125,000**

4+ Acres Ready to build Wake up and go hiking right from your back door. Has a Gravel Driveway and an existing building site. Beautiful long range mountain views. Perked for 3 bd in 2008. Has Mature Hardwoods, Rhododendrons, and lots of wildlife... nature at its finest! **\$45,000.**

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CUSTOM BUILT 4900 SF HOME

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Soaring ceiling, stone fireplace, custom built-ins, windows galore w/ finished basement on 3 beautiful acres. 4beds/4bath. **\$600K** www.youtube.com/watch?v=CfcZvriR5SI

NEW HOME UNDER CONSTRUCTION

NEW LISTING TO COMPLETE IN EARLY SUMMER



Craftsman—move in early summer. 3 BD, 2-1/2 BA. Open floor plan, tongue + groove vaulted ceilings. Gorgeous views from living, dining and kitchen. Wonderful covered porch/deck. Flex room on main level. **\$495,000**

New Listing! 33+ Acres on Garren Creek w/ Pasture, running creek, several mountain build sites w/ views. **\$200,000**

9+ Acres to develop, w/ multiple build sites or have a private estate. Off US 74 in Fairview 10 minutes from Asheville. Beautiful views and lots of wildlife. **\$228,000**

1 acre Wooded Lot in beautiful High Vista. Great Community, close to Asheville w/ Golf Course, Tennis Courts, Pool and much more. **\$35,000**

0.63 Acre Lot in Beautiful Monarch Estates in Fairview. Mountain views in a quaint gated community. Rolling to level lot with different spots to build **\$59,000**

Big Price Reductions, Owners Say "SELL" 5.25 Acres. City water, paved access now 10 min to Asheville **\$50,000** **Call Karen TODAY 828.216.3998**

Gorgeous 2 acre parcel in valley with potential for pasture and long range mountain views. Pave access in new home area **\$135K** **Call Karen 828.216.3998**

4.7 Acres small creek, great view potential driveway to home site which has been graded. **\$65,000** **Call Karen TODAY 828.216.3998**

NEWLY REDUCED 1700 SF HOME

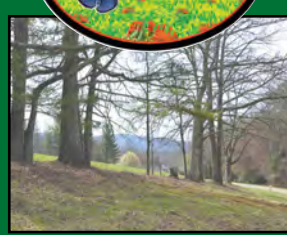
REDUCED TO SELL



Beautiful remodeled 1726 Sq Ft Home. 3bd/2.5bth in a great community. Covered front porch in a private setting. Carport and detached storage/workshop area. **\$95,000**

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Lot #	Acreage	List Price
Lot 1	0.57 acres	SOLD
Lot 2	0.98 acres	\$79,000
Lot 3	0.57 acres	SOLD
Lot 4	Spec house	\$495,000
Lot 5	0.86 acres	SOLD
Lot 6	0.83 acres	\$69,000
Lot 7	1 acre	SOLD

7+ Beautiful, private acres in the Old Fort Road Community. Mature hardwoods, Rhododendrons, Mountain laurel and small stream. Long Range Mountain Views with Multiple build sites...Call Susan Lytle for more information 828.301.1410

NEW LISTING! 1 Acre w/ existing septic tank system and well. Mountain Views and some cleared pasture areas. Mature Hardwoods and cut in gravel drive..Call the Office for more information. **\$80,000**

NEW LISTING! Stunning 39 Ac Parcel with commercial potential. Pasture, woods, level, rolling and hilly with potential for views. Lovely stone entrance, bold creek, small stream and 2 ponds. City water and small box sewer treatment may be possible. **\$2.5M** By appointment, call Karen 828.216.3998

What is a Bad Disc in Your Spine?

Discs act as cushions between the vertebrae in your spine. They're composed of an outer layer of tough fibrocartilage that surrounds softer cartilage in the center. It may help to think of them as miniature jelly doughnuts, exactly the right size to fit between your vertebrae.

Discs show signs of wear and tear with age. Over time, discs dehydrate and their cartilage stiffens. These changes can cause damage to the outer layer of the disc, such as bulging, herniation, extrusion, or rupture.

With a bulging disc, the outer layer bulges out fairly evenly all the way around its circumference — so it looks a little like a hamburger that's too big for its bun. A bulging disc doesn't always affect the entire perimeter of a disc, but at least a quarter if not half of the disc's circumference is usually affected. Only the outer layer of tough cartilage is involved.

A herniated disc results when a crack in the outer layer of fibrocartilage allows some softer inner cartilage to protrude. Herniated discs are also called ruptured or slipped discs, although the whole disc doesn't rupture or slip. Only the small area of the crack is affected. It's similar to a glob of jelly bubbling out of a doughnut. Compared with a bulging disc, a herniated disc is more likely to cause pain because it generally protrudes farther and is more likely to irritate nerves. The irritation can be from compression of the nerve or, much more commonly, the herniation causes a painful inflammation of the nerve root.

Disc extrusion occurs when a disc in the spine tears or bulges under the constant pressure of surrounding vertebrae. In severe cases, the outer layer of the disc can tear, allowing inner disc fluid to leak into the spinal canal, somewhat like a glob of jelly leaking down the side of a doughnut. These extrusions are difficult to treat and are likeliest to lead to surgery, though some recover without.

A ruptured disc occurs when a tear or weakness in an intervertebral disc's protective outer layer allows the inner layer to leak through its barrier and into the spinal canal. This can put pressure on area nerves, causing pain, discomfort, and other complications. Ruptured discs are one of the most common causes of sciatica and lower back pain, the latter of which is leading cause of work-related disability in the United States.

The good news is that rarely do bulging or herniated discs lead to surgical repair; some can improve on their own, while others get better with advanced non-surgical therapies. However, when leg or arm muscles continue to weaken or there is loss of bowel or bladder function, surgery may be indicated. Long-term studies show similar outcomes for disc herniation treated surgically or non-surgically.



Dr. Reilly is past president of the NC Chiropractic Association. drreilly@fairviewdc.com, fairviewdc.com, 628-7800.

To B or Not to B, That is the Question

As I steadily progress toward my 65th birth month coming up in September, I'll be crossing deadlines along the way that will require some decisions on my part to assure a smooth transition into Medicare. Most everybody will experience these in one way or another. While my situation is a common one, your scenario may play out differently. This time, we'll look at my first "fork in the road" decision: what to do with Part B.

To B or Not to B

Most folks are automatically enrolled in Part B, but it may not be in my best interest to do so immediately upon turning 65. Medicare gives me a choice. I can automatically enroll or delay enrollment to another time. There is no such decision to make with Part A.

Why is it important? Medicare Part B usually involves paying a premium, Part A does not. For me, that is \$134 per month. If I don't enroll now, and I don't have creditable health insurance coverage equal to or better than Medicare's, I may have to pay a late enrollment penalty of 10 percent per year.

Also, I'm given a one-time only "open enrollment" period to purchase a supplement with no health questions the first time I'm enrolled in both Part A and B. Depending on my health, this may be the only time I could qualify for a supplement, and I don't

want to waste it. This would not be so much of an issue if I were planning on enrolling in a Medicare Advantage plan, which poses no health questions.

So why would I want to delay

enrolling in Part B? Well, I'm currently covered on my wife Marilyn's group plan, and she will be continuing to work. We're paying a significant chunk of change for it, so it may not be in my best interest to duplicate coverage and pay an additional premium.

On the other hand, my Medicare benefits may be better than my wife's coverage and cost less money if I drop the coverage I'm getting via her plan. I would have to make sure this wouldn't affect her coverage, and I might not be able to get back on her plan later if I drop it. I'm also a veteran and could have some benefits there which might affect my decision.

It certainly looks like I have some research to do before I can come to a decision. I'll be sure to share my conclusion with you in next month's column.

If you'd like some assistance with your decision, I'll be happy to help. Remember, it's free.



Mike Richard is president of Prime Time Solutions. Contact: 628-3889 or 275-5863.

We've been in Fairview for over 20 years as a long-term care pharmaceutical provider, but it's only 5 years since we opened our full-service pharmacy. We've realized there's still folks in our community who may not know about all of the services and special assistance we provide as a privately-owned, local pharmacy. We offer many over-the-counter medications, prescription medications, wellness products, and medical/surgical supplies. Everyone at Americare is committed to empowering our patrons with knowledge of their own unique needs and requirements for medications, and to help identify prescription-related problems before they occur. We'd like to share a letter from one of our customers received recently that we believe illustrates this pledge and introduces one of our pharmacists, Austin Avrett.

— Patrick and Sandi Bryant

Austin Avrett graduated from the Medical University of South Carolina in Charleston in 2015, specializing in diabetes management and medication therapy management. How did he find his way to Fairview? It's quite a story of local networking. While job hunting Austin drove for Uber. One night he chatted with his Charleston passenger who happened to be a Fairview business owner and friend of the Bryants who suggested he get in touch. And the rest is history as they say. Stop by and say hello.

I want to express my extreme gratitude to Americare Pharmacy, and a special "thank you" to Austin Avrett. On my first visit, I was greeted by Austin, a full-time pharmacist at Americare. He took the time to sit with me, one on one, to explain each of my prescriptions to me. He was very personable and asked me to repeat what he had told me to be sure I understood everything. Austin called me weekly to check on how I was doing. That made a big impression on me. Americare also provides me with essentials for my diabetes, such as shoes and inserts.

The Americare Pharmacy staff are always pleasant and go out of their way to help me and I would recommend this pharmacy to everyone. They are wonderful.

Thank you Americare!

— Lou Centola

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Happiness

This morning I heard the back door open. Then our four dogs — Sam, Buster, Onyx, and Levi — came bursting into the kitchen, tails wagging, butts wiggling, seeming to say “happy, happy, happy.” They are experts at finding happiness in connected moments. Rueben, our cat, doesn’t always appreciate the dogs’ exuberance, preferring to experience happiness curled up on the couch with a sunbeam adding extra warmth. If I ever need inspiration for happiness I can join the happy dance or find a warm sunbeam to help me pass my day. Did you know that pursuit of happiness was actually written into American culture on July 4, 1776, in the Declaration of Independence? Our founding fathers equated happiness with prosperity, thriving and wellbeing, which results from our actions.

Today happiness is defined more as “pleasant, positive emotions and having needs satisfied,” focusing more on feelings than doings. Happiness is more about clarity to me, clearing away the daily grind, offering the shared experience of a connected moment. When I can truly value and accept “this particular moment,” on my journey or the journeys of others, I am more likely to find happiness as well.

An entire industry has grown up around the study and pursuit of happiness. More than 10,000 studies have been done and a Google search delivers a half a billion



results, all offering information about the path to, and/or source of happiness. Some ask for us to choose between a path to happiness and a path to finding true meaning in our lives.

Much time and energy is spent in the pursuit of happiness, and many hope technology will offer a path to that feeling. Streaming videos, “Apps,” cell phones, TV, computers, Facebook, texting, emails and all the other technological wonders certainly draw us in and can fill a lot of moments. Unfortunately, though, simply filling spaces on our journeys is not a dependable path to “happiness.”

As a writer I use technology for research- ing ideas and spell checking, but sometimes I give in to the space/time filling qualities of technology. When I do, technology allows

me to feel busy but it is a very surface experience, rarely asking me to go deep or to savor specific moments on my journey.

My son’s generation came along after this technology was widely available or what I refer to as AT (After Technology). “Before Technology” or BT would be my generation. ATs can and do find happiness and meaning on their journeys, but in some ways technology makes it harder for them. Few ATs have known the happiness

of truly being unreachable in the normal course of their days. ATs can be susceptible to an almost never-ending series of technology-induced surface connections, with the only interruptions coming when they sleep. Young ATs are also more likely to have adult-organized planned activities to fill non-technology time/space. Young BTs were more likely to fill the free space/time of their journey with unplanned, self-developed activities, alone or with siblings and other neighborhood kids.

“Do I want to experience happiness?” Many would say “Yes.” Some would say “Yes, but.” Do you have a “but” in your answer? “Do I believe happiness is a choice”? Yes. No. Yes, but a specific set of events has to occur before happiness is pos-

sible. “What do I need to find happiness?” The answer is: the same thing you need to get to Carnegie Hall — practice, practice, practice — practice accessing connected moments. Practice enhances your ability to be present to specific moments on your journey. Know what, if anything, is separating you from happiness today. Separation can come from the debris of life, stuff we hang onto simply because it’s familiar. Cleaning out your lives and letting go when ready can be very helpful. Happiness is not dependent upon what happens to you, but how you respond to what happens to you.

Let Happiness In

- 1 Write 3 things you’re grateful for each day
- 2 Reflect on happy memories
- 3 Exercise
- 4 Meditate or find some other way to open your fist and unclench your teeth
- 5 Practice random acts of kindness
- 6 Be kind to self and others
- 7 Focus on strengths
- 8 Make a positive impact on your community
- 9 Do something awesome everyday
- 10 Tell someone you love them
- 11 Get better at being you

You Are Here.



Blair Clark is a Licensed Professional Counselor Supervisor and author of *Answers to What Ails You (AWAY)*.

Lunch, Lovely Ladies and a Little Limping at the Welcome Table

“What exactly do you mean, broken?” I said. The doctor in Deerfield Beach, FL, at the 24-hour emergency clinic said, “Bad enough that you’ll need to see an orthopedic doctor tomorrow.” I tried to explain that I still had seven more shows before I got back to North Carolina, and then a Saturday show for a special needs group and Monday’s graduation of my first class of Discover Magic Students. And what a blast that was! I was proud as a peacock watching my students do their magical thing!

To say it was a long week would be an understatement. Finally I saw the doctor and got “the boot.” It has impeded me slightly, but the show goes on — I had signed up with the Fairview Business Association to make desserts for Thursday’s Welcome Table. I’d been told it was a great place to meet all kinds of folks, and having committed to taking dessert left me no excuses.

Making Conversation

I was greeted by a veteran volunteer of six years, Kent Campbell, and a real veteran, Tom Crown. As I sat down I thought this might make a good article for the *Crier*, so I moved my plate out of the way and began limping around talking to folks.

The first people I began to annoy with questions were a couple of Buncombe County Deputy Sheriffs, Kevin Pressley (who’s been coming for five years) and Ben

McKay (who just recently started attending). Kevin mentioned the strong sense of community and added that he enjoys meeting folks when they are not in a state of crisis, and that it lets the community see law enforcement in normal situations.

Feels Like Family

About that time, Barbara Trombatore, founder of Fairview’s Welcome Table, rang a bell and we were welcomed with a prayer. Then I noticed I was sitting next to a lovely woman, Ruby Earwood, a senior citizen who lives nearby. Ruby was invited by her neighbor, Gayland Welborn, almost a year ago, and now the Welcome Table staff feels like family. Gayland, a Services Outreach Specialist for the Buncombe County Council on Aging, explained that Buncombe is the only county without a senior dining program. That really surprised me. Gayland said there is no state money for such a program, so the Fairview Welcome Table fills a real need. He mentioned that word again, community.

I resumed wandering and asking questions. I met Mary Dean’s husband, Mickey Beland, a local forestry employee who brings his crew from the Pisgah Schenck Job Corps. After lunch, his crew — Mario Julian, Eve Benjamin, and Malika Hall — step in as volunteer dishwashers and cleanup team. They talked about the great food, great company and again, the sense of community.



Above, from left: Welcome Table treasurer Rob Kraich; Kent Campbell and Tom Crown; below, the Schenck Pisgah Job Corps crew Mario Julia, Eve Benjamin and Malika Hall; and Ruby Earwood and Gayland Welborn of Council on Aging



After chatting with several more enthusiastic volunteers, I found out that they have served over 22,000 meals to an average of 100 people a week, many regulars, for just over six years. It’s a donation-funded, volunteer-staffed, community outreach, and it doesn’t end there. Their extra food goes

to Fairview Baptist Church’s at-risk youth program and healthy snacks for the intensive food insecurity program at Fairview Elementary.

I ended my lunch speaking to a mom, grandmom, their three boys and a girl; the

continued on page 30

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Fairview Elementary's Caitlin Sullivan is Teacher of the Year

Fairview Elementary PTA is thrilled to announce that their very own Mrs. Sullivan has been selected by the North Carolina PTA as the recipient of the 2016-17 NCPTA Teacher of the Year Award.

The award recognizes the teacher who has made outstanding contributions in the field of education, benefiting students while engaging families. Mrs. Sullivan was recognized at a celebration and reception during the Annual State Convention in May.

Congratulations and many thanks to Mrs. Sullivan!



Fairview Preschool's Class of 2017



Proud parents, grandparents, and friends celebrated the graduates of Fairview Preschool's Class of 2017 on May 19 during the Graduation Ceremony and End of the Year Program. All graduates are continuing on in kindergarten at Fairview Elementary. Congratulations!



FES Dads and Daughters Dance Raises Funds for Playground Upgrade

By Barte Benne

A night to remember in Fairview raised \$1,000 for an ambitious playground project. The annual FES Dad's Club Daddy Daughter Dance on May 5 was attended by an estimated 200 dads and daughters; the gym was alive with balloons, flowers, and Cinco de Mayo décor. The proceeds are earmarked for a stage addition to the school's much-needed playground upgrade, a project over two years in the making.

This year's dance broke last year's stellar debut in both attendance and funds raised. "This all came together so well because of community," said event coordinator and dad Brian Fuchs. "With everyone who volunteered, all the donations we got, and the dads and daughters coming out in rainy conditions to have fun — it's great to make a stronger community and good memories at the same time."

Community businesses contributing to the Dance include KD's One Stop, Creative Touch Salon, Dick's Sporting Goods, Hilltop Ice Cream, The Cove at Fairview Vacation Rentals, Troyer's Country Amish Blatz, Hot Dog King and Food Lion.

For more information about the Dad's Club email fesdadsclub@gmail.com or visit their Facebook page at facebook.com/fesdads.

Eighth Graders Travel Widely in Asheville

"I have traveled widely in Concord," Henry David Thoreau wrote. Maybe he hadn't crossed the ocean, but Thoreau had seen a lot of life right there in the little Massachusetts town where he was born. A group of our Reynolds Middle School eighth graders had a similar experience at the end of April.

While one group of students traveled to Charleston for the annual eighth grade trip, teachers from Reynolds Middle made sure that another group of soon-to-be middle school graduates had two days of adventures right here in Asheville. It was a great mix of having fun, experiencing new things, and contributing to the community.

Day One of their adventures was largely outdoors: they worked with RiverLink to attack invasive species at Azalea Park, learning about the evils of kudzu and multiflora rose along the way. They also worked on outdoor beautification projects on their own campus. Finally they prepared for Day Two by putting together care packages of notebooks, pens, and skin care products to be delivered the next day (many thanks to Forest Dermatology, Biltmore Dermatology, Wright Carpet, the ACRMS PTO and caring school families for donating these items).

I joined the group on their second day, as they piled out of activity buses at the ABCCM Veterans Restoration Quarters on Tunnel Road in Oteen. Like the students,



I had never visited this facility, and the experience was eye-opening for me as well as for the kids.

First, there are the grounds and facility. I was struck by the surprisingly lovely setting, as the well-maintained lawn slopes down to the gently flowing Swannanoa River behind the building. Inside, we were given a tour of the public areas, including the second largest commercial kitchen in Buncombe County (Mission Health has the largest). We met Chef Eric Cox, who leads the partnership program with AB Tech where veterans can learn the

continued on page 30

June Calendar for Reynolds Schools

June 1

Proctors needed for Oakley 5th Grade EOG test (email chelsea.walton@bcsemail.org)

Fairview Elementary School Improvement Team meeting, 3 pm

Oakley Elementary School Improvement Team meeting, 3 pm

June 3 Music for the Sole 5K at Reynolds High — runners and volunteers needed!

June 5 Bell Elementary Barnes & Noble Summer Reading Kick-off, 4-7:30 pm

June 9 Early release and last day of the school year

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Monday, June 12, 4-6pm

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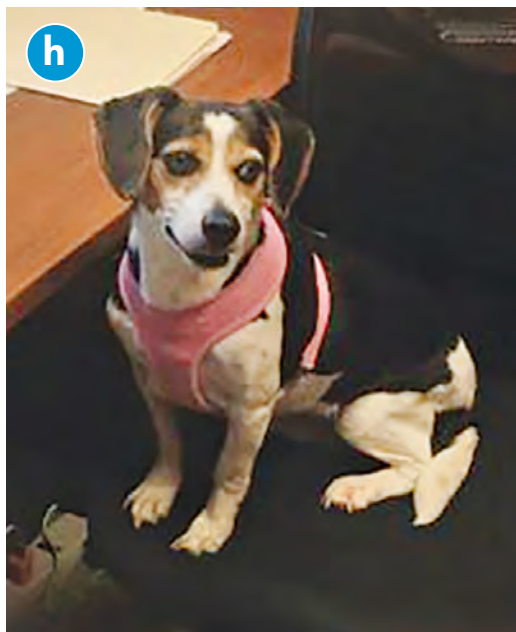
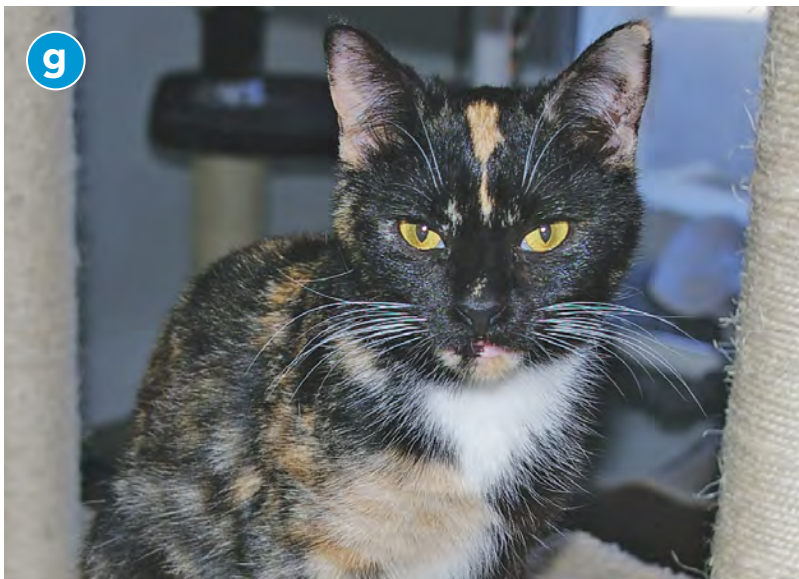
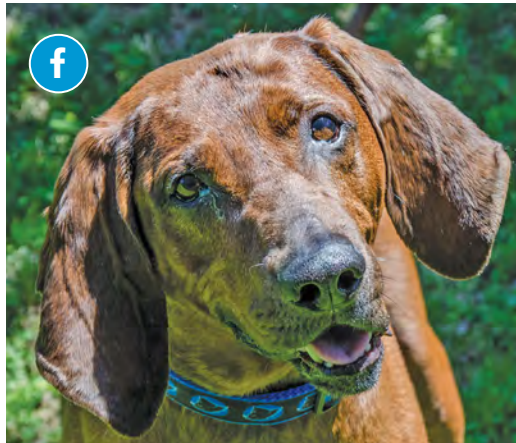
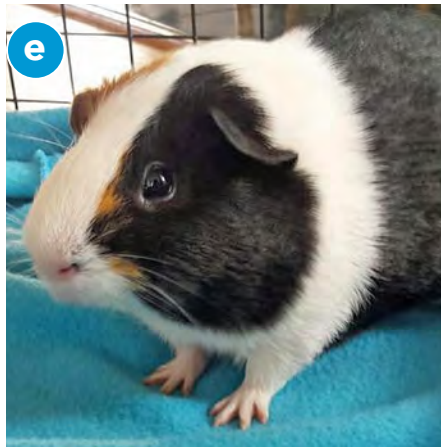
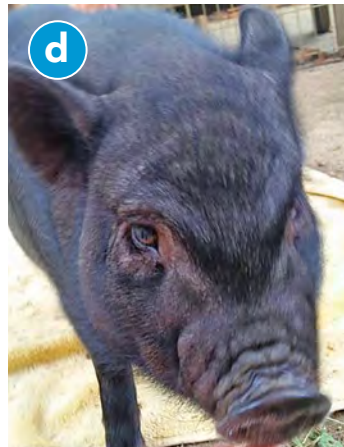
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16 THE FAIRVIEW TOWN CRIER June 2017

THE FAIRVIEW TOWN CRIER June 2017 17



ADOPT ME!

a. Bruno has charmed the Outward Hound hikers and loves car rides and treats. He 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. *Brother Wolf*

b. Geisha is a sweet, petite little teenager who loves lap time. She has feline leukemia, so should not live with cats that do not have the disease and should be an indoor-only cat. Meet Geisha at the ReTail Store across from the center, or email jackie@bwar.org. *Brother Wolf*

c. Merle was in a bad situation with over 50 other bunnies but is very happy now, still a little nervous around humans. He uses a litter box and never makes a mess, and loves when his foster mom lets him explore the house. *Brother Wolf*

d. Persephone is a four-month-old potbellied piglet. She loves other animals and belly rubs, knows her name and comes when called, though having a treat for her when she arrives is wise. She's doing great with potty training and prefers to go outside. *Brother Wolf*

e. Vernon is a funny little guy who loves to talk! He's a bit cautious about "The Hand," but once you've got him, he loves to snuggle up in your shirt, especially if he's munching on a carrot or a piece of cucumber. *Brother Wolf*

f. Boozer is an eight-year-old Hound mix that came to AHS when his previous family could no longer keep him. Boozer prefers a home without cats, but has lived with children and dogs. Boozer is a handsome boy who knows how to sit, shake, and speak. *Humane Society*

g. Mae looks like a well-used artist's palette with splatters of color on her coat. She is a domestic short-hair Tortoise Shell born on 5/03/16. Mae is super affectionate and especially loves to have her head rubbed. Prepare to be charmed! *Charlie's Angels*

h. Daisy is an adorable four-year-old Beagle mix who enjoys the quiet side of life. She can be fearful of loud noises and sudden movements, but loves to lie by your side on the couch. She loves going for walks. *Humane Society*

i. Jet is a one-year-old Corgi mix with very high energy. He's playful and sweet and will do well with an active family. *Charlie's Angels*

See page 19 for Pet Events

PET VET MARGARET MONCURE

An Ounce of Prevention

As veterinarians, we often see patients who have been ill or injured for days to weeks, or have an illness or injury that was easily preventable. When a full cure is still possible, these cases can be incredibly gratifying to treat. When a cure is no longer possible, they are always easier to treat sooner rather than later. Many times the only reason an owner didn't seek care was concern about the cost of treatment, but what most owners don't realize is that the cost of the treatment almost always increases the longer they wait. Additionally, the cost of preventative measures is almost always much less than the cost of treatment.

Heartworm prevention is typically given as a monthly pill or spot-on that will prevent heartworms from infecting your dog or cat. The cost of this can be as low as \$5 to \$10 a month. Additionally, these products also prevent intestinal worms and other parasites. Given correctly, there is an almost 100% guarantee that your pet will not contract heartworms or other parasites, and for those few pets that still do, the manufacturers of the products will usually cover the cost of the treatment. Heartworm treatment for a large-sized dog can easily cost \$1000. Heartworm infection is typically fatal left untreated.

Arthritis, joint injuries, diabetes, urinary tract problems, and many other illnesses are all more common in obese dogs and cats.

By simply measuring out the food you feed and feeding only the appropriate amount, you can keep your pet thin. This will add years to your pet's life and significantly decrease your veterinary costs.

Feeding less pet food will also cost you less at the pet store. The cost of a dietary consult with your regular vet is typically no more than an exam fee and can get you on the right track to feeding the correct amount. The cost of treating diabetes for years can easily exceed \$1000.

Neutering your dog or cat can keep him home rather than roaming after every in heat female he can smell. Intact male dogs are more likely to get hit by cars than are neutered males, and intact male cats are more likely to get into a fight and contract FIV than are neutered males. The cost of neutering a dog or cat can be less than \$100 at the spay/neuter clinic. The cost of repairing a fractured leg bone and soft tissue wounds caused by a car can easily exceed \$2500. Currently, there is no cure for FIV.

Dogs and cats get injured despite our best efforts, and these injuries are always best treated right away. An open wound treated



on the day it occurs may only need an exam, antibiotics, and pain medication. An open wound left without treatment for several days may also need to be treated surgically to clean out debris and get control of infection. The difference in the two costs can easily be \$200 if not more.

Pet insurance is a great way to help spread out the cost of veterinary care and save money in the event of an injury or illness. There are several great companies out there that are easily searched online. Even if you don't have pet insurance, please don't wait to seek care. The old adage "An ounce of prevention is worth a pound of cure" is actually true.

Margaret Moncure is a Doctor of Veterinary Medicine at Cedar Ridge Animal Hospital.

PET EVENTS

Brother Wolf

Adoption Event at Frugal Backpacker

Meet adoptable dogs, Saturday, June 3, 12-3pm. While you're there, browse the Glamping Gear all day event at the store. Frugal Backpacker, 52 Westgate Pkwy, Asheville.

Dogs at the Library

Saturday, June 17. Cuddle dogs outside, hear dog stories and visit the dog-bandanna-making station inside. 12-3:00pm. Dogs available for adoption, but adopting not required.

Asheville Humane Society

Summer Hours - 11am-7pm, Tuesday-Saturday through October.

Low-Cost Vaccine & Microchip Clinic

Saturday, June 24, cats and dogs, Asheville Humane Society at the SMCC, 11am-2pm, 807 Old Fort Rd, Fairview. 761-2008, springmountaincc.com

JUNE 24 (SATURDAY)

Paw It Forward

FREE Block Party at Asheville Humane Society, 14 Forever Friend Lane, Asheville, 5-8pm. Music by The Clydes, beer, food trucks, games, Tammy Jones with Mix 96.5, and adoptable animals.

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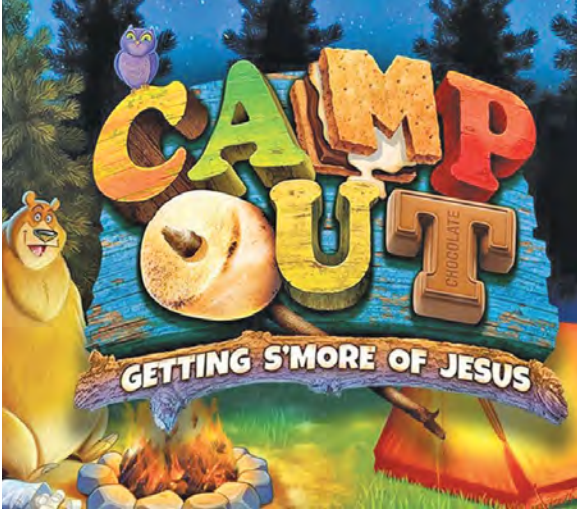
Local Animal Shelters and Rescue Organizations

Animal Haven of Asheville
299-1635
animalhaven.org

Asheville Humane Society
761-2001
ashevillehumane.org

Brother Wolf Animal Rescue
885-3647
bwar.org

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



Camp Out! Vacation Bible School at Fairview Baptist

Fairview Baptist Church will host an un-bear-ably fun VBS adventure this summer. At Camp Out VBS, kids venture deep into Scripture for Bible learning that stays long after VBS ends. Every song, game, hands-on experience and Bible adventure points toward important truth from the Bible. Campers will have fun getting "s'more" of Jesus.

Camp Out VBS Week will be Monday through Friday June 12–16. The night begins with dinner at the Camp Out Snack Shack at 6 pm, then campers are off to the Camp Out Wilderness from 6:30–8:30 pm.

All are invited to join the fun at Fairview Baptist, 32 Church Road, and make a change that matters. Classes are available from Preschool to Adult.

For more information, visit Facebook, Twitter or call 231-5035.



Congratulations to Laura and Spencer Simmons

David and Tammy McDowell of Fairview would like to congratulate their daughter Lauren on her marriage to Spencer Simmons on May 20th at the beautiful Taylor Ranch. Lauren was a graduate of AC Reynolds High School, class of 2010.

The happy couple will reside in Fairview with their daughter Lena. Congratulations to all.



Grace Catherine Royal Graduates Magna Cum Laude

Grace Catherine Royal, of Fairview, graduated from Truett McConnell University (TMU), Magna Cum Laude with a Bachelor of Arts degree in English on Saturday, May 13th.

Grace was a TMU Scholar Athlete for the Truett McConnell Volleyball Team, and also received the highest scholarships awarded as a TMU Scholar. She received the Conrad Grebel School of Humanities Award given to their top TMU graduate.

Grace graduated from North Asheville Christian School as Valedictorian with highest honors. She lives in Fairview with her family. Congratulations, Grace!



Welcome to the World, Callan Hansbury

Proud parents Julie and Jacob Hansbury of Fletcher welcomed their son Callan Joseph Hansbury on April 15th, and they couldn't be more thrilled.

Callan arrived weighing 7lbs, 11oz and measuring 19 3/4" in length. Congratulations to the Hansbury family!

HAVE SOMETHING TO SHARE?

Send pictures and/or blurbs of your celebrations to
copy@fairviewtowncrier.com



SAHC June Jamboree Features Free Guided Hikes

The Southern Appalachian Highlands Conservancy's June Jamboree celebrates conservation of globally important ecosystems with a day of free, guided outings in the beautiful Highlands of Roan. On Saturday, June 17, a variety of outings for different age, interest, and ability levels will be offered, from challenging treks to relaxing yoga or a simple wheelchair-accessible "roll n' stroll."

The "roll n' stroll" paved path winds through the rhododendron gardens; another easy 1.5-mile hike focuses on bird watching along the ridgeline at Grassy Gap. More strenuous hikes are available as well, and one easy hike will include a yoga session. The guided outings are all free and open to the public, but pre-registration is required.

In the afternoon SAHC will hold a drop-in social on their Elk Hollow Preserve, from 1–4 pm. Drinks and light refreshments will be provided. Attendees will also have the opportunity to preview the new Everett Bowman Trail, a 1.5-mile loop trail that gently climbs through both open areas and forested habitat, winding through the protected preserve to Elk Hollow Falls. Those interested are asked to register so that sufficient refreshments can be arranged.

For details of times and locations of the hikes and to register visit appalachian.org.



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Don't Keep Family in the Dark About Your Plans

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

Let's start with your spouse. Ideally, of course, you and your spouse should have already communicated about your respective ideas for retirement and have come to an agreement on the big issues, such as when you both plan to retire, where you'll live during retirement, and what you want to do as retirees (volunteer, travel, work part time and so on).

But what you both might have let slip through the cracks are the important specifics related to financing your retirement. You'll need to answer several questions, including these:

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

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

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

- Durable power of attorney – You may well decide to give one of your grown children the durable power of attorney to pay bills and make financial choices on your behalf if you are unable to do so.
- Estate executor – An executor is the person or entity you name in your will to carry out your wishes. An executor has a variety of responsibilities, so you'll want to choose someone who is honest and capable of dealing with legal and financial matters. Again, you could ask a grown child to serve as your executor, but, to avoid potential conflict of interests among your children, you might want to go outside the family. Talk with an attorney about how best to name your executor.
- Status of will and living trust — Assuming you have already drawn up a will, share it with your grown children.

The same is true with a living trust, a popular estate-planning tool that may allow your survivors to avoid going through the time-consuming, public and expensive process of probate. A will and a living trust will obviously contain a great deal of information your children should know about – so take the time to explain your thinking when you created these documents.

You want to enjoy a comfortable retirement, and you want to leave a meaningful legacy through your estate plans. To help accomplish both these goals, you need to

include your loved ones in your arrangements — so open those lines of communication.

Edward Jones, its employees and financial advisors are not estate planners and cannot provide tax or legal advice. You should consult your estate-planning attorney or qualified tax advisor regarding your situation.



This article was written by Edward Jones for use by your local Edward Jones Financial Advisor, Stephen Herbert, contact 628-1546 or stephen.herbert@edwardjones.com.

APRIL FAIRVIEW REAL ESTATE STATISTICS				
		Max \$	Lowest \$	Average \$
Homes Listed	31	2,400,000	38,400	539,455
Homes Sold	20	785,000	75,000	374,886
Land Listed	26	1,265,000	19,111	169,577
Land Sold	13	118,000	15,000	74,673

Cool Mountain Realty provides the monthly real estate stats for the Fairview area (zip 28730). When selecting a real estate company, remember to shop local. Cool Mountain Realty has been in Fairview for 13 years and our agents have been selling in our area for 33 years. Keep and multiply the dollars in your local community's economy.

How to Budget \$23 Billion

The 2017 Long Session of the General Assembly may not be quite as long as it was two years ago. That session ended October 1st after a protracted budget battle between the House and the Senate. This go-around, the Senate passed their budget at 3 am Friday, May 12. As you read this, I would hope that the House budget will have been finalized and the reconciliation process between the two bodies in full swing. The Governor begins the process by setting out his budget in March. Legislators also hear from the budget staff about how the actual revenues are coming in. Remember, North Carolina's budget year starts July 1.

There are appropriation sub-committees that meet, each with responsibility over certain areas of the budget. This year I served on two of these committees: General Government (funding many state agencies such as the Departments of Revenue, Audit, and Treasury); and Agriculture and Natural and Economic Resources (Departments of Agriculture, Environmental Quality and Commerce). These sub-committees recommend the budget amounts for their areas to the larger Appropriations Committee.

The first budget always comes from the Governor's office. I was partial to that budget. It did not raise taxes. It supported increased spending for education at all levels, from early childhood to our universities. Teacher pay was set on track to lead the Southeast in three years, after lagging since the beginning of the

recession. There was a special emphasis on school principal pay. Our state was 50th, and administrators were leaving for other states. Governor Cooper also wanted to expand Medicaid, which would provide health coverage for about half a million of our citizens. Health providers have been clamoring for this policy decision. His budget also included extra funds for transportation projects, road maintenance, and job-ready sites to attract industry in rural areas. There would also have been a 2% raise for state employees and a 1.5% Cost of Living Adjustment (COLA) for retirees. Tax credits for movies made in North Carolina would be restored.

The Senate and the House take turns as to which presents the first budget, and this year it was the Senate's turn to go first. When their budget was completed, a press conference was called and the printing office in the legislative building began the task by creating huge budget documents. Legislators, interest groups, and journalists pore over the numbers, then the Senate votes, and the budget is sent to the House. Votes must be taken on two successive days. The decision was made to vote once on a Thursday, then after midnight on Friday. You and I might agree that late night legislation should be discouraged.

Senate Democrats wanted to propose amendments to highlight their policy priorities, even though they knew they would be opposed by Republicans and wouldn't pass. One amendment would cap income tax

reduction for those earning over \$1 million a year, and use the money to mitigate the opioid crisis. That bill was more than the GOP could stand, and they called for a recess until 3 am. The GOP then introduced an amendment that pulled funds for special education projects in Democratic districts and added \$1.3 million to the budget for opioid funds. The budget then passed the Senate.

More Senate Budget and Policy Gems

- An increase in teacher pay, although more modest (by about half) than our governor's amount;
- No COLA allowance for state retirees;
- A provision that would reduce by about 133,000 (including 51,000 children) those eligible for SNAP (food stamp) assistance (SNAP is a federal program and does not actually affect our state budget); and
- Further reductions in state income and corporate tax rates. Those million-dollars-a-year citizens would save \$3,600/year while middle-class families save about \$60/year. Remember, there's a lot of "gamesmanship" in the budget, and the Senate may have low-balled many items as a bargaining chip with the House.

Beyond the budget, there are two other important legislative items. The first involves voting districts for the state Senate and House. There was a lawsuit the Fourth Circuit Court ruled on early this year, concluding that 30 of these districts were tailored

with "surgical precision" to disenfranchise minority voters, and thus the changes that were made were ruled to be unconstitutional. The court actually ordered new districts to be drawn by March 15, and special elections to be held in 2017. The case was appealed to the US Supreme Court, which recently agreed (unanimously) not to hear the case. Chief Justice Roberts made it clear that their decision was not a reflection on the "merits of the case." However, it does mean that the judgment of the fourth circuit stands. Barring a surprise legal decision, the 2017 special elections will not now be held.

The second legislative item concerns a bill to "Raise the Age." North Carolina now remains the only state that allows 16 and 17 year olds to be tried as adults. On May 17 the House voted, with only eight dissenting votes, to try most of this population in Juvenile Court. Since Juvenile Court provides more services for its offenders, there are some up-front costs involved. However, other states have shown these services reduce recidivism rates. This vote should save our state millions in incarceration expenses over the long run.

As always, I am grateful for the opportunity to serve you in Raleigh.



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Looking Glass Creamery Expands and Renovates

Looking Glass Creamery opened in Fairview in 2009 when Jennifer and Andy Perkins realized their dream of starting a small, family-run, cheese-making operation.

Looking Glass makes fresh and aged cheeses and caramel sauce from cow's milk, and has garnered regional and national recognition for their product line. The creamery will soon be expanding production and building a new facility with underground cheese-aging caves in the agricultural heart of Polk County, NC.

A Working Farm

The new facility will be located on the historic Harmon Dairy, a second-generation cow dairy run by brothers Doug and Alan Harmon. The dairy is a 226-acre farm originally purchased in 1947, and placed under an agricultural conservation easement in 2013. The Harmon brothers were committed to seeing the farm continue as a working farm, and felt that adding on-farm processing of milk into cheese was a viable way to accomplish that goal. Looking Glass Creamery had been looking for an expansion site that would suit their vision and growth, and now an agreement has been reached that will fulfill both goals.

"We feel so fortunate that the Harmons have the vision, patience, and commitment

to the land and their broader community to protect this farm and find a way for it to grow with respect for the past, but with an eye to the future," says co-owner Andy Perkins.

More Options in Fairview

Once the production is re-located to Polk County, Looking Glass' existing facility in Fairview will be renovated to offer more retail and food service options, additional seating, a small classroom space, improved parking, and expanded hours of operation. "We have been blessed with this opportunity but with that blessing comes a lot of uncertainty and new responsibilities. It is our customers, independent restaurants, and retailers who have made us successful over the past nine years. As we grow new roots in Polk County, we look forward to sharing the farm and the cheese-making process with our long-time supporters, and to develop new ones in Polk County, Greenville, and Charlotte too," says co-owner Jennifer Perkins.

Looking Glass Creamery is open Thursdays, 1–5pm, and 11am–5pm Fridays and Saturdays. Their product line is available at the best restaurants and retailers in Western North Carolina, and you can find their delectable Carmoolita (traditional and bourbon vanilla flavors) at The Hub of Fairview.



Cool Mountain Realty Welcomes Broker Renee Whittier

Cool Mountain Realty is pleased to have Renee Whittier join their active and successful realty team. A lifelong resident of Western North Carolina and a Fairview since 1989, Renee has been a realtor since June 1997 and a registered nurse for 32 years; a Certified COPD and Asthma Educator, she has worked for the last 30 years in the Mission Health System. She is married with one daughter and is an active member of Trinity of Fairview, where she is part of the worship team and choir.

Fresh Juicing is Not Just for Rabbits!



It can be difficult to make big health changes in life. Taking smaller steps and incorporating change can be the best way to transition; healthy eating choices do not demand a lifestyle makeover, but can be a gateway. Having fruit or vegetables blended into a juice is a great opportunity to introduce abundant, raw vitamins and minerals into your diet.

There are two types of juicers: centrifuge and masticating. Centrifuge spins the pulp quickly in a straining basket to extract the juice, while masticating is a slower process that grinds the pulp through an auger and retains the nutrients for longer if storing.

Both create vibrant, healthy juices to fuel the body, and Trout Lily Market & Deli now offers juices with a centrifuge juicer! While drinking your juice, don't forget to drink it slowly, and eating a handful of nuts or other healthful snack enhances nutrient uptake and optimizes full digestion.

The 3 B's Inn: Bed, Breakfast & Biscuits

Vacationing with their own dogs, a chocolate Lab named Milo and a coonhound named Duncan, Glen Gilmore and Ann Mitchell came to realize how difficult it is to find decent accommodations that accept pets. This personal experience became the inspiration for the couple to combine their experiences in wildlife management, dog daycare, and visual merchandising to create 3 B's Inn — Bed, Breakfast & Biscuits.

A Special Place

Glen relocated to Gerton from the North Fork of Long Island, NY, where he was general manager of a zoo for almost 20 years. Ann had been an animal educator and marine mammal educator at Mystic Aquarium in Connecticut, and before that she was a creative director in visual merchandising, and managed a dog daycare/hotel in New York. After a bit of research, they chose Asheville because it's a special place and it certainly has a dog-friendly reputation.

3B's Inn is a unique lodging destination for people traveling with their dogs. Not just dog friendly, 3 B's Inn is truly a dog-ready "Placation" destination for folks and their pups. The Inn is an eclectic version of Old-Time Roadside Motel meets B&B. Equally convenient to our side of the mountain — including Asheville — as it is to the Lake Lure area, it's a perfect location affording enough land for dogs and their owners to hike and enjoy



the outdoors as well as "city" amenities.

3 B's is a small inn with four rooms and four suites in the hotel building, plus a private cottage. Amenities include cushy dog beds and shiny bowls, a fenced play area, and private dog cabins so guests can leave their dogs in a safe environment if they go into town — plus a breakfast café and coffee bar (breakfast is included). 3 B's Inn, Bed, Breakfast & Biscuits is located on 5 acres with abundant wildlife, wooded trails, and a swimming (not fishing) pond for humans and dogs alike.

For more information call 625-4926 or visit their website at www.3bsinn.com.

BUSINESS SHORTS

STEAM MASTER CARPET & UPHOLSTERY CLEANING broke attendance records when they hosted the FBA Member meeting on May 10th. There were 44 members of 23 businesses present. There was plenty of room in Steam Master's new warehouse on Cane Creek Road. Owner Cindy Harrington said she was glad to move the business from their home, and added that the larger warehouse allows for drop off of area rugs for cleaning and more space to house their expanded equipment (and staff).



RUTH & RANSHAW BAKERY will be closing at the end of summer. This message was posted on their Facebook page: "We have decided to move in another direction, take advantage of some new opportunities, and spend time with our young families. It has been an amazing four years of learning new things, meeting all of you wonderful people, and building something we will always find special." All orders currently booked will be honored, as well as those over the next few months. This is bittersweet news for Fairview for sure. Anyone with questions or interested in purchasing the space or equipment should email Clair and Colleen at RuthAndRanshaw@gmail.com.

SMOKEY & THE PIG is waiting on those pesky permits to be finalized and they will be ready to open.

THE HUB OF FAIRVIEW MEETING SPACE & GALLERY housed Bob Travers' Student Art Show during May and will have the gallery rehanging with all new local art in early June. Several artists and a jewelry maker will be featured at the monthly "Second Friday at The Hub" on Friday, June 9th.

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Cruising with the Crier

This past November, with much trepidation, we took our first cruise, visiting the Mediterranean Sea. We had never considered ourselves “cruise people” but were surprised by how much we enjoyed both the ship and the ports of call. The food and service onboard were amazing, and the places we visited were even better. One cautionary note: We barely made our ship’s departure time from Venice due to plane delays. We’ll plan for earlier arrival next vacation.

We’ve illustrated our journey via photos of us with the intrepid *Fairview Town Crier* in some beautiful places.

To begin, what a nice surprise we had upon awakening the first morning. Dubrovnik, Croatia, looked almost like a fairy tale city on the mountain slopes overlooking the sea. In photo (A), Mary is sitting on steps in the old city reading her *Town Crier*. By the way, some scenes from *Game of Thrones* were filmed on location here.

The medieval walled town of Kotor, Montenegro, on the coast of the Adriatic Sea rises dramatically along the slopes of a submerged river gorge that looks like a fjord. We took a moment at the port to check the *Crier* (B).

On we sailed to Greece and the Acropolis. From atop this rock outcrop we had amazing views of the city of Athens. We were in awe to be in the place that in many respects is the birthplace of western civilization and democracy. As Mary read the *Town Crier* (C), was she perhaps standing in the same spot where Plato read the local Athenian news? Later in Mykonos (D), Mary sat alongside whitewashed 16th century wind-mills and checked the news from home.

In Italy, Mary did some cross-cultural outreach, describing Western North Carolina and life in Fairview to Pinocchio on a bench in Florence (E). And in Le Castellet, near Toulon, France, a stone bench offered another chance to stop for a quick read (F).

Our last stop was Barcelona, Spain (G), which we explored on our own. We enjoyed seeing the Sagrada Familia and other buildings designed by Gaudí, and then very much enjoyed resting our weary feet after walking around parts of the city. Along the way, we were surprised to see wild parrots among the pigeons.



Welcome New Members

- Patrick Nichols of *Highlander Unmanned Drone Services* (H.U.D.S.)
- Ann Mitchell and Glen Gilmore of *3 B's Inn – Bed, Breakfast & Biscuits*

Members

Know what 95 local businesses have learned? It pays to network and get to know the fellow business folk within your own community. The FBA is 95 members and counting. We had 44 members at the last meeting and several guests who plan to join. Hope you'll join us at on June 8 or subsequent meeting to find out what we're all about.

Next Members' Meeting

The next Member's meeting will be co-hosted on **Thursday, June 8**, at The Garden Spot/Asheville Stone at 1003 Charlotte Highway in Fairview. Meetings start at 6 pm and finish by 7 pm with social networking afterwards. Bring a beverage and/or snack to share. Weather permitting, we will be outside so please bring a camp chair for your comfort. We will get a tour and overview of both businesses after the meeting.

Future Membership Meetings

July 11 @ The Joint Next Door
1185 Charlotte Highway in Fairview
August 4 @ Cloud 9 Farm
137 Bob Barnwell Road in Fletcher
September 7 Lunch @ The Welcome Table
596 Old US Highway 74, Fairview
November 13 @ The Hub (hosted by 3 different members)
1185 Charlotte Hwy in Fairview

Why Join the FBA?

All FBA members live or do business within our community. When you choose a local business, you help our community thrive... and your community thrive.

Membership in the FBA is only \$60 a year with many benefits including:

- Listing in the Directory at right, which is printed in the *Fairview Town Crier* each month
- Opportunity to display business cards in the enclosed case on the bulletin board outside of the Fairview Post Office.
- Listing on FairviewBusiness.com including a logo, photo and link to your email and/or website.
- Networking events at member meetings and social gatherings throughout the year.
- Opportunity to host a member meeting.

Joining couldn't be easier. Visit the FBA website and join online, securely, via Pay Pal or your credit card. All membership communications are done via email so be sure the email you use to set up your profile is one which will reach the correct person in your business for future communications.

You can mail your \$60 check payable to FBA to Fairview Business Association, PO Box 2251, Fairview, NC 28730.

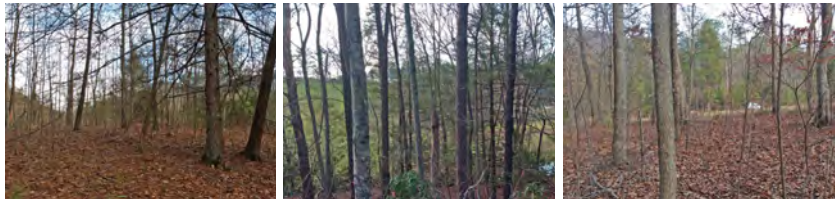
You can also stop by the The Hub of Fairview/*Crier's* office at 1185-G Charlotte Highway in Fairview, Monday–Friday, 10am – 5:30pm and join in person (cash or check only). A fourth option is to join at any members' meeting.

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Food in Disguise

There’s food hanging out in our gardens incognito, and I’m not just talking about the watermelons that hide under cover of leaf and vine or the carrots that send up some frilly nonsense as a cover so the uninitiated would never guess what’s below ground. No, there’s the food we intentionally grow in our gardens, and then there’s meal after meal of food in disguise, if we just know where to look. Here’s some of the hidden treasure we love to eat and share at The Lord’s Acre:

Garlic scapes — Plant garlic cloves in fall and right before they’re ready the next summer, hard neck garlic will produce beautifully gourmet, snake-like flower stalks. Pull these up and out of the plant and you’ll have a mess of goodness to cook with.

Pea tips / shoots / tendrils — The chefs at Green Opportunity love to use our pea tips when training folks in culinary skills. We harvest these delicacies from our Austrian Winter Pea cover crop (planted in fall to overwinter) and from the Sugar Snaps we plant in spring. So tender you can’t find them at the store, they’re a backyard gardener’s delicacy.

Cabbage side shoots — After we cut the main heads in spring or fall we leave the plants to produce baby ‘side-cabbages’ that are looser than the main heads but great to sauté.

Flowers — Edible flowers are another gourmet crop too fragile to find in a grocery store. Nasturtiums and squash blossoms are particularly yummy when stuffed with



Squash blossom

an herbed soft cheese, and many flowers add zest and color to fresh salads or cakes. A quick internet search will provide a list of the easiest edible flowers for the home gardener. Note: not all flowers are edible.

Thinnings — when I plant greens too thickly I thin them out by transplanting some of the extras elsewhere in the garden and eating the rest. Thinning many of the early spring crops (lettuce, kale, beets, radishes, etc.) yields a tasty and colorful salad.

Root greens — radishes, beets and

turnips all have tops that are edible and tasty. Folks who like sharp, hardy fresh greens use them in salads, while others sauté or roast them with or without their roots. I’d never eaten radish greens until a few years ago when interns began showing me how tasty they were. A quick internet search will turn up (no pun intended) dozens of ways to prepare these nutrition powerhouses.

Weeds — we all know many weeds are edible, but did you know that most are a dozen or more times more nutritious than

whatever you’re intentionally growing? Of our naturally occurring weeds, our favorites are: chickweed in spring for smoothies, salads and pesto; and lamb’s quarter in spring through fall for sautés. Note: not all weeds are edible.

Everyone’s looking to stretch their budget, and these hidden treasures are free gourmet treats that are pure bonus. Happy harvesting.

Susan Sides is Executive Director of The Lord’s Acre, www.thelordsacre.org, susan@thelordsacre.org



Edible flowers beautifully decorate this cake

Purple Dead Nettle

I recently gave a fun presentation at UNCA’s marvelous Center for Creative Retirement, focusing on the most common spring wild edible plants and mushrooms. The audience was wonderful, and when I spoke of purple dead nettle, a common super-abundant weed in the mint family, several people were amazed it was edible, as they had it “growing everywhere in their gardens like a carpet.” All they knew was that it was beyond prolific and very pretty to look at with its two-tone purple and green leaves and tiny bright red-lavender flowers. They also knew they didn’t want it growing in their garden beds because then nothing else would!

Supremely Well Adapted

Such is the nature of “weeds”; in reality, a weed is simply a plant humans do not want in a particular place. Plants like purple dead nettle don’t know they are weeds, they are just common plants that are supremely well adapted to reproducing and thriving in our habitat, and if they happen to have their seed dropped by birds into fertile, rich garden soil, they are ecstatic and take off. A friend once commented that there’s enough dead nettle, wild daylilies, lambs quarters, and chickweed to feed this entire county all spring and into the early summer —and it’s true!

Purple dead nettle, *Lamium purpureum*, received the “dead” in its common name as it was considered a nettle that didn’t sting. It is not really a nettle, however, and in my opinion doesn’t resemble its stinging friends, but it can be used in a similar fashion. These plants are in the mint family, with square stems and opposite leaves. Unlike their aromatic cousins peppermint and spearmint, dead nettles have a musty mildew-like aroma when crushed under the nose, and one colleague referred to them as “smelling like old socks.” My mentor used to refer to dead nettles and other non-aromatic mints as “stinkmints.” There are no poisonous lookalikes, and it is a diverse family of plants.

Dead nettles are an important pollinator for bees as they begin blooming en masse in the fields and landscapes early in the season; the bees not only love them but



depend on these wild plants for their rich nectar and protein. Years ago, when I ran a natural history center off the St. Mary River and Chesapeake Bay area in Maryland, we had about 30 beehives, and when dead nettle was in bloom, you could key out the colors by the beautiful and tasty pollen the bees were gathering.

The mint family can be confusing, since many people confuse dead nettles with another common mint called “henbit” or one called “ground ivy” or “Creeping

Charlie.” Henbit has heart-shaped leaves with scalloped edges that grow along the entire body of the plant’s stem, whereas dead nettle leaves are more triangular and grow in larger clumps. Henbit is also edible either raw or as a cooked green. Ground Ivy/Creeping Charlie grows closer to the ground and acts like a carpet with blue flowers. Purple dead nettles are also hairy or fuzzy.

Purple dead nettles are extremely nutritious; they are loaded with iron, minerals,

and vitamins, and the seeds are quite rich in anti-oxidants. Many people will eat them raw, but I prefer them cooked, and my favorite means of preparing them is to wilt them down in boiling water and then sauté them with garlic, a little coconut oil and a strip of bacon. They are also delicious added to soups or used raw in smoothies. I also like mixing dead nettles with other wild greens like chickweed and violet leaves and making them into pesto. The best part about dead nettles is they are so prolific; I don’t have to plant them or tend to them like other residents of the garden; I just let them run wild in the areas where they can run free with the other weeds, away from my perennial and garden beds.

Many Medicinal Properties

On the medicinal front, purple dead nettles have strong anti-inflammatory properties, according to recent ethno-pharmacological studies, and can be used to alleviate pain. The plants work by inhibiting the release of the hormone prostaglandin-2, the principle mediator for inflammation in allergies and chronic inflammatory conditions. These mints also have antimicrobial properties and are rich in essential oils that might help people suffering from allergies, as they help protect the body against pathogens and have been used to help prevent sinus, throat, and respiratory infections. The most common way of using these plants beyond eating them would be to make a tea or a tincture from the leaves and flowers, and I’m sure they exist in a capsule form. The leaves have also been used to make a salve or poultice for minor cuts, abrasions, and wounds.

Considering that it’s a superfood with many beneficial medicinal properties, purple dead nettle has an impressive repertoire for such a common weed that most people look down upon as an unwanted botanical pest!



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READER'S POV

Continued from page 15

family attended fairly regularly because the children are homeschooled. I showed them some fun tricks and ended up with several other folks leaning in to watch the magic.

Rob Kraich, the Welcome Table treasurer, explained that it was established with a twofold purpose (besides the food!): they wanted to create a place where neighbors could meet and see each other, and to pro-

vide a center for the community to gather. He added that it operates on donations and while they are separate, the church supports them by allowing them to use the hall and kitchen rent-free.

Stop by the Welcome Table on Thursdays, between 11:30am and 1pm. Bring a friend or neighbor or go alone. While you're there reach out your hand and meet some new folks. They won't be new for long. After all, we are just one community. There, I said it: *community!*

EDUCATION UPDATE

Continued from page 17

culinary trade. I was impressed to learn that they have a 97% success rate for their graduates getting hired after the program.

And did you know that when this building was a motel back in the 1970's, it was where Elvis Presley used to stay when he came to Asheville? Fascinating.

After delivering the care packages they had prepared, the eighth graders got to hear from Joey, one of the 246 veterans who benefit from this facility. Joey didn't hold back, telling the group about his abusive father, his time in the military, his successful early career as a firefighter, and then his steep decline into drug use and homelessness. The kids got to ask Joey questions ("How much can you bench press?") and then ask questions about the Restoration Quarters as a whole ("Can women stay here?").

The power of the experience wasn't lost on the kids, even though they got to go have fun after the visit. At the bowling alley afterward, Isaiah Chambers said, "It was amazing to get their perspective of

what they went through first-hand. I really connected with what they were saying and it really meant a lot to me."

Other students recognized the benefit to ourselves when we help others. Jazmin Pellegatti said, "You feel like you're actually helping to build a better community by helping out." And Katie Rojas agreed: "It felt good knowing what we were doing was helping someone."

Teacher Rheta West gained a new perspective on education itself: "I have realized that in education we have spent so much time teaching our children to take a test that we have forgotten to teach them compassion, empathy, and gratitude. Thanks to RiverLink and Veterans Restoration Quarters I feel we had a chance to teach our kids what actually matters over these past two days." The learning continues!



Cindy McMahon is the Reynolds District Representative, Buncombe County School Board. Contact: cindy.mcmahon@bcsemail.edu.

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NORTHWEST IN COUNTY! 3 BR, 2 bath well built home, 1.15 wooded acres, HOME WARRANTY, office, private w/nicely landscaped yard, unfinished basement, **MLS#3249598, \$249,000!**



NEW LISTING! Henderson County! 3 BR/1.5 bath home on 2.98 acres with additional 1 BR cabin, great room, patio, home warranty, private, great invstmnt property, **MLS#3278341, \$239,000!**



NEW LISTING! Madison County! Cape Cod style w/ 3 BR, 2.5 baths, lg cov porch, full unfin. bsmt, garage, 1.6 acres, fantastic views, privacy, vinyl siding, near Weaverville, 25 min to Avl, **MLS#3281977, \$235,000!**

RESULTS!

TimberwoodPending in 13 days
Winding WayPending in 34 days
Ridgeway Dr.....Pending in 14 days
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 CirclePending in 8 days
Rotunda CirclePending 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