



THE VOICE OF OUR COMMUNITY

The Fairview Town Crier

MAY 2018 VOL. 22, No. 5 | FAIRVIEW, NC | WWW.FAIRVIEWTOWNCRIER.COM

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Kick Up Your Heels for The Lord's Acre



Mark your calendars! The Lord's Acre is holding its 10th annual Square Dance on June 2. This is their biggest fundraising event of the year, so come out and support this great mission.

Bring a dish to add to the huge pot luck and put on your dancing shoes! The Cane Creek Hellbenders will perform, and Laurie Fisher will be calling.

For those over 21, Hi-Wire beer and Noble Cider will be available. The Lord's Acre staff and board members will guide visitors on tours through the garden.

Go to thelordsacre.org for more info and to buy tickets and raffle tickets.

See ad on page 22 for lots more info.



Raffle & Silent Auction Items

BB Barns container garden
Biltmore Estate tickets
Cindy Vandewart's painted gourd
Dinner for 12 at Corner Kitchen
Earth Fare gift card
Home Depot gift card
Homemade pie (1/month for a year)
Imladris Farms products
Kent Campbell leaded glass hanging
Margarita basket
Natural body care basket
Red Maple tree
Sam's Club gift card
Trout Lily gift card

Gardens of Fairview Tour Brochures and Tickets on Sale May 3

Don't miss this year's tour, which will feature nine Fairview gardens, coming up on Saturday, June 9.

Pick up a brochure, map and tickets at Trout Lily Market, The Hub of Fairview or The Garden Spot. Cash or check for ticket purchase only.

For additional information, visit gardensoffairview.com.



Whistle Hop Hosts Fairview Farmers Market

The Fairview Farmers Market has made some big changes this year. Markets will be held the first and third Friday of each month at Whistle Hop Brewing from 4:30-7:30 pm. The first market will be May 4. Many Fairview growers, producers, and artists are committed for this season. Stop by Whistle Hop, enjoy their fantastic brews, and support your community by shopping local. Details for vendors attending each market can be found on the market's website, fairviewmarket.wixsite.com/fairviewmarket. Local outdoor tailgate markets are also

ready for business. At this time of the year at tailgate markets, you'll find fresh salad mix, root vegetables, spring greens, mushrooms, apples, spring onions, microgreens, meats, cheeses, eggs, baked goods, and honey as well as plant starts.

Listed below are locations and times for nearby markets.

Black Mountain Tailgate Market:
Saturdays 9 am-12 pm

East Asheville Tailgate Market:
Fridays 3-6 pm

Oakley Farmers Market:
Thursdays 3:30-6:30 pm

Welcome Table Rests for Summer

After much consideration, the Board of Directors of the Fairview Welcome Table has decided to take this summer off and follow the Buncombe County Schools calendar. The last lunch to be served this year will be Thursday, June 7, and the first lunch after summer break is tentatively scheduled for Thursday, August 30. The Welcome Table has lost many volunteers over the past several months due to illness, illness in the family, employment, and retirement. It has become difficult to continue serving every week with a small crew. The board is hoping

that taking the summer off, which will also allow time for vacations, will mean that volunteers will return refreshed and eager to start serving our community again. They are also looking for new volunteers. According to the board, "We are trying to make some changes to prevent burnout and the loss of even more volunteers that could result in the Fairview Welcome Table shutting down permanently."

The Share-the-Harvest Market will still bring produce to the farm stand at Fairview Christian Fellowship (596 Old US Highway, Fairview) every Thursday at 11:30 am.

Join the Crier's Labeling Crew!



Marvin's partner, Roger Klinger, writes the "Wild Edibles" column. And Marvin contributes, too, as a long-time labeler. "We don't have a town here in Fairview," he says, meaning a main street or city center. "The Crier is our town," he says.

FUTURE LABELING DATES

June 1 at 10:30 am
June 29 at 10:30 am

Creative Kids Fundraising for Knoxville Trip

The Global Finals of Destination Imagination – the world's largest celebration of student creativity – take place next month in Knoxville, and teams from our local schools are raising money for the trip. Here's how you can help.

The Fairview Elementary School teams will hold a community yard sale in the school parking lot on Saturday, May 12. Spaces are available for \$10, Mother's Day items will be for sale. Space can be reserved by contacting fairviewelementary.di@gmail.com. Fundraising will continue until May 22, and checks can be made out to and mailed to FES D I, 1355 Charlotte Highway, Fairview, NC, 28730.

The Cane Creek Middle School teams are holding a Flocking Fundraiser. Yes, you can flock the school or someone's yard with flamingos! \$8 per school flamingo and \$40 for a house flocking of 25. Email canecreekdi@gmail.com for more info.

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COMMUNITY EVENTS

MAY 1 (TUESDAY)

Ladies' Bible Study

7-8:30 pm. Reynolds Baptist Church is beginning a 6-week, ladies' Bible study. See page 30 for more info.

MAY 3 (THURSDAY)

Books & Bites Luncheon

11 am. Michele Moore, author of *The Cigar Factory: A Novel of Charleston*, is guest speaker at the Friends of the Mountains Branch Library fundraising luncheon. \$25, which includes lunch. Tickets should be purchased in advance. Checks should be made payable to "Friends of the Mountains Branch Library" and can be brought or mailed to 150 Bill's Creek Rd., Lake Lure, NC 28746. Luncheon is at the Lake Lure Inn, 2771 Memorial Hwy.

Brain Therapy Lecture

5:15-6 pm. Learn about new therapies that may help with brain injuries or diseases of the brain, such as MS or Parkinson's. Free, but you must reserve. Call 628-7800. Fairview Chiropractic Center, 2 Fairview Hills Dr.

MAY 4 (FRIDAY)

Tea with Cats for Humane Society

2-4 pm. Enjoy an afternoon complete

with tea, tasty treats, and cats! 20% of the proceeds will be donated directly to the Humane Society. See page 29 for more info. Ivory Road Cafe, 1854 Brevard Rd., Arden.

First Fairview Farmers Market

4:30-7:30 pm. The Fairview Farmers Market will be held the first and third Friday of each month at Whistle Hop Brewing from 4:30-7:30 pm. Details at fairviewmarket.wixsite.com/fairviewmarket.

MAY 5 (SATURDAY)

Reynolds VFD Yard Sale

7:30 am-2 pm. Multi-family yard sale. Antiques, furniture, clothing, electronics, household items. Reynolds Volunteer Fire Department, 1 Charles A. Lytle Ln., Asheville.

Concealed Carry Class

8 am-5 pm. Classroom instruction, refreshments, gun range admission, gun range instruction, targets and NC Certification (upon successful completion of the one-day course). \$85, including a light breakfast and lunch. For more info, visit springmountaincc.com/concealed-carry-class or call 828-628-1625. Spring Mountain Community Center, 807 Old Fort Rd., Fairview.

MAY 7, 9 & 14

Fairview Preschool Open House

10-11 am. For more info: info@fairviewpreschool.org or 338-2073.

MAY 8 (TUESDAY)

Listening Session for Older Adults, the Disabled

10 am-12 pm. The North Carolina Division of Aging and Adult Services will host a Listening Session at the Folk Art Center to gather information for the upcoming State Aging Plan. Everyone is invited to attend. Register to speak at goo.gl/eZxQVA. For more info, contact LeeAnne Tucker at 828-251-6622. 382 Blue Ridge Pkwy., Asheville.

MAY 9 (WEDNESDAY)

FBA Monthly Meeting

6 pm. The FBA will hold its next members' meeting at H&H Distillery. 204 Charlotte Hwy, Suite D. See page 35 for more info.

MAY 10 (THURSDAY)

Garren Creek VFD Meeting

7 pm. The regular quarterly board meeting of the Garren Creek Volunteer Fire Department will be held at the main station (10 Flat Creek Rd.). Residents are invited to attend.

Republican Women's Club Luncheon

12 pm (lunch at 11:30 am). The meeting will feature a presentation on "The Primary Election Results" by Sue Myrick. J&S Cafeteria, 30 Airport Park Rd., Fletcher.

Knee Replacement Seminar

5:15-6 pm. Find out about eliminating drugs from your life and avoiding surgery with a lengthy recovery. Free, but you must reserve. Call 628-7800. Fairview Chiropractic Center, 2 Fairview Hills Dr.

MAY 11 (THURSDAY)

Knitting Workshop

5:30-8 pm. Learn the basics, refresh old skills, or bring an existing knitting project to get some help. \$25. At The Hub of Fairview. See page 23 for more info.

MAY 12 (SATURDAY)

Learn to Brew Kombucha

2-3 pm. Little Jaybird Farm will be leading the class, and you will be able to sample some different kombucha blends, and learn the process from start to finish. Asheville Tea Company will also be there, with a selection of their locally crafted teas. \$15. At

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COMMUNITY EVENTS

The Hub of Fairview. See page 23 for more info.

FES Destination Imagination Yard Sale

A benefit to raise money for Fairview Elementary School's Destination Imagination teams. See front page for more info.

Light Center Event

2-4 pm. Toning for Peace and Transformation with Yvonne Rainbow Teplitsky. For other weekly and May events and more info, 669-6845 or URLight.org.

MAY 14 (MONDAY)

Art League Meeting

10 am. The Fairview Area Art League will meet at the Fairview Public Library.

Stitches of Love Meeting

7-9 pm. Stitches of Love donates handmade articles to local charities. New Hope Presbyterian Church, 3070 Sweeten Creek Rd., Asheville. All skill levels are welcome. For more info, call 575-9195.

MAY 15 (TUESDAY)

Fairview Evening Book Club

7 pm. The book club will be reading

End of Your Life Book Club by Will Schwalbe and discussing it. 1 Taylor Rd., Fairview. See page 7 for more information.

MAY 16 & 23 (WEDNESDAYS)

Acrylic Painting Workshop

5-8 pm. Artist/instructor Theresa Matregano will teach beginning and intermediate artists the basics of painting with water-soluble acrylics. \$125. At The Hub of Fairview. See page 23 for more info.

MAY 17 (THURSDAY)

Find Your Purpose Meetup

6:30-7:30 pm. Living with Heart and Purpose is a group that helps members to experience self-actualization. Tennyson said, "Most people lead lives of quiet desperation." Sadly true, but it doesn't have to be that way. Free, at The Hub, 1185-G Charlotte Hwy., Fairview. See page 19 for more information.

Spinal Surgery Seminar

5:15-6 pm. Learn about technology and exercises that may be able to help with spine problems. Free, but you must reserve. Call 628-7800. Fairview Chiropractic Center, 2 Fairview Hills Dr.

Time for Tea



Thursday, May 24, 3 pm

It's back! Upper Hickory Nut Gorge will once again offer its "Teacup Tea" at the Community Center in Gerton. Guests may choose a teacup as a take-home gift. Tickets are \$15 and may be purchased from Susie Bancer (239 823-8527) or Karen Owensby (828 674-0365).

MAY 18 (FRIDAY)

Jewelry Makeover Workshop

6-8:30 pm. Gather up your "lost" jewelry and create new ones to love. \$30. At The Hub of Fairview. See page 23 for more info.

MAY 19 (SATURDAY)

May Day from Fairview Baptist

Fairview Baptist Church will be holding their annual "Fairview Day in May" as a thank you to the community. See page 30 for more info.

Renaissance Fair at HNGF

Get your costumes ready for the Second Bi-Annual Renaissance Fair at the Farm. Fun demonstrations, games and entertainment are planned. Presale tickets are \$14 for 13+, \$8 for

kids 5-12, and kids 4 and under are free (\$16 and \$10 for day of tickets). Buy tickets at hickorynutgapfarm.com. 57 Sugar Hollow Road, Fairview.

Genealogical Society Picnic

11am-3 pm. The Old Buncombe County Genealogical Society will hold its annual spring picnic at the Big Ivy Community Center. Meat, drinks, plates, and utensils will be provided. Please bring your favorite potluck dish to share. Free and open to the public. For more info, call 253-1894. 540 Dillingham Rd.

Book Signing at Malaprop's

6 pm. Tammy Billups will read from her new book, *Soul Healing with Our Animal Companions*. 55 Haywood St., Asheville. See page 29 for more info.

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COMMUNITY EVENTS

MAY 20 (SUNDAY)

Telling Tall Tales

2 pm. Renowned storytellers Becky and Pat Stone will present a special program of stories and songs that will be great fun for people of all ages. Free, with refreshments. See page 7 for more info. Fairview Public Library, 1 Taylor Rd.

MAY 24 (THURSDAY)

ACRHS Memorial Day Concert

6:30-9 pm. A band and chorus concert from A.C. Reynolds at Arden Presbyterian, 2215 Hendersonville Rd., Arden.

Foot Pain Seminar

5:15-6 pm. Learn about the causes of

foot problems, DIY treatments, and professional help. Free, but you must reserve. Call 628-7800. Fairview Chiropractic Center, 2 Fairview Hills Dr.

MAY 31 (THURSDAY)

Free Meditation Program

7 pm. Sri Sri Sri Shivalayogi, from India, will offer a free program including silent meditation, singing spiritual songs, arthi, and a chance to speak individually with Sri Swamiji. Dhyan Mandir, 70 Cedar Mountain Rd., Asheville. For more info, call Jana at 329-9022.

SAHC Fundraiser

5-8 pm. The SAHC will be celebrating 44 years of conservation with its annual Appalachian Spring event at Salvage Station. For more information, see page 16. 466 Riverside Drive, Asheville.

ONGOING EVENTS

MAY 1 (TUESDAY)

Prostate Cancer Support Forum

7 pm. Us TOO of WNC, a prostate cancer support forum for men, care-

Annual Spring Herb Festival Returns

May 4-6, WNC Farmers Market



If you love herbs, you're in luck. The largest herb festival in North America is returning for its 30th year in Asheville. From May 4 to 6, 60 herb growers and vendors of herbal products and over 35,000 buyers from around the area and across the South will be at the WNC Farmers Market.

Along with varieties of herbs, visitors can stock up on heirloom tomatoes, eggplants, and other favorites; non-GMO seeds and starter plants; and extracts, essential oils, soaps, and salves. There will also be free workshops and programs on subjects such as edible landscaping, container herb gardening, blending teas, and native plants. The festival is held at the WNC Farmers Market, 570 Brevard Road. There is free admission, free parking, and free shuttle service. Hours are Friday, May 4 and Saturday, May 5: 8:30 am-5 pm; and Sunday, May 6: 10 am-3 pm. For more info, visit AshevilleHerbFestival.org or call 301-8968.

IDENTIFICATION STATEMENT

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

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



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31 ACRES, COZY CABIN outhouse, well & pump with generator, gravel drive, ridge-top views, trails thru-out, heavily wooded, creek, no power lines. No HOA, no fees, no close neighbors, no restrictions, will divide. **\$375,000 MLS# 3155768**



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COMMUNITY EVENTS

givers and family members, at 5 Oak St., Asheville. No fee. More information available at 242-8410 or wncprostate@gmail.com.

MAY 3 (THURSDAY)

Embroiderers' Guild Meeting

9:30 am-12 pm. At Cummings United Methodist Church, 3 Banner Farm Rd. Etowah/Horse Shoe. For more information, contact Roberta Smith, 243-6537, or Janet Stewart, 575-9195.

SAVE THE DATE

JUNE 2

TLA Square Dance Fundraiser

5:30 pm-10 pm. The Lord's Acre's 10th annual Square Dance. See ad on page 22. 26 Joe Jenkins Rd., Fairview.

JUNE 14

Successful Aging Conference

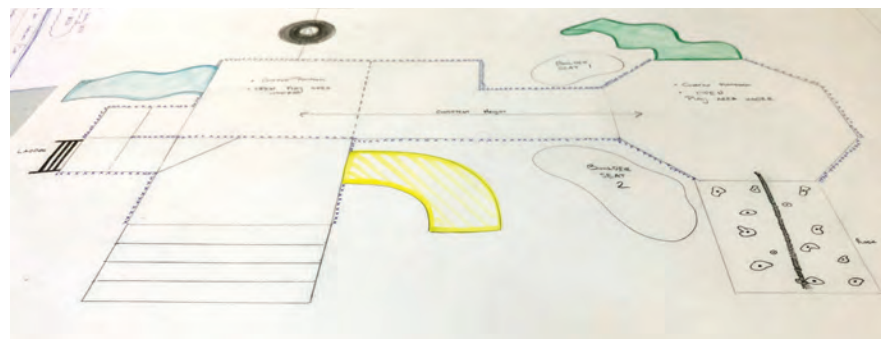
9 am-3:30 pm. For older adults, caregivers. OLLI, Campus View Rd., Asheville. Register: oabc.org/successful-aging.

MAY CALENDAR FOR REYNOLDS SCHOOLS

MAY 3	Fairview Elementary Arts Night 6 pm
MAY 7-11	FAIRVIEW ELEMENTARY STAFF APPRECIATION WEEK
MAY 11	Reynolds Middle Rising 6th Grade Parent Tours 1 pm
MAY 11	Fairview Elementary Father/Daughter Dance 6 pm
MAY 22	Cane Creek Band Concert 7 pm
MAY 24	Reynolds High Band & Chorus Memorial Day Concert 6 pm, Arden Presbyterian
MAY 28	Reynolds Middle Band Concert 7 pm
MAY 24	Early dismissal for all schools
MAY 31-JUNE 1	EOG Testing for all elementary schools

Note: Cane Creek Middle School is seeking test proctor volunteers from June 5 to 8. To sign up, please contact the school at 628-0824 or email benjamin.alexander@bcsemail.org.

SMCC Playground Remodel



Major remodeling of playground equipment will take place soon at Spring Mountain Community Center. Grant Tarjick created a drawing for the proposed playground remodel. The remodel will include taking out the trapeze, replacing the blue slide, installing new posts and a lower platform instead of a ladder step/bridge system, which will allow small children access. The rock wall would be refurbished and ropes added. Boulders could be added to play and sit on. The work will be done in three phases: taking some of the structure apart and placing new posts; allowing time for footers to settle; and building the rest. Expected cost is around \$4,000. SMCC is seeking donations for this project. April Tarjick will design a sign to be placed in the middle of the playground to track funds as they are raised. For more info or

to donate, contact Ruth Atkins at 828 628-1625 or springmtncc@gmail.com.

Grant Received for Exercise Equipment

SMCC received a grant for the purchase of a recumbent cycle and a cardio walker. The equipment, which will be installed by May 15, will provide aerobic fitness and cardio benefits.

Monthly Events

Community Leadership Meeting: Usually the first Tuesday of each month, 6:30 pm.
Quilting Bee: Meets every second Tuesday, 10 am-2 pm. Call 628-7900 or 628-1938.
Berrypickers' Jam: Tuesday evenings at 7 pm.
Slow Flow and Yin Yoga with Anna: Mondays from 6:15-7:30 pm. \$5-\$10 suggested.
Yoga with Sabrina: Thursdays from 6:15-7:30 pm. \$5-\$10 suggested.

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3.18 ACRES OF PRIVATE MOUNTAIN BLISS

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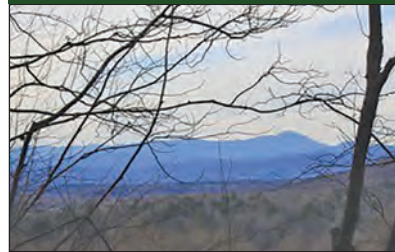
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1.79-acre lot with 360° long-range mountain views at 3,000 ft. Private, wooded lot. Build your dream home! Located between Hendersonville, Asheville, and Lake Lure. Call Sophia 828-691-0311. **\$59,000**

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Great location in Asheville. Country living in the city. Lot#2 2.70 acres \$90,000. Lot #4 3.39 acres \$100,000. Lot #5 3.27 acres \$100,000. Lot #6 1.97 acres **\$77,000**

PRISTINE 5 BED/3.5 BATH ON 5.37 ACRES

NEW LISTING!



Post & beam home w/panoramic views! Lg loft, BRs & bath on all 3 levels. Currently used as investment property. Fully furnished. Decks for entertaining w/hot tub.

BRAND NEW ARTS & CRAFTS



3/2 home, one-level in new Fairview subdivision. Wood floors, vaulted ceiling, breakfast bar, kitchen island, open floor plan, community garden w/ rustic barn. Level to sloping lots. Many floor plans to choose from. **\$380,000**

NEW CHARMING RANCH



3/2, Space-efficient ranch offers all the features you've been looking for. Master BR suite, full-size bath, walk-in closet, huge great room. New agrihood subdivision in the heart of Fairview. Many plans to choose from. **\$325,000**

LAND FOR SALE

REDUCED TO SELL! 4+ ACRES READY TO BUILD. Hike from your back door. Gravel driveway and existing building site. Long-range mountain views. Perked for 3 bd in 2008. Mature hardwoods, rhododendrons, lots of wildlife. \$35,000

NEW! PRIVATE 2.4 ACRE with view, pond, creek, well, septic, and homesite graded. Access off paved road. Call Karen 828-216-3998 \$100,000

4-ACRE, PRIVATE WOODED PARCEL with beautiful laying homesite and excellent access. \$75,000. Owner will consider financing. Call Karen 828-216-3998

GORGEOUS PARTIALLY CLEARED, level to rolling homesite in gated community. Stunning views, underground utilities, low HOA fees, easy paved access. \$125,000 Call Karen 828-216-3998

0.88 ACRE OF WOODED MOSTLY LEVEL BUILDING, suitable for 1 level home. Year-round mountain views possible. Access paved and level. Call Karen 828-216-3998. \$100,000

0.74-ACRE MOUNTAIN VIEW piece ready to build. Creek runs through, priced to sell: \$25,000

STUNNING 39-ACRE PARCEL with commercial potential. Pasture, woods, level, rolling & hilly, potential views. Stone entrance, creek, small stream, 2 ponds. City water & small box sewer treatment possible. Call Karen 828.216.3998. \$2.5M

7.7 ACRES, CREEK, DRIVEWAY, potential great view. Private, wooded lot in nice area of homes on large tracts, convenient to town. Call Karen 828.216.3998. \$150,000

STUNNING RIVERFRONT LAND WITH HISTORIC GRIST MILL. Possible owner finance. Driveway and septic installed, site graded, pasture and mountain views. Call Karen 828.216.3998. \$100,000

GORGEOUS 2 ACRE PARCEL IN VALLEY adjoins conservancy land. Potential potential for pasture & long-range mountain views. Pave access in new home area. Call Karen 828.216.3998. \$135,000

NEARLY 5 PRIVATE ACRES. Several homesites, creek, driveway, great view potential, landscape architect plan. A steal at \$65,000. Call Karen 828-216-3998

11 ACRES OF UNRESTRICTED FAIRVIEW PROPERTY. Driveway cut in to several building sites. Wonderful large hardwoods and old grapevines from Ireland. Lovely creek and block building would make a great shop. End of the road privacy. Cool boulders, old log barn and lots of mountain laurels to enjoy. \$150,000. Call Allen 329-8400

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ADULT PROGRAMMING

Fairview Neighborhood History Project Starts

The Fairview History Project is under way. All volunteers who attended the oral history interview training in April need to make sure you are trained on how to use the recording equipment before heading out into the community to conduct interviews. Please contact the library to set up a 15-minute training session with Vance Pollock on a Monday or a Saturday.

Book Club

Fairview Evening Book Club will be reading *The End of Your Life Book Club* by Will Schwalbe for the month of May and discussing it on Tuesday, May 15 at 7 pm.

"Schwalbe...chronicles his book-related conversations with his mother after she was diagnosed with advanced pancreatic cancer...In a heartfelt tribute to his mother, [he] illustrates the power of the written word to expand our knowledge of ourselves and others." – Kirkus

This will be the last book club of the season before we break for summer. All the books read in next season's book club will be chosen at the May meeting, so be sure to bring your suggestions.

No sign up or registration is required to join book club, and new members are always welcome.

Becky and Pat Stone Tell Tales

Renowned storytellers Becky and Pat

Stone tell *Tall Tales, Short Tales, even No Tales (well, no tails)*, from "Jack Cures the Doctor" to "How Tadpoles Became Frogs." Join us for this special program at the Fairview Library on Sunday, May 20 at 2 pm. This program of stories and songs is great fun for people of all ages. Bring the kids and grandparents. Free to all with home-made refreshments served after, courtesy of Friends of the Fairview Library.

ZOOM Now at Fairview Library

Buncombe County Libraries have teamed up with local attractions and museums to offer free admission for library card holders with a ZOOM pass! Visit the library website to reserve your pass, and, starting May 1, you can come to the Fairview Library up to 48 hours in advance to pick it up. Some of the area attractions you can visit with a ZOOM pass include the Western North Carolina Nature Center, Buncombe County pools, Asheville Museum of Science, and the Hands On! Children's Museum. Call the library for more information and to find out how it works.

Library Database of the Month

The library isn't only about books. We also provide the community with access to tons of helpful electronic resources to meet your needs. Each month in the *Town Crier* and on the library's Facebook page we will be highlighting one of those resources.

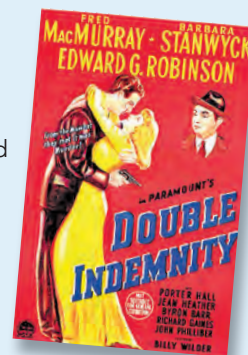
This month's database is NoveList Plus. This tool is a book lover's dream. Want to be matched with the perfect book?

SUMMER OF NOIR FILM SERIES

DOUBLE INDEMNITY (1944)

What could go wrong when a smitten insurance agent (Fred MacMurray) is seduced into a scheme of fraud and murder by the calculating wife of a wealthy husband (Barbara Stanwyck). Pursued by a suspicious claims manager (Edward G. Robinson), the pair must evade detection as the clock ticks and tensions mount.

Join us on Tuesday, May 22 at 6 pm for the first of four film screenings and discussions on the highly influential film noir genre. Events will be hosted by North Carolina Film Critics Association member James Rosario, who will introduce each film and lead a discussion after. *This film is not rated. 108 minutes*



NoveList is the database that can make that happen. With NoveList, you will discover information and recommendations about fiction and nonfiction books and audiobooks for all ages. Find read-a-likes, explore new and favorite genres, and check out awards lists and discussion guides. NoveList also makes it incredibly easy to find books at the appropriate reading level for students. This database is available to you either in or outside the library via NCLive and your library card number. Just go to the Virtual Library Tab on the new library website and click on the NCLive box.

Looking for Something New to Read?

Michael Ondaatje, best-selling author of *The English Patient*, has a new book out May 8 called *Warlight*. "The term warlight

was used to describe the dimmed lights that guided emergency traffic during London's wartime blackouts. The word aptly describes the atmosphere of this haunting, brilliant novel...set in Britain in the decades after WWII, in which many significant facts are purposely shrouded in the semidarkness of history?" – *Publishers Weekly*

CHILDREN'S PROGRAMMING

Storytimes

Baby Storytime – Tuesdays at 11
Toddler Storytime – Wednesdays at 11
Preschool Storytime – Thursdays at 11

LEGO Club April 6 at 3:30 pm.

Jaime McDowell is the head librarian at Fairview Public Library.

It's time for

Spring Cleaning!



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High Costs and Bad Weather

As stated in an earlier article I do love numbers, facts, and figures. This article is courtesy of the Food for Fairview Acting Secretary's historical database and year-to-date figures for the pantry. The historical data covers 2005 through the end of 2017.

Over the past three years, the pantry's total expenses, which includes food, hygiene products, and school supplies, have been the highest in the history of the database – well above the thirteen-year average of \$39,462. The last two years were the highest at \$63,730 (2016) and \$61,521 (2017). This is the case even though the past two years have seen the lowest number of families with one or more visits within a year (the lowest since 2007).

The total cost per person visit (\$6.10 for 2016 and \$5.64 for 2017) and the non-food cost per person visit (\$1.84 for 2016 and \$1.85 for 2017) have been the highest in the historical data period. Both are significantly higher than the total cost per visit average of \$3.67 and non-food cost per person visit average of \$1.13. Although the number of visits per family and the number of children per family have both decreased somewhat over the past 10 years, it is costing the pantry more to serve a slightly lower number of families per week. So cash contributions are always appreciated, and donations of food and hygiene items are always welcome. Donate

items at The Hub at 1185 Charlotte Highway, Fairview.

The pantry is open Monday, 3 to 6 pm, unless the school is closed due to weather. Over the past 14 weeks the weather and holidays have led to a confusing schedule. The pantry was closed Christmas week, and so clients who came into the pantry on December 18 shopped for two weeks. The pantry didn't open on New Year's Day, but did on the 2nd because it hadn't been open the previous week. The pantry didn't open on January 8 (weather), but did the next day. The pantry opened on January 15 and April 2, although school wasn't open (MLK Day and spring break, respectively). Even with this confusing schedule, the pantry has averaged 42 family visits per week.

We are seeking volunteers at the pantry for Monday afternoons and Tuesday mornings. Mondays are normally the pantry's operating day and Tuesdays are the day when supplies are picked up at MANNA Foodbank in the morning and the pantry shelves are restocked. Anyone with a large SUV or pickup truck who could pick up the items at MANNA and take them to the pantry between 8-10 am Tuesdays would be especially appreciated.

Jeff Cole is the Executive Director of Food For Fairview, which is a tax-exempt 501(c)(3) Corporation. For more information, please call 628-4322 or go to foodforfairview.org.

Autoplay, Machine, Emails, and More

At long last, the current version of Chrome (which you should have if you are using it on a regular basis, since it automatically updates) will block many automatically playing videos so you don't embarrass yourself in a public space with suddenly blasting audio. Chrome will still play those from sites designed to play videos automatically, like YouTube and Netflix.

Learn Like a Machine

Machine learning projects for kids can help children (or adults young at heart) learn more about how computers can be taught to learn. Machine learning is what drives autonomous cars, helps decide on loan applications, recognize faces, and powers many recommendation websites. One place to start is the website machinelearningforkids.co.uk, which uses Scratch, a simple, block-like programming language, to help you learn more about machine learning. And it all will run in your web browser.

Do Not Disturb

You can control when you get bothered by your smart phone by using the Do Not Disturb features available for both Android and Apple phones. You likely know about Airplane mode, which pretty much cuts you off from calls, texts, and the Internet, but sometimes you want a select few emergency contacts to filter through. When you use Do Not Disturb features,

you can silence everything or let through certain emergency contacts or types of messages. Different options are available on Android and iOS: dig through them to find what can really work for you without having your device annoy everyone at your next event or meeting.

Keep Your Cookies

Firefox now has an extension to isolate your Facebook cookie "crumbs" from following you around the other sites you browse. Straight from Mozilla, the parent organization that makes Firefox, you can get the Facebook Container Extension. Go to addons.mozilla.org and search for Facebook Container.

Early Morning Email

Timing your emails to get a response might seem like common sense, and research by Boomerang and Yahoo Labs shows that sending email to arrive in someone's inbox in the morning hours, from 7 to 9 am (and earlier in the week), generates the best response. Of course, if you know your recipient has different work hours, adjust the sending to correspond to the beginning of their work day.



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WEEK 4 • JULY 9-13

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www.hickorynutgapfarmcamp.com

Believe It or Not, Warmer Weather Is on the Way

We've had a slow start to spring this year. However, we will really start to march toward summer now, as May's average high temperature will generally be in the mid 70s and average lows will be in the low 50s. While we can still have an unusual late season frost, many years we don't. However, "plant your warm season annuals around Mother's Day" is still pretty good advice for our area. I find it quite interesting that, as of mid-April, the warmest temperature of the year was back on February 15, when the mercury hit 79. I am quite sure that will be surpassed this May, but it does show the slow progress toward spring this year. The combination of warmer, later-spring temperatures along with rising soil temperatures support more vigorous growth of warm season crops for the rest of this year's growing season. We average about five inches of rain for May, with rain falling on an average of 12 days. In any given May we get between seven and 10 thunderstorms. As we get into late spring and summer, we might wish we had been able to "bottle up" some of this cooler, early spring weather so we could bring it back for the dog days of August.

What GOES Around

About a year ago, we looked into the GOES-R satellite program. The Geostationary Operational Environmental



This composite image was captured from the NOAA GOES-16 satellite in January 2017. Credit: NOAA

Satellite-R Series (GOES-R) is the next generation of geostationary weather satellites. There are four satellites in the series: GOES-R, -S, -T and -U. The GOES-R Series Program is a collaborative development and acquisition effort between the National Oceanic and Atmospheric Administration (NOAA) and the National Aeronautics and Space Administration (NASA) to develop, launch and operate the satellites.

The GOES-R series satellites will provide continuous imagery and atmospheric measurements of Earth's western hemi-

sphere, total lightning data, and space weather monitoring to provide critical atmospheric, hydrologic, oceanic, climatic, solar and space data.

GOES-R series satellites will provide images of weather patterns and severe storms as frequently as every 30 seconds, which will contribute to more accurate and reliable weather forecasts and severe weather outlooks. The GOES-R (now known as GOES 16) transitioned to operational mode during the past year and went through an exhaustive testing phase, wherein its instruments were checked using measurements from a vast range of verified sources. In March, the GOES-S satellite reached a geostationary orbit (22,300 miles out in space) and has now officially received a new name: GOES-17. The satellite will be called GOES-17 for the remainder of its lifespan. GOES satellites are designated with a letter prior to launch and a number once they achieve geostationary orbit. After a checkout of all of the instruments and systems, GOES-17 will drift to its operational position off the west coast of the US, and become NOAA's GOES West satellite in late 2018.



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

WEATHER WONDER



What are some of the best websites to see satellite images of clouds?

To see some of the best GOES-16 satellite image links, check out goes-r.gov/multimedia/dataAndImageryImages.html as well as nesdis.noaa.gov. As part of my daily routine, I check out the following site for current GOES-16 satellite data: weather.msfc.nasa.gov/GOES. You can zoom in and select an area and then loop an animation. You can also zoom in on the Carolinas, and even choose your county in a dropdown box. This will allow you to see cloud cover either as single images or time loops.

QUESTION of the MONTH



How many sunny days do we average per year?

GOT TOO MUCH STUFF?



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WEEKLY, BEGINNING TUESDAY MAY 1, 2018, 7-8:30 PM

"The Quest" is a cross between a curriculum and a journal, with three primary objectives:

- To promote deeper intimacy with God
- To help foster a sojourner mentality — we are only passing through this world on our way to somewhere else
- To foster an adventurer-mentality as royal subjects of royal blood headed to an unshakable kingdom (Acts 14:22)

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FAIRVIEW FIRE DEPARTMENT



BBQ Fundraiser

Fairview Fire Department Gets Big Boost from Fairview Community

On behalf of the Fairview Volunteer Fire Department, thank you friends and supporters! We are so very thankful for the support the Fairview community gave to the department during the BBQ fundraiser last month. The Support Operations Team partnered with Smokey & the Pig during the two-day event held at the station. Through sales of BBQ, ribs, desserts, raffle tickets, and t-shirts we actually exceeded our goal! We had a 50/50 raffle, a wine and snacks basket donated by one of our members, and a trailer raffle that turned out to be the most popular. We are thrilled with the results and the support.

Enthusiastic Support

We tried something new this year with corporate sponsorship levels, and most of those we asked were very enthusiastic to support. We hope to continue that relationship and build on it for next year's event. (Please see our thank you ad at left.)

Since there are many projects that need funding outside of the budget, the money raised beyond our target amount (for bathroom repair) will go to another worthy project. For example, we certainly do not want to wait too long to buy a stove that works on a regular basis; and so this is on the top of the list at the moment.

The Fairview Business Association was so kind to pick the Fairview Volunteer Fire Department as its first quarter charity. The FBA and members in the association came together to donate over \$500. This will go to help with food and Gatorade when the firemen are on a house fire. I was able to talk to the FBA members about the Support Operations Team and what it does for the department at their April meeting. What a great group of leaders in the community! And how very thoughtful of them to support each quarter a new charity/project.

On a very sad note, we have lost two very special people to the fire department. Johnny Wilson, who was the 911 supervisor, passed away unexpectedly in late March. Then on April 8, our neighboring fire department, Reynolds, lost their chief, Richard Sales, in a car accident in Statesville. Both of these men were good friends to the department and will be missed greatly. The Support Operations Team catered and served a meal to the Reynolds fire department and their families along with the Sales family after the memorial service.

Robin Ramsey is the Treasurer of the Support Unit Group of the Fairview Volunteer Fire Department.



Good food, good people, and a good cause. The community came out to support the Fairview Volunteer Fire Department, and they ended up raising more than their goal.



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Letter from James Whitaker Sr. to His Senator

James Whitaker Sr. was born on Swearing Creek in Rowan (now Davidson) County, NC on April 3, 1779. He was the youngest child of Joshua Whitaker Sr (1735-1798) and Mary Reed (1748-1832). He remained in Rowan County helping his mother with his ailing



Squire James Whitaker Sr.

father Joshua Whitaker after the rest of his family and friends moved to Fairview. James married Mary "Polly" Walker in September 1800. He and his wife and mother moved to Fairview in Buncombe County by the spring of 1801. He and his wife were charter members of Cane Creek (now Fairview) Baptist Church. He was the church's first Deacon and Church Clerk.

Whitaker moved to Swannanoa in the spring of 1807. He moved to Franklin in what is now Macon County, in 1825. James

Franklin June 13th, 1834.

Dear Sir,

Permit an obscure friend, to drop you a few lines, to you by way, rather of enquiry, and first, we live bordering on the Cherokees, and feel a deep interest in every thing Connected with that people, if you therefore, have any information about them, either as regards a Treaty, or otherwise, we wou'd be thankfull to get it. –

we receive but few Documents, and but little information from Washington, except Newspapers any how. – Unfortunately for some of us, we are too strong friends to the Republican Doc-trines of 98 – and of state Rights now. to receive much from the Dominant party, for my dear Sir, we have many in our County, who seem to think that Andrew. Jackson, can do no rong – and I verily believe, woud applaud his Conduct, even if he should, (as Maj. Jack says,) Kick the whole Senate, into the Potomac, – Sir, send us something, if nothing better, send Jacks Letters.

Many of my acquaintance in this county, Haywood, and Buncombe, wish to know something of the encouragement, given by Government, (if any.) to Emigrants, for the Columbian River Many families in my acquaintance, would go – if they knew, something more on the subject. i.e, if encouragement worth Notice is held out &C [etc.].

– Sir, you ought to pay some little attention to us in this County, if, for nothing else than to keep up our Spirits, Many of us, are Decidedly your Political friends, tho a Majority, go against you, some from principle; and some through ignorance; and some through fear. But the State Right party, are pleased with your Course in the senate, particularly on the Depositt question. Sir, excuse the hasty remarks of a friend, and partial acquaintance.

James Whitaker –



Mary Polly Whitaker

Whitaker moved to what is now Andrews in Cherokee County in the spring of 1835.

James Whitaker wrote the letter to US Senator Willie Person Mangum (at left, with punctuation, spelling and capitalizion left as in the original).

Western North Carolinans gave Andrew Jackson 88 percent of their votes when he was elected president. He barely won. When he ran for reelection, he won in a landslide. However, in Western North Carolina, 78 percent of the people voted against Jackson in one of the biggest turnarounds in US history. Uncle James Whitaker wasn't the only person who turned against him.

Local historian Bruce Whitaker documents genealogy in the Fairview area. He can be reached at 628-1089 or brucewhitaker@bellsouth.net

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Celebrating Two Years in the Mountains

Well, it happened. An anniversary! I have been in the mountains and, specifically, Fairview for two years this month! Although with 40 weeks performing on the road each year, it doesn't seem like that.

I discovered something, though. I have been given a title. I am now officially known as a "halfback." Born in Western New York (Rochester), I relocated to Florida to attend clown college, lived there for 35 years and then moved to the mountains to be close to my grandkids. A halfback is a person originally from the northeastern U.S. who moved to Florida only to later move "halfway back" to the mountains.

I've learned some things about each of the places I've lived in and thought I could share some of that wisdom here.

First, in Western New York I learned they're just wings. Not Buffalo wings or chicken wings – just wings, served with blue cheese only. There is only one team, the Buffalo Bills. Beef On Weck is the only sandwich. And everyone needs a porch swing.

And how about Florida and Fairview? How are they alike and different?

In Both:

- The weather will make you crazy.
- You have to choose between two sports teams.
- You can learn to play golf.
- The tourists are good for you.

In Florida, you could walk from one shore to another, but in Fairview you could walk from one mountain to another.

- No one agrees on how to drive.

As for Differences:

- Florida has Publix, but Fairview has Ingles – although Publix is here now!
- In Florida, spring break is coming, but in Fairview, it's just spring.
- In Florida, you get lost in the swamps, but in Fairview you get lost in the mountains.
- In Florida, snowbirds arrive every winter, but in Fairview, they leave.
- In Florida, you could walk from one shore to another, but in Fairview you could walk from one mountain to another.
- And in Florida, you vacation at the closest mountain, but in Fairview you go to the closest beach.

I guess it comes down to preferences. Do you prefer Jimmy Buffet or John Denver? Or maybe it comes down to where your grandkids live!

Greg Phillips is a professional speaker, magician and comedian. Contact him at Greg@GregPhillipsMagic.com or MountainMagicAcademy.com

GREG'S MAGIC TRICK



A Balancing Trick

THE CHALLENGE Balance a glass between two others glasses using only a bill.

THE EFFECT Place two glasses on the table, mouth upward and balance a bill across the top. Ask if your spectator can now set a glass on the bill between the glasses without any other support.

THE SECRET Take the bill and fold it several times in an accordion pleat and lay it across the two glasses and you will find that you can, quite easily, balance the glass there without any other support. Use a crisp new bill if possible.



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How to Treat Common Sports Injuries

In 1983, I was training for my second New York City marathon. I had about seven to eight weeks to go and developed a really bad case of Achilles tendonitis. Yikes! My family doctor, PT and podiatrist all advised that I stop running and take time off to let it heal, but that was advice that was not going to work. A friend suggested I see their sports-trained chiropractor, and he got me back running quickly and allowed me to complete the marathon (and finish in under three hours). I was pleasantly surprised.

Sports injuries, for either the weekend athlete or the college athlete, usually fall into two categories: sprains and strains, or repetitive injuries such as tendonitis, shin splints, plantar fasciitis and others.

According to research, the most common injuries include ankle sprain, groin pull, hamstring strain, shin splints, ACL (anterior cruciate ligament) tear, Patellofemoral syndrome (resulting from the repetitive movement of your kneecap against your thigh bone), and Tennis elbow (epicondylitis).

These are many of the common injuries we see in our office in addition to the shoulder or rotator cuff problems we see with weightlifters.

Here are some of the self-care methods we generally recommend for these type of injuries.

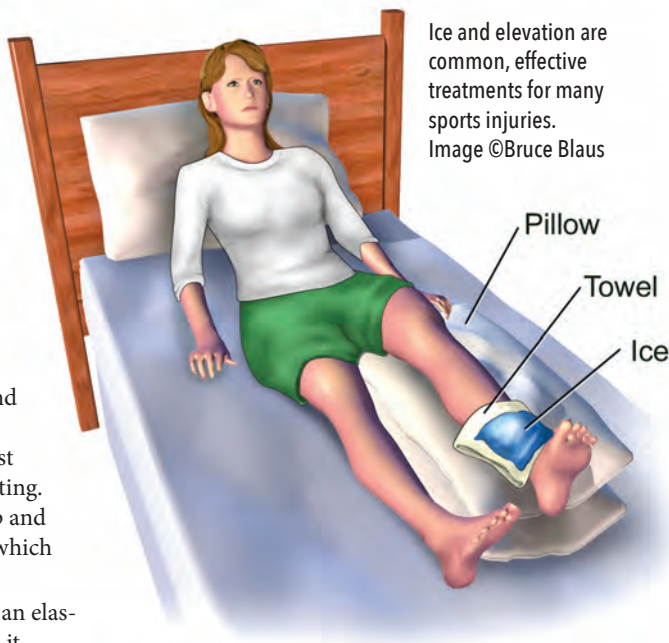
Rest: If you have a new injury, stop doing those activities that make it worse.

Ice: For new injuries, only use ice, for 10 to 20 minutes, up to four to five times a day. Put a towel between your skin and ice (prevents freezer burn) and wait at least an hour before repeating. For knees, ice the top and bottom of the knee, which is more effective.

Compression: Get an elastic brace for the area; it reduces swelling and decreases the amount of edema that causes scar tissue formation. This is especially helpful early on.

Elevation: Especially for knee or ankle injuries, it's helpful in the early phases of injury.

Stretches: Before strengthening the injured area, start to stretch the area gently by moving the joint through its normal range of motion.



Ice and elevation are common, effective treatments for many sports injuries. Image ©Bruce Blaus

Ibuprofen works great but it inhibits proper ligament, muscle and tendon repair, increasing the risk of future injuries to the areas.

If your injury is more chronic in nature — like tendonitis or tendinopathy — ice isn't as helpful, and heat may be of greater benefit. Some types of soft-tissue release modalities are often helpful with the more repetitive, chronic-type injuries; rest may or may not be helpful. Stretching followed by strengthening is usually the approach to self-rehabilitation. Many stretching and strengthening exercises may be found online.

Make sure you keep an ice pack at home. We highly recommend the gel packs that can be frozen or heated (to increase blood flow). We find these to be the most versatile.

If your acute or chronic injury is not improving, it's time to get a professional evaluation. If you think you have a sprained ankle but can't put weight on it for more than four or five days, an X-ray may be needed based on certain guidelines.

Support: For most foot conditions, we find shoe inserts, like SuperFeet or Sole Supports, can be helpful. For the elbow, the Serola elbow brace is the best. We see more and more people taping themselves for support.

Supplementation: Natural anti-inflammatories such as bromelain (an enzyme found in pineapple) are helpful in the early stages of an inflammatory injury.



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

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Different Allergies, Different Medicine

With warm spring weather inevitably come spring allergies. For some, this is a minor nuisance.

For others, allergy symptoms can be debilitating and prevent you from actively enjoying the outdoors. Most of us are familiar with allergy symptoms, sometimes called “hay fever.” You might be bothered by itchy eyes, a runny or stuffy nose, and sneezing. Sometimes the extra mucous drainage can cause a sore throat. It is possible to have these symptoms at any time of the year, but people who experience them in the spring are usually reacting to pollen from trees, grasses or weeds. As the weather gets more humid, mold spores might also aggravate allergy symptoms.

Symptoms like these can obviously be problematic. There are many over-the-counter (OTC) medications available that can provide some relief. But what you may not know is that the best OTC medication for you probably depends on your symptoms.

For a runny nose, most people will reach for an OTC antihistamine such as Claritin, Zyrtec, or Allegra. These medicines certainly can help, but the best medicine for treating a runny nose from allergies is actually a steroid nasal spray. Steroid nasal sprays are products such as Flonase or Nasacort. One spray in each

Be cautious about using medications like Benadryl either for allergies or for sleep — there are some long-term concerns such as issues with balance and memory.

nostril daily during allergy season can make a big difference in your symptoms. Simply breathe out, insert the tip of the spray into one nostril while closing off the other with your finger, then spray and inhale deeply through your nose at the same time. Make sure to repeat on the other side.

If itchy eyes are your problem, sometimes a simple saline eye drop can help. If that is not enough, using an OTC antihistamine like Claritin, Zyrtec or Allegra can be helpful. This is also true for congestion. Other medicines for a stuffy nose are ones like Sudafed or nasal sprays such as Afrin.

While these medications tend to work very well for allergies, there are some warnings you should be aware of. For example, antihistamines can make people drowsy.

Continued on page 38

Getting Your Brain Active in Spring

The fields, trails, roads and stadiums of western North Carolina abound with activity this time of year. From children and adolescents learning skills for the first time to the weekend warrior dusting off the cobwebs, spring is a time for renewal, exploration, and fun when it comes to keeping yourself active.

Although there is a shift in thinking, mostly among baby boomers, an overwhelming majority of folks exercise to keep their bodies fit and prevent disease or to prevent further damage after a life-changing event has occurred (i.e., heart attack, stroke, etc.). Rarely do individuals say things like, “I exercise to strengthen connections between nerve cells in my brain” or “I stay active to produce new nerve cells in my hippocampus.”

But this is exactly what happens when one stays active throughout life. Science tells us that when we’re active, specific changes occur in the brain based on the type of activity, how long it lasts, and how long we’ve done it. For example, running, hiking and moderate cycling allow for the production of a chemical called brain-derived neurotrophic factor (BDNF), which has been called “Miracle-Gro” for the brain. This chemical, increased through physical activity, promotes strengthening of connections in areas of the brain related to learning and memory.

Other compounds, such as insulin-like growth factor (IGF) and vascular-endothelial growth factor (VEGF), are also produced during exercise and promote the health of blood vessels in the brain, better use of blood sugar, and also decrease the incidence of nerve cell death that occurs with aging.

More recent research is demonstrating that high-intensity interval training – low-level cardiovascular exercise followed by short bursts of high-intensity activity at regular intervals – can actually promote the growth of new nerve cells in the hippocampus, the area of the brain best suited for learning new material. Add to this the ever-growing body of research on the neuro-protective effects of nature on our brains, and it is no surprise that being active in the mountains is simply good for our brains.

Given current advances in modern brain imaging and testing, we are now able to visualize the differences in brain function between those who are active vs. those who are sedentary. The more we exercise, particularly in the outdoors, the more productive and resilient our brain becomes as we age.



Dr. Trayford is a Board Certified Chiropractic Neurologist. More at ApexBrainCenters.com

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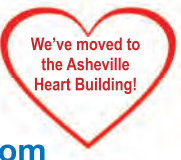


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Conserving Our Land Is Good for Our Water

Streams and other aquatic environments share an intimate link with the surrounding terrestrial ecosystems. Accordingly, the composition of the surrounding landscape has a substantial impact on both water quality and stream habitats. The conversion of forests to agricultural and/or urban areas in particular can lead to a variety of changes to the physical and chemical properties of aquatic ecosystems, in turn affecting the natural biological communities.

One major cause of these changes is the removal of trees and native riparian

Removal of trees and native riparian vegetation eliminates root networks that retain the soil adjacent to streams, leading to bank erosion and the accumulation of harmful sediment on stream beds. Roots also aid in retention and filtration of pollutants.

vegetation, which impacts a variety of aspects of the stream ecosystem. Tree removal eliminates the root networks that retain the soil adjacent to streams, leading to bank erosion and the accumulation of harmful sediment on the stream beds. Roots also aid in the retention and filtration of pollutants.

More Deforestation Dangers

The shade provided by these plants is critical in maintaining cooler water temperatures that are optimal for many species, particularly those in smaller headwaters such as Brook Trout. Deforestation eliminates leaves and terrestrial insects, key food sources for stream invertebrates and fishes, respectively, from entering streams. Woody debris is a critical habitat feature of many streams that is lost when trees are removed.

In addition to the impacts due to the loss of native vegetation, agricultural and



Roaring Creek



Fishing at Elk Hollow Branch yields a brook trout (inset).

urban landscapes both provide distinct stressors to streams. For example, the variety of chemicals used in crop and livestock production can enter streams, leading to

degraded water quality and toxic conditions for aquatic flora and fauna. Channelization, in which streams are straightened to improve irrigation, eliminates unique floodplain habitats and changes natural streamflow regimes.

Construction Impacts

One of the key impacts of urbanization is the construction of paved surfaces such as roads and parking lots that are impervious to water. These impervious surfaces prevent precipitation from entering the groundwater, where it is naturally filtered before entering into streams. In paved environments, rainwater instead flows directly into streams, leading to intense flooding events and erosion. This runoff often contains high concentrations of pollutants such as motor oil and road salt. Additionally, the water on pavement heats up rapidly, increasing water temperatures in streams when it flows in.

Despite the negative impacts of land-

scape alterations on streams, there are a number of ways to help mitigate these effects. Planting trees and native riparian vegetation improves both water quality and stream habitats. Eliminating the use of harmful herbicides and pesticides on crops will prevent these toxins from entering into streams.

The use of materials pervious to precipitation can help restore the natural water cycle and reduce harmful runoff from impervious surfaces. Nevertheless, the preservation of natural forested landscapes is still critical to maintaining the integrity of streams and the associated biological communities.

Patrick Ciccotto, Ph.D., volunteers for the Southern Appalachian Highlands Conservancy, a non-profit land trust that has protected over 71,000 acres of unique plant and animal habitat, clean water, farmland, scenic beauty, and places for people to enjoy outdoor recreation in the mountains of North Carolina and Tennessee. More info at Appalachian.org.

SAHC Spring Event to Celebrate 44 Years of Conservation

The Southern Appalachian Highlands Conservancy (SAHC) will be celebrating 44 years of conservation with its annual Appalachian Spring event on May 31 from 5-8 pm.

Taking place at the Salvage Station, which sits alongside the French Broad River, the event will include a dinner (included in ticket price) and music, provided by Daniel Shearin, a local singer/songwriter.

Advance tickets are \$30 for SAHC members and \$35 for non-members. \$40 at the door. Tickets for kids from 7 to 13 are \$10, and kids under 6 get in free. (Student and Project Power member tickets are \$20). For more information and to buy tickets, go to appalachian.org.

Salvage Station is located at 466 Riverside Drive, Asheville.

More than Eggs: Hard Working Chickens Earn Their Keep

Shortly after his sixth birthday, our son Andy came to us and said he thought he was ready to farm. We looked at several options that we thought he could mostly handle on his own: worm composting, vegetable or flower growing, and chickens. He chose egg production.

Walter and I had raised chickens before but we had no chickens at the time. We had an empty chicken coop, a feeder, and a waterer. We decided we'd use this project as a life lesson and incorporate it into Andy's homeschool plan. That spring we set up a basic brooder (a small, heated enclosure for the chicks to live in until they have real feathers) and ordered 25 Buff Orpington hens. Andy was totally enchanted by the chicks when they arrived.

From the time we lifted the lid and first caught sight of the fluffy little chicks until today, chickens have been a part of the life and work on the farm. Every creature that lives on Imladris farm must have a job. They need to pay their own way in this world. Chickens on the farm have several functions.

They, of course, lay eggs. This was our primary focus for reintroducing them to the farm. Andy has raised a series of old-fashioned breeds over the years: Buff Orpingtons, Delawares, Rhode Island Reds, Barred Rocks, Gold and Silver Laced Wyandottes, and others. We like these breeds because they are bigger birds and the rate of successful



On the farm, many science concepts, economics and math lessons can be learned from chickens.

predation by hawks is decreased. We've also found these girls to be a little more street smart than the heavy-producing but much lighter-weight birds of the new crossbreeds. When you're a free-range chicken, street smarts are important to your survival.

The girls are also involved in producing fertilizer for the crops we grow here at Imladris. Being free-range allows them access to the entire farm, and they leave a lot of nitrogen (poop) in the orchards. Several times a year the various living quarters are shoveled out and that nitrogen is added to our composting system as well. Since we purchase no commercial chemical fertilizers, this and the manure from

the rabbit barn are all the nitrogen that is added, after composting, to our fields.

Their composting contributions don't end there, as they spend quite a bit of time in our rabbit barn. Chickens are scratchers and that aids in beginning the composting action before the manure leaves our barn. By turning over the manure in the barn, the chickens allow excess moisture to be removed and mix the hay and droppings together to start the composting. Once manure and hay are removed from the barn, the chickens continue to turn the piles and speed up the composting cycle.


The girls like to scratch around in the rabbit droppings for food. They remove lots

of different kinds of larvae from the barn floor. This is helpful in keeping the barn comfortable for the rabbits and the farmer, as those larvae won't develop into adults that can cause disease or just be plain annoying. Since the girls have been in the rabbit barn, we've never had a case of Bot fly infestation or fly strike, which are horrifying conditions (Google it if you don't believe me).


In addition to playing a major role in the ecosystem of our farm, chickens can be entertaining. There's nothing quite so humorous as watching them squabble over some choice tidbit (no matter what that egg carton says, chickens are not vegetarian by nature) or who gets the prime real estate in the nest boxes. And while Andy is no longer homeschooled, we're grateful for all the science concepts (reproduction, life cycles, ecosystems, and others), economics lessons (profit and loss, what's a paycheck and how do you budget, loans), and math (feed ratios, money and making change, calculation of dilutions) the girls have demonstrated over the years. I tell school groups who visit our son learned chicken math. Most subjects are easier to understand when you see them in action in real life.

Wendy Harrill is co-owner of Imladris Farm, a sustainable supplier of jams, jellies, and preserves made from locally sourced fruit. Imladrisfarm.com

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Do You Have Meaning in Your Life?

Psychiatrist Viktor Frankl survived the Auschwitz concentration camp in WWII. Conditions were so horrible that many of those not executed took their own lives. Frankl realized that those who survived had something they wanted to do if they were ever freed, and this gave meaning to their lives, encouraging them to hang on.

Many of the ills of modern society can be traced to the fact that large numbers of people have little or no meaning in their lives. Their jobs are unfulfilling, they have lost faith in their places of worship, and they experience relationships that are unsatisfying. Every month there are 450,000 Google searches for the word “depression.” If that weren’t bad enough, there are 165,000 for “relationships,” 90,500 for “happiness,” 550,000 for “meaning,” 450,000 for “love,” and 110,000 for “failure.”

This suggests that thousands of individuals are living lives of quiet desperation, to quote Tennyson. And it is no doubt worse than these numbers indicate because not everyone turns to Google to search for help.

In 1997, Don Miguel Ruiz wrote a small book entitled *The Four Agreements*, in which he prescribed four things a person should do to lead a more fulfilling life. The



book has now sold more than 7 million copies in the U.S. and been translated into 40 languages. And Stephen Covey’s book, *7 Habits of Highly Effective People*, has sold 25 million copies. These sales numbers show the hunger that people have to find a way to fulfill themselves.

In response to this malady, I have launched a program to help people. I call it Living with Heart and Purpose, and I am presently managing a monthly Meetup group at The Hub of Fairview to help people find that meaning they so desperately want in their lives. To sign up for the group, visit meetu.ps/c/3Mgg7/gBPKv/d. And for more info about the program, go to heart-purpose.com.

Avoid New Medicare Card Scams

Last month I told you about the new Medicare cards that will replace your old ones containing your Social Security number. It always amazes me how adaptive scammers are to new opportunities. It sure didn’t take long for them to take advantage of the new Medicare card change. Recent news stories have reported that scams targeting seniors have arisen around the new Medicare cards, which the Centers for Medicare and Medicaid Services (CMS) began distributing April 1.

What You Should Know

- Neither CMS nor UnitedHealthcare would ever ask consumers or members for personal or private information to get the new Medicare number.
- Consumers do not need to supply CMS with information to get a new card.
- The new Medicare card does not cost anything.
- Consumers do not need to purchase a temporary Medicare card.

What You Should Do

- If members receive a phone call about their new Medicare card, they should not provide any information.
- You should not receive calls or mailings from CMS asking for information. Consumers should not supply anyone with personal information regarding the new Medicare card.

- Consumers should not provide personal information including bank account numbers or Medicare numbers regarding the new Medicare card.

The bottom line is to use caution and common sense. Don’t take a chance and let anybody talk you into disclosing personal health or identification information on the phone, by email or postal mail unless you personally know them and are satisfied with their identification. If you are not sure and are concerned about your benefits or premiums, call Medicare direct at 800 633-4227.

Your current Medicare cards are valid and should not be destroyed until you receive the new one in the mail from CMS. Medicare card replacements are being mailed from now until April 2019. And if you pay your Medicare premiums using your bank’s online bill pay service, you’ll need to update your account to use your new Medicare number. Don’t include the dashes when entering your number and make sure the biller name says “CMS Medicare Insurance.” If you pay by check or money order, include your new number.



Mike Richard is president of Prime Time Solutions. If you prefer a trusted local agent, feel free to call for a no-obligation consultation: 628-3889 or 275-5863.

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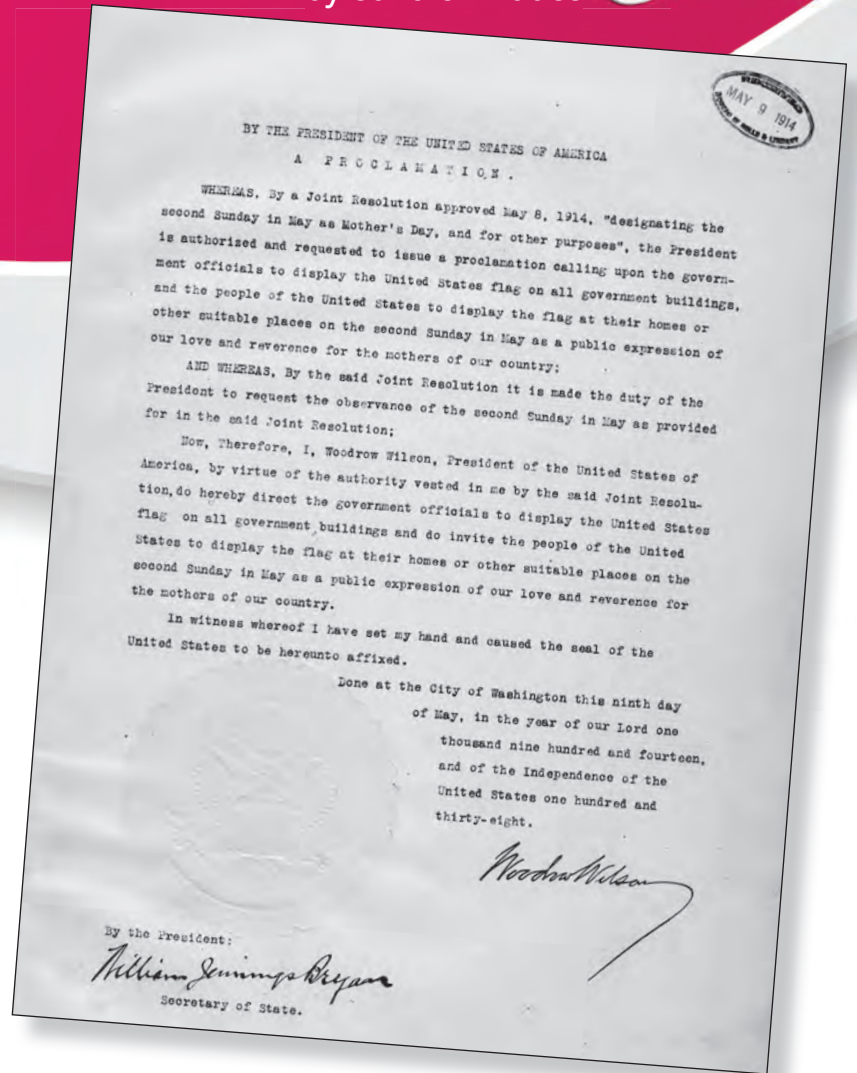


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Happy Mother's Day

by Sandie Rhodes



This newspaper has been fortunate to have a wonderful writer, Julie Hansbury, to research and submit great stories on various holidays and traditions. She wrote of the many traditions of Passover, including a full description of what goes on a Seder plate and why. She wrote of the origins of the Christmas tree, and I learned the first Christmas tree was actually erected in Rockefeller Center and paid for by the construction workers who were working on that project. Julie also enlightened us all on why we celebrate Saint Patrick's Day. Well, now it is Mother's Day and Julie is actually very busy being a mother, and I have taken on the venture of writing on this topic.

I've done my research to uncover the fact that Mother's Day in our country was founded by Anna Jarvis, daughter of Ann Reeves Jarvis, in 1908.

In the 1850s, Ann Reeves Jarvis created Mothers' Day Work Clubs to teach women proper child care and sanitation methods. In the years after the Civil War, these clubs helped a country that had been ripped apart by conflict. In 1868, Ann Jarvis and other women organized a Mothers Friendship Day, where mothers gathered with former soldiers of both the Union and Confederacy to promote reconciliation. Ann Reeves Jarvis died in 1905, and it was then that her daughter began to create an official Mother's Day to honor not only her mother's sacrifices but those of all mothers.

On May 10, 1908, Anna Jarvis held

a Mother's celebration at Wanamaker's department store in Philadelphia, where she was living at the time. She also sent 500 white carnations to Andrews Methodist Episcopal Church in her hometown of Grafton, West Virginia, in honor of her late mother. Anna began writing letters to newspapers and politicians pushing for the adoption of Mother's Day as an official holiday.

By 1912, many churches, towns and states were holding Mother's Day celebrations, and Jarvis had established the Mother's Day International Association. And finally, after years of campaigning to make Mother's Day an official national holiday, her hard-fought campaign paid off. In 1914, President Woodrow Wilson signed a proclamation officially establishing the second Sunday in May as Mother's Day — "a public expression of our love and reverence for the mothers of our country."

Anna Jarvis was a copywriter and so was always quite precise in how she expressed herself. She conceived of Mother's Day as an intimate occasion when a son or daughter would honor the mother they knew and loved. She never thought it should be a celebration of all mothers and she always stressed the singular (Mother's) rather than the plural.

As Mother's Day soon became centered on buying and giving printed cards, flowers, candies and other gifts, she became disillusioned and openly campaigned against confectioners, florists and other retailers who profited on the



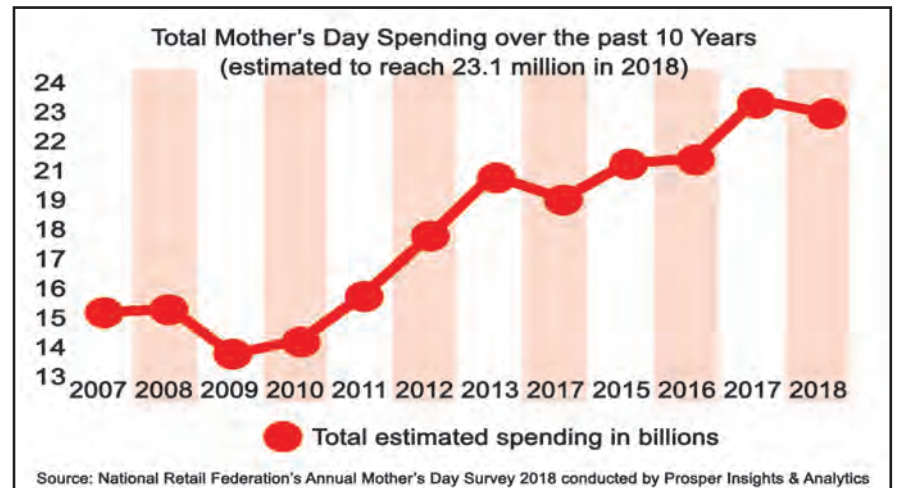
Ann Reeves Jarvis, who wanted to honor the hard work she knew women were doing.

holiday. She launched numerous lawsuits against groups using the name Mother's Day, and eventually spent much of her inheritance on legal fees.

In 1925, the American War Mothers organization started selling carnations as a fundraising effort. Anna Jarvis was so upset, she broke into their convention in Philadelphia and was arrested for disturbing the peace. Some time later, she lashed out at Eleanor Roosevelt for using Mother's Day as an occasion to raise money for charity. By the 1940s, she had disowned the holiday and had lobbied the government to remove

it from the calendar.

Anna Jarvis was not successful and ended up mostly destitute from battling the hugely successful holiday she founded. Anna Jarvis died in 1948 in Philadelphia's Marshall Square Sanitarium. Mother's Day continued to grow to the multi-billion dollar industry of flowers, greeting cards, candy and other gifts that it is today. In fact, it is projected that smart phones, tablets and other computer-related electronics will account for \$2 billion in gifts this Mother's Day. Ann Jarvis, and even her daughter, had no idea!



Well, I must admit my research and this article didn't deliver the "warm and fuzzy" I was expecting it to. Mothers (plural) have always held a dear place in my heart. My own mother died when I was 11 years old. I was a sullen teenager when my father remarried and never did master the art of making room for a stepmother to fill the mother role. I recall hearing that I "never smiled from the age of 13 to 17," although I find that hard to believe. As adults, my stepmother and I had a good relationship but time and distance never allowed that to grow into a close one. She passed away when I was 35. I moved to California, where I met my husband, and we will be celebrating 30 years of marriage this October. We planned an annual trip to visit his parents, Bill and Peg Rhodes, and once they moved to Asheville in 1993, our visit was usually on Daddy Bill's birthday, October 23. We fell in love with the mountains and moved to Fairview in 2001. And it was here that I also learned about the love of a mother from my mother-in-law, Sara Margaret Mitchell Rhodes.

Peggy, as she was called by friends, was an amazing woman and, by all accounts, nothing like the mothers of my friends growing up in New York City. They were mostly homemakers, devoted to caring for their husbands and children – more of the stereotypical depiction of old-fashioned moms. But Peggy was 80 years old when I came to live nearby and had just recently lost Daddy Bill after 63 years of marriage. She was a woman coming into her own, I felt, but what I didn't realize was she had always been there. Ours wasn't always an easy relationship. I had a strong personality and had learned to speak my mind. She also had a strong will but she was a lady of the South and had that innate talent for never confronting situations head on but somehow always managing to get things to go her way. She was a remarkable study for me, and I believe I was for her. As the mother of four boys, all musicians, she wasn't used to the "take it to the end" ways of a girl. What happened is Peggy and I grew

to love each other, more deeply and with more honesty than a lot of mother/daughter relationships, I believe. We would have some heated debates because she was such an incredibly learned woman, far more than me, and always sought to learn more. I was a "street kid" who also always wanted to learn, born curious I would say, but I faced things head on, guard up, ready to tear it open until I was satisfied I had worked through what-

ever it was and could move on after that. Peggy had a beautiful way of dancing around topics. As years went on and she became even wiser, we had some wonderful "discussions" — some might call them heated debates — but we always hugged and she so appreciated the newness of a relationship like ours. After one particularly uncomfortable confrontation, she reached over and kissed me and said, "Wasn't this fun? I just love our talks!"

And as gentle and sweet as the world knew her, it should be remembered that she was as fierce as a mama bear defending her cubs. She would do anything to protect her children, as all true mothers will.

Peggy said I was her daughter, as she did of her other daughter-in-law, Nancy, and I felt that she was my mother. Several years

ago she told me she thought 97 would be a good year to die and she intended to die in her own bed with her lovely memories surrounding her. On March 9 we celebrated her 97th birthday (two days early). She played piano for us, as she no longer could manage the violin she had mastered in earlier years (along with art, writing, and more talents than there is room to print). Eight days later she went to sleep in her own bed and now she is gone. The reality that I am motherless, perhaps for the first time, sits deeply inside but is compacted down by all of the incredible experiences, wonders, and joys that my "mother" brought into my life.

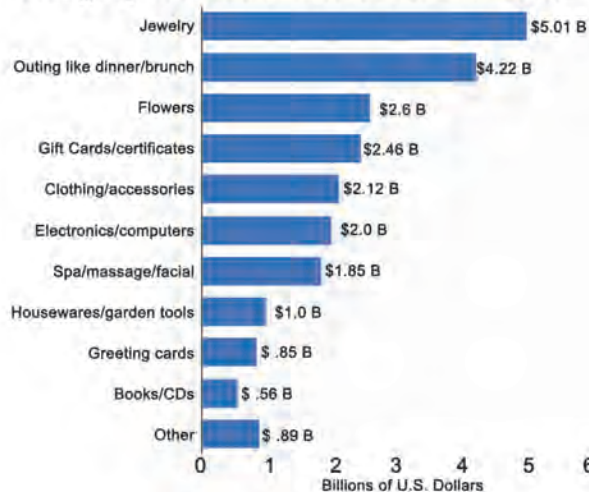
Happy Mother's Day Peggy Rhodes and Happy Mother's Day to everyone reading this, for "mother" is a state of heart rather than a title, isn't it? And that's the "warm and fuzzy" of it!



Ms. Peggy Rhodes



Planned Mother's Day Purchases by category in Billion U.S. dollars in 2018



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Jonathan and Namurah Blakely

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the Lord's



Acre



10TH ANNUAL

SQUARE DANCE

Family Pot Luck, Games,
Auction & Fundraiser

5:30–10 PM

AT THE GARDEN

Off Rte. 74A East on Joe Jenkins Road (across
from Angelo's Restaurant). Look for signs.

SATURDAY, JUNE 2

RAIN DATE JUNE 3

Advance Tickets: \$10/person or \$25/family (Day of: \$15/person • \$30/family)



Bring a dish for the huge Pot Luck Supper ...
Break bread with your neighbors ... Enjoy live,
local music ... Take a whirl on the dance floor ...
Win fabulous/useful items in our Raffle/Silent Auction
(from an airplane ride over Fairview to a chef's dinner for 8 at Chestnut)

Be a part of something important!

Info/Auction preview at thelordsacre.org

Enjoy...



Join in the Fight Against Hunger!

Since 2009, The Lord's Acre has donated 146,000
pounds of fresh, organic produce equaling 388,360
servings of food valued at more than \$350,000 to:

- Fairview Welcome Table
- Food For Fairview
- Fairview Share Market
- Green Opportunities
- Bounty & Soul!



CREATIVE WORKSHOPS!

at THE HUB

ACRYLIC PAINTING

WEDNESDAYS, MAY 16 AND 23, 5-8 PM



Artist/instructor **Theresa Matregrano** will teach beginning and intermediate artists the basics of painting with water-soluble acrylics to capture the luminous look of traditional watercolors. In two 3-hour sessions, participants we will explore the wide range of techniques such as glazing (opaque and transparent layers, splattering,

texture building, wet-in-wet application, tonal under painting, dry brush and color mixing. The class will work from a photograph and finish with a still-life. Materials (paints, brushes and paper) will be supplied or bring your own if you have them. Cost is \$125. Minimum 8 students.

MAKE A BIRDHOUSE BASKET

SATURDAY, JUNE 23, 11AM-4 PM

Participants will create a unique birdhouse while learning the twining technique. Many birding tips and birdhouse basics will be discussed during this perennially favorite project that provides shelter for our bird friends. **Carla Filippelli** is a master basket maker who also enjoys teaching basketry and fiber arts, and we are thrilled to have her offering classes in Fairview. Instructor supplies all the hand-dyed reeds, paints and tools for this class. The cost is \$55 for the 5-hour, workshop. Note: requires at least four and at least a maximum of eight, so register early.



All workshops and classes are at The Hub meeting room and require pre-registration and payment. Cash or checks payable to the individual instructor may be dropped off at The Hub, 1185-G Charlotte Highway in Fairview or placed in an envelope in the blue dropbox mounted outside the office. Include your name, phone, email and for which class you are registering. For more information, call 628-1422.

KNITTING

THURSDAY, MAY 11, 5:30-8 PM

Learn the basics, refresh old skills, or bring an existing knitting project to get some help. It's a fun and relaxing hobby for both men and women and has a meditative aspect that can be soothing. There are yarns in flax, linen and cotton for those allergic to wool. Instructor Lee Reed will cover the basics and you'll be able to complete a simple project (or bring your own work if you've had some experience). Cost is \$25 and includes materials. Bring a snack or beverage.



KOMBUCHA BREWING

SATURDAY, MAY 12, 2-3 PM

Learn the ancient art of brewing kombucha from **Mandy Overstreet** of **Little Jaybird Farm**! Kombucha, touted as the tea of *immortality*, contains essential acids such as glucuronic, lactic and acetic. Regular drinkers report feeling more energy, better digestion, reduction of chronic pain, and more. It is easy to learn to brew, but important to follow the correct procedures. Participants can sample kombuchas with different juices and teas used in the secondary ferments. The cost of the class is \$15, and \$10 to purchase a SCOBY (Symbiotic Culture Of Bacteria and Yeast) needed to start brewing your own (must be pre-ordered.) Seating is limited, so register early. Little Jaybird Farm currently has samples of their kombucha brews on tap at Turgua Brewing in Fairview. Many of their secondary ferments use Asheville Tea Company's blends. Asheville Tea Company will have a table set up at the event with these blends and more available for purchase.



JEWELRY MAKEOVER

FRIDAY, MAY 18, 6-8:30 PM

Gather up your "lost" jewelry (a single earring, broken bracelets or necklaces) and **Janet Link** will help you reclaim your old favorites and create new ones to love. All materials provided but please bring your old earrings, bracelets, beads, etc. and your choice of beverage and snack. Cost is \$30.



HUB HAPPENINGS SANDIE RHODES

Mandy Overstreet, owner of **Little Jaybird Farm** and **Mandelin Naturals**, will be flying solo running The Hub beginning in June or July when I retire for real. (I expect to run into Susan Bost on a tropical beach sometime in the near future!) Besides offering more of her natural products, like bath bombs and a complete line of her wellness soaps and salves, she is bringing in lots of new handcrafted merchandise and more local, edible foodstuffs.

One of the newest additions is handmade clothing for the little ones. Adorable doesn't begin to describe the designs of **Jen Hix** and **Leigh Ann Connor**, two local moms who own **Looking Glass Clothing Company**. Most of their outfits are for girls but the t-shirts are unisex. The quality is exceptional so any of these items makes a wonderful gift.



It's always difficult to find a special gift for the men in our lives, and I do believe woodcrafter **Josh Szarek** of **Mountain Laurel Jewelry** has solved that problem. He uses reclaimed pieces of unusual woods such as mountain laurel to make unisex pendants and belt buckles that would make any man (or woman) beam. We will be getting some leather belt straps to go with these as well.



Mother's Day is May 13 and The Hub is where you'll find a special, one-of-a-kind gift just as unique as your own mother or wife. We've just gotten some beautifully designed pieces by **Jennifer Suess** of **Blue Lotus Designs**. Jenn specializes in raw stones and creates necklaces, earrings and malas (prayer necklaces with 108 beads). If your budget doesn't allow for fine jewelry, you might consider a selection from our new candle line from Chimney Rock Candles. They are all natural and made of soy so each one is clean burning. The fragrances are exceptional and, unlike



most candles, they are not "perfumey" smelling but more like the very best of aromas we come across in life. And then there's always a one-of-a-kind gift basket filled with the products you pick for the special mom in your life. For \$10, we will package it in a reusable market tray, with shrink wrap and a colorful, large bow. The Hub is open Monday to Friday, 11 am-5 pm – and soon on Saturdays, too. Call 628-1422 for special hours.



My First Paralympics: From Fairview to South Korea

Most folks who know me view me as a “trails guy.” Hiker. Backpacker. Trail maintainer. I love trails. But I also love winter. But I have to go pretty far from home to do one more thing I enjoy, something wholly distinct from trails: officiating international Paralympic Nordic skiing competitions – in particular, para biathlon. Recently, I traveled to South Korea to work the Paralympics, the penultimate international competition for athletes with disabilities that takes place a few weeks after the Olympics.

I have been involved with the sport of biathlon for over 20 years, having started out as a parent volunteer while living in Minnesota. Biathlon combines the disciplines of cross-country skiing and rifle marksmanship. I have volunteered at numerous national and international biathlon competitions, all held in the continental United States, including the 2002 Salt Lake Winter Olympic Games. But I have only been involved with Paralympic (aka para) biathlon since 2015.

For more than 30 years, my professional career was advocating for and stewarding recreation opportunities that are inclusive of people with disabilities. My curiosity about how Nordic skiing was being adapted to accommodate athletes with disabilities led me to this moment in time. I had experience serving as a sighted guide for Nordic skiers with vision impairments. I had also assisted a sit skier at an international nonprofessional event in Norway. But the Paralympics is a whole other level of athleticism and competition.

Para Nordic athletes are distinguished by their physical impairments (spinal cord injuries, limb loss, congenital anomalies, vision loss) and categorized as sit skiers, standing skiers, and visually impaired skiers. To ensure the competitions are fair among athletes who have different func-



tional abilities (although in the same skier category), each athlete is further evaluated and assigned a classification level that is factored into their results time. There are competitions for men and women in each of these categories.

I have recently become an International Referee (IR) qualified to run a biathlon competition. I have been privileged to travel to central Finland (twice), western Canada (twice), and, now, South Korea. I was one of several International Technical Officials (ITO) invited by the International Paralympic Committee to come to the Paralympics from Norway, Finland, Russia, Canada, Switzerland, and the US. We all arrived several days before the opening of the games to ensure that the competition venue was ready to go. My job as IR was to ensure the shooting range is set up to international specs, train and help manage a cadre of volunteers, and then officiate the competition to make certain athletes and coaches follow the rules of competition.

In spite of a nearly 15.5-hour flight to Korea and then a nearly three-hour bus ride to my hotel, the experience I had as an ITO at the most prestigious winter athletic competition for people with disabilities



Monitoring the biathlon range

did not disappoint.

The Alpensia Biathlon Center, located in a mountainous area just outside PyeongChang, hosted both biathlon and cross-country ski competitions. This was the exact same venue used in the Olympics two weeks prior. Some course and range modifications are made to accommodate athletes with physical disabilities. There are many unique competition rule variations, but essentially the staging and running of the competitions is the same as the Olympics. (Interestingly, our venue was only about 60 miles south of the North Korean border. A handful of athletes from North

Korea came down to participate, adding some additional electricity to the events.)

Because of our busy daily schedules (usually 6:00 am-5:30 pm), there was little time left for playing the tourist. The ITOs all went into the small city of Pyeongchang to see the sights on a couple of occasions. It was very welcoming. It was also the location of the Olympic Village with the Medals Plaza, the souvenir “Superstore,” sponsor stores (notably Samsung and Hyundai), and the arena where the Opening and Closing Ceremonies were held. We attended both, and they were full of fireworks, pageantry, traditional dance and music, speeches and, of course, the lighting of the cauldron. And K-Pop, the very upbeat and danceable music coming from young Korean artists, was performed to close out Paralympic week. A real high point was when the Organizing Com-

mittee took all the ITOs to a traditional Korean BBQ joint. It was just wonderful with lots of laughs and good stories. We also took one evening to travel to the lively coastal city of Gangneung to watch a semi-final sled hockey match. US 10 – Italy 1.

The competitions were exciting with many close and photo finishes. The US can be justly proud of their para Nordic athletes. Many are Paralympic champions.

The US team was the big winner in overall medals with 36, which is their highest total at a Paralympics. Nearly half of those medals came from para Nordic ski events – 7 biathlon and 9 cross country ski – which I was proud to witness.

And while the athlete pool and fan base do not rival those of its cousin in the nonpara Nordic world, para Nordic sports can be just as compelling and exciting to watch. These are world-class athletes first and foremost who refuse to be defined by the label “disabled.” Watch them and you will see why.

I stayed up the last night to catch a 2:10 am (ugh) bus back to Incheon International Airport in Seoul for my return to the US. (I met the family of a US sled hockey player. They didn't get any sleep either after celebrating the overtime win over Canada.) I was not excited about the long flight home. But I was enjoying a final few hours in South Korea in, arguably, the most beautiful airport I've ever been in, reflecting on what a grand adventure I had there. I'll keep lots of good memories from my first Paralympics.



Standing skiers in competition

EVERY LOVE, TEEN REPORTER

Parents: Can't Live With 'Em, Can't Live Without 'Em

Continuing on with my generation trilogy, it's time I spill my guts about parents. Parents are the most complex, contradictory creatures I can think of. They can be your best friend one minute and your mortal enemy the next. It's an ongoing struggle between teenagers and parents. In all fairness they probably do want what's best for me even if I disagree with them, which happens a lot.

Getting into fights with my parents is way too easy. Sometimes I wonder if they just love to argue. Could there possibly be another reason for why they try to pick fights over the most miniscule issues? My parents and I fight a lot, especially my mom and me. We can find a way to fight over anything: what clothes are appropriate for the weather, how much I should be texting my friends, my eating and exercise habits, etc.

Alpha Females

One issue that definitely adds gas to the fire is that we're both alpha females. If we both feel we are right (or just don't want the other to be), the hackles will go up; and neither of us is going to concede without a fight. And fight we do. I don't like fighting with her. Most of the time it just ends up with me feeling angry, tired and very much alone. If a daughter doesn't feel like she can lean on her parents, then who can she depend on?

I think there's one thing about fights that my parents don't understand, and it makes me pretty frustrated. If I ask one of my parents why they did something, or try to question them, it's not because I'm talking back and it's absolutely not because I want my electronics taken away

for a week. I'm asking questions because I don't understand and I want to hear the reasoning.

Another thing that really gets me angry is when I'm not given a chance to tell my side of the story. My parents assume I did whatever I did on purpose, that I didn't have my reasons, or that I'm blatantly lying! Parents, please take note: Listen to us! We do have things to say. And even if you don't like what we are trying to tell you, we'll feel better having said it. I know I do.

The Good Parts

I've only touched on the bad parts about parents, but it's mostly not that bad. My dad is brilliant. He watches "Supernatural" with me, dyes my hair, does my nails, plays duets with me, and gives the best, most comforting hugs. My mom is amazing, too. We had a girls date over spring break, while dad and my sister Zoe were camping, which included eating at 12 Bones, going to see "Love, Simon," going to Jack Frost Dairy Bar (my favorite ice cream shop ever), and hiking with one of my best friends and my Nona.

Maybe with parents and teenagers, it just takes a little bit more effort from both sides to make the good times outweigh the bad. Maybe if we all just listened a bit more, we could understand each other better.

Stay tuned for next month's topic: siblings.



Avery Love is an eighth-grader at A.C. Reynolds Middle School. She lives in Fairview with her mom, dad, and sister Zoe.



Fairview VFD Visits Fairview Preschool

Members of the Fairview Fire Department brought trucks, ambulances, turnout gear, equipment, and the fire safety house. The Fairview preschoolers listened intently to the demonstrations and loved exploring with the fire fighters. Each student got to spray the big hose alongside a fireman.

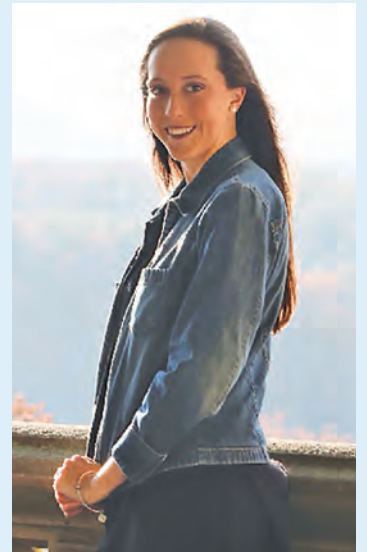
Fairview Preschool said they appreciated the fire department and loved having them come to school and teach about fire safety and what they do on a day-to-day basis.

STUDENT OF THE MONTH: MEREDITH WALLER

By Annie MacNair

Meredith Waller, our A.C. Reynolds Student of the Month, is fun to talk to these days as she busily enjoys her last few weeks of high school. There is an animated and nearly breathless quality to the tone of her voice that reminds me of that super-special time in life – the end of spring term, senior year, when all the hard work of high school is nearly finished, college applications and acceptances are in, and life is good!

"Are you excited about graduation, Meredith?" I asked. "YESSSSSS!" she replied, barely containing her enthusiasm.



Meredith loves to sing – even her speaking voice sounds faintly of singing. Her favorite memory of high school took place her sophomore year when she and her chorale group had a chance to tour New York City and perform in several of the area's cathedrals and churches. Just recently Meredith performed in the ACR spring musical, "Sister Act", and she is a member of the Madrigal Singers, a select, audition-only, advanced chamber ensemble.

In addition to her busy performance schedule, Meredith is also a member of the Student Council, serving as a School Ambassador. It's no wonder her nominating teacher, Canda Molanari (English), had this to say about Meredith:

"Meredith volunteers most of her time outside of the classroom to the school. She has great enthusiasm as a Rocket; when she was a junior, she set a goal to join as many teams and/or clubs as she could fit in her schedule as a senior. Meredith displays individualism and confidence, and is a leader through her respectful behavior toward teachers and classmates."

What are Meredith's plans after graduation? She'll be attending Wingate University, where she will pursue a doctorate in Physical Therapy. "I've had my heart set on Wingate since I sang there in middle school" she says.

And what makes this highly achievement-oriented ACR senior laugh? You guessed it. Goat videos on Facebook!

Congratulations, Meredith. We wish you all the very best, and good luck with everything!



Sample student artwork from Jan Widner's website.

New Summer Art Camps

An artist new to our community is offering summer art camps for kids.

After raising her family, Jan Widner returned to college and earned her degree in fine arts. She lived and taught in Texas, but now is situated in the Oakley neighborhood. Her camps run from June to August for kids from 4 ½ to 14.

Visit the "Summer Camps 2018" link on her website, jansartacademy.com, for more info.

Remembering Richard Sales

Our community lost a hero a few weeks ago: Richard Sales, Reynolds Fire Chief and school supporter extraordinaire. I was honored when his family asked me to speak at his funeral and will share excerpts from my remembrances here.

Richard Sales was my friend and I loved him.

Our family first met Richard as the driver of bus 10. He was the beginning of a good day of school for our kids throughout their middle and high school years. Though he greeted each kid on the morning route with a smile, he took this role seriously: he talked to me more than once about the need for seatbelts on the buses. He was the first face of the school day for hundreds of kids over the years. They all felt welcome and loved. This across-the-board welcome for all students is the heart of what public schools are all about. Richard lived it every day. Even since our kids both graduated, I hear the bus at 6:50 every morning and quietly say (wherever I am), “Good morning, Richard.” I said it today.

A Shining Example

As a proud 1984 graduate of A.C. Reynolds High School, Richard was a shining example of the community-minded citizens that graduate from our public schools. Superintendent Tony Baldwin told me, “I would place Richard in a very exclusive group of individuals within the community that I could always count on regardless of the circumstances. I can’t help but think that Richard’s steadfast dedication to the success of students and staff throughout the Reynolds district was highly influenced by his mountain values and family heritage.”

Richard was absolutely devoted to band and chorus. He was the president of the Reynolds Band Parents Association for



Richard Sales with Katie and Cindy McMahon during “Love the Bus Week” 2017.

two years and continued to drive the band bus after both his kids graduated. Doris Sellers, the Principal of Reynolds High School, shared this memory with me: “The last time I saw Mr. Sales was at the Smoky Mountain Band and Choral MPAs, where he had driven the kids for two days in a row during some snowy weather. After the performance he turned around and said, beaming, ‘Do these kids have any idea how good they are?’ He followed that up with, ‘We have the best band director and choral director anywhere.’ This was all coming from a man who was not even a band parent, but a proud community member

who loves students.”

He was scheduled to leave on April 13 as chaperone for the chorus trip to Chicago. He wasn’t sure he really had time for the trip, but when he found out they were going to see *Hamilton*, he said, “Sign me up!”

Richard was especially fond of Greg Love, Band Director at Reynolds Middle School. Perhaps their special bond came from the fact that they were both trombone players. At any rate, you need to hear Mr. Love’s story:

“I got to know Richard over the course of the five years I taught his two wonderful children. I was assigned to morning duty

outside the cafeteria. Richard would come in from driving his bus route and we’d stop and talk. I was immediately drawn to his jocularity and kindness. I would know he was there if I could hear that contagious laugh echoing down the halls. We would laugh until Laurel came down the hall. He would get a hug from her and then head off to work.

“When Laurel left to go to the high school, I thought he might graduate to the high school with her, but he didn’t. He kept coming in and standing by the cafeteria doors. At some point, Janice Garland was added to this duty as well and we became the Three Amigos (or maybe The Three Stooges). I like to think that when students saw the three of us smiling and laughing each morning that it made the

Richard showed up – for his family, his friends, and his community. Keep showing up and keep giving.

school seem more welcoming. It certainly made my day better each day that I got to spend my morning with them.

“One morning, I arrived at school and realized I had a flat tire. I mentioned it outside the cafeteria doors in the morning. When I came out to look at it closer when I had a moment at lunch, my tire had been removed and the van was up on a jack. It wasn’t long before I got a text from Richard saying that he had my tire. When I came out of school, my tire had been patched and replaced and I was ready to go home. I didn’t ask for his help. He saw that he could help and did it because he felt it was the right thing to do.”

Like everyone else, I was completely and utterly stunned when I got the word that Richard was gone. It was impossible. And quickly after that, three “L” words came into my mind. They make up Richard’s legacy for me, so I’ll share them with you.

For Richard, we need to Laugh – at ourselves, with each other, and at the world. As Mr. Love knew so well, Richard had a wonderful, infectious laugh.

For Richard, we need to Live our lives – live it up! Do fun stuff, travel, explore, eat well. Go see *Hamilton*.

For Richard, we need to Love each other – expressively, exuberantly, in word and deed. Love each other individually and love our community. Richard showed up – for his family, his friends, and his community. Keep showing up and keep giving.

Looking Back and Moving Forward

by Karen Wallace-Meigs

The fourth and final nine weeks of the school year is in full swing after students returned from spring break, and now school days are 20 minutes longer during April to comply with North Carolina school calendar law. School days across Buncombe County Schools will again end at 3 pm starting Tuesday, May 1.

Eighth graders have registered for high school and students from Fairview Elementary and Koontz Intermediate School have now visited Cane Creek and made their course selections. Current sixth grade students are headed to Chattanooga in May for a field trip and seventh graders are headed to Dollywood after intensive study of the physics behind amusement park rides.

State testing begins in May. Please consider serving as a proctor during that time. Information to sign up as a proctor will be available on the school’s website

(ccms.buncombeschools.org) as well as the school’s official Facebook page and the Facebook page of the Cane Creek Middle School PTO. Important end-of-school dates and reminders, as well as dates and times for start of school activities, will appear in next month’s article.

As the Parent-Teacher Organization looks toward the close of another school year, it wishes to express appreciation for the support of teachers (yes, teachers donate to PTO!) and families whose gifts of time and money help to make the school the best it can be. Corporate sponsors also donate funds to support a variety of efforts, ranging from gardening projects to hands-on manipulatives and science equipment to book sets, and much more. Without private support, many needs would go unmet. Please join Cane Creek Middle School PTO in thanking and supporting the following corporate donors for their generous gifts of \$150 to \$750.

Storm Chaser Donors

Black Orthodontics
Blue Ridge Orthodontics
Great Beginnings Pediatric Dentistry/
Great Smiles Orthodontics
TS Orthodontics

Hurricane Level Donors

High Country Truck and Van
TCBY
Wolf Gang Bakery

Other Corporate Sponsors

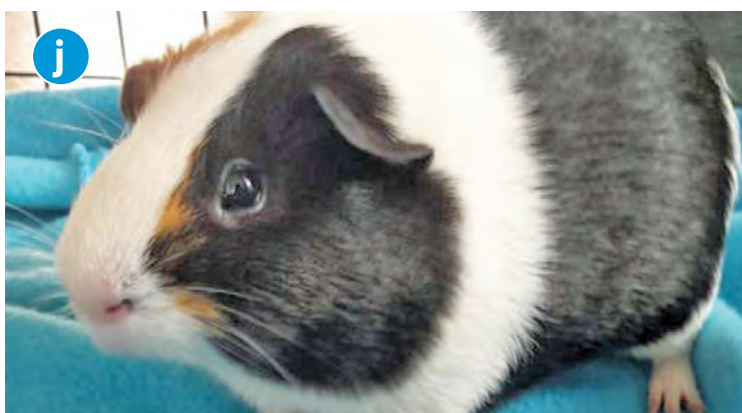
Chestnut Restaurant and Bar
TFM Carolina
Teague’s Tools

Karen Wallace-Meigs is the PTO Communications Coordinator for Cane Creek Middle School.



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

Please turn to page 5 for the May Calendar for Reynolds Schools



a. Boris is a Border Collie/Australian Shepherd mix. He is alert, active, and quite smart. He's a neutered male that weighs 35 pounds and is between 1 and 2 years old. He's in the New Leash on Life program. *Animal Haven*

b. Impreza (pictured) and Baja are a fun-loving, bonded pair of ferrets who love to cuddle, play, and do everything together. They are very sweet and love to be handled. *Brother Wolf*

c. Beck is a 5-year-old, medium-size neutered male German Shepherd mix weighing 35 pounds. He is currently enrolled in the New Leash on Life program at Craggy Correctional. *Animal Haven*

d. Leyla is a beautiful farm pig in need of a loving home where she gets the love and attention she deserves while living outdoors. She will need to go with one of her companions, Ricky or Lucy, and needs a sturdy fenced-in area to keep her contained, as she will grow to be a big girl! She loves getting brushed, sunbathing, and playing with her treat dispensers. *Brother Wolf*

e. Irma is a beautiful 3-year-old Pit Bull mix. She can be shy or timid when first meeting new people, but once you spend time with her outside of her kennel, you will get to see her playful, energetic personality. She especially enjoys playing in doggie playgroups. She is house trained and crate trained. *Humane Society*

f. Thomas is a 3-year-old cat who, despite his history, is very affectionate and likes being around people. He came to us with a bullet lodged in his sternum and trauma to his face. He is a complete sweetheart who will take advantage of an available lap and will purr for hours. *Humane Society*

g. Lulu is an adorable 2-year old female rabbit. She's been around other rabbits in the past and didn't really get along, but that might change with time and patience. *Brother Wolf*

h. Abel is a 1-year-old neutered male Norwegian Elkhound. He weighs 40 pounds and is energetic. He has done well with other dogs but has not been cat tested. He is enrolled in New Leash on Life. *Animal Haven*

i. Flora is a sweetheart. She's between 1 and 2 years old, has a nice, short tan coat, and weighs 50 pounds. She rides well in a car and is pretty good on a leash too. She is in the New Leash on Life program. *Animal Haven*

j. Vernon is a funny little guinea pig 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. He also needs to be adopted with his best bud, Lily. Contact ecochristian@yahoo.com for info. *Brother Wolf*

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
wnanimalrescue.org

The Basics that Owners Should Know About Pet Cancer

The dreaded “C” word: cancer. People cringe at the sound of it, especially if it is uttered by their doctor. Dogs and cats can be diagnosed with cancer as well, and, in most cases, those cancers are very similar to the cancers that humans can get. In fact, certain breeds of dogs are more prone to cancers than others. For many years Boxers were recognized as the breed that had the highest incidence of cancers of any kind. However, a few years ago the Golden Retriever overtook the Boxer, and it is now recognized as the breed that is affected with cancers most often. All breeds of dogs and cats have specific types of cancers that they tend to be somewhat more prone to. As an example, St. Bernards and Rottweilers are prone to bone cancer (osteosarcoma).

Cancers can vary in severity, which will affect the long-term prognosis. They can be benign, which means that if they are removed they should not return. If a cancer is considered malignant, then it also needs to be determined to what degree.

A malignant cancer can be locally invasive, which means that it will tend to recur at the same location after removal. Another type of malignancy can be regionally, meaning that it will spread to the surrounding area (usually lymph nodes). The most severe kind of malignancy is a systemic spread to the whole



Golden Retrievers are the breed most often diagnosed with cancer.

body. The long-term prognosis is also dependent on what organs (kidney, liver, lungs, etc.) are affected and to what severity.

If a cancer is suspected, you need to have your veterinarian examine your pet. Testing will be necessary, which may include bloodwork (Complete Blood Count, blood chemistry panel, etc.), radiographs, ultrasound and usually biopsies. A pathologist will examine the biopsies and determine the exact type of cancer. It is important to know the specific type of cancer that you are dealing with because it will greatly affect how and

what treatment is planned.

Just as in humans, your pet’s cancer can usually be treated in some manner. The cancer (depending on type) may require chemotherapy, surgery, radiation therapy or a combination of treatments. Many of the veterinary schools and some of the larger veterinary specialty practices have oncology (cancer) departments. In our area, there are several veterinary schools (Georgia, Tennessee, NC State and Virginia/Maryland) and the Upstate

Veterinary Specialist in Greenville, SC, which has an entire wing of their hospital dedicated to oncology.

This article is not intended to be an in-depth look at cancer in pets but rather a starting point for you, the pet owner. If you are concerned about the possibility of your pet having cancer, please contact your pet’s veterinarian.

Charles Lloyd is a Doctor of Veterinary Medicine at Fairview Animal Hospital.

PET SHORTS

TEA WITH CATS Enjoy an afternoon with tea, tasty treats, and cats on Friday, May 4, 2-4 pm. Ivory Road will host this event with adoptable cats from Asheville Humane Society (AHS). Twenty percent of the proceeds will be donated directly to AHS. Reservations are required as space is limited. A \$10 per person deposit is required to hold reservation space, while the remaining cost can be paid on the day of event (\$25/person total). Deposit info will be sent by e-mail upon making a reservation. Please call 676-3870 or email jill@ivoryroadavl.com for reservations. Ivory Road Café, 1854 Brevard Rd, Arden.

BOOK SIGNING AND TALK AT MALAPROP’S Tammy Billups will present her new book, *Soul Healing with Our Animal Companions: The Hidden Keys to a Deeper Animal-Human Connection*, at Malaprop’s on May 19 at 6 pm. The book explains the unspoken connection between people and their animal companions; outlines specific behavioral traits and physical issues that animals may exhibit as they mirror their caregiver’s emotional state of being; and explores holistic modalities humans can employ to promote healing in animals and ultimately themselves.



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"Folks don't care how much you know until they know how much you care."

Richard Sales, 1966-2018

IN MEMORIAM

We were all saddened to hear of the passing of Richard Sales, the chief of the Reynolds Fire Department.

Chief Sales was a lifelong resident of the Reynolds Community and attended A.C. Reynolds High School. He served in the Reynolds Fire Department for 31 years, and was only the second chief at the station, succeeding his father, Bud.

At the time of the accident, Chief Sales was on his way to a safety conference in Wilmington, NC, and was scheduled to accept an award for the Reynolds Fire Department.

The Richard Sales Memorial Scholarship has been created at the Community Foundation of Western North Carolina. Contributions may be made to "CFWNC" (please write "Sales Fund" on the memo line). Mail to CFWNC, 4 Vanderbilt Park Drive, Ste. 300, Asheville, NC 28803 or donate online at cfwnc.org using the "Give Now" link at the top of the home page.



For a personal remembrance of Chief Sales, see Cindy McMahon's article on page 27.

A.C. Reynolds Junior Serves as Governor's Page

Audrey Meigs, a junior at A. C. Reynolds High School and the daughter of Dr. Thomas E. "Ted" Meigs and Karen Wallace-Meigs of Fairview, served as a page to Governor Cooper in Raleigh during the week of April 2nd.

Audrey also served as a page in the N.C. Senate in 2016, sponsored by State Senator Terry Van Duyn, and served as page in the N.C. House in 2017, sponsored by Representative John Ager.

Audrey is copy editor of the ACRHS yearbook and is the founding president of Girl Up Reynolds. She is also a member of several other clubs, including the National Honor Society.



May Day!

Fairview Baptist Church will be holding their annual "Fairview Day in May" as a thank you to the community. The church will be offering a free car wash, hot dog dinner, face painting, and blood pressure checks on Saturday, May 19, from 10 am-2 pm in the Food Lion parking lot (1350 Charlotte Hwy, Fairview).

For more information, please call 231-5035 or visit fbc1806.org.



Ladies' Bible Study

Reynolds Baptist Church is beginning a 6-week, ladies' Bible study starting Tuesday, May 1, 7-8:30 pm. The topic will be the Beth Moore study, The Quest.

The unique Bible study addresses questions asked about Scripture and exploring God's word. The church is at 520 Rose Hill Road in Reynolds. For more info, call Phyllis Smith at 785-2801.



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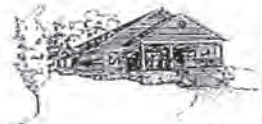
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Here's a Checklist for Changing Jobs

A few generations ago, it was not uncommon for workers to stick with a single job for their whole careers. But for many of us today, frequent job changes are a fact of life: The average employee tenure is just over four years, according to the Bureau of Labor Statistics. So, assuming you're going to switch jobs a few times, you'll want to be prepared. Here's a checklist of things you can do to smooth these transitions and help your financial situation:

- **Build an emergency fund.** Some of your job changes may be involuntary, so you'll want to have a cash cushion handy – just in case. One smart move would be to build an emergency fund, containing three to six months' worth of living expenses, with the money kept in a liquid, low-risk account.

- **Consider your options for your former employer's 401(k) plan.** If you had a 401(k) plan with your former employer, you have three main options: You could leave your money in the plan, if the employer allows it; you could move the money into your new employer's plan, if permitted; or you could roll the funds over to an IRA. You'll want to weigh the "pros" and "cons" of these choices carefully before making a decision.

- **Choose investments from your new retirement plan.** If your new

employer offers a 401(k) or similar plan, you'll need to choose the investments within the plan that are most appropriate for your goals, risk tolerance and time horizon. Contribute as much as you can afford to the plan, and consider increasing your contributions every time your salary goes up.

- **Make sure you've got health insurance.** The health insurance offered by your new employer may not begin the minute you start your job. Given the high costs of medical care, you'll need to make sure you are protected until your coverage kicks in. So, for that interim period, you may need to consider the federal health insurance marketplace, COBRA continuation coverage or private medical insurance. You might also be eligible to be covered under your spouse's health insurance. And you may want to learn what your options are for health savings accounts (HSAs), if available.

- **Review your new benefits package – and take steps to fill gaps.** Your new benefits package may include life and disability insurance, but these group policies may not be enough to fully protect you and your family. A financial professional can help you quantify your protection and insurance needs and offer guidance on how much coverage you may require.

- **Understand your income tax considerations.** Getting a new job may involve income tax implications, such as changes in your tax bracket, severance pay, unused vacation and unemployment compensation. And if you are thinking of exercising stock options, be aware that this, too, can be a taxable event. Finally, if you have to move to take a new job, you may incur some relocation and job hunting expenses that could be deductible. You will need to discuss all these issues

with your tax professional.

Starting a new job can be exciting – and challenging. But you may be able to make your life easier by putting the above suggestions to work.



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.

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Homes Sold	35	\$725,000	\$50,000	\$326,746
Land Listed	30	369,000	\$39,000	\$124,300
Land Sold	9	\$1,850,000	\$10,000	\$275,544

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The Opioid Crisis in Buncombe County

The North Carolina General Assembly will reconvene on May 16 for the 2018 Short Session. How short it will be is anyone's guess. The primary goal is to revisit the budget in light of actual tax receipts after the April filing deadline. Bills that have "crossed over" from one legislative body to the other (House to Senate or vice versa) will be eligible for passage in the Short Session. Even new laws can be passed by stripping out a crossed-over bill and inserting new language.

The 170 members of the General Assembly will have their eye on the November elections, with the May 8 primary contests over. The majority party will be looking for ways to energize their base voters, which often involves an amendment to the state constitution. Groundwork is being prepared for drawing new judicial districts, which has become controversial. Buncombe County is being singled out for a judicial gerrymander. And the gerrymander of Asheville city council districts is moving forward despite being voted down by 75 percent of city residents. And there is always the chance of a surprise issue coming out of nowhere.

One of the important functions of government involves dealing with large emergencies. These might include war, natural disaster, environmental disaster or public health. In just the past few years, North Carolina has been faced with Hurricane

Matthew flooding, a tornado in Greensboro (just last month), the coal ash spill in the Dan River, GenX and other emerging chemicals in the Cape Fear River and so on. Arguably the biggest crisis we are facing concerns opioid dependence and overdose. It is a public health problem that threatens to overwhelm emergency medical services, the foster care system, and drug treatment centers. The origins and solutions to the epidemic are complex and difficult to manage.

The drug companies that manufacture opiates have come under fire for flooding the market with these pills, as have doctors for over-prescribing their use. It is primarily an American problem, as the US has fewer than 5 percent of the world's population but produces 80 percent of the opioid drugs. It only takes a few pills to create a long-term addiction problem. These drugs will in short order change brain function. And once the prescribed pills run out, there is a frantic search by users for illegal sources. Heroin is cheap, and often laced with a deadly dose of fentanyl. Overdose deaths have been rising sharply. Buncombe County has filed suit against the drug companies responsible, hoping to find compensation for the costs incurred.

The General Assembly has responded by allowing the overdose reversal drug Naloxone (brand name Narcon) to be more readily available. In addition, clean injection

needles can now be distributed without criminal penalties, hopefully reducing the spread of HIV and Hepatitis C. The General Assembly also passed the STOP Act, aimed at the overprescription of opioid drugs. Doctors must now look up patient records to see if there is a pattern of doctor shopping. Nurses and physician assistants can no longer prescribe these drugs without doctor approval. And in general, the prescription is limited to a five-day supply for acute pain. But much more needs to be done.

In 2017, 400 babies were born in Buncombe County to substance-using mothers at Mission Health. Many of these children arrive addicted themselves and must endure an average of 16 days in the neonatal intensive care unit at an average cost of over \$66,000 per baby. While it is known that parental nurturing of these newborns is the best medicine for withdrawal for both mother and child, most of them are placed with other family members or foster care parents. There has been a 56 percent increase in foster care cases since 2010, and at least 75 percent involve opioid abuse.

Among teens between 12 and 17, prescribing rates for opioids have increased drastically. I spoke with a mother who was horrified that her daughter was prescribed a month's worth of drugs following her wisdom teeth operation. Most teens find these drugs readily available from their peers.

When the General Assembly returns to Raleigh, legislators will need to tackle this problem head on. One promising program is called START (Sobriety Treatment and Recovery Teams). In Wilkes County, Project Lazarus lowered death rates by 38 percent by educating primary care doctors and creating community coalitions to prevent overdoses and find treatment options. Along those lines, ER doctors need to create a follow-up system by social service workers to make sure that overdose survivors are being cared for. A universal prescription drug monitoring system needs to be instituted to track opioid prescriptions across state lines. We need to look at how Medicaid pays for treatment.

While drug addiction must be treated as a medical problem, we know that there are other aspects as well. The lack of jobs, housing, and stable families are contributing factors. Our prisons are now primarily drug treatment centers. I would like to see our churches reaching out to their neighbors and offering them love, community and help. We need all hands on deck to fight this scourge in our midst.



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Rise Above Bakehouse is scheduled to open in mid-to-late summer at 1207 Charlotte Highway. The Bakehouse will offer fresh breads, pastries and coffee in a relaxed environment.

The photo at right is from their new Facebook page (search for "Rise Above Bakehouse"). Be sure to "Like" their page and invite your friends. Let's give them a real Fairview welcome.

We can smell that bread already.



It Really Is!

Trout Lily Market has been sold. Susan Bost has put every ounce of energy and vision to take Trout Lily Market from its infancy many years ago to its current state — a happening, something for everyone, fresh, local deli and market. And let's not forget the annual Oyster Roast every November. Susan has earned a rest and will turn the reins over to the more than capable hands of Laura Telford on May 1.



The Telfords own Biltmore Coffee Roasters coffee shop and bakery on Hendersonville Road, which will remain open. Laura intends to build upon Susan's legacy of supporting local artisan producers while adding a full-service coffee bar, fresh baked goods, a drive-through, additional "grab & go" deli offerings, a cold press juice bar and smoothies, a craft beverage growler filling station, and even more local products and produce! At left, a sample of Biltmore Coffee Roasters' strata... yum.



Spring is Finally Here!

How do we know? Well, **Hilltop Ice Cream** is open and serving their amazing homemade ice cream in a bunch of favorite flavors... as well as some new ones.

Also, **Silas Produce** will be open by the time you are reading this issue. Nate said they plan to be open seven days a week, rain or shine again, as far as he can tell.



ASAP's (Appalachian Sustainable Agriculture Program) **10th Anniversary Farm Tour** is June 23-24 and there are three Fairview farm's participating: Flying Cloud Farm, Looking Glass Creamery and Hickory Nut Gap Farm. For tickets and more information, visit asapconnections.org.

Fairview's **Andrea Bryson and Dave Huebner**, proprietors of the **Asheville Clothes Mentor**, were excited to let us know they just did a major "refresh," which included changing their color scheme, lighting and floor design to be more boutique-like for a more comfortable shopping experience. Clothes Mentor is a resale clothing store stocking pre-owned brand-name apparel, shoes and accessories for women (sorry, guys!) located near Tupelo Honey at 1829 Hendersonville Road.

Fairview Chiropractic welcomes Asheville native **Johann McCue**, who has joined them as front office support. She obtained a degree in Medical Office Administration and a certificate in Medical Billing and Coding from A-B Tech. Johann and her husband Justin have a 12-year-old daughter, Marah, and an English bulldog named Sarge. Other news is Dr. Ed Reilly has 55 hours toward a 100-hour program to become a Registered Trigenics Practitioner (RTP). Trigenics is an advanced, non-surgical neurological based treatment for difficult-to-treat musculoskeletal conditions.

New Moon Marketplace's Amy Spedden is now a notary. Call the shop at 222-2289 or text Amy at 828 551-7632 for an appointment. \$5 per signature. New Moon has openings for a few vendors; cost is based on square footage.

Spring Mountain Community Center received a grant to purchase exercise equipment. The new outdoor recumbent cycle and cardio walker will provide aerobic fitness and cardio benefits and is expected to be installed by May 15. (See page 5 for more SMCC news.)

Butch Greene of **Trout Insurance Services** is now licensed for Medicare Supplements & Medicare Advantage assistance for those needing help in electing benefits or reviewing existing plans, including Prescription Drug Plans during the Annual Enrollment Period in November.

In late February, Larry and Cindy Harrington's daughter Liz Bopp and her husband Daniel Bopp "inherited" **Steam Master Carpet & Upholstery Cleaners**. They have been going full "steam" and have two new technicians, Sean Creech and Michael Lipe, who have added their experience to the Steam Master family. Larry and Cindy give a big thank you to Daniel's mother Yolanda as well as Claudia Kachman and Jenny Torgerson, who manage the office and have helped make the transition go as smoothly as possible.

Mandy Overstreet of **Jaybird Farm** in Fairview has started bringing in new handmade merchandise to **The Hub of Fairview** in preparation for taking over in June or July. Owner of The Hub, Sandie Rhodes, has been "easing" out, trying to get used to the idea that she will actually, finally retire (as in Social Security retire) on August 1. Mandy brings a fresh approach and the energy to expand The Hub's reach. She'll be offering a Kombucha Brewing workshop later this month.

Peaceful Hollow, a lovely wedding and event venue, is a new member of the Fairview Business Association. Owner Ginny Pierson said, "God's natural beauty all around the property is a photographer's dream and Peaceful Hollow promises you our commitment to excellence, treasured memories and a unique level of personal connection with you." Visit peacefulhollow.com for a photo gallery and details.

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About the FBA

The Fairview Business Association provides benefits for its members as well as the opportunity to network and socialize with local business owners. When folks can put a face to the name, they remember you. And our community is made up of mostly people who want to support each other and who will choose a neighbor business before a “Yellow Pages” business every time. To get the most for your membership, you should plan to attend a meeting once in a while and let everyone recognize your face and get to know you and what you do.

May Member Meeting

The next meeting will be hosted by H&H Distillery on Wednesday, May 9 at 6 pm. H&H is a family-owned, award-winning distillery. Owner Wendell Howard is a native of Asheville and owner of T&K Utilities, which he started in 1995. Wendell and his wife Amy are excited to show FBA members their new venture with H&H Distillery, which is managed by their son, Taylor, and his wife Leah. Interesting to note that H&H’s flagship spirit—Hazel 63 rum—is named for Taylor’s grandfather and his ’63 Cadillac. It’s distilled from pure sugarcane molasses and finished in French and American oak for a smooth flavor. Jason Riggs, H&H’s distiller, is extremely

knowledgeable and will lead the tour.

The distillery specializes in classic cocktail spirits and liqueurs, including rum and gin. FBA members will leave this meeting understanding the hard work, creativity and locally minded values that are exemplified by H&H.

H&H Distillery is located in the Reynolds Commerce Center at 204 Charlotte Highway, Suite D. For more information visit hhdistillery.com or call 338-9779

Cedar Ridge Animal Hospital & Equine Services is right next door, so we might arrange a short visit there, as well.

Bring a snack to share, **wear your name tag**, and bring your business cards!

Future meetings;

June 12 (Tuesday) Peaceful Hollow, a

wedding venue with Ginny Pierson

July 9, (Monday) Cane Creek and Asparagus CSA with Glenda Pleoger

August 10 (Friday) FBA Picnic after work at Cloud 9 Farm

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- Listing on fairviewbusiness.com (logo, photo, link to email and/or website).
- Networking events throughout the year.
- Opportunity to host a meeting.

Highlights from April’s FBA members meeting:



The April meeting was held at Apex Brain Center. Top: Coach Buck Buchanan was a guest speaker, asking members to support ACRHS sports by taking ads in the annual program. Center: Apex co-owner Dr. Denise Trayford gives board member Janet Peterson of Cloud 9 Farm a sample test. Lower left: Frank Dixon of The Cove at Fairview presents Fairview Fire Department Support Group chair Robin Ramsey with a donation contributed by the FBA and its members. Lower right: Members listen to Dr. Michael Trayford explain a bit about brain mapping. Congratulations to Jenny Brunet of Cool Mountain Realty for winning a free comprehensive cognitive assessment.

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What to Plant When

There is often much confusion as to when to plant vegetables and whether to start them directly in the garden from seeds or seedlings. There’s also the question of whether they should be planted or grown in spring, summer or fall. While experienced gardeners can stretch the typical boundaries a bit, each crop has general preferences.

At The Lord’s Acre we laminate dozens of charts for easy referencing by the garden crew and hope you find these references to be useful reminders as you seek to grow your own. Clip and save!

Vegetables by Way of Planting

Arugula	seed or starts	spring - fall
Asian greens	seed or starts	spring and fall
Beans bush	seed	summer
Beans pole	seed	summer
Beets	typically by seed	spring – fall
Broccoli	starts	spring and fall
Cabbage	starts	spring and fall
Carrots	seed	spring – fall
Cauliflower	starts	spring and fall
Chard	seed or starts	spring – fall
Collards	seed or starts	spring and fall
Cucumbers	seed or starts	summer
Edamame	seed	summer
Eggplant	starts	summer
Kale	seed or starts	spring and fall
Leeks	seed or starts	spring – fall
Lettuce	seed or starts	spring – fall
Mache	seed or starts	spring and fall
Muskmelon	seed or starts	summer
Mustard	typically by seed	spring – fall
Okra	typically by seed	summer
Onions	seed, starts, or bulbs	spring
Parsnips	seed	spring
Peas	seed	early spring
Peanut	seed	summer
Peppers	starts	summer
Potato	tubers	spring - summer
Pumpkins	seed or starts	summer
Radicchio	seed or starts	spring – fall
Radish	seed	spring – fall
Scallions	seed or starts	spring and fall
Symposia	seed or starts	spring – fall
Spinach	typically by seed	spring and fall
Squash summer	seed or starts	summer
Squash winter	seed or starts	summer
Sweet Potato	slips	summer
Tomatillo	seed or starts	summer
Tomato	starts	summer
Turnip	seed	spring and fall
Watermelon	seed or starts	summer

Vegetables by Season

These are spring and fall vegetables, which is when they grow best with fewest problems. Some can grow in summer if summer varieties are used and they’re kept cool via shade cloth, shaded areas, watering, and mulch.

Arugula	spring and fall	also summer
Asian greens	spring and fall	
Beets	spring and fall	also summer
Broccoli	spring and fall	
Cabbage	spring and fall	
Carrots	spring and fall	also summer
Cauliflower	spring and fall	
Chard	spring and fall	also summer
Collards	spring and fall	
Kale	spring and fall	
Lettuce	spring and fall	also summer
Mache	spring and fall	
Mustard	spring and fall	also summer
Peas	spring and fall	
Radicchio	spring and fall	
Radish	spring and fall	also summer
Senposai	spring and fall	also summer
Spinach	spring and fall	
Turnip	spring and fall	also summer

Summer Vegetables

The following must have warm weather to thrive. These conservative estimates vary depending on days-to-maturity or weather in a given year.

Beans (bush & pole)	summer	early as Good Friday; succession plant by July 10 for bush types
Cucumber	summer	plant seeds or starts May 15 on; succession plant through July
Edamame (soy)	summer	plant seeds from May 15 on; succession plant through July
Eggplant	summer	plant starts on or soon after May 15
Muskmelons	summer	plant seeds or starts May 15– early June
Okra	summer	plant seeds or starts May 15–early June
Peanuts	summer	plant May 15–mid-June
Peppers	summer	Plant starts on or soon after May 15
Pumpkins	summer	plant seeds or starts May 15–early June
Squash, summer	summer	plant seeds or starts May 15 on; succession plant through early July
Squash, winter	summer	plant seeds or starts May 15–early June
Sweet potato	summer	plant end of May/early June
Tomatillo	summer	plant seeds May 15, starts May 15–early June
Tomato		plant starts on or after May 15–June 30
Watermelon		plant seeds or starts May 15–June 30

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Learn to Love the Dandelions in Your Yard

One of the most common wild edible weeds is the dandelion. Many people don't like them, but let's face it – they are beautiful and soon our pasture areas will be covered in hundreds of brilliant yellow faces, announcing to the world new growth is here to stay for eight months of bliss. I try to keep them out of the garden beds, but I do enjoy their beauty everywhere else in the landscape. They are one of the staples in the wild foods pantry and also have a long history as an important medicinal plant.

When I was a child, my Sicilian grandmother lived with us in suburbia, and wild greens reminded her of her native Italy. Every spring, Grandma Rose would carefully place small terracotta pots over her prized dandelions because, over time, the leaves would blanch and then she would add them to salad greens or make wilted greens with garlic, a little bacon and vinegar. I was not a fan, as I had to carefully mow around a dozen, randomly placed pots. And god forbid the penalty of wails and curses if I accidentally mowed down one of her dandelions or broke one of her pots! Another friend, Tom Hoge, loved the greens so much he had a special section of his vegetable garden reserved for dandelions. They grew huge in such fertile soil and were a staple in his spring diet.

The scientific name for dandelion is *Taraxacum officinale*. Dandelions are prolific plants, with up to 175 seeds per flower head; one plant can produce over 5,000 seeds per year. Seeds can travel quite a distance on the wind, but in order to germinate, they need to be in the top two to three inches of soil. Common names include milk-witch, priest's crown, swine's snout and blowball, but my favorite is the common one we all know: "dandelion." It comes from the French phrase "dent de lion," which means "lion's tooth," in reference to the jagged, tooth-shaped foliage. The young leaves and flower buds can be eaten raw or cooked and are loaded with vitamin A, C, iron and calcium. The leaves do tend to be

mildly bitter but less so early in the season. In many countries, such as Japan, France, Italy and China, people welcome the addition of bitter greens and vegetables as part of their diet, but in the US they are often ignored or developed as an acquired taste. The roots have been roasted as a coffee substitute, and a dandelion flower jam has been made in Belgium. The flowers have been used for centuries to make dandelion wine.

In Canada, dandelion root is a registered drug used as a powerful diuretic. And believe me, it works! Years ago, I decided to make a spring tonic tea with wild greens, dandelion leaf and root. I drank a few cups a day. I was visiting the restroom so frequently that it was interrupting my counseling sessions, and I thought I must have a urinary tract infection. My friend Kathleen, an herbal medicine doctor, asked if I had been using any dandelion and – lo and behold – that was the culprit. She explained that the carrot-like taproot is almost as powerful a diuretic as the drug Lasix. So it is important to know your herbs and wild edibles, as most medicines we know today have their origins in the wild. Herbalists have used dandelion for the treatment of digestive and liver ailments, and in Poland, an extract is made from the flowers, mixed with honey and lemon, and used as a medicinal tonic for liver disorders. The milky latex (sap) has been used as a mosquito repellent, and the plant is also an important food source for a variety of butterflies and moths.

So the next time you see dandelions populating your yard, get out your skillet and try some wilted greens or add some leaves to your salad bowl. And at the very least, smile and know that there will always be a thousand yellow sun faces welcoming the joys of spring!



Contact Roger at
rogerklinger@charter.net.



Diana Johnson/eatingrichly.com

Mother Bennett's Wilted Dandelion Greens and Potatoes

- 4 cups of dandelion greens (I use scissors to gather)
- 4 cloves garlic chopped
- 3 tablespoons of chives, wild onion greens, or scallions (or ramp leaves)
- A few tablespoons of white balsamic vinegar
- 1 tablespoon of olive oil
- 2-3 strips of bacon or chicken sausage chopped into small pieces (it's a seasoning!)
- 2 cups mashed or cooked cubed potatoes (prepare ahead of time)
- If available, I gather and add a cup of wild violet leaves*

Rinse greens and chop up. Place greens in a fry pan, add 2 to 3 tablespoons of water, and cover with a lid to wilt down quickly (about two to three minutes). Add the sausage or bacon and cook several minutes until everything is infused. (I make a little pool of the olive oil in the middle of the pan, add the garlic (or wild onions or scallions) and sauté, then add vinegar and lid, salt and pepper to taste or a tablespoon of soy sauce. You can also add half a teaspoon of sugar, stevia or maple syrup.) Stir constantly for a few minutes.

Add about 2 cups of seasoned mashed potatoes or chopped, cooked seasoned potatoes, and then stir together and serve warm. It's yummy, tasty and really good for you – and it's everywhere right now!



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Different Allergies, Different Medicine

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The ones listed above are newer and tend not to make people as sleepy, but older anti-histamines such as Benadryl can be very sedating – so much so that some people use it to help them sleep. You should be cautious about using medications like Benadryl either for allergies or for sleep, because there are some long-term concerns such as issues with your balance and memory.

Nasal decongestants such as Sudafed also work wonders for a stuffy nose, but people with high blood pressure should really be careful not to use this medication because it can increase blood pressure. Nasal sprays might be a better option for congestion for people who cannot take

Sudafed, but you should be careful not use things like Afrin for more than three days in a row or you run the risk of making your congestion worse.

Some people have more serious allergies that might even require shots, but for most us, allergy symptoms are an annual nuisance that we can manage with OTC medications. Just remember that some medications are better than others depending on your symptoms and possibly other medications you are taking and other medical conditions you have.

Irene Park Ulrich is a clinical pharmacist at MAHEC Family Health Center at Cane Creek.



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OFFICE MANAGER Annie MacNair office@fairviewtowncrier.com

MANAGING EDITOR Sandie Rhodes editor@fairviewtowncrier.com

EDITOR Clark Aycock copy@fairviewtowncrier.com

ART DIRECTOR Lisa Witler ads@fairviewtowncrier.com

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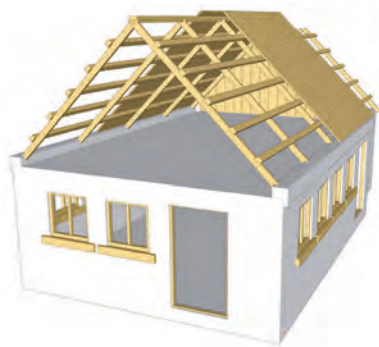
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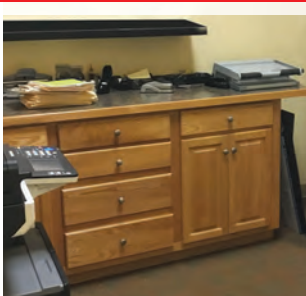
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86 Asheland Avenue
Asheville, NC 28801



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

FAIRVIEW RESIDENT SINCE 1992



LEICESTER! Pristine duplex on 1+ acres. 2 BR/2 bath each side, 1-car gar on main. Maple floors, vaulted ceilings, Fla room, walk-in closet, 3-car gar in bsmt, + detached 30x60 garage, carport, *MLS#3351760, \$575,000!*



WEST IN COUNTY! Need lots of space? 3 BR, 3.5 bath, brick, private 2+ acres, HOME WARRANTY, fam rm, 2 FPs, bonus rm, cov front deck, patio, 3-car gar on main, add'l gar in bsmt, *MLS#3336635, \$544,900!*



FAIRVIEW! Lovely 2 story home on level, 3 private park-like acres, 4 BR/3 bath, spacious fam room w/ FP, HOME WARRANTY, screened porch, large rear deck, large 2-car garage, *MLS#3373169, \$495,000!*



LEICESTER! Spacious 3 BR/3 bath home on 3.94 acres, sunroom, bonus rm, HOME WARRANTY, 2-car gar, + detached 2-car gar, 2nd kitch in bsmt. Includes 3 BR/2 bath doublewide, *MLS#3366984, \$475,000!*



FAIRVIEW! 4.78 flat acres on Cane Creek Rd in the heart of Cane Creek Valley, property is not in the flood zone, has a well & septic tank - buyer to verify, 330 ft of road frontage, *MLS#3296048, \$425,000!*



NORTHWEST IN COUNTY! Spacious 4BR home, 2.5 bath on 1.55 acres, full BSMT (partially finished), 2-car gar, deck, HOME WARRANTY, no-maint siding, security sys, LR w/gas FP, *MLS#3263712, \$359,900!*



RICEVILLE! Immaculate brick home on level .84-acre lot, 3 BR, 2.5 baths, full unfinished bsmt, wonderful kitch w/dual ovens, den w/FP, heated sunroom, HOME WARRANTY, *MLS#3324002, \$339,000!*



WEST! 3 BR/2.5 bath, 1.5-story home, master on main, FP in spacious living room, den in bsmt, cov front porch & rear decks, quiet subdivision close to schools, *MLS#3342836, \$264,000!*



OAKLEY! 3 BR 2 bath manufactured home, FP, vaulted ceilings, includes detached older home that needs total renovation, detached garage, fenced-in yard, convenient location, *MLS#3346271, \$152,000!*

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FREE
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RESULTS!

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



FAIRVIEW! 3 BR/bath remodeled manufactured home, w/FP .44 acre lot, front courtyard w/privacy fence, HOME WARRANTY, new flooring, windows & doors, HVAC & metal roof, *MLS#3376394, \$148,500!*