



THE VOICE OF OUR COMMUNITY

The Fairview Town Crier

JUNE 2018 VOL. 22, No. 6 | FAIRVIEW, NC | WWW.FAIRVIEWTOWNCRIER.COM

INSIDE Update from Fire Chief Jones **P 8** >> Art Workshops at The Hub **P 17** >> June Brides & Wedding Venues **P 24**

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)

History Project Gathering Memories

The Fairview Public Library's Neighborhood History Project is in full swing. At right is a recent scan acquired by the project from Sandra Jackson. There was no postmark on this postcard, but related material had stamp dates from 1914.

The library can scan your images on the spot, by appointment, so that you don't have to part with irreplaceable family photos or materials. Call them at 250-6484 to share your items or to tell your stories. Share your history!



Swarm Season Continues with the Silver Spoon

*A swarm of bees in May
Is worth a load of hay;
A swarm of bees in June
Is worth a silver spoon;
A swarm of bees in July
Is not worth a fly.*



mostly in April and May in Fairview. However, a swarm is valuable even in June (worth a silver spoon) because they will still have time to build up before winter.

Janet Peterson 628-1758
Scott Davis 628-3537
Ricky Manning 275-2486

If you see a cluster of honeybees hanging on a tree branch, in a shrub or even on a fence, call one of the Fairview beekeepers below to come and collect them. They would love to give them a new home in one of their bee boxes. And don't be afraid—the bees are just resting while finding a new place to live. This is how honeybees reproduce several times a year,

You can also go to wncbees.org and click on "I think I have a bee swarm!" Click on the swarm photo and it will take you to a form to fill out. That form goes to all of the Buncombe County beekeepers who have agreed to be ready to catch a swarm.

Creative Kids Take on Knoxville



At Destination Imagination's Global Finals in Knoxville late last month, students from Cane Creek and A.C. Reynolds (above) and Fairview Elementary (top) competed against teams from around the world. Several teams placed highly but all had fun. Check next month's issue for lots more info and photos. The teams thank everyone for the support and generosity that allowed them to represent WNC.

Spend One Morning Helping Local Schools

Local schools need volunteers to help proctor during exam time. Your contribution of time will help promote student success, allow teachers and staff to fulfill their responsibilities more easily, and help you understand the sorts of exams that today's students face.

A.C. Reynolds High

June 7, 8, 11, and 12, 7:45-11 am

Call the counseling office at 298-7665
or go to goo.gl/cnWmJi.

Cane Creek Middle School

June 5 to 8, 7:45-11:15 am

Call the school at 628-0824 or email
benjamin.alexander@bcsemail.org.

Crier Offices and The Hub Closed Wednesday, July 4

Anyone wishing to drop off payments, submissions, etc., can do so in the blue dropbox mounted on the wall outside the offices at 1185 Charlotte Highway in Fairview. **Happy Fourth!**



NEXT CRIER LABELING DATES: JUNE 29, JULY 31 (10:30 AM) at the main Fairview Fire Station. Email pattiparr@yahoo.com or call 628-2211 for information.

REMINDER

Welcome Table Takes a Break

The Fairview Welcome Table has decided to take the summer off and follow the Buncombe County Schools calendar due to the loss of volunteers and the wish to give their remaining volunteers some time off.

The last lunch to be served this year will be June 7 and the first lunch after summer break is scheduled for August 30.

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Fairview, NC 28730

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COMMUNITY EVENTS



Gardens of Fairview Tour Is June 9

Don't miss this year's tour, which will feature nine Fairview gardens.

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.

JUNE 2 (SATURDAY)

The Lord's Acre Square Dance

5:30 pm-10 pm. A fundraiser for The Lord's Acre. See front page for more information.

Buncombe Republican Women's Club 65th Anniversary

5:30 pm-8 pm. An anniversary celebration and candidate kickoff. Candidates along with special guest speaker will be in attendance. BBQ dinner is \$10 per person. RSVPs are requested; please email lisabaldwin4kids@gmail.com. 80 Lake Dr., Candler.

JUNE 3 (SUNDAY)

Old Sharon Church Memorial Service

11 am. If you have relatives buried at the cemetery, please come. Bring a covered dish. Everyone welcome. 291 Sharon Rd., Fairview.

Buncombe Democrats Spring Celebration

4-7 pm. Meet current officials and candidates. Food and beverages will be available for purchase. No admission charge. Music will be provided. For more info and parking info, visit web calendar at buncombedems.org. 230 Hominy Creek Rd., Asheville.

JUNE 6 (WEDNESDAY)

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 your space by calling 628-7800. Fairview Chiropractic Center, 2 Fairview Hills Dr.

JUNE 9 (SATURDAY)

Poor Man's Supper

6-8 pm. Donations accepted to help Fairview Sharon United Methodist Church get a storage building for their BEAR closet. Pinto beans, cornbread, fried cabbage, mac & cheese, desserts. Everyone welcome. 2 Laura Jackson Rd., Fairview.

Second Saturday in the RAD

10 am-8 pm. The River Arts District will be holding gallery walks with live demonstrations, live music, wine tastings, and snacks. If you missed the recent showing of local RAD artists at The Hub, you can see Fairview artists at Trackside Studios, 375 Depot St. (Lynn Stanley, Steve Fulgham and Dona Barnett); 310 ART, 181 Lyman St. (Fleta Monaghan); and Pink Dog Creative, 344 Depot St. (Mary Alice Ramsey).

JUNE 10 (SUNDAY)

Painting/Drawing Workshop

2-5 pm. Need a little one-on-one assistance to finish a painting or drawing? Artist/instructor Theresa Matregrano will offer individual guidance at this workshop. See page 17 for more information.

JUNE 11 (MONDAY)

FAAL Monthly Meeting

10 am. The Fairview Area Art League will discuss the mechanics of exhibiting in an art show. Members and others interested in the arts are welcome. 704 975-0095. Fairview Public Library, 1 Taylor Rd.

JUNE 12 (TUESDAY)

FBA Monthly Meeting

6 pm. The next meeting of the Fairview Business Association will be held at Peaceful Hollow. See FBA column on page 35 for more information.

Film Noir Series at Fairview Public Library Continues

6 pm. The Summer of Film Noir series continues at the Fairview Public Library with the classic "Touch of Evil," starring and directed by Orson Welles. See box on page 7 for more information.



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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**



10 MINUTES TO DOWNTOWN ASHEVILLE. Spectacular rock outcropping, valley view, easy build home-site, paved drive, miles of trails, like living on the Blue Ridge Parkway, 2 acres, end of road. **\$125,000 MLS# 3280521 owner/broker**



TOP OF THE WORLD! Stunning view of Fairview, Reynolds, Asheville & beyond! 5 private acres in exclusive area of 2- to 7-acre estates, wilderness, miles of trails, end of road, 10 minutes to downtown AVL. **\$275,000 MLS# 3149499. owner/broker**

COMMUNITY EVENTS

JUNE 13 (WEDNESDAY)

Clay Dish Class for Moms & Kids

10-11 am. Come to The Hub to craft and make memories with your kid(s) and get to know other area moms. See page 17 for more info.

Americare Cookout

11:30 am-1:30 pm. Americare Pharmacy will host a cookout as a thank you to loyal customers. See page 12 for more info.

Frozen Shoulder Seminar

5:15-6 pm. Learn about technologies that might relieve pain associated with a frozen shoulder and restore mobility. Free, but you must reserve. Call 628-7800. Fairview Chiropractic Center, 2 Fairview Hills Dr.

JUNE 14 (THURSDAY)

Successful Aging Conference

9 am-3:30 pm. The Council on Aging of Buncombe County will present their 16th annual "Successful Aging" conference. This is a daylong event for older adults, caregivers and anyone interested in aging successfully. For more info, see page 30.

Knee Replacement Seminar

5:15-6 pm. Find out about eliminating drugs from your life and avoiding the

need for surgery along with a lengthy recovery. Free, but you must reserve your spot by calling 628-7800. Fairview Chiropractic Center, 2 Fairview Hills Dr.

JUNE 15 (FRIDAY)

Mountains Library Fundraiser

6-8 pm. A sculpture, "The Soul of Lake Lure," by local artist Diane Breaker will be raffled off to help raise funds for the Mountains Branch library's new electronic sign. There will be music, food, and an opportunity to learn more about Breaker's art and poetry. All are welcome to attend this free event. 150 Bill's Creek Rd., Lake Lure.

JUNE 16 (SATURDAY)

Black Soldier Fly Class

2-4 pm. Walker Overstreet, the owner of Little Jaybird Farm in Fairview, will present info on these insects, and how to put them to work on your farm or homestead. He will demonstrate how to effectively build a trap that makes catching them a breeze. See page 17 for more info.

ACHRS Graduation

11 am. A.C. Reynolds seniors will be graduating at the U.S. Cellular Center. 87 Haywood St, Asheville.

Fun Yard Sale Day at Troyer's Amish Blatz



Saturday, June 23, 8 am-4 pm

Don't miss a day of fun at Troyer's! Old-timey music by The Martins, food for sale and sampling, and tours of the wedding venue at Troyer's Country Amish Blatz.

Spots for artists, crafters, or yard sale stuff are available for just \$10 (\$15 with table).

There will also be a one-day furniture sale, with 20% off stock and custom orders.

14 Bonn E Lane, Fairview. More info at troyerscountryamishblatz.com or 280-2382.

JUNE 18-22

Fairview Baptist Church VBS

6 pm (dinner), then 6:30-8:30 pm. Monday to Friday. Classes are available from preschool to adult. 32 Church Rd. See page 30 for more info.

JUNE 19 (TUESDAY)

Fairview Chiropractic Anniversary Open House

4:30-6:30. Stop by for food and fun as Fairview Chiropractic celebrates its 20th anniversary. Fairview Chiropractic Center, 2 Fairview Hills Dr.

JUNE 21 (THURSDAY)

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.

JUNE 22 (FRIDAY)

Emergency Blood Drive

3-7:30 pm. The Red Cross will hold an emergency blood drive at the Spring Mountain Community Center. 807 Old Fort Rd, Fairview,

FOLLOWING JESUS

THE ULTIMATE ADVENTURE

VBS 2018

Saturday, June 30th

10 am-3:30 pm

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John 12:26 *If any man serve me, let him follow me; and where I am, there shall also my servant be: if any man serve me, him will my Father honour.*

10th Annual ASAP Farm Tour, June 23-24



Gap Farm, as well as Imladris Farm, which will be showing their 60-year-old blueberry orchard for the first time.

Advance tour passes are \$10; only one pass needed per vehicle. To purchase a pass or get more information, please visit asapconnections.org/events/asaps-farm-tour.

Appalachian Sustainable Agriculture Project's (ASAP) Farm Tour is celebrating its 10th anniversary. Tour-goers will experience how food is grown and raised in the WNC mountains, taste farm-fresh products, visit with farm animals, and meet the region's local food and fiber producers.

Returning farms are Flying Cloud Farm and Hickory Nut

JUNE 23 (SATURDAY)

Make A Birdhouse Basket

11 am-4 pm. Participants will learn an easy-to-master wicker basketry technique. See page 17 for more info.

JUNE 24 (SUNDAY)

Painting/Drawing Workshop

2-5 pm. Artist Theresa Matregrano offers individual guidance. See page 17 for more info.

JUNE 28 (THURSDAY)

Democratic Women's Barbecue

6 pm. Join fellow Democrats and meet candidates at this DWBC special event. Wayne Goodwin, NC Democratic Party Chairman, will be the featured speaker. Email buncombedemwomen@gmail.com for info on tickets and reservations or search Facebook for "Democratic Women of Buncombe County."

JUNE 28 AND 29

ACRHS Theater Camp Shows

7 pm. Students will perform "Disney's Sleeping Beauty Kids" after two weeks of rehearsal as part of ACRHS's Theater Arts Department summer camp. \$5. See page 26 for more info and how to sign up.

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.

JUNE 28-JULY 1

Wilderness First Aid Training

9 am-5 pm daily, Thursday to Sunday. Charly Aurelia will lead the class at Edrianna Stillwell's home. Aurelia has 25 years of EMT employment and training. He was a paramedic and a firefighter for nearly 20 years. Additionally, he was a professor of PreHospital and Emergency Medicine at 4 different colleges/universities. The first two days focus on trauma emergencies; remaining days cover medical emergency, kit building, and open topic exploration. \$200 for all 4 days or \$50 per day. For additional info, call Edrianna at 713-9576.

JUNE 30 (SATURDAY)

Brush Creek Vacation Bible School

10 am-3:30 pm. Ages K-12 can enjoy Bible lessons, snacks, games and music. Commencement, cookout and balloon release at 3:30 pm. 1323 Upper Brush Creek Rd., Fairview. See page 30 for more info.

Pet Vaccine & Microchip Clinic

11 am-2 pm. The Asheville Humane Society will be at Spring Mountain Community Center for this clinic for both dogs and cats. 807 Old Fort Rd., Fairview.

ONGOING EVENTS

JUNE 1 AND 15

Fairview Farmers Market

4:30-7:30. The local farmers market will be held at Whistle Hop Brewery, 1288 Charlotte Hwy, Fairview.

JUNE 5 (TUESDAY)

Prostate Cancer Support Forum

7 pm. Us TOO of WNC, a prostate cancer support forum for men, caregivers and family members, at 5 Oak St., Asheville. No fee. More info available at 242-8410 or wncprostate@gmail.com.

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COMMUNITY EVENTS

Sweet Smells at the N.C. Arboretum



Daily, 9 am-5 pm through September 3

The new exhibit at the NC Arboretum, "Making Scents: The Art and Passion of Fragrance," uncovers the technical processes behind fragrance creation through an immersive multisensory

experience that is suitable for the whole family.

As part of the opening celebration of the exhibit, the Arboretum will be hosting a special ticketed "Scent Soiree" on June 7, starting at 6:30 pm, as well as a lecture by perfume expert Dr. Richard Stamelman on June 8 from 6-8 pm.

For more information, please visit ncarboretum.org. Admission to the exhibit is free, but standard Arboretum parking fees still apply. 100 Frederick Law Olmsted Way, Asheville.

JUNE 7 (THURSDAY)

Embroiderers' Guild Meeting

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

JUNE 11 (MONDAY)

Stitches of Love Meeting

7-9 pm. Stitches of Love donates handmade articles to local charities. 3070 Sweeten Creek Rd., Asheville.

All skill levels welcome. For more info, call 575-9195.

JUNE 17 (SUNDAY)

Ethical Humanist Meeting

2-3:30 pm. "7 Words That Can Change The World," 227 Edgewood Rd, Asheville. 687-7759.

JUNE 23 (SATURDAY)

Genealogy Society Meeting

2-3 pm. Monthly meeting and open house. Program is "Murder in the

Mountains." Refreshments served after meeting. 128 Bingham Rd., Asheville. Call 253-1894 or visit OBCGS.com.

JUNE 24 (SUNDAY)

Reynolds Baptist Church Homecoming

11 am. Guest speaker Rev. Joe George, special music, and lunch provided after. See ad on page 20 for more info.

SAVE THE DATE

JULY 22-26

Emma's Grove Bible School

Emma's Grove Baptist Church welcomes pre-K through 5th grade for their Vacation Bible School. See page 30 for more info.

JULY 27 AND 28

Gerton Little Theatre Production

Local playwright Helen Brown has written what looks like to be a winner for the 20th anniversary of the Hickory Creek Players' summer production. "Ellie, Ellie!" is the story of two sets of neighbors. At the Upper Hickory Nut Gorge Community Center.

SEPTEMBER 15

FAAL for Art show



At the Fairview Community Center, indoors and out. For application and info,

visit Facebook/fairviewareaartleague or email faartleague@gmail.com.

IDENTIFICATION STATEMENT

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

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

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

THANK YOU

Fairview

FOR 20 YEARS

Tuesday
JUNE 19
4:30-6:30 pm
at our office
2 Fairview Hills Drive
Fairview

FAIRVIEW
Chiropractic Center

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celebrate
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FEATURED LISTINGS See all available listings at greybeardrealty.com



2-bedroom, 2-bathroom Old Fort home with long-range views. In Gateway Mountain gated community. \$399,000 MLS 3359944



4-bedroom, 2-bath Asheville home in Cedar Crest Heights neighborhood with close access to Blue Ridge Parkway. \$449,000 MLS 3354446



3-bedroom, 2-bath South Asheville home.
\$287,500 MLS 3375651



4-bedroom Swannanoa Home on a Cul-de-sac lot in Hillside Estates.
\$389,000 MLS 3388416



Arts and crafts home. 3BR/2.5 bath. Asheville in Byrdcliffe subdivision.
\$289,000 MLS 3375989



4-bedroom, 3.5-bathroom Cape Cod-style home in Swannanoa on 2 acres.
\$521,500 MLS 3299934



1-bedroom, 1-bathroom Biltmore Forest Home with 1.64 acres of land.
\$850,000 MLS 3330312

LOTS AND LAND

Echo Valley Estates, Old Fort Rd,
2.05 acres \$61,000 MLS 3349855

Byers Park Lot with .61 Acres
\$55,000 MLS 3277895

.92 Acres in Briar Ridge
\$85,000 MLS 3296442

Two Parcels on Emmas Grove Road
UNDER CONTRACT 3.25 acres \$269,750
MLS 3264823

UNDER CONTRACT 3 acres \$249,000
MLS 3264859

6.5 Acres in Chestnut Mountain
Subdivision \$350,000 MLS 3324420

Looking for a property management company?

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"Libraries Rock" Summer Reading Program 2018 Begins!

The Buncombe County Public Library Summer Reading Program began June 1 and goes until the last day of August. To celebrate reading in the summer, the library hosts fun-filled programs and events all summer long, and we will also be giving away a free book to any child that visits the library four times this summer.

To earn a free book, each child must come to the library to pick up a special summer reading bookmark. Each time they visit the library between June and August, they need to bring the bookmark with them to collect a stamp. Once they have collected all four stamps, they can pick out a book to keep forever.

June Summer Reading Program Events

Amp Up for Summer Reading at the Summer Library Kick Off Festival.

Everyone is invited to this fun event located just down the road at the Oakley Public Library. With a performance by Girls Rock Asheville, activities from

Asheville Museum of Science, construction vehicles to explore from NCDOT, a selfie booth, and plenty of other games and crafts, this event is not to be missed and a perfect way to kick off a great summer of reading.

Firefighters and fire trucks will visit Fairview Library on Thursday, June 14, during Preschool Storytime. Preschoolers can learn about fire safety, check out a real live fire truck, and hang out with the firefighters from the Fairview Volunteer Fire Department.

The Fancy Nancy DIY Gala is back Saturday, June 30 at 2 pm. Create a tutu, make a tiara, and do other fancy things with all materials provided. Fancy costumes are not required but highly encouraged.

Fairview Neighborhood History Project

Oral history interviews are officially under way for the Fairview History Project. If you are a trained volunteer for this project and have not yet contacted the library to receive a list of subject to interview, please do so. If you are interested in volunteering but haven't been through a training, contact us. We will be scheduling a second

SUMMER OF NOIR FILM SERIES TOUCH OF EVIL (1958)

After a car bomb explodes on US soil near a border town, Mexican drug enforcement officer Miguel Vargas (Charlton Heston) becomes involved in the investigation. Also involved is Hank Quinlan (Orson Welles), a surly and corrupt US police captain. Conspiracies and frame jobs are uncovered in what is considered "the last great film noir." Directed by Orson Welles. Join us on Tuesday, June 12 at 6 pm for the second of four film screenings and discussions on the highly influential film noir genre. *This film is not rated. 95 minutes*

Events are hosted by North Carolina Film Critics Association member James Rosario, who will introduce each film and lead a discussion after.



training session later in the year. Thank you to everyone who is participating.

ZOOM now at Fairview Library

Buncombe County Libraries have teamed up with local attractions and museums to offer free admission for library cardholders with a ZOOM pass. Visit the library website to reserve your pass, and come to the Fairview Library up to one week 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, Hands On! Children's Museum, and all county swimming pools. 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 access to tons of electronic resources. Each month in the *Town Crier* and on the library's Facebook page we highlight one of those resources. This month's database is Ancestry.com. Ancestry is the leading resource on genealogical research with access to billions of historical records. Normally this database requires a paid subscription, but you can access it for free on all library computers.

Looking for Something New to Read?

Check out *Florida* by Lauren Groff coming out this month. Groff, author of both *Fates and Furies* and *Arcadia*, is one of my favorite contemporary writers, and *Florida* is a collection of short stories that spans characters, towns, decades and centuries, with Florida at the gravitational center of all of it.

CHILDREN'S PROGRAMMING

Storytimes

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

LEGO Club June 1 at 3:30 pm.

Jaime McDowell is the head librarian at Fairview Public Library.



Visit the Friends of the Fairview Library Book Store, located just inside the library doors. All funds raised from the sale go directly to the Friends, which supports library programming and much more!

Mark your Calendar for all the Great Summer Events at Fairview Public Library!

Firefighters at Fairview

Thursday, June 14 11 am

Fancy Nancy DIY Gala

Saturday, June 30 2 pm

Snakes Alive with Ron Cromer

Monday, July 9 3 pm

Hobe Ford's Golden Rod Puppets

Tuesday, July 17 6 pm

This is a ticketed event. Tickets will be available beginning July 9.

CD Dream Catcher DIY

Saturday, August 4 2 pm

Jedi Training Academy

Saturday, August 18 2 pm

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Meeting the Needs of Our Community

As you know, Fairview is growing, and with that growth comes change—some good, some bad. The Fire Department has been responding to an overwhelming increase in call volume in Fairview, as well as training for any and all emergencies in the community.

A Brief History

The Fairview Fire Department Board of Directors, which governs the department and its budget, is very proud of the progress that the department has made over the years. From 1990 until 2013, the Fairview Fire Department (FFD) had the lowest fire tax rate in Buncombe County (0.075 cents per \$100 property value).

In 2004 we were inspected by the NC Department of Insurance (NCDOI), and the result was an improvement of the Insurance Classification in our district. We improved our ISO rating from a Class 9S to a Class 6. This meant a tremendous savings to our community and its citizens' insurance premiums—an average savings of \$250 or more on a \$200,000 home in Fairview. To maintain this rating, NCDOI recommended we establish a substation in the northwest area of the Fairview Fire District, as well as adding an engine and tanker and personnel.

In 2007, we constructed the recommended substation and purchased an engine and a tanker for that location. We



shifted personnel. In 2008, we successfully applied for a FEMA staffing grant to cover the cost of nine additional personnel (who started in 2009).

In 2008, we asked the NCDOI how to maintain and improve our services to the Fairview Fire District. They recommended that, due to Fairview's tremendous growth, we begin looking toward purchasing property for a substation in the southern area of our district, and in 2009, we did so.

Up to this point, FFD had grown from one station and two paid personnel for eight hours a day to two stations and 18 paid personnel for 24 hours a day. We improved our ISO rating from a Class 9S to a Class 6. FFD made all the improvements to our community without any increases to the tax rate.

In 2009 our board realized it would be

unable to fund the construction of the new substation without an increase in the fire tax rate. From 2009 until 2013, we met with county management and some of the county commissioners. We were denied additional funding each of those years until 2013. In 2013 we were given an increase in our tax rate, which brought us to our current rate of 0.105 cents. Unfortunately in 2013 property tax values plunged. The tax rate increase helped us maintain our budget, but it did not allow for growth or improvement. If you compare fire tax rates to homeowners' insurance premiums, we saved our community a tremendous amount of money. In 2004, our ISO reclassification saved the average Fairview homeowner \$250 in insurance premiums. The fire tax rate increase in 2013 cost this same property owner only \$54.

In 2013, after the fire tax rate increase was approved, we began financial planning for the construction of the new substation. In July 2013 we located a new property in a better location that had a steel building already constructed on the site. We purchased the property and renovated it. For the original location, we had an estimate of \$1.4 million for construction of the station. For the new location, we purchased and renovated the site for \$600,000. After placing the new station in service, we quickly sold the original property (on Cane Creek Road).

In April 2017 we were inspected by NCDOI and successfully improved our ISO rating from a Class 6 to a Class 3. Depending on the insurance company, this meant minimal savings to homeowners but a tremendous amount of savings to commercial property owners.

Looking to the Future

Due to the size of the district, NCDOI requires us to respond with three fire engines and one ladder truck to every structure fire. NCDOI requires a fire department to have a ladder truck if there are five or more structures three stories or 35 feet to the eaves (commercial or residential) or have a Needed Fire Flow (the amount of water that should be available for providing fire protection at selected locations throughout a community) of 3,500 gallons per minute to extinguish a fire. This is why we have a ladder truck in our district. Without it, we would not have been able to improve our rating as much as we have.

To comply with the National Fire Protection Association's (NFPA) 1710 standard (for the organization and deployment of fire suppression operations), we need nine additional personnel. The NFPA standard requires we assemble a minimum of four firefighters before interior fire attack can occur. Current staffing levels only allow us to assemble two firefighters.

We also want to adjust our personnel pay to at least meet the NC state average wage for a firefighter. The pay adjustments will be based on the 2018 study provided by the NC Association of Fire Chiefs. We want to recruit and retain professional firefighters, EMTs and paramedics. Unfortunately, we lose good employees due to better pay

in other counties. It costs approximately \$8,000-10,000 to re-equip a firefighter, and the lost costs of training and experience should be considered as well.

We also want to rebuild our capital improvement fund and reserve fund. The capital improvement fund will be used to begin replacing outdated apparatus in our fleet as well as updating and renovating our main station. Other than minor repairs and regular maintenance, our main station hasn't received any updates of the living areas. We also have a couple of sections of roof that are in need of replacing.

After a workshop with county commissioners, it was suggested we needed to rebuild and maintain a reserve fund to cover three to six months. We have implemented a five-year plan that would allow us to do that within five to seven years.

The NFPA sets the standards we must follow. When it comes to fire apparatus, the NFPA recommends an apparatus be removed from front-line service after 15 years. Currently we have five apparatus overdue for replacement or removal. One is 30 years old, three are 22 years old, and one is 16 years old. This demonstrates that the FFD does an excellent job in the maintenance and care of our equipment. However, keeping apparatus beyond the recommendations of the NFPA means that personnel must operate equipment that is not up to date with current standards, which can endanger the safety of our personnel and the citizens that depend on these trucks.

We strive to be fiscally responsible and good stewards to our community. We made all of these improvements and saved the community thousands of dollars since 2004.

Our goals are to continue providing the best service possible, pay our personnel no less than the state average, begin building reserve funds to prevent shortfalls, begin replacing outdated apparatus, and maintain our current Class 3 ISO Rating.

In order to maintain and improve our current services, we requested to increase our current tax rate by 0.055 cents, which would bring our total fire tax rate to 0.16 cents per \$100 valuation. This would allow us to reach those goals mentioned above.

If you have any questions regarding this proposal or any other fire department business, are interested in how fire departments must operate, or would like to meet our directors, we encourage you to attend our monthly board meetings, which are open to the public.

Our board meets at 7 pm on the third Monday of every month at our main station at 1586 Charlotte Highway. Our next regular meeting will be June 18.

The presentation from the fire departments to the commissioners along with all of the studies referenced can be found at the following link: goo.gl/hbGWkd

The FFD, including the firefighters, board of directors and the Support Group, strive to provide the best fire and medical protection possible. Thank you for your consideration of our proposal and we welcome any questions or concerns that you may have.



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Lightning Is Good for the Garden

As we officially head into summer, we'll look at the thunderstorm frequency across western North Carolina. Generally there are 40 to 50 thunderstorm days per year. In our neck of the woods, we generally get about eight to 10 thunderstorms during the month of June.

Thunderstorms are a great way for the atmosphere to release energy. A large amount of the thunderstorm's energy comes from the condensation process that forms the thunderstorm clouds. As the thunderstorm progresses, eventually the rain cools the entire process down and the energy is gone. Thunderstorms also help keep the Earth in electrical balance. The Earth's surface and the atmosphere conduct electricity easily—the Earth is charged negatively and the atmosphere positively. There is always a steady current of electrons flowing upward from the surface of the earth.

Thunderstorms help transfer the negative charges back to earth (lightning is generally negatively charged). Planet-wide, the lightning frequency is approximately 40 to 50 times a second—or nearly 1.4 billion flashes per year. Sometimes these thunderstorms/lightning events cause some strange phenomenon. Several years ago we talked about a heat burst or hot flash. Here is another lightning fact.

Have you ever looked at your garden soon after a thunderstorm has passed? Did you notice that the plants looked brighter, fresher, and greener? Many gardeners have probably wondered what causes this. Perhaps it is the fresh rainfall? Or maybe the slightly cooler temperatures? Or the humidity? While all of these things have an effect on your vegetable garden plants and flowers, lightning is known to be a major factor in naturally fertilizing plants.

A Giant Liquid Fertilizing Event

This year we will talk about the process by which lightning releases atmospheric nitrogen. The atmosphere is composed of 79 percent nitrogen, but not in a form that plants can absorb. This is where lightning can make a difference. The explosive energy that literally fries the air and releases intense heat and electric charges produced by lightning causes the nitrogen molecules in the air to cling to the oxygen molecules. This bond forms nitrogen oxides, which will either fall from the sky or be collected the rain drops—bringing a form of nitrogen that can be used by the plants. The rain accompanied by lightning has very little other nutrients in it, so the ratio of nitrogen in the rain is high. This encourages leafy growth and promotes good leaf color. So a thunderstorm is effectively a giant liquid fertilizing event that

not only provides your garden with plenty of water but also with loads of nitrogen that encourage leafy growth on plants. Scientists estimate that 9.4 million tons of nitrogen is converted into an available form and deposited on the earth every year. So the next time a thunderstorm visits, sit back and enjoy it and think of all the money and work you are saving by not having to fertilize your lawn or garden.

In terms of our June averages, we normally end up with the monthly rainfall close to five inches. The average high temperature is usually in the low 80s with nights about 60 degrees.

The dew point also starts to creep up and we can start to get some uncomfortable muggy days as well. When dew point temperatures climb into the mid to upper 60s, most people start to feel quite uncomfortable. We will also turn our eyes to the tropics over the next several months as well. In the Northern Atlantic Ocean, a distinct hurricane season occurs from June 1 to November 30, sharply peaking from late August through September. The season's climatological peak of activity occurs around September 10 each season.



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

WEATHER WONDER



How many sunny days do we average per year?

The Fairview/Asheville area has on average about 99 sunny days, 113 partly sunny days and 153 cloudy days during any given year.

A sunny day is defined as having clear skies and 30 percent or less cloud cover. A partly sunny day has between 40 to 70 percent cloud cover, and a cloudy day greater than 70 percent cloud cover.

QUESTION of the MONTH



What are microbursts, and why are they an important component of our weather?

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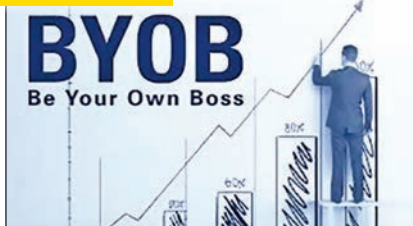
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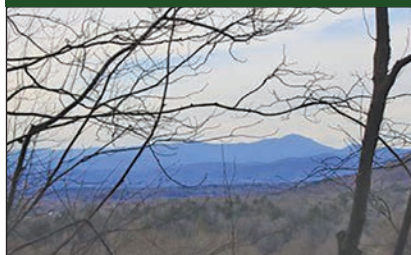
Fixer upper, handy person house, lots of potential. City water, natural gas. 0.23 acre flat lot, 1778 SqFt, 2 bd/2 ba. Bonus room/Addition used as a 3rd bd/Master. Selling as is. Call Omar Fakhuri (828) 230-3647. **\$107,900**

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REMODEL AT A GREAT PRICE

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Remodeled 1 Bedroom Singlewide on Nearly 4 Acres w/ a creek, very private. Owner will consider short term financing w/ 30% down. Call Karen, 828-216-3998. **\$82,000**

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Home Pages and Tab Snoozes

What home or start page to have in your web browser is always a conundrum. Usually you want it to be where you tend to go much of the time. But sometimes it is good to have your home page teach you something. Try setting it to Wikipedia's home page, en.wikipedia.org/wiki/Main_Page, with its "Did you know..." and "On this day..." sections.

Just as you can have custom ringtones for different groups of people, so you know when you really have to answer your cell phone, you can also have custom vibrations for when you have the ringer turned off. This way, you can ignore all but the most important calls, texts, or other notifications during those periods you should not be checking your phone anyway.

Shutting down and restarting Windows 10 is not quite what you thought it was. In Windows 10, Microsoft implemented a "fast startup" trick to make it appear that Windows 10 boots more quickly by saving a snapshot of current kernel memory to the hard drive that can be read from when you boot up again. But if you use Shut-down/Restart to clear out problems, you need to really use the Restart option.

That dock on the Mac screen has been around for so long we tend to forget that there are options to replace how it works. uBar (browsersoftware.com/products/ubar) is expensive at \$30, but it might be one of

the best ways to ease into the Mac world from Windows. Another, called Station (truenorthsoftware.com/station), works more to organize documents and apps in folders or nesting docks. DockShelf (thealchemistguild.com/dockshelf) lets you make little tabbed docks. If you want to go totally minimalist, you can use Spotlight, via its keyboard shortcut of Command and Spacebar, to find and launch pretty much anything in your Mac. And then you can hide the Dock and sweep everything off your desktop to revel in the beauty of your ever-changing desktop pictures that you have set to rotate through your Photos library using the System Preferences for Desktop & Screen Saver.

You might want to snooze some of those websites you want to read but aren't getting to anytime soon. Snooze Tabby (snoozetabby.com), an extension for both Chrome and Firefox, will let you set a time, from 10 minutes up to a month, for when a particular website will pop back up for you to read or react. Why bookmark something that you only need to read once (just not right now)?



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

Time to Check Your Fire Alarms

On June 23, the Office of State Fire Marshall (OSFM) is partnering with fire departments and other fire safety advocates for a statewide smoke alarm canvass, a call to action from the Commissioner of Insurance Mike Causey. "This year alone North Carolina has seen 80 deaths related to fire; last year there were 83 the entire year and only 63 the prior year," said State Fire Marshall Brian Taylor.

North Carolina ranks in the top 10 for the most fire-related deaths. The smoke alarm canvass initiative is focused on the rural counties and the OSFM has picked three fire departments to work with across the state (the closest to us is West End Fire Department in Burke County).

The cold weather in the early part of the year attributed to the misuse of heating equipment and not having proper smoke alarms led to residents not being able to escape in a timely manner from their homes. Before cold weather strikes again, please check your smoke alarms, and if you have any questions or concerns reach out to the fire department for help. You can also obtain further information about



LOOK UP! Check your smoke alarms, and if you have any questions or concerns, reach out to the fire department for help.

fire safety from NCDOT.gov or the American Red Cross.

Blood Drive Thanks

Thank you to those that attended the blood drive with the American Red Cross on April 28. It was a success and we look forward to working with the Red Cross to hold another drive in 2019.

Pancake Breakfast Date Set

Mark your calendar for the next Pancake Breakfast set for Saturday, September 15, from 8 to 11 am. This event will be held at the main station (1586 Charlotte Highway).

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



Horseback Riding Arts & Crafts • Pottery Theater • Singalongs

Let your child to have fun this summer at Hickory Nut Gap Farm Camp learning how to do things and having a wonderful time! No matter what skill level or interests a child has, HNGF Camp has activities to let each excel in a nurturing atmosphere. Each day's activities are varied and include horseback riding, arts and crafts, and more. Camp is open to boys and girls age 6 to 13 with dropoff at 9 am and pickup at 4 pm.

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Newton and Julia Ann Watkins Lanning

Newton Lanning was born in Fairview, Buncombe County, N.C. on December 17, 1847. He was the youngest of 11 children born to James Lanning (1804-1885) and Polly Vaughn (1807-1877).

Newton was raised on his father's farm on lower Cane Creek near the Taylor Ranch. At the age of 17, Lanning enlisted in the Confederate army on October 9, 1864. He was a private in N.C. Company C, 7th Calvary Regiment. Newton Lanning married Julia Ann Watkins on March 24, 1870. Julia was the daughter of William Watkins and Rebecca McIntyre. She was born on March 27, 1849.

Newton and Julia Ann Lanning had a farm on lower Cane Creek. Newton Lanning was unusual in the fact that he raised sheep. Many families in Fairview had a few sheep for making clothes but Lanning had a rather large herd. Lanning and his children would shear the sheep and wash the wool. They would then card the wool and prepare it to be converted to yarn.

Julia Ann Lanning, their mother, operated the spinning wheel that turned the wool into yarn. She then operated the loom that weaved the yarn into cloth. Julia Ann used Polk berries, black walnut hulls, black berries and other local herbs to dye

the wool. She not only made the family's clothes out of the material but also bed covers, sheets and tablecloths.

Besides being a farmer and raiser of sheep, Newton Lanning was a carpenter and cabinet maker for the Fairview community. He also made furniture at his home. This raised extra money for his family. When Newton Lanning's children married and left home, he made furniture for each of the children as they began married life.

Julia Ann Watkins Lanning died in 1917. She was buried at Tweeds Chapel Cemetery. Newton Lanning died two years after his wife on April 27, 1919. He died of asthma and acute nephritis. He was also buried at Tweeds Chapel Cemetery.

Newton and Julia Ann Lanning's 10 Fairview-born Children

- 1. William Harvey Lanning** born January 2, 1871. He married Martha Young (November 5, 1876-October 3, 1950). William died March 12, 1950. He and Martha are buried at Tweeds Chapel.
- 2. Charles Henry Lanning** was born May 31, 1872. He died February 1950. He never married.
- 3. Sarah Ella Lanning** was born April 18, 1874. She married Benjamin Alexander Garran (1873-1943). They are both buried



Newton Lanning was unusual in the fact that he raised sheep. Many families in Fairview had a few sheep for making clothes but Lanning had a rather large herd.

at Tweeds Chapel Cemetery.

- 4. Addie Sabrinna Lanning** was born April 7, 1876. She married Aris M. Merrell (1871-1930). Addie died August 1957.
- 5. Ida May Lanning** was born April 23, 1878. She married Emory A. West. She died in June 1952.
- 6. Emma Jane Lanning** was born February 25, 1880. She married J. S. Haywood. She then married Bartlett Taylor Buckner (August 22, 1868- April 1, 1943). She died June 24, 1955.
- 7. Lena Anne Lanning** was born August 11, 1882. She died November 9, 1974. She never married.
- 8. James Cornelius Lanning** was born in

1884. He married Harriett Elizabeth Brown (1885-March 27, 1972). They are buried at Oakdale Cemetery in Hendersonville.

9. Walter Lee Lanning was born in 1886. He married Emma Townsend Yarbrough.

10. Edith Catherine Lanning was born October 28, 1889. She married Emery S. Stroup and then George Parker. She died May 31, 1966.

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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The Busy Season

I am not one to miss deadlines with my schedule-driven life. But as I prepare for the summer magic season, I've been caught up with trying to get the planning and travel itineraries accomplished.

That means it must be June, one of my favorite times of the year, for many reasons. The month kicks off my summer show season, which typically covers 12 to 15 states. But growing up in a small community (LeRoy, NY) much like Fairview, it also meant nicer weather and more outdoor activities: festivals, fairs, arts and craft shows, dances, carnivals, lawn parties, shindigs—you name it, we had it!

One of my favorite outdoor activities growing up was performing at firemen's carnivals. Every small town had one and I was able to book into them with a magic show and a "death-defying escape"—escaping from a straitjacket while hanging from a crane. Now that I'm a bit older, I still do an occasional carnival but don't try to escape death while there. I usually just try to get out and enjoy these warm nights and early summer breezes with everyone else after a show.

Enjoy June in Fairview, with all its food, fun and festivals.

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



GREG'S MAGIC TRICK

The Disappearing Diamond



PRESENTATION You show three aces in your hand: ace of spades, ace of clubs, and ace of diamonds. You then take the three aces and place them into different parts of the deck. Have a spectator shuffle the deck and then ask them to find the ace of diamonds. They will find the other aces but not the ace of diamonds! You then produce



the ace of diamonds from a nearby pocket or envelope that has been sitting there the whole time.

SET UP Place the cards into the fan as in the pictures. You are really using the ace of hearts disguised to look like the ace of diamonds. Keep the ace of diamonds in a nearby pocket (or envelope) to show at the end.



PERFORMANCE Show the fan of cards, and then use the following script: "Ace of spades, ace of clubs, ace of diamonds. I now place these three aces into the deck. If you would shuffle the deck, and we'll say a magic phrase. [Make up your own phrase, like "Purple Puppy Chow."] Now if you would go through the deck and find the ace of diamonds. Not there? That's because we made the diamonds disappear! But check this out, here it is!" [Show ace of diamonds.] Ta-da!"

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Grateful for 20 years of Community, Service and Helping

Thank you Fairview!

Twenty years ago this month we opened our chiropractic practice at 1185 Charlotte Highway in what is now Fairview Station. Highway 74 was still a two-lane road and the state was working on widening it. Just as we opened the practice, DOT began dynamiting the top of Mine Hole Gap, stopping traffic for 45 minutes in each direction multiple times per day. The roads were a mess but now we have five lanes. I'm grateful for that today.

When Adina and I arrived to start a practice together, we got the great news that we were to have our first child. Mom wouldn't be working as a chiropractor, but we were so grateful to have a wonderful son, who has

now finished his freshman year at UNCC in engineering and is heading to Tel Aviv for a summer internship. When raising children was new to me, I asked a very wise woman how she had raised so many children that turned into wonderful young adults, and she responded, "Keep them busy." Thanks, Suzie. We have followed her advice and are grateful for the people our kids are becoming.

As we began our family and chiropractic journey in Fairview, we could not have been more welcomed and embraced by the community and our growing chiropractic practice. Families opened their homes to us; it was a beautiful place to raise a family. We felt the need to bring health awareness to the community by teaching groups

throughout Buncombe County about every aspect of how to be healthier. Over the years we have provided over a thousand community lectures to the police, schools, county government, highway patrol, fire departments, country sheriff's department, health fairs and businesses. We continue this today.

Early on we were asked to provide chiropractic support to multiple A.C. Reynolds sports teams, including basketball, baseball, soccer and football, which we continue today. Those experiences prompted me to go back to school and get an advanced degree in sports medicine and acupuncture, which has helped me better serve the needs of the college or weekend athlete. Working with these great high school athletes gave me hope for our country's future.

The community gave our family weekly book readings with Betsy at the Fairview library. Both my children were enriched by the experience and we met many lifelong friends as part of the experience. Thanks, Betsy!

We are very grateful to the Fairview, Cane Creek and A.C. Reynolds schools for the love, kindness and education our children received. We are also so grateful for all the wonderful teachers our children have had over the years. Mr. Dotson and

Mr. Smith's band programs have been life changing for our family, and, I know, for our communities as well. We have learned that by getting involved we always get back more than we give and have tried to pass that along to our children.

Over these 20 years, I have learned that cultivating an attitude of gratitude may be one of the most important things we can do in promoting health. I've learned knowledge is best paired with wisdom and experience when helping people make health care decision or raising a family. When in doubt, kindness and understanding go a long way. Being part of the Fairview community has so enriched our lives.

When I look back on my clients' cases over two decades, even those that appear almost unbearable (especially to parents), I often see where gratitude appears and, for me, the unseen hand of God.

Please help us celebrate our 20 years of serving Fairview on June 19 from 4:30 to 6:30 at our office. There will be food and fun!

Thank you Fairview, my family and God.

The Crier Is Grateful, too!

In our June 1998 issue, Dr. Reilly placed his first ad with the *Fairview Town Crier* (at left). We are grateful to Dr. Reilly and Fairview Chiropractic for being a long-time, faithful advertiser in the *Crier*.

Thank you and congratulations on 20 years of serving our community!



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

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Tips to Start Your Road to Recovery

Addictive and compulsive behaviors are a growing threat to our well-being, happiness, safety, families, communities, and even our very existence. Alcohol, drugs, smartphones, video gaming, gambling, internet usage, pornography, and more are easier than ever to access and seem inescapable for those strongly connected to these substances, behaviors, and technologies.

While much needs to be considered when one is looking to conquer destructive habits (i.e., treatment programs, counseling, etc.), there are simple, basic steps that can be taken to begin the process of healing and positive change within the brain.

What follow are simple strategies anyone can implement to allow for better control of strong desires and impulses, help promote better connections in brain networks associated with addictive and compulsive behaviors, and to ensure adequate and appropriate fuel delivery.

Meditate daily. Research continues to show how sitting quietly for periods of time with a focus on “present moment” sensations like breathing can allow for greater focus, clarity of thought, impulse control and self-regulation. Start at five minutes and work up to 20 minutes daily.

Exercise daily. One of the best ways to control and improve functions of our brain chemicals (neurotransmitters) is to do

vigorous exercise daily. Get your heart rate up, do resistive and high-intensity activities, and, most importantly, move daily.

Eat smart. Eat whole foods, eliminate refined and processed foods (i.e., anything in a bag, box, or can), increase healthy fat and protein intake, limit sugar intake (important as sugar can be as addictive as alcohol, heroin, or cocaine), and stay well hydrated (that means water).

Breathe. While there are many different types of breathing exercises, start with a simple exercise that will send more oxygen to your brain. Breathe in a 1:2 ratio (e.g., five seconds in, 10 seconds out). Breathe in through nose, out through mouth—10 times, three times minimum per day.

Socialize. Our need to connect with others is directly related to how well our nerve cells connect with one another. Science has shown when people are socially isolated they can develop behavioral disorders.

Set goals. Setting and achieving goals promotes the same rush of our “feel-good” brain chemical dopamine that certain drugs provide. Start small and build momentum—you’ll be amazed by what you can achieve!



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

Preventing Hip Injuries

Your two hips have taken a pounding from the day you started crawling. Imagine these two joints that move with every step you take. They bear your full weight when you shift your weight. The cartilage surface smoothly glides in a ball-and-socket motion all the time.

Usually these joints and bones do a great job keeping us moving for our entire life. Unfortunately, some people are born with hip abnormalities that cause deformations and chronic pain. Other people have joints that wear out or, worst of all, have hips that break, usually due to a fall.

Obviously, a broken hip needs to be fixed. This is a major surgery with many risks. It usually requires people to go to a nursing facility for rehabilitation. Some people recover well, some people never do. For that reason, we should do all we can to prevent a hip fracture from ever happening.

There are some simple steps (pun intended!) you can take to keep your hips healthy and prevent a hip fracture.

Exercise keeps your bones and joints healthy. Regular weight-bearing exercise like walking, jogging, and weight lifting applies healthy stress to your bones, which keeps them strong. We recommend 30 minutes of exercise five days a week, strenuous enough to make you sweat and get short of breath. Also, regular exercise helps keep you fit and makes you less likely to

fall, thus less likely to break a hip.

Cigarettes poison your body in many ways, including bone health. Cigarette smoking accelerates bone loss.

Osteoporosis is a bone disease characterized by the architecture of the bone getting thinned out and brittle. Osteoporotic bones are more likely to break when you fall. Fortunately, we have a test for this. The bone density (or DEXA) scan is an X-ray test performed in a physician's office that measures bone health. Women should get their first DEXA scan 15 years after their ovaries stop producing estrogen (around 65 for most women). If you've had your ovaries removed surgically before age 40, you should have your first DEXA scan at 55. There is no recommendation for men to get bone density testing because it is a much less common disease in men. There are some men and women who should get bone density testing due to other diseases that are present or due to some medications that can cause bone weakness.

Adequate nutrition. Eat a healthy diet with plenty of fresh fruits and vegetables. Ingest 1,200 mg of calcium daily in your diet and 4,000 units of vitamin D daily in a supplement for bone health.

Dr. Coladonato is a family practice physician at MAHEC Family Health Center at Cane Creek.

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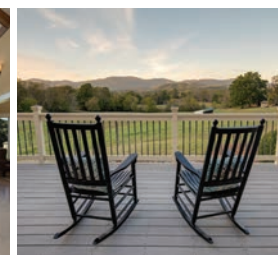
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How to Exercise with Osteoporosis without Hurting Yourself

Osteoporosis is commonly called the “silent disease” because a diagnosis is frequently unknown until someone falls and breaks a bone. Bones are living structures that continue to form new bone cells as old bone cells die off. As we age, the old bone cells are continuously removed, and the rate of new bone growth slows down. This difference in bone cell production and cell removal causes the bone mass density (BMD) to decrease. A low BMD leads to an increased risk of breaking a bone.

Osteoporosis can affect both men and women of all ages. One out of two women and one out of four men over the age of 50 will break a bone due to osteoporosis. Each year, one out of three people over 65 years old will fall.

How Can You Strengthen Bones?

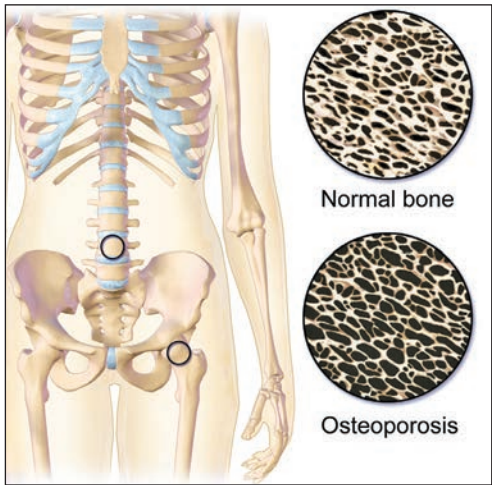
The most common treatment for osteoporosis is to take the prescribed medication to slow down or prevent the loss of bone and to perform low- to moderate-intensity exercises. However, drug treatment only generates a modest BMD gain and has limited effects on the risk factors for fracture, such as weak muscle strength, reduced joint flexibility and agility, and poor dynamic movement and balance. Additionally, low- to moderate-intensity exercise has not been shown to increase bone strength and bone density.

OSTEOPOROSIS FRACTURES

Occurrences vs. Other Diseases

Osteoporotic Fractures*	1,500,000
Heart Attack	513,000
Stroke	228,000
Breast Cancer	184,300

*vertebral, 750,000; hip, 250,000; other, 250,000



“Won’t I Hurt Myself?”

Studies show that six months of regular weight training exercise has increased BMD. Osteoporosis patients worry, however, that they will hurt themselves if they lift weights or that they’ll do the wrong exercises and cause a fracture. There are risks but those worries are not always true. Learning how to lift weights properly and learning how to jump correctly reduces the risk of injury while performing these activities, which can increase bone density. Lifting heavy weights has been shown to increase bone density and strength in the lumbar spine (low back) and femoral neck (hip). These are the two

common places for fractures when someone falls and breaks a bone.

Strength-Specific Training

It is very important to learn how to perform specific exercises. The first eight to 10 sessions should consist of body weight and low-resistance exercises with focus on education. You should not be thrown into a program and start jumping and lifting heavy weights in the first month. A gradual progression toward high-resistance exercises should be achieved under the supervision of a trained professional. The education and supervision provided by the physical therapist is crucial. A recent study reported that “a

novel, twice-weekly, high-intensity resistance training scheme shows significant gains in bone-mineral density (BMD) and strength in postmenopausal women with low bone mass, without the safety issues that are of particular concern in that population.”

Reducing the risk of falling by improving overall fitness and strength is the goal. If a fall should occur, having stronger bones reduces the chances of a fracture.



Steven Mack, PT, SCS, is a physical therapist specializing in orthopedic and sports medicine physical therapy at AVORA Physical Therapy. avorahealth.com

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at THE HUB



A HELPING HAND TO FINISH A PROJECT

SUNDAY, JUNE 10 AND 24, 2-5 PM

Need a little one-on-one help to finish a painting or drawing? Artist/instructor **Theresa Matregrano** will offer individual guidance to beginning and intermediate artists in charcoal, pencil, acrylic or water-color mediums. Sign up for one or both

of the 3-hour sessions. Bring a reference photograph of your project. Cost is \$50 per 3-hour workshop or \$100 for both. Minimum six students. Payment required with reservation. Call 628-1422 or email thehuboffairview@gmail.com for info.

MAKE A BIRDHOUSE BASKET

SATURDAY, JUNE 23, 11AM-4 PM

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. Participants will learn an easy-to-master wicker basketry technique while creating a perennial favorite for our mountain birds using the twining technique.



There will be birding tips and lots of discussion on birdhouses, habitat and basketry finishing techniques. Bring a friend. This is also a great intergenerational class for young folks age 12 and up.

Instructor supplies all the hand-dyed reeds, paints and tools for this class. The cost is \$55 for the 5-hour workshop. There will be a break, so bring a snack or bag lunch. Payment required with reservation. Make check payable to Carla Filippelli and mail to The Hub of Fairview, 1185-G Charlotte Highway, Fairview, NC 28730 or drop in the blue dropbox on the wall outside any time. Call 628-1422 for information.

BLACK SOLDIER FLY CLASS

SATURDAY, JUNE 16, 2-4 PM

Have you ever heard of black soldier flies? They are one of the most beneficial flies in existence and considered non-pests as they do not bite or spread disease. They are great to have around for any homestead as they provide organic, high-protein feed for chickens and other farm animals, they can survive off of waste that can otherwise not be composted, they aid in manure management, and more. Walker Overstreet, the owner of Little Jaybird Farm in Fairview, will be presenting info on these beneficial creatures, and how to put them to work on your farm or homestead. He will demonstrate how to effectively build a trap that makes catching them a breeze. The class will cost \$15, and if enough people sign up there will be a raffle. Seating will be limited, so please email littlejaybirdfarm@gmail.com to reserve your spot.



MOMS' PLAY & CLAY DAY

WEDNESDAY, JUNE 13, 10-11 AM



Moms will join **Mandy Overstreet** of **The Hub** to craft and make memories with their kids. Mandy has two little ones of her own. You'll have fun and also get to know other moms in our community. Attendees will make a clay hand dish that is perfect for holding air plants, rings, keys or other knickknacks for moms, and there will be snacks for the kids. The cost is \$10. Air plants will be available for an additional \$5. Please call The Hub at 628-1422 to reserve your spot or email mandelin.naturals@gmail.com so we know what quantity of snacks and clay to have.

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.

HUB HAPPENINGS SANDIE RHODES

If you've stopped by recently, you've seen many of Mandy Overstreet's new touches to The Hub. She will be running the business by August 1, when I will retire. Since Mandy is herself a mom of two little ones, there are more quality, handmade children's items, which have been a major addition to shopping for a new mama or young child's gift right here in Fairview.

Stained glass artist **April Jones** is a new addition to The Hub, We've already sold several of her larger pieces. Her work is hanging in our front windows but look best from inside out. She has created mountain scenes, honeycombs, hops, mermaid scales and feathers (my favorite).



Besides the addition of **Dynamite Coffee**, The Hub is now carrying tea from **Ashville Tea Co.** Their tea is very popular for its unique flavor and, also, they source at least one ingredient in every blend locally. Currently we offer Tulsi Rose, Chamomile Lavender, Mountain Mint, and some yau-pon blends. We also keep some tea infusers in stock for those of you new to infusing your own tea. Once you've tried it, there's no going back to bags.

You can now purchase CBD bath bombs and roll-ons from **Mandelin Naturals** at The Hub. If you experience chronic pain, anxiety, or inflammation, stop by and chat with Mandy about natural alternatives for management of these conditions.



Novelist and illustrator **Mindi Meltz** added two books to our cache of local authors and music. Mindi has a master's degree in Transpersonal Psychology and states that all of her work—in writing, teaching, counseling and watching animals—has been in the service of nature and soul. The Hub also carries several versions of Mindi's Animal Wisdom Cards in small and large sizes. Mindi's words speak to her acknowledgment that animals have been some of her "kindest and most generous teachers."

Best Management Practices for Agriculture and Environmental Health

In this region, farming is an intrinsic part of personal and community identity. Perhaps you purchase produce from local farmers, raise cattle on rolling mountain pastures, or plan to spend some time in your own garden this summer. Certain aspects of crop production and livestock farming can carry negative impacts for stream and ecosystem health — but that doesn't have to be the case. Agriculture and environmental health can go hand in hand. Thinking about the environmental repercussions of different aspects of farming — for example, where water is sourced and how it's used — leads to agricultural best management practices.

To create a symbiotic relationship between productive farming and a healthy environment, here is a list of 10 tips to consider (many of which can be applied to a home garden, too).

1. Research different methods and options for your irrigation needs, and plan an irrigation system to suit your circumstances. For example, drip tape uses 1/3 less water than aerial spraying, which loses water through evaporation. Or perhaps your irrigation system can be designed to use runoff water.

2. Use cover crops, as keeping soil covered helps prevent erosion.

3. Fence cattle and other livestock out of streams prevents erosion and protects water quality downstream. Use off-stream watering systems to provide consistent, fresh water for livestock, and install a stone or gravel area around watering tanks to reduce erosion issues. You can create hardened stream crossings, secured by fences and gates, to minimize impacts to stream health when you need to move livestock between pastures.

4. Practice rotational grazing to help stockpile grass for livestock and prevent erosion.

5. Consider the land's topography when planning your farm. For example, siting a farm road or other infrastructure



Plan an irrigation system to suit your needs.



You can use insects for pest management (above left) and fence cattle out of nearby streams (above right).



The BCS two-wheel tractor (above left) can be used for bio-intensive growing, and goats (above right) can help control invasive plants.



on contour can help reduce erosion.

6. Integrated Pest Management (IPM) can suppress pest populations with fewer pesticides. This method requires more hands-on monitoring of crops but can also produce better-quality products. Growers practice more intensive scrutiny to create and carry out IPM plans, which can lead to earlier identification of problems.

According to NC Cooperative Extension, there are five steps to an IPM plan: **Step 1:** Monitor. Inspect plants regularly. **Step 2:** Identify. Diagnose problems using info about the plant, environment, and pest. **Step 3:** Assess. Use thresholds to determine if action is necessary. IPM focuses on controlling an acceptable level of pest rather than complete eradication. Action thresholds are a fundamental concept in IPM that refer to the number of pests or level of pest damage that can be considered tolerable. Once the threshold is reached, action is required.

Step 4: Implement. Formulate an action strategy based on all options available. This is the "integrated" part of IPM. Consider what is economical, physically feasible, effective, and least toxic. For example, would biological controls — like using ladybugs to control aphids in the greenhouse — work for your needs?

Step 5: Evaluate. Did the action produce the desired results?



A black soldier fly digester

Integrated pest management strategies can be used for a variety of farm sizes as well as backyard or homestead gardening. **7. Use livestock for invasive plant management.** For example, could goats help control invasive plants on your property? Think about everything on the farm as an interrelated system.

8. Consider bio-intensive vegetable production, using low-till beds and growing more densely to produce more on fewer acres. Bio-intensive vegetable production can be financially solvent while affecting less land, especially in the WNC mountains where terrain is variable and prime soils comprise only 3.6 percent of the landmass. Each year, Southern Appalachian Highlands Conservancy (SAHC)'s walk-behind tractor workshop is very popular with attendees. The BCS two-wheel tractor is a versatile tool with a variety of add-on implements that can be used for bio-intensive growing as well as management of small to mid-size properties (attachments can include mulchers, trailers, and more).

9. Re-use woody vegetation on the farm. For example, place downed trees into windrows to create wildlife habitat. Selective thinning of struggling trees could

result in logs for mushroom inoculation.

10. Build a black soldier fly digester. These large native, non-pest flies can help reuse farm waste and keep soil fertility on your property. In the larval state, they digest biomass, reducing organic waste material by as much as 95 percent. What's left can be vermicomposted and used as a soil amendment. Black soldier fly pupae also serve as great food sources for pigs, poultry or fish. Building a Black soldier fly digester is something that can be done at different scales, from backyard homestead gardens up to large/mid-size commercial operations.

"With every carrot sold at market, some of your soil fertility leaves the farm," explains SAHC Community Farm Manager Chris Link. "So, look for opportunities to recover your soil fertility and keep it on the farm. Building a Black soldier fly digester can help you do that."

[Editor—See page 17 for details on a black soldier fly workshop at The Hub.]

Southern Appalachian Highlands Conservancy's Community Farm provides a working model of agricultural best management practices that benefit a healthy environment. SAHC offers educational farm tours and workshops throughout the year, with info at Appalachian.org.

Funding for SAHC's Community Farm programs has been provided by grants from the Community Foundation of Western North Carolina and "Farm Pathways: Integrating Farmer Training with Land Access" grant no. 2016-70017- 25341 from the USDA National Institute of Food and Agriculture.

Angela Shepherd is Communications Director of the Southern Appalachian Highlands Conservancy in Asheville. She can be reached at 253.0095 ext. 200 or by email at sahc@appalachian.org. To join in saving the places you love, visit Appalachian.org.

Upcoming Workshops (appalachian.org)

Good Agricultural Practices and Food Safety Modernization Act Training with NC Extension June 14

Irrigation Systems for Small Plots with Bountiful Cities July 12

Pasture Walk: Invasive Plant ID, Control and Removal July 25

Black Soldier Fly Digester Design: System Connections August 30

Tractor 101 for Women October 14

A Crazy Idea Turns into a Jam Business

What got us started in commercial farming? When we first moved to Fairview, we moved onto my husband's great-grandparents' farm (on his mother's side). This property is about five miles from his grandfather's (on his father's side) blueberry you-pick operation.

Affectionately known to the family as Pepaw, but to most of the community as the "Blueberry Man," CB Harrill was in his 80s and having a hard time maintaining the blueberry patch and the dirt road up to it. The patch sits at about 4000 feet and has a gravel/dirt road to the top of the mountain. Walter began helping with the mowing at the patch soon after we got moved in on our property.

Not too long later it was blueberry season. Fairview had just opened up a small, Saturday morning tailgate market between the original Trout Lily location and the library. Walter and I offered to come up to the patch on Fridays, spend the day picking, and then take the crop to the new market on Saturday mornings.

Quick Sell-Out

We brought everything we could get picked on Friday and sold out by about 10:30 am on our first trip to market (the market lasted until noon). We didn't worry too much because it was early in the picking season and we knew there would be more available to pick the next Friday. The next week we picked more and still sold out about the same time; word of the blueberries was spreading. We also started to realize that we were losing a fair amount of fruit to the birds, deer, and bears up at the patch because we were only picking once a week.

How could we pick fruit earlier in the week and not have it spoil before we could get it to market? Walter was thinking of buying several used fridges and keeping the fruit in cold storage until market day. My idea was to turn it into jam. Walter, of course, thought this was a crazy idea (note from Walter: I believe my words were "dumbest idea ever."). Everybody has an aunt who they go to visit periodically



and who sends them home with a few jars of home canned goodness, right? I had to explain to him that not everyone is lucky enough to have one of those aunts. So, after much debate, it was decided we'd go pick mid-week and then, on Friday, store some in the fridge and make it into jam. The next market we sold out of jam before we sold out of fruit (admittedly, I had only made a dozen jars, but still I proved my point about those aunts). It also allowed us to extend our time at market. Blueberry season only lasts a few weeks but jams last all year.

This gave Walter the idea of planting other small fruits on our own farm to sell as fresh fruit and jam. We already had wild blackberries and Japanese wine berries, so we knew the environment was right. Over the next couple of years we planted Caroline raspberries and two varieties of thornless blackberries (I insisted on thornless because I didn't want a blood transfusion at the end of the season from picking blackberries. You know what I mean if

you've ever picked those wild ones.) We got our home kitchen inspected by the proper authorities and have been in the jam business ever since.

We continued to make jam in our home kitchen until we were making over 10,000 jars a year. At that point, every surface in my house was sticky or steamy, and we decided it would be a good idea to move to a commercial kitchen. Blue Ridge Food Ventures had recently opened using Golden Leaf funds to help tobacco farmers transition out of tobacco and into other crops and value-added products. It was a good opportunity for us as well. We processed at Blue Ridge for about five years before purchasing our own equipment. This allowed us to move to another shared-use kitchen with Ultimate Ice Cream and Layered Custom Cakes. We now produce five flavors of jam, a smoked tomato ketchup from locally sourced tomatoes (we can't grow vegetables to save

The success of Imladris Farm's blueberry jam inspired Wendy and Walter to plant other small fruits, including wild blackberries, Japanese wine berries, Caroline raspberries and two varieties of thornless blackberries.



our lives!), and a seasonal jam or butter that changes several times a year depending on what local farmers have in excess in any given year. We still sell at tailgate markets (North Asheville every week and City Market every other week) but we've also expanded the business to sell to restaurants, hotels, event venues, and The Hub. So, you see, those small ideas can grow.

Want to see the blueberry orchard? We'll be opening it to the public for the first time in 17 years during the ASAP Family Farm Tour, June 23 to 24. Check out details at asapconnections.org/events/asaps-farm-tour/.

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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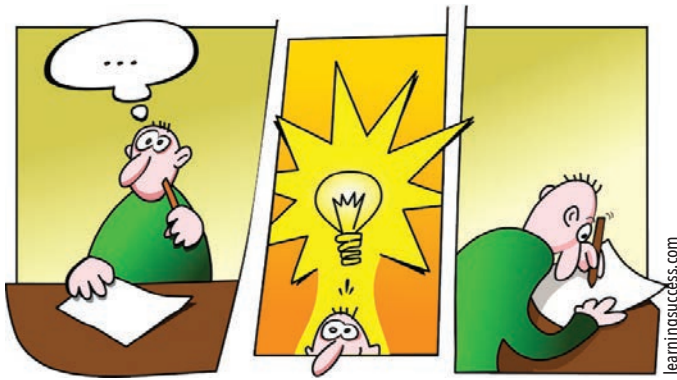
Hey, Fairview: Got Any Bright Ideas?

We are a true community newspaper. We not only depend on the community to read and support our paper, we need you to write it, too—or at least to provide some of the content.

Thanks to all of our regular columnists and writers, we don't often have open space, but people move away, get busy or just need a break, so we are always in need of writers. The *Crier* prints articles that are local, positive, non-promotional (people or businesses) and non-political. These guidelines need to be maintained to ensure that we continue to put out a paper that everyone looks forward to reading.

Columnists

Only those with writing experience (doesn't have to be recent) will be considered for a regular column. No matter the theme or topic, meeting a deadline and keeping it fresh can become quite a task when done monthly or even bi-monthly. Visit our website to peruse back issues and



take note of what subject matter our regular columnists are covering. If you have something new and original to bring to our readers, we'd love to hear your ideas. Remember to keep it locally focused and not only about you, although it could be from your perspective. If people want to read about Asheville, they can get the *Citizen-Times*.

Contributors

Some of the best articles received over the years were by new authors. We welcome original ideas, and articles are especially good when a reader takes the time to write of a personal adventure, perspective, research project or just a whimsical or historical

tale. If one can speak, one can write. Just convert your ideas to words and email it in. If you are new to writing, we'll help you along. You can even submit bullet points and we'll work with you to grow it into an article.

In addition to these one-time submissions, we hope to compile a list of writers, new and experienced, that we can call upon to flesh out story ideas. Perhaps we'd like to discover the history of a local church building to share with our readers. We'd send that topic out to our contributing writers in hopes one would accept the assignment. You'd only write when it interests you and you have time. Let me know if you're interested in joining this list.

Get in touch with me at copy@fairviewtowncrier.com. Or call me at 914 419-1100. I look forward to hearing your ideas!

Clark Aycock is the editor of the Fairview Town Crier.



Favor Fiction?

Here's an opportunity to try your hand at writing a fictional short story. Use the photo above as a visual starting place and let your mind create a plot and storyline. What does this photograph make you feel? Imagine you're in this scene. What would you be thinking? Keep your submission to 500 words or less. Deadline for submission is June 10. The winner will receive a \$25 gift certificate to Mr. K's Book Store in River Ridge. Mr. K's is an independently owned used/new bookstore ([facebook.com/MrKsAsheville](https://www.facebook.com/MrKsAsheville)).

Email your submission to copy@fairviewtowncrier.com or drop off a copy at the Crier's office (1185 Charlotte Highway, Fairview).

HOME COMING 2018

COME WORSHIP WITH US SUNDAY, JUNE 24TH

Guest Speaker Rev. Joe George will bring the message at 11 am

Featuring Special Music

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ENGLAND

ANCIENT HISTORY & DELICIOUS PUDDING!

Our son Nathan just graduated from college and will be going off to law school next year. We wanted to take a last, big family trip with him at home and, since Nathan loves ancient history so much—especially Roman history—we decided to visit England.

Hadrian's Wall, in the north, was a must, but we also enjoyed seeing ancient Egyptian artifacts in the British Museum.

Our itinerary, all by train, included stops in London, Windsor, Dover, Canterbury, Newcastle, Hexham, Haltwhistle, Carlisle, Kendal, Bath, Salisbury, and Portsmouth.



The City of Bath

The city of Bath got its name from the Roman baths there. In present-day England, finding simple pleasures to help endure long, hard winters is a theme. It must have been the case long ago, too, and natural hot springs here must have helped.



Hadrian's Wall

Tim and Nathan at Housesteads Roman Fort on Hadrian's Wall. The fort was built around 124 AD.



Stonehenge

In case you can't tell from my hoodie, it was a cold and windy day at this famous prehistoric site.



The Tower of London

Nathan and I posing with the *Crier* in front of the famous Tower of London.



Portsmouth

When the guys did the Naval Museum, I was happy to take a break and enjoy my last bread and butter pudding with custard. Yum!



Windsor Castle

The castle was the location for the royal wedding of Prince Harry and Meghan Markle. The garden in the background was originally a moat.



Big Ben

Here's Big Ben, which is wrapped up in scaffolding for repairs that will last until 2021.



Salisbury

This pub was built in 1320! We received the most wonderful customer service in England. There was always a spot for someone without a reservation. And we were always given the time and space to enjoy beautifully prepared, fresh, organic food that tasted wonderful after a day of good exercise.

An American Abroad: My Exchange Year in Slovakia

When my family moved from Sioux City, Iowa to Fairview in 2015, my world fundamentally changed for the better. Finding my footing in a new location led me to step out of my comfort zone and discover many fresh opportunities. I started to supplement my homeschool education with classes at A-B Tech, intern at a local climate research institute and volunteer at the WNC Nature Center. These endeavors helped me to develop an understanding of my passions and pushed me forward toward my future. Yet the most substantial opportunity I discovered in North Carolina led to a change even more drastic than my move halfway across the country.

Another homeschool family from Fairview, whose daughter was then spending a year in Italy, introduced me to the Rotary Youth Exchange program. They encouraged me to apply, stressing just how valuable time abroad can be and how perfect it was for me. Leaving everything for the unknowns of a foreign culture is intimidating and I struggled to accept the 11-month duration of Rotary exchanges, especially since I had never been away from home for more than a couple weeks. Yet, my desire to travel overpowered that fear. Years of watching travel shows and reading Jane Austen with my mother instilled in me a longing for the history and elegance of Europe. In the end, I recognized just how unique a chance it was and I seized upon the opportunity, knowing I would regret it if I did not.

Over a year has passed now since I first applied to the program, and my time in the small, Central European nation of



Hiking is one of the most common pastimes in Slovakia. The entire country can be walked by trails alone.

Slovakia will come to an end in July. Living here, experiencing diverse perspectives and seeing so many cultural, artistic and historical wonders has made me into a more worldly and empathetic person. Even more importantly, however, this exchange produced a complete and utter shift in my reality. A change which, much like the move which made it possible in the first place, allowed me to break out of a perception of my life that had been tunneled by routine and decide with clarity where I really want to go and what I really want to do.

Slovakia is a small nation—half the size



The double cross is the symbol of Slovakia, often used to mark mountain peaks.

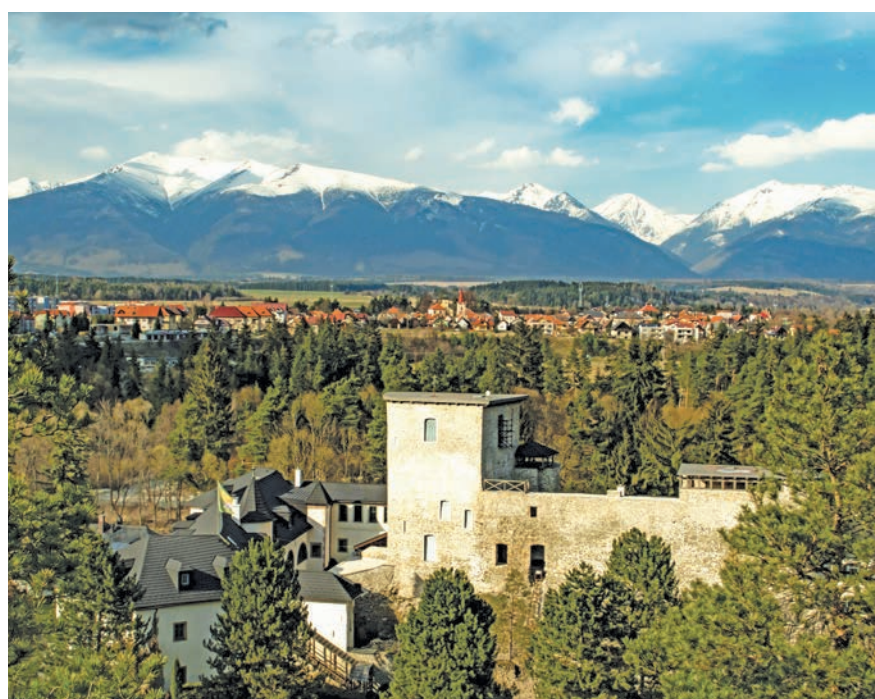
of North Carolina in both population and area. The people here have a strong sense of community and identity, one which flourished despite a thousand years of suppression. From the 10th century to 1993, one foreign power or another has controlled Slovakia. Slovaks only gained true independence when they seceded from Czechoslovakia to form their own republic.

Despite this turmoil, Slovaks' cultural and physical heritage both lie surprisingly intact. Majestic castles, both ruined and restored, stand over cities and villages with long histories and modest skylines. The town I live in, Stola, is 400 years older than the United States. With such a long history, it is no wonder people here take great pride in their folk heritage, often attending and participating in the many festivals that exhibit traditional music and dance or visiting the craft fairs that demonstrate traditional Slovak handwork and folk costumes.

"Good Day"

There are a wealth of differences between the US and Slovakia, but one struck me immediately. Slovaks, and Europeans in general, are not as outgoing as Americans. They are just as kind, but friendly interactions with strangers are not a social norm. Smiling or waving to a stranger will usually be met with a frown, but a quiet "good day" is perfectly acceptable. In a similarly reserved way, Slovaks do not speak of politics frequently nor get very passionate about it. I attended a protest one dreary afternoon and it was unlike anything I have ever seen in Asheville. A throng of what appeared to be mildly dissatisfied Slovaks stood quietly in the rain beneath their umbrellas and listened to a speaker, only occasionally (and tamely) expressing their assent.

Political differences are the most intellectually striking cultural difference to me, but the food certainly had the most



Top, Spišský Hrad (Spiš Castle) is the largest fortress in Central Europe. It stuns me every time I see it. Above, smaller castles dot the landscape, like Liptovská Hrádok, set in front of the Tatra Mountains.

physical effect. My culinary shift was not difficult in the way it can be for exchange students in Japan or Taiwan, eating deep-sea oddities and the like. In fact, it was the exact opposite! I was eating the most normal food I could imagine—predominantly grains, pork, cheese and a lot of potatoes. Their two national dishes are bryndzové pirohy (savory dumplings covered in a zesty sheep cheese and bacon) and bryndzové halušky (a uniquely Slovak gnocchi with the same sheep cheese and bacon topping). Other common foods are vyprázaný syr (a breaded and fried block of cheese), kapustnica (cabbage and sausage soup) and buchty (large rolls of sweet bread, sometimes full of jam and covered in cream or chocolate... and eaten for lunch).

As unhealthy as all this sounds—and is—Slovaks balance out such an extreme intake of calories by staying very physically active. In the winter, skiing downhill and cross country are very popular

pastimes, while hiking and bicycling take their place in the summer months. The intensity and frequency of exercise here required no little bit of adaption on my part. I have always been healthy but not terribly fit—at least not until I started following my host family and friends up a mountain every weekend. Nevertheless, even these workouts haven't kept me from taking on a few extra pounds from the Slovak menu.

Life-Changing Adventure

I cannot express adequately the gratitude I owe to Rotary International for their support. Without them, I could not have taken on this life-changing adventure. Rotary sponsors exchange students to travel all across the globe, learning languages and customs, becoming part of a new culture, learning about the very things I have described above.

Any student age 15 to 19 is eligible to stay in locations ranging from Japan to




Slovaks still live in villages (top). They may work for modern industries, but they respect traditions at home. Above, exchanges connect students from all over the world with mutual experiences. I am so grateful for all my new friends.

Argentina on both long- and short-term exchanges. Students and their families are usually responsible for paying the flight ticket and insurance costs, but scholarships are available when support is needed.

If you or someone you know is interested in the Rotary Youth Exchange program, or you would like to volunteer as a host family for a student coming to the US, all you have to do is contact your local Rotary club. There are a few in the vicinity of Fairview and they all take exchange students. I would recommend contacting William Bauman (at wbauman@warren-wilson.edu) to get oriented.

An exchange isn't a vacation. It is work and at times it can be a real struggle, but

moments are born from this effort that are absolutely priceless. They come as grand as standing atop a tower of a fairytale castle surrounded by picturesque villages and fields of wildflowers, the sound of a lute echoing from the courtyard, while the unintelligible babble of the people below is evocatively indistinguishable from the haggling merchants and laboring farmers which once filled the space; and they come as small as meeting an elderly woman on the streets of your village for the first time and chatting with her, realizing that just a few months prior you couldn't have shared a single word. In this very way, every exchange opens a door to some part of the world you couldn't have fully known otherwise.



GOTA QUESTION?
FOR THE CRIER CREW

<p>SUBMIT AN EVENT OR NEWS Clark Aycok Editor COPY@fairviewtowncrier.com</p>	<p>ARTWORK/COPY FOR DISPLAY ADS Lisa Witler Art Director ADS@fairviewtowncrier.com</p>	<p>CLASSIFIEDS/AD CONTRACTS, VOLUNTEERING OR BILLING Annie MacNair Office Manager OFFICE@fairviewtowncrier.com 828 628-2211</p>	<p>COMPLAINT OR OTHER ISSUE Sandie Rhodes Publisher/ Managing Editor SANDIE@fairviewtowncrier.com</p>
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or visit **FairviewTownCrier.com**

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June Weddings

All young women aspire to be “June brides,” don’t they? That description has been used in advertising, pop culture, and wistful yearnings for as long as I can remember. *Why is June any better than May or July?* I can find some logic in June beating out February or even August but there are a lot of perfectly suitable months in which to have a lovely, flower-filled wedding besides June. I decided to do a bit of sleuthing to find out why June was so favored. [Note: I have great hope that this research turns out to have a happier ending than last month’s Mother’s Day fact-finding venture.]

Why June?

The most obvious and prevalent response to *Why June?* is that the month of June derives its name from Roman mythology, which bestowed the title of goddess of marriage on Juno. Our modern-day calendar is based on the Gregorian calendar, named after Pope Gregory XIII. The calendar was actually adapted from the earlier Julian calendar (developed by Roman general Julius

Caesar) by an Italian doctor, philosopher and astronomer named Aloysius Lilius. Lilius unfortunately died in 1576, six years before his calendar was introduced as it took that long for the Calendar Reform Commission to work through the proper channels to finally get it declared official by Pope Gregory in 1582. All this sounds very Roman to me, so I accept this reasoning of June brides being special because of the goddess Juno.



However, there are some who believe that people living during the medieval era didn’t readily have access to soap and water and therefore only bathed once a year, usually sometime around May or June, due to the end of winter and start of spring. This would have meant June brides

would have smelled quite a bit better than, say, in March. It is also noted that the custom of a bridal bouquet was borne out of the need for brides to mask their own body odor with that of fragrant flowers. I can’t comprehend this. In almost all cultures, flowers have symbolic meanings, including signifying loyalty, purity and love.

Really? Once a year?

I can imagine people didn’t bathe nearly as frequently as we do today, but I also find it difficult to comprehend that they only got wet and soapy once a year! Besides, not washing was one way a person could show he or she was repentant for some awful deed, even in the early Middle Ages. And soap, which had been introduced by the Gauls living north of the Alps, was around prior to the regions capture by Julius Caesar somewhere around 58 to 51 BC. It was readily in use in cake form throughout Europe by the 12th century. And public bathhouses were commonplace.

So for argument’s sake, let’s assume the above is true; then one might ask... *why not marry in May?* It seems the Romans were convinced it would be very unlucky to marry in May because May is the month when the “Feast of the Dead” and the “Festival of the Goddess of Chastity” were celebrated. Sounds like bad karma to me. Remembering past loves right around your wedding wouldn’t bode well for the new

husband, and celebrating chastity wouldn’t be wise during the era when couples wanted (and needed) lots of children. The child mortality rate was very high due to disease and famine and children were needed as part of the working force of the family. But... *this is 2018, right? Why does June still hold the thrill?* Perhaps it’s got to do with money.

A June bride would be considered married for an entire financial year—July 1 to June 30. Married couples have a lower tax rate than singles, as it’s assumed they have fewer expenses since they share costs. So by planning a June wedding, a newly married couple could lower their income tax rate for the entire year and use the savings for a Caribbean cruise or other lavish honeymoon.

Speaking of honeymoons, there’s another fact to substantiate the June bride theories. In the Celtic calendar, the word *honeymoon* referred to the first moon after the summer solstice, which was June 21. The term grew to become closely associated with the time period following a wedding, even when the wedding happened during other months.

No matter where you stand on the reason why a June bride is held in favor, just remember that old saying: “*For they say when you marry in June, you’re a bride all your life.*” May you have a happy life! Without strife! No matter when or if you get married!

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Fairview Area Wedding Venues

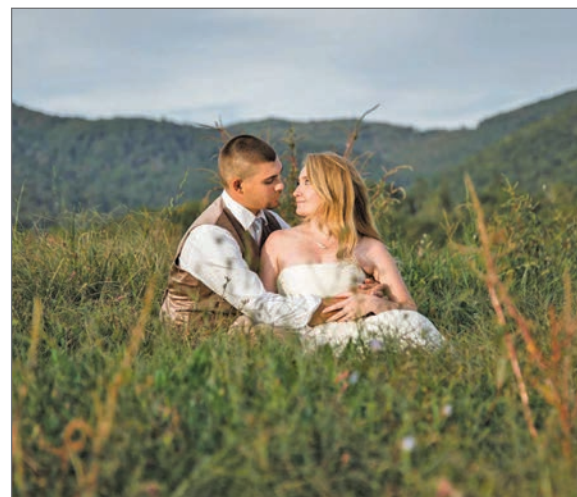
While you might be late to book a June wedding this year, if you keep it local you just might be able to make it happen. We've rounded up some basic information on all of the wedding venues right here where the Town Crier gets delivered. Let us know if we missed any.

We gathered these images from the websites of the venues and photographers.



CLOUD NINE FARM

137 Bob Barnwell Road, Fairview
628-1758
cloud9relaxation.com



DOUBLE CREEK RANCH

75 Quail Hollow Road, Fairview
776-6434
doublecreekranch-weddings.com



HIGH MEADOW EVENTS

200 Sugar Hollow Road, Fairview
231-6141
highmeadowevents.com



LAUGHING WATERS

3963 Gerton Highway (74A), Gerton
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EVERY LOVE, TEEN REPORTER

Sibling Rivalry

This is the last installment of my generation trilogy, which began in April with a talk about grandparents, then moved on to parents in May, and now on to siblings. I have to say this is probably the one topic I know the least about. I have two parents and six grandparents, but only one sister.

People say my sister and I look alike. I don't really see it. She's shorter (she's three years younger), has a gap between her front teeth, a happy smile, more freckles, and darker, straighter, shorter hair. I'm taller and leggier, have thicker hair, and I have huge feet. Another thing that differs between the two of us is our style. Hers is t-shirts and jeans; I am sundresses and tank tops. She's sporty. I'm creative. She desperately wants a snake. I want a ferret. Neither of us likes the others' taste in music (although mine is better, of course). As you can see, we're about as different as day and night.

Opposites Attract

Some people say opposites attract, and you know what? Sometimes that's the truth. When we do get along—which admittedly isn't often—the house is either quiet or raucous with our laughter and screeching. My favorite thing to do is lay on my bed and do something creative together. A couple months ago when our parents were out running errands, Zoe and I were home doing separate things. Music was spilling from my speakers and I was drawing portraits of some of my favorite actors, when I heard a knock at my door. It ended up with the two of us and a notebook, each trying (not very successfully) to draw. When we coexist harmoniously, life is good!

It isn't always like that, though. Not for me, and not for anyone I know. Nobody can be peaceful all the time. Everyone has a limit, and more often than not, a sibling is very good at finding ways to push it, or

even break through it kicking and screaming. I know many people who feel the same, like my cousin and her little brother. She knows just how to get his goat, a trick she uses maybe a little more than is strictly nice. He knows how to embarrass her, a skill he uses when he runs out of patience. The same goes for Zoe and me, but it usually gets a lot worse. While we sometimes treat each other like garbage, we generally get along, until someone fires first, and then it's war.

Who's to Blame?

If I'm being honest, I can't claim that it's all her fault. Both of us are to blame at different points, and by the end it's all so muddled that, even when I want to I can't remember why we started fighting in the first place. Maybe if both of us just tried to sympathize more with each other and not taunt each other just for kicks and giggles, we wouldn't fight so much. But we'll just have to wait and see. Grownups keep saying that when we get to be their age, she'll be my best friend. For now I can't see that, but if it does happen, I won't be opposed.

So I just wish to close out this last entry of my generation trilogy with this: All siblings have different interactions—some hang out together and would do anything for each other; others could throw their siblings into a volcano and never look back. I suspect this is true for folks of all ages. Even at our very worst or very best, my sister and I are only a pretty average example. If all of us could be just a little bit more aware of where we stand, maybe we could change something. This is Avery Love, signing off.



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

Fairview Preschool Graduates Ready for Kindergarten



Fairview Preschool graduated eight students last month at Fairview Christian Fellowship Church. Moving on to kindergarten will be Marshall Collins, Hudson Howard, John Hathaway, Jaret Lane, Bryson Merrill, Ally Blair Roth, Mirabelle Sanders, and Jackson Waldorf. Fairview Preschool finished the school year with the largest enrollment in the school's history. For more info on the school, email info@fairviewpreschool.org or call 338-2073.

Battle of the Books at FES



Left to right: Miguel Candal Sequeira, Cole Scott, Sarah Pruitt, Grace Armistead, Kate Long, Leo Henry, Zach Wetzel, Richie Matyskiela, Lukas Kolmel, Karina Kliapko, Seija Ellum and Lizze Jones-Ayers.

Each year at Fairview Elementary, students can choose to participate in the Elementary Battle of the Books. These students read 15 additional books (about 3,500 extra pages) over the course of the school year and practice together to answer questions about the books. Over 50 students in 3rd, 4th and 5th grade participated in this program during this school year.

Twelve students in 4th and 5th grade were selected to represent Fairview at the Buncombe County Elementary Battle of the Books competition on March 16 and won 1st place. They then advanced to the Western Region competition on April 24. The regional competition was held in Waynesville and hosted by Haywood County this year. The Fairview team came in 4th at regionals.

Theatre Summer Camp at ACRHS

A.C. Reynolds Theater Arts Department will hold its "Sizzlin Stage Summer Camp" for students from grades 2 to 8 during the weeks of June 18-21 and June 25-29.

The goal of the camp is to teach kids about theatre production, self-discovery, teamwork, and to build their confidence. At the end of the two weeks, students will perform in front of an audience.

Camp fee is \$200 (total) for the first child or \$150 (total) for the second child in the same family. The third child in the same family is free. The fee includes instruction from theatre professionals, a daily snack, t-shirt, and use/dry cleaning of ACRHS costumes used in the show.

The camp is from 1-5 pm daily (Monday to Thursday) and is open to all experience levels.

Performances are June 28 and 29 at 7 pm. Tickets are \$5. The show is "Disney's Sleeping Beauty Kids."

For more info, go to goo.gl/FjzJF3.



OTHER SUMMER CAMPS AT A.C. REYNOLDS

Baseball

June 18-21
9 am-12 pm

Boys & Girls Tennis

July 9-12
9 am-12 pm

Softball

July 30-August 2
9 am-12 pm

Boys Basketball

June 25-27
9 am-12:00pm

Football

July 11-13
6 pm-9 pm

Boys & Girls Soccer

July 30-August 2
9 am-12 pm

Girls Basketball

June 25-27
12 pm-3 pm

Volleyball

July 23-26
9 am-12 pm

Marching Band

August 13-17
8 am-4 pm

School Board Prioritizes Safety

As we close the spiral notebooks on another school year, it's a natural time to reflect on what matters most for Buncombe County Schools and then take appropriate action. At our May meeting, your Board of Education did just that, with significant decisions addressing school safety and security.

We started our afternoon work session with the Capital Outlay Budget proposal and spent the majority of this time discussing a single line item in the 143-page document: a request in the Countywide Facility Services section for \$320,000 to conduct a Systemwide Security Needs Assessment. The Capital Outlay Committee proposed that we issue a Request for Qualifications for Design Teams to develop a School Security and Strategic Plan. This plan will include a detailed assessment of our entire school system so that we will have a comprehensive list of the improvements needed to make our 43 schools more secure. They further recommended that we form a Steering Committee to choose and interview finalists and recommend a consultant team. After considerable discussion, the Board approved this proposal in the public session. I have volunteered to serve on the Steering Committee.

Deborah Frisby, Chief Finance Officer, presented the proposed 2018-19 budget for the Buncombe County Commissioners. This budget is necessarily preliminary, as we do not yet know the state portion of the budget (which makes up



over half of the revenues for the school system). The budget proposal included \$260,418 in new county funding for three new Behavioral Health positions. At first blush this request may not appear to relate to school safety, but these positions directly address the skyrocketing concerns about mental health in our schools. Safety in schools is not just about how we make our buildings more secure; we must also prioritize the mental health of the people inside them. The Board approved the budget unanimously.

Safety of our students has been and will always be a top priority for the leaders of Buncombe County Schools. Because of the tragic shooting in Florida this year, safety

has dominated the headlines for everyone in the community, including the students.

For a recent "Do the Write Thing" contest, A.C. Reynolds Middle School Student Talia Wilson was recognized for the accompanying poem. The students are right: safety in school is the responsibility of the grown-ups. The Board of Education will continue to address these concerns in our planning, budgeting, actions, and system-wide policies.



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

Dear Violence, Your Job is Cruel

Violence has affected my life
It has cut into me like a knife.
I have hurt my sister many times
This turns into grief like chloride of lime.
People need a change of heart,
People need to be more smart.
They are being fools,
violence is not cool.
Violence is all around you, young and old
are affected,
People do this to be respected.
They do it because they feel apart;
From their mind and heart.
They also do it because they see others
doing it,
They do the same when they need to quit.
I think we can all make a change,
Always look out for violence in your range.
When you see it, tell an adult
They will always consult.
Youth can settle arguments with words,
not weapons
You can always step in.
Don't open the door to anyone you don't
know,
They might be friend...or foe.
If someone tries to abuse you, say no, get
away,
Don't say it's okay.
Don't use drugs or a weapon,
These can threaten!
So as you can see violence is not cool,
It is very cruel.

JUNE CALENDAR FOR REYNOLDS SCHOOLS

JUNE 2	Reynolds High "Music for the Sole" 5K 8 am
JUNE 7	Fairview Elementary Field Day K-2 8:30-11 am 3rd Grade 11:30 am-2 pm
JUNE 7	Bell Elementary 3-5 Bell Bear Bash Field Day
JUNE 8	Fairview Elementary Field Day 4-5th 8:30-11 am 5th Grade Celebration 12-2:15 pm
JUNE 8	Bell Elementary K-2 Bell Bear Bash Field Day
JUNE 11	Fairview Elementary Awards Day 1st Grade 10 am Kindergarten 10:45 am 2nd Grade 1:30 pm
JUNE 11	Bell Elementary Awards Day K-1 8:15 am Kindergarten graduation immediately following
JUNE 12	Cane Creek Middle Awards Programs 6th grade 8 am 7th grade 1:30 pm
JUNE 12	Fairview Elementary Awards Day Blue Hall 10 am
JUNE 12	Bell Elementary Awards Day 2-4 8:15 am 3rd grade overnight
JUNE 13	Cane Creek Middle Awards Program 8th grade 8 am
JUNE 13	Fairview Elementary Awards Day 4th Grade 8 am 5th Grade 9 am 3rd Grade 12:30 pm
JUNE 13	LAST STUDENT DAY FOR ALL SCHOOLS
JUNE 16	Reynolds High Graduation 11 am US Cellular Center (tickets required)

The Exciting Last Days of School

by Karen Wallace-Meigs

As the 2017-2018 school year comes to an end, the Cane Creek Middle School Parent-Teacher Organization thanks each member of the faculty, staff, and administration, as well as all family donors and individual and corporate contributors, for making this year a success. Much has been accomplished and much remains to do, as the PTO board considers steps to make the organization more responsive and efficient with the goal of better supporting all students. Look for exciting changes and initiatives in the 2018-2019 school year.

In the meantime, no time of the year is more exciting than the last days of school. Exams will occur during the first week of June. Please call the school at 628-0824 to serve as a test proctor. Proctors are required by the state and help ensure an accurate test administration and student comfort.

For the first time in years, Cane Creek Middle School has moved from quarterly awards celebrations to an annual one. As such, recognition promises to be especially meaningful and the ceremonies a bit longer. Invitations will be sent to parents via their child(ren). All awards ceremonies

will be held in the cafeteria on the following dates and times:

6th Grade—Tuesday, June 12, 8 am

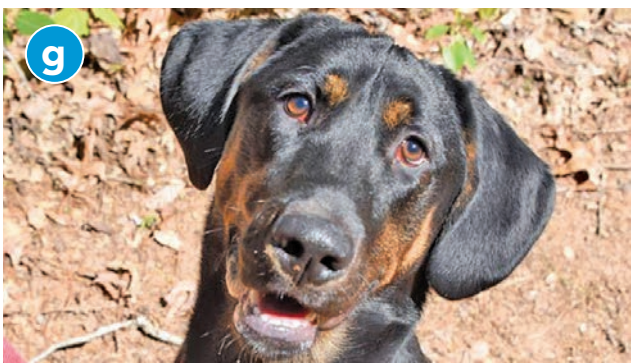
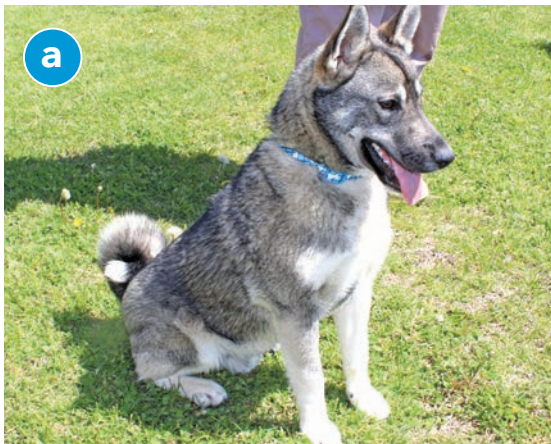
7th Grade—Tuesday, June 12,
1:30 pm

8th Grade—Wednesday, June 13,
8 am

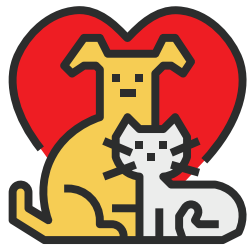
Sports physicals for 2018-2019 will be offered in the school gym June 4, 3-5 pm. There will be a cost of \$20 for physicals but you will be able to check one more item off of your summer "to do" list.

The final day of school is June 13, as we say farewell to our current eighth graders. Visit the school website regularly over the summer for information on school supplies, "Meet the Teacher" dates, and more. The PTO wishes everyone in the Hurricane family a peaceful, safe, fun, and invigorating summer. Keep reading, writing, exploring, and opening new doors. School resumes for a new academic year on August 27.

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



ADOPT A PET!



a. 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*

b. Frisky would love to be with a family who will give her lots of attention, but also give her a space to relax. For a 10-year-old cat, she is fairly playful. She'd love to be your lap buddy, and would do best in a calmer home without lots of noise and fast movements. *Humane Society*

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

d. Azalea is an 8-month-old potbelly pig who lives outside at our Sanctuary location with her siblings. Azalea could live indoors if you are willing to work on house training and have a fenced-in yard.. She also would be quite content living outside with one of her littermates in a cozy, weatherproof home with shade and a mud pit. *Brother Wolf*

e. Jester is a small, quiet 3-year-old cat who was rescued from life on the streets. *Brother Wolf*

f. Ladybird is a 5-year-old brindle hound mix. She is a gentle soul who loves to go on walks and follow all of the scents! She's never met a stranger and she will give plenty of cuddles. While she enjoys socializing with other large dogs, she would prefer to live in a home without cats. *Humane Society*

g. Frack was found with a broken leg after being hit by a car. He's also a Parvovirus survivor. He has some vision problems and needs to retrain his eyes and brain and get his confidence and balance back. He loves other dogs, and wants to be a part of any activity as long as he understands it's safe. Because of his exuberance, Frack shouldn't live with small children. *Brother Wolf*

h. Laurel is a young adult, domestic, Short Hair Tabby. She loves attention and being petted and will put her arms up to hug you. She is extremely playful and can be kept busy for ages with toys that dangle. *Charlie's Angels*

i. Cinnamon and her sister **Ginger** are very bonded and must be adopted together. Ginger is sweet and friendly. She has dental issues and needs her food chopped or pureed, and regular dental care by an experienced vet. She loves to be held and cuddled. Cinnamon is a ball of fluff who always looks like she's got a smile on her face. She's very friendly and curious. *Brother Wolf*

j. Bean is a very handsome Pointer mix who was born in April 2013. He is chocolate brown with white accents and is so sweet. He is a bit on the shy side so will need a gentle and patient family. *Charlie's Angels*

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
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It's Time for Spring Vaccinations for Horses

Spring is a very busy season in the horse world. The days get longer, the temperature gets warmer, and horse owners spend more time outside with their horses. However, these changes also set the stage for exposure to diseases that affect horses. For this reason, many of the routine vaccinations are recommended during this time of year. Vaccines are available for the following diseases in different combinations. Your veterinarian can recommend which vaccines your horse should receive and how often they should get them.

Eastern and Western Equine Encephalomyelitis (EEE/WEE)

These are two strains of a virus that is carried by mosquitoes. Often referred to as "sleeping sickness," it causes inflammation in the brain and spinal cord that can affect a horse's mental activity and ability to walk. Multiple cases are diagnosed in the southeast United States each year. Vaccination is highly effective and is recommended every 6 to 12 months based on risk of exposure. In WNC, every horse should have this vaccine at least once a year.

West Nile Virus

We have all heard of West Nile Virus, as it made the news in the last decade for affecting humans. Much like EEE and WEE, West Nile Virus is carried by mos-



quitoes and causes similar neurological deficits. Vaccination is recommended every 6 to 12 months and is available in combination with the other mosquito-borne diseases.

Rabies Virus

Although rabies infection is rare in horses, it is a core vaccination. Most horses spend their lives outside in areas where wildlife coexists. Rabies is carried by mammals and is transmitted through saliva, so bites or even rodents eating in feed bins could possibly be a source of exposure. Every healthy horse should receive a rabies vaccine once a year.

Rhinopneumonitis (herpes virus) and Influenza

"Rhino" and influenza are upper respiratory viruses that cause fever, anorexia, coughing, and nasal discharge in horses. They are spread by aerosol or direct contact and can also be spread by contaminated tack or clothing. Horses that travel and go to shows are more susceptible than pleasure or companion animals. Some of the horse show disciplines require this vaccination for entry into show grounds. Of all the vaccines mentioned in this article, rhino/flu is the most lifestyle dependent. Horses that do not leave their pasture or

interact with other horses are at low risk and may not require vaccination. Your veterinarian can assess your situation and help you make an informed decision based on your horse's risk.

This is not a complete list of all vaccines available, but it is a starting point for horses in our area. As the weather gets warmer, mosquitoes appear, wildlife becomes more active, and equine enthusiasts increase how often they ride and compete. For all of these reasons, spring is a great time to ensure that horses are protected from unnecessary sickness.

Shawn Williamson is a Doctor of Veterinary Medicine at Cedar Ridge Animal Hospital.

DONATE!



Brother Wolf Donation Drive

Drop off donations for Brother Wolf Animal Rescue at The Hub or Town Crier M-F, 11-5 pm. Needed are sheets, pillowcases, towels, throw rugs, cat food, dog food, and blankets or comforters.

A photograph of a young child sitting on a red toy motorcycle.

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Brush Creek Chapel Baptist Church 1323 Upper Brush Creek Road, Fairview
facebook.com/Brushcreekchapelbaptist

Shipwrecked

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Classes available from preschool to adult. Venture onto an uncharted island where kids survive and thrive.

Fairview Baptist Church 32 Church Road, Fairview fbc1806.org

Babylon: Daniel's Courage in Captivity

July 22-26, Sunday to Thursday, 6:30-8:30 pm

The church welcomes pre-K to 5th grade.

Emma's Grove Baptist Church 417 Emma's Grove Road, Fairview
emmasgrovebaptist.org

Upper Hickory Nut Gorge Is Firewise



On May 14, members of the community met with the NC Forest Service in recognition of their accomplishment.

The terrible Party Rock Fire in 2016 forced the Upper Hickory Nut Gorge community to learn about being more prepared for a wildfire. It's not a matter of *if* a wildfire will occur—but *when*.

As a result, the community is now the first in the gorge to receive official designation as a Firewise certified community. The Firewise program provides resources to help residents learn how to adapt to living with wildfire potential and encourages neighbors to work together to act to prevent losses.

"As Henderson County's population continues to expand...[t]hreats to life and property from wildfires, and costs for suppressing them, are expanding at an astounding rate. Upper Hickory Nut Gorge recognizes these risks and is working to mitigate them," said Chad Fierros, Henderson County Ranger. Last year, the UHNG community used 29 AmeriCorps volunteers to remove hazardous fuels around several homes throughout the community, among other efforts.

For more info on the Firewise program, visit firewise.org.

UNCA Hosts Successful Aging Conference

On June 14, the Council on Aging of Buncombe County will present their 16th annual "Successful Aging" conference. This is a daylong event for older adults, caregivers and anyone interested in aging successfully.

There will be different sessions throughout the day, featuring fitness classes and discussions on health and wellness, finances, and active aging.

The keynote address will be given by Dr. Ken Tannenbaum. Titled "Embracing the Power of Positive Aging," Dr. Tannenbaum will discuss some of the facts and myths of aging. He promises that participants will laugh with each other while identifying new activities to enhance the aging process and make it a more positive experience.

The event takes place at UNCA's Reuter Center, 1 Campus Road, Asheville, 9 am-3:30 pm. Tickets are \$25 and include one class during each session and lunch. Limited scholarships may be available. Contact Amy Ney at 277-8288 for details. Registration is due by June 4. Register online at: goo.gl/637VKW. To preview the sessions and print off a registration form, go to goo.gl/oqdDoK.

ON THE ROAD

Candi Yount, below, takes a moment from reading the *Crier* to say hi to all from a recent trip to Siesta Key, Florida. Weather and waves were wonderful!



Robert and Sue Kirkman from Village Park visited the Great Wall of China in April. This photo of Sue, above, with the *Crier* is taken near the Mutianyu section of the wall. One of the best-preserved parts of the wall, it is located northeast of Beijing.

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CLOSED FOR SUMMER — SEE PAGE 1

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contact us
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Saying "I Do" Might Mean "I Can't" for Roth IRA

Summer is a popular time for weddings. If you are planning on tying the knot this month, it's an exciting time, but be aware that being married might affect you in unexpected ways—including the way you invest. If you and your new spouse both earn fairly high incomes, you may find that you are not eligible to contribute to a Roth IRA.

A Roth IRA can be a great way to save for retirement. You can fund your IRA with virtually any type of investment, and, although your contributions are not deductible, any earnings growth is distributed tax-free, provided you don't start withdrawals until you are 59-1/2 and you've had your account at least five years. In 2018, you can contribute up to \$5,500 to your Roth IRA, or \$6,500 if you're 50 or older.

But here's where your "just married" status can affect your ability to invest in a Roth IRA. When you were single, you could put in the full amount to your Roth IRA if your modified adjusted gross income (MAGI) was less than \$120,000; past that point, your allowable contributions were reduced until your MAGI reached \$135,000, after which you could no longer contribute to a Roth IRA at all. But once you got married, these limits did not double. Instead, if you're married and filing jointly, your maximum contribution amount will be gradually reduced once

your MAGI reaches \$189,000, and your ability to contribute disappears entirely when your MAGI is \$199,000 or more.

Furthermore, if you are married and filing separately, you are ineligible to contribute to a Roth IRA if your MAGI is just \$10,000 or more.

So, as a married couple, how can you maximize your contributions? The answer may be that, similar to many endeavors in life, if one door is closed to you, you have to find another—in this case, a "backdoor" Roth IRA.

Essentially, a backdoor Roth IRA is a conversion of traditional IRA assets to a Roth. A traditional IRA does not offer tax-free earnings distributions, though your contributions can be fully or partially deductible, depending on your income level. But no matter how much you earn, you can roll as much money as you want from a traditional IRA to a Roth, even if that amount exceeds the yearly contribution limits. And once the money is in the Roth, the rules for tax-free withdrawals will apply.

Still, getting into this back door is not necessarily without cost. You must pay taxes on any money in your traditional IRA that hasn't already been taxed, and the funds going into your Roth IRA will likely count as income, which could push you into a higher tax bracket in the year you make the conversion.

Will incurring these potential tax consequences be worth it to you? It might be, as the value of tax-free withdrawals can be considerable. However, you should certainly analyze the pros and cons of this conversion with your tax advisor before making any decisions.

In any case, if you've owned a Roth IRA, or if you were even considering one, be aware of the new parameters you face when you get married. And take the opportunity to explore all the ways you

and your new spouse can create a positive investment strategy for your future.

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



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

APRIL FAIRVIEW REAL ESTATE STATISTICS

		Max \$	Lowest \$	Average \$
Homes Listed	31	\$1,600,000	\$95,000	588,560
Homes Sold	28	\$1,400,000	\$118,000	\$441,040
Land Listed	15	\$1,150,000	\$42,000	\$222,200
Land Sold	8	\$877,000	\$38,000	\$216,988

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

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The Short Session Begins in Raleigh

May 16 was the opening day of the 2018 Short Session. What made the day memorable was the teacher rally held in Raleigh. From the early morning, red-clad teachers began to fill up the downtown. You could see groups walking in from their remote parking places, and from buses that arrived from all over North Carolina, including Buncombe County. By mid-morning, there were perhaps 20,000 teachers gathered around the state capital, maybe more by some accounts.

What message did they bring to the General Assembly? In part, they came seeking more pay. While teacher pay has been increasing as the economy has improved, it still lags behind national benchmarks. Teacher pay in NC currently ranks 37th out of the 50 states, which nets out to \$9,622 less per year than the national average. Adjusted for inflation, NC teacher salaries have lost 5.6% of their value since the 2008/9 recession. Moreover, there are fewer teachers (5.3%) per student compared to pre-recession levels. Teachers were especially upset about losing the 10 percent supplement for earning a master's degree.

But they also brought a message about general school support. You heard stories about textbooks. "Barack Obama is still a senator in my history text" or "My books are older than my students." They were



On May 16, Raleigh was a sea of red with teachers advocating for their professions, schools and students. John Ager was with the Buncombe delegation signing a policy document, using teacher Megan Ramsey Bowman's back.

asking for a stipend to buy supplies for their rooms, as other states do. They talked about a mental health crisis in our schools, some of it related to the opioid crisis. They were asking for school nurses, psychologists and social workers to help with families mired in poverty and substance abuse. There said there were many school buildings that need work in counties struggling with low property values. And they said they were looking for professional respect.

I enjoyed meeting with our Buncombe County teacher delegation and learning from them first hand about what they need to excel in the classroom. They had to wake up at 3 am and board buses an hour later. They then returned home late to crawl into bed and head back to their classes on Thursday morning. Our American public school system is a unique institution with the goal of giving all of our children the opportunity to excel in life. With intense global competition, it is more important than ever to support our public schools, community colleges and universities.

The North Carolina budget contains a great deal of other line items beyond education. On my return to Raleigh, we were asked by the governor to meet with him to learn about his budget proposals. His budget did provide for many of the requests the teachers were asking for, including the promise to get their pay to the national average in four years. He also budgeted funds for correctional officers and highway patrol officers. There would be a 25 percent deed stamp revenue stream to pay for conservation trust funds and affordable housing.

The budget, however, will be created by the majority party, especially House Speaker Moore and Senator Berger. It will be completed rather quickly, it is believed, in order to keep the Short Session short! The good news is that the economy of

North Carolina remains strong, and actual revenues are ahead of estimates. There will be demands on this budget to support efforts to fight the opioid crisis and to deal with the GenX (emerging contaminants) pollution in our rivers.

The Short Session is also a prime time to introduce amendments to the North Carolina constitution. Often these amendments are designed to get out the vote for the majority party in the November election. Some possible amendments may be the right to hunt and fish; moving to the appointment of judges rather than elections; voter ID; and a cap on income taxes. The latter proposal would put a limit on the revenue the state could raise if there was a natural disaster in the state. It would also lock in tax breaks for the wealthy, and force future legislatures to rely more on sales taxes and fees.

On a sad note, the son of Chuck Edwards, who represents half of Fairview, has passed away. Please hold the Edwards family in your prayers after this tragic loss. Once again, thank you for allowing me to serve you in the North Carolina House of Representatives.



Rep. John Ager, District 115 North Carolina House of Representatives. Contact john.ager@ncleg.net or 713-6450



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So You've Had A Bad Day

Everybody's had one—a bad day that is. I once read a book to my grand-kids entitled Alexander's Terrible, Horrible, No Good, Very Bad Day. It all started out when 11-year-old Alexander got bubble gum stuck in his hair, and it went downhill after that. And to add insult to injury, his family had little sympathy for his situation. All I can say about the book is, "Poor Alexander, bless his heart; I hope I never have a day like that."

So what does this have to do with insurance? Medicare recognizes that dealing with health care providers, insurance companies, the government, and insurance agents can create one of those days very quickly for beneficiaries. Unlike Alexander's family, a channel has been set up by Medicare to redress a beneficiary's complaints and grievances.

Your Rights

Members of a Medicare plan have the right to file complaints and grievances to their plan provider. The process is mandated by Medicare for each plan. The grievance process is used for complaints about the operations of a plan. The appeals process is used to ask for a review of coverage decisions on plan benefits and payments. Members or their representatives may file a grievance if they experience problems with their health care services,

such as timeliness, appropriateness, access to, and/or setting of a provided health service, procedure, or item. Grievance issues also may include complaints that a covered health service, procedure, or item furnished during a course of treatment did not meet accepted standards for delivery of health care.

How to File

Each company has its own set of protocols about filing complaints, grievances and appeals that they and you must follow. Submission of these must be timely, as should the company's response back to you. The process usually starts with a call to the member services number located on your insurance card, or you may write, fax, or visit your company's website. The procedures for each company can be found in your plan's Evidence of Coverage. Your insurance agent or state programs such as Senior's Health Insurance Information Program (SHIIP) are good resources as well. Medicare also has a website for your complaints and grievances at medicare.gov. Or call 800 633-4227. Have a great day!



Mike Richard is president of Prime Time Solutions offering local, free, no-obligation consultations: 628-3889 or 275-5863.



Don't forget there are two local tours this month: The [Gardens of Fairview](#) tour with nine different gardens is Saturday, June 9, 9 am-3 pm. Tickets are \$15 for the day and are still available at The Garden Spot, Trout Lily and The Hub/Town Crier. And [ASAP's 10th Anniversary Farm Tour](#) is June 23-24 and includes three Fairview farms. Tickets available at asapconnections.org.

Congratulations and happy 20th anniversary to [Fairview Chiropractic Center](#). The community is invited to stop by their offices at 4 Fairview Hills Road (just off 74A) on June 19, 4:30-6:30 pm to join in their celebration.

The *Crier* jumped the gun a little bit last month when we announced that [Trout Lily Market & Deli](#) had changed hands and was now owned by Laura Telford of Biltmore Coffee Roasters. It seems the sale was still pending due to the all-too familiar "permitting issues." *Just before going to print, Laura advised the Crier that the closing had been set for May 31. She also said plans were for a full coffee bar with drive-through pickup, bakery and more.*

Speaking of coffee, Devin Walsh, owner of [Mountain Mojo Coffeehouse](#), has had folks asking if they were closing due to the "For Sale by Owner" sign posted outside. Devin assures everyone that the property is not for sale; it is his intention to keep Mountain Mojo right where it is at the top of Mine Hole Gap.

Meanwhile, Brandon Murry and Montana Fain of [Rise Above Bake-house](#) are scheduled to close on Trout Lily on May 31. After that they will begin knocking down walls, moving equipment and getting the kitchen and main room finished, which will seat 15 with more outside. They're hoping for a late summer opening.



“ The Crier is our community voice. We look forward to each monthly edition.” – Beth Kandra

Thank you FOR YOUR SUPPORT!

The *Fairview Town Crier* is a non-profit newspaper in its 21st year of publication. It brings community news and events **FREE** to every mailbox and post office box in Fairview and Gerton and part of Fletcher and Reynolds every month — that's over 8,500 households. Public support is critical to maintaining our office, which in turn supports other non-profits, community and civic organizations, as well as our non-profit mailing permit. This makes postage affordable for mailing. We appreciate your support, when you can, with whatever you're able to give. We love our community and want to hear from you so drop us a line from time to time. Or call, Monday–Friday, 1–5 pm, 628-2211. **THANK YOU!**

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Welcome, New Members!

Lyle Boyd of Carolina Mobile Optometrics

Phil Desenne of Turgua Valley of the Birds Brewing

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.

June Member Meeting

The next meeting will be hosted by Peaceful Hollow on June 12 at 6 pm. Peaceful Hollow is a wedding venue owned by Ginny and Bill Pierson. What a perfect place to have a wedding or elopement venue –on Lovers Loop Road! Peaceful Hollow is right on the Blue Ridge Parkway’s edge and can accommodate about 140 people under a tent that you rent. If it rains, we will duck into the big room part of the house. Ginny and Bill purchased this property in 1998 and have

worked hard to make it a place of beauty for 20 years of parties, weddings and events for many friends and loved ones. They now are offering this “piece of God’s beautiful creation” to the public. 119 Lovers Loop Rd, Asheville. (Look for the next to last driveway on right, which has two decorated mailboxes and a flag.) Carpooling is helpful. Bring a lawn chair if the weather will be nice. Snacks provided. For more info, call Ginny at 777-7094 or visit peacefulhollow.com.

Wear your name tag, and bring your business cards!

Future meetings;

July 12 (Thursday). Turgua Brewing, with Phil Desenne, 6 pm

August 10 (Friday). Picnic after work at Troyer’s Amish Blatz, 5:30-7 pm

September 12 (Wednesday). Americare with Sandi and Patrick Bryant/The Hub with Mandy Overstreet, 6 pm

October 8 (Monday) Fairview Fire Dept. Lunch provided by Subway. 11:30 am.

November 8 (Thursday) Rainbow International with Mary Palermo, 6 pm.

December 3 (Monday). Christmas Party at Highland Brewing Company and Dance lesson with Richard Cicchetti.

Membership

Your \$60 yearly membership includes:

- Listing in the Directory at right.
- Business card display on the bulletin board outside the Post Office.
- Listing on fairviewbusiness.com (logo, photo, link to email and/or website).
- Networking events throughout the year.
- Opportunity to host a meeting.



On May 9, about 22 members met at H&H Distillery, owned by Wendell Howard and Taylor and Leah, his son and daughter-in-law. A small storefront at 204 Charlotte Highway, Suite D, in the Reynolds Commerce Center, disguises a lot going on with distilling “Highway 9” gin. Distiller Jason Riggs, in his white framed glasses, relished describing the ingredients of juniper, coriander, cardamom, and angelica in this spirit (left), which was coming out of the copper distiller at 150 proof! It will be reworked to be 90 proof in the finished product. All those who wanted to sample got a taste. All visitors can do the same and purchase by the bottle on site. The distillery’s flagship spirit, Hazel 63 rum, is named after a grandfather and his ’63 Cadillac.

Then we walked next door to 184 Charlotte Highway, where member and equine vet Ted Wright founded a clinic with Margee Moncure in 2012 called Cedar Ridge Animal Hospital & Equine Services (right). It has grown to two equine vets and two small-animal vets with a staff of technicians and assistants. They have X-ray capabilities and a pharmacy. Ted travels to his patients (the horses) and showed us his fully equipped truck.

JOIN THE FBA!

A) Visit FairviewBusiness.com or send a \$60 check to: FBA, PO Box 2251, Fairview, NC 28730

B) or join at the *Town Crier* office, 1185G Charlotte Highway, Monday-Friday 11 am-5 pm

C) or join at a meeting!

CALL FOR INFORMATION! FBA VOICEMAIL: 585-7414

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Follow These Tips for Successful Harvesting

Mearly summer squashes or woody root crops a problem? There are three harvesting tips that help us get the most out of the work we put into our garden produce. First, harvest most crops in the morning before 10 am. Note, though, that squash, zucchini (a squash), tomatoes and cucumbers are best harvested after the dew has dried so as not to spread diseases. Harvesting in the morning, especially for greens, lettuce, herbs and root crops, preserves nutrients and means the food will last longer in storage.

Second, chill most vegetables as quickly as possible. Do not leave them in the sun for any length of time after harvesting. Some crops, such as lettuce and greens, also prefer to be dunked in cool water and drained before refrigerating.

Third, know when a crop is at its peak and don't let it keep growing just because it might get larger. Larger root crops are corky. Larger greens crops become bitter. Larger squash crops get pithy and seedy. Larger beans get starchy and tough. Past their prime, the vegetables we eat go into preservation mode and begin putting their energy into their reproduction phase.

Since crops and varieties come in different sizes, you'll need to check your catalog or seed packets to know what size you're shooting for. While some cabbages are gargantuan, others are only five inches across, and while some beans are mature at six inches, others grow to well over 12.

This summer, while the Welcome Table is taking a much-needed break, our Share Market will be held at the garden at the same time, Thursdays from 11:30 am–1 pm. If you have produce to share, you can drop it off at any time. If we're not there, please have it bagged and labeled for the Share Market and leave it in the walk-in cooler. We're at 26 Joe Jenkins Road and you can call us at 276-1156.

In addition to seed catalogs and seed packet information, the accompanying charts help us know when and how to harvest and store our bounty.

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

Time of Day, How to Harvest and Store		
Greens, lettuce	Harvest as early as possible. Use a knife if cutting the whole head.	Dunk in cold—cool water, drain, bag and put in fridge.
Broccoli, cauliflower, cabbage, Brussels sprouts	Harvest by cutting heads with sharp knife	Last longer if unwashed. Put in fridge.
Roots with tops: beets, turnips, leeks, scallions	Pull and remove bad leaves in the field. Knock off any chunks of soil. Harvest at appropriate size.	Wash, drain, bag and put in fridge. Removing and separating tops from roots will help roots last longer.
Roots without tops: radishes, carrots	Loosen soil with a fork for carrots. Leave tops in the field.	Wash, drain, bag and put in fridge.
Beans, peas, okra, eggplant, peppers	Ideally harvested in the morning when the dew has dried.	No need to wash. Put in fridge. Beans, peas and okra do best if bagged.
Squash, summer & zucchini	Clip, don't twist the stem. Harvest when dew has dried on plant leaves.	No need to wash. Bag and put in fridge right away.
Squash, winter	Clip, and leave an inch or so of stem. Can be left outdoors a day or two to begin curing the skin.	No need to wash though some wipe them down with a 10:1 water:Clorox solution to prevent mold in storage. Store in cool, dry place.
Onions, garlic, shallots, potatoes	Plants tops die down before harvest. Dig and dry outdoors for a few hours before storing. Onions, garlic & shallots can be stored at room temp and should be dug when mature to prevent rotting in wet soil. Potatoes store best at 50°.	Do not wash onions, garlic or shallots. Only wash potatoes as needed. Potatoes are best stored in the ground and dug as needed.
Onions: scallions, leeks	Harvest any time of day but before 12pm if weather is warm.	Wash, trim, bag and put in fridge
Roots without tops: radishes, carrots	Loosen the soil with a fork for carrots. Leave tops in the field.	Wash, drain and put in a container in the fridge
Sweet potatoes	Sweet potatoes must be harvested before the first frost! Folks here typically harvest in late September or early October.	Cut off tops (edible and tasty), dig, let dry outdoors for the day. Best when cured for 2 weeks. Look up simple, home curing set ups.

How to Tell When Crops are at Their Peak		
Beans, peas	Before seeds begin to bulge	Check variety for length to be watching for
Cabbage	When heads are full and tight no matter the size	Check variety for size and date to maturity
Broccoli	Heads are tight and have a purple tinge. Outer florets are just becoming the size of a match head.	Check variety for size and date to maturity
Cauliflower	Heads are firm, compact and white (assuming you used the outer leaves to blanch the head.)	Check variety for size and date to maturity. Check daily once plant starts heading up.
Beets, turnips, carrots, radishes,	Before splitting and pithiness and before too many root hairs form on roots	Check varieties for optimal size and days to maturity. Can be eaten in baby stages.
Lettuce	Before slightest hint of bolting. Harvest early in the morning.	Check often for elongation of core (bolting). Excessive milky sap is another sign of bolting. Check variety for maturity date.
Spinach	Before signs of bolting which for many varieties includes leaves becoming arrow-shaped.	Check variety for date to maturity. Spinach doesn't tend to bolt in fall but does in spring/summer.
Tomato	Color and size are determined by variety. Harvest before pending heavy rain to prevent splitting. Can be harvested and used in green stage as needed or when cold weather threatens.	Check variety for color and size.
Peppers	Can be harvested at any size and at any color though we wait for size to be appropriate to the variety.	Some peppers turn color as they mature but all can be eaten green.
Winter squash	Best to let vines die back as much as possible before harvesting.	Winter squash that has not taken on its true color will probably not store well or taste sweet.
Summer squash / zucchini	Harvest mature-size summer squash every other day. The ideal length for most summer squashes is 6". Bigger is not better.	Check variety for typical size.
Melons	Vines will not die back like winter squash. Look for a creamy yellow spot (not whitish) underneath the fruit, for the tendril closest to the fruit to be dry and withered, and thumping can produce a lower sound when ripe.	Check variety for typical size, date to maturity and other telltale signs.
Onions, garlic, shallots, potatoes	Tops will die down when crop is ready.	Can be harvested at any size for baby specimens
Onions: shallots, leeks	Typically harvested over several weeks	Check variety for days to maturity and typical size

The Distinctive Sassafras Tree Has Many Uses

The sassafras tree is one of the most widely known trees in North America, owing most of its reputation to the aromatic root bark used for centuries as a tea, medicine or flavoring agent. Sassafras is an old favorite of mine and it is one of the first trees I learned to identify as a child. It is one of a few plants that has three different leaf shapes on the same tree. I learned the leaf shapes with the help of a grade school rhyme that describes the three-lobed leaves as papa-sass, the two lobe as mama-sass and the single lobe as sassy-frass.

In 1574, Nicholas Monardes, a physician from Spain, said of the New World discovery:

"They bring a wood and roote of a tree that groweth in those partes, of great virtues and great excellencies that they heale there with grievous and variable diseases. The name of this tree as the Indians doth name it is called Pauame, and the French doeth call it Sassafras." Monardes set the tone for a long, illustrious history for the sassafras tree. Sassafras is a member of *Lauraceae*, a family that includes aromatic plants such as cinnamon, spicebush, and camphorwood.

Common Names

Other common names for Sassafras include Tea Tree, Cinnamonwood and Mitten tree — a reference to the mitten-shaped leaf type. Sassafras is easy to identify regardless of the seasons given its unique characteristic leaf shape, green winter twigs and aromatic roots. In autumn the leaves turn dazzling red and orange and glow alongside the green bark.

It usually occurs as a small shrubby tree averaging 15 to 30 feet in height, but it often exceeds 50 feet in our southern forests. The tree produces small cloud-blossom yellow flowers every spring that give rise to sets of tiny black fruits in fall. It is the three-leaf patterns that are unique, and the only other tree one might confuse it with is a Mulberry. Mulberry also has variable leaf shapes but the leaves are dull and coarser in texture.

The aromatic qualities made an impression on the minds of European explorers.



By 1600, Sassafras had become one of the most important export crops, as it was reputed to cure malaria, cancer and a host of other ailments. It was considered a New World cure-all. By 1602, it was one of the first and largest export crops sent out of the Jamestown colony. Demand rapidly diminished when it failed to live up to its claims, and the tea's status was lowered to that of "spring tonic."

However, the tree was used widely in the construction of fences, small boats and wooden floors. It is an extremely durable, hard wood and has a low rate of shrinkage. The volatile oils extracted from the roots were used in the production of soaps, perfumes and flavorings. In addition, the powdered dried leaves are legendary as an essential component for the preparation of "Gumbo-Filet." The leaves act as a thickening agent and impart a subtle and unique flavor.

In recent years the FDA banned the usage of Safrole, the principal ingredient in sassafras oil, as it was found to be carcinogenic to mice that were injected

with extremely high doses of the chemical. However, it is unlikely that anyone will be drinking 40 gallons of concentrated tea per day — a dosage comparable to the carcinogenic assessment.

To make the tea, gather roots from young saplings, wash them and boil in water until it turns a rich reddish-brown, tannin color. Sweeten with honey. Years ago, I made a small batch of Sassafras jelly from a Euell Gibbons recipe and it was a pleasant root beer-like jelly that I enjoyed on cinnamon toast.

Overall, I prefer the smell to the taste. I like to place a tiny root in my car to dry as the perfume is heavenly. Sassafras is a unique and special tree that is a key component of our southeastern forests and our history, and it is a tree well worth learning and getting to know as a friend.



Contact Roger at
rogerklinger@charter.net.



Make Your Own Sassafras Filé Powder

Snip off the tips of a few Sassafras branches with 5-10 leaves attached.

Bundle together with rubber bands and hang in a dry place away from direct heat or light. They should be crispy dry within a week. Drying in the sun can turn them brown and greatly diminish their flavor potency.

Strip leaves from branches.

Process leaves in a coffee or spice grinder until they yield a green, aromatic powder. Or grind with a mortar and pestle.

Sift powder through a sieve, if desired, to remove pieces of stem and other bits. This can be time-consuming if the sieve is too fine; alternatively, pick out pieces that won't dissolve in liquid. A dehydrator also works.

Store in a tightly covered glass jar away from direct light or heat.

Tips for Using Filé Powder

Filé is more than a thickener; it also imparts an earthy flavor and has a fruity aroma similar to coriander seeds. Add to gumbo or other liquid shortly before serving. Adding while the liquid is boiling can yield a stringy or slimy texture. For the same reason, if you're making the recipe well in advance of serving, don't add the filé during initial cooking; wait until it's reheated and ready to serve.

Asheville Stone & Grading, Inc.



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Leigh Ann Hamon, DVM

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Submissions

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

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The *Fairview Town Crier* reserves the right to refuse any advertising or editorial submission deemed inappropriate for the tone and style of our non-profit community newspaper. Information provided has been submitted and a best effort has been made to verify legitimacy. Views expressed in columns and/or articles do not represent those of The *Fairview Town Crier*. Email editor@fairviewtowncrier.com or mail to *Fairview Town Crier*, PO Box 1862, Fairview, NC 28730.

Letters of 400 words or less may be submitted, may be edited, and will print as space allows. No letters will be published anonymously. We will not print letters that endorse or condemn a specific business or individual, contain profanity, or are clearly fraudulent. Views expressed do not represent those of The *Fairview Town Crier*. Include name, address, and phone. Email editor@fairviewtowncrier.com or mail *Fairview Town Crier*, PO Box 1862, Fairview, NC 28730.

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Quarter page	\$139	\$155	\$168
Eighth page	\$99	\$116	\$128
Business card	\$65	\$75	\$80

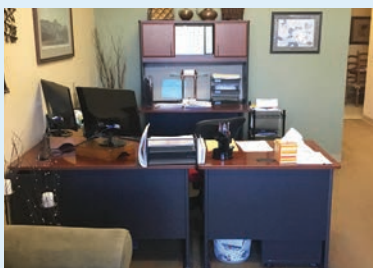
BLACK AND WHITE DISPLAY ADVERTISING RATES			
	12x/year	6x/year	1x/year
Full page	\$317	\$347	\$376
Half Page	\$191	\$214	\$231
Quarter page	\$109	\$128	\$139
Eighth page	\$65	\$82	\$92
Business card	\$45	\$55	\$60

Nonprofit ad rate is 20% off applicable rate. Note: 1x ads are payable in advance.
SAVE MONEY: On an annual or 6-month contract, you can go up and down in size and/or color and still enjoy the discount. Prepaid annual contracts receive a 13th month free.

CLASSIFIED ADVERTISING RATES

Minimum \$10 for 20 words; 25¢ per word thereafter (example: a 27-word ad is \$11.75). All classifieds ads must be prepaid. Notices and personal ads not selling anything are free.

FOR RENT



OFFICE SPACE FOR RENT

1,150-square-foot office suite available in Fairview Business Park on Charlotte Highway. Spacious reception area, three offices (one with front window), break room and private bathroom. Storefront parking. Rent is \$1,150 and includes water and trash pick up. Call 628-1422 for information or to arrange an appointment to see the space.

COMMERCIAL BUILDING right on Charlotte Hwy in Fairview. 1300 sq ft. \$1295. Potential for restaurant, brewery, many possibilities, nice outdoor space along the creek, additional parking available. Up fit to suit. Cool Mountain Realty, 779-4473.

HOMES/LAND SALES



LAND FOR SALE Fairview NC. Won't last long—Reduced! Perfect for (3) bedrooms! \$59,900. Enjoy your mountain dream. This great 3.03-acre property is sure to please. Easily buildable with streams, waterfalls, native wildflowers & rhododendron, privacy, wooded and mountain views. Not too steep. Not too far out. It's just right! Call 828-575-4952.

YARD/CRAFT SALES

BIG MOVING EVENT Saturday June 2, 8am-3pm, Reynolds Fire Dept. Furniture, lots of clothes, winter coats, collectable motorcycle Tees, gear and jackets, guitars, amps, Roc-n-Soc drum throne, small household appliances and Christmas décor including trees, Davis Frykman collectables, houses and much more. Great stuff, not junk. And by appointment at ciaotoni@charter.net: Drexel Heritage bedroom furniture, Pier 1 dining room, Amerisleep split king bed and more.

GARAGE SALE June 30 & July 1, 9AM-5PM. Gently used and new items. Antique & vintage jewelry; antiques; books & miscellaneous. 15 Goodview Drive, Fairview. 630-618-9482.



BATH BOMBS Spring showers also herald in baby and bridal showers. Custom made, bath bomb fizzies are great for shower favors, gift baskets, or maybe just for you! Call or text for more info: Beth 630-618-9482.

HELP WANTED

OFFICE CLEANING HELP WANTED Light cleaning of Hub and Fairview Town Crier office. Weekend or early morning preferred, about one hour per week. Call 628-2211 or email office@fairviewtowncrier.com.

REAL ESTATE AGENTS! Thriving, established local real estate firm in need of experienced agent. Lots of leads furnished! Call 628-3088.

SERVICES

AIRBNB HOME MANAGEMENT



HAPPY MOUNTAIN HOST
Airbnb Host Services in Fairview, NC

WANT TO BE AN AIRBNB HOST? HAPPY MOUNTAIN HOST—AN AIRBNB HOST SERVICE COMPANY EXCLUSIVELY FOR FAIRVIEW PROPERTIES

Sit back and relax. We'll do it all. We are experienced, bonded and local. Monthly or à la carte services. We provide 24-hour on-call guest support, guest check in and out, guest reviews, house inventory, cleaning, linens, bed-making, landscaping and more. New to Hosting? We can help set up your AirBnB site with pricing, amenities, photos, welcome letters and everything needed to get up and running. Call now before you get busy for a free consultation, 828 484-6444.

COMPUTER SERVICES

ON-SITE SERVICE FOR DOG-FRIENDLY MACS ONLY! Setup, Troubleshooting, Upgrades, WiFi, Networking, Installing SSD drives/memory, and other MAC needs. Email John Dickson at mac.works@mac.com. Call 777-8639 or visit macworksnc.com

CONSTRUCTION / HANDYMAN



ALL CONSTRUCTION SERVICES

Customized building, turn-key homes, remodeling, decks. 75

Years of quality customer service. Free estimates. David Frizzell, 458-2223.



PRESSURE WASHING & PROPERTY CLEANING

Exterior siding, porches, driveways,

Pavers, Walkways, Fences, etc. Gutter Cleaning & Repair. Affordable. Free Estimates! Call or text Luis at 828-412-1302.



EXTERIOR STUCCO AND STONE WORK

Over ten years' experience. Plus landscaping—all related services. Free estimates. Good references. Call anytime: 545-8874

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

SMALL CONSTRUCTION/REPAIR

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

ENTERTAINMENT

HAVE AN EVENT THAT NEEDS LIVE ENTERTAINMENT? Fairview's Chris Rhodes, singer/guitarist, regularly performs at Biltmore Estate venues as a one-man band. He is available for private events on Friday or Saturday evenings or most week nights. Visit chrishrhodesmusic.com or call 242-6286 for more information.

HOME MAINTENANCE

FELIX THE WINDOW WASHER will make your windows shine. Residential and commercial. References. 398-8977.

LAWN/LANDSCAPING

COMPLETE LAWN MAINTENANCE.

General cleanup, mowing, pruning, mulching, clearing overgrowth, tree removal. Call 628-1777 or 242-4444.

FATHER & SON LAWN CARE Need affordable lawn care services? Call the Z Boys, Preston and Jim Zoeller! Free estimates. Excellent references. 828-301-3224.

MUSIC LESSONS

PIANO AND GUITAR LESSONS IN FAIRVIEW, offered by experienced teacher and professional musician. Beginner and intermediate, children and adults. \$20/half hour; \$30/hour. 335-1401 or email: kampjames@hotmail.com.

NOTARY

LOCAL NOTARY IN FAIRVIEW. Available at New Moon Marketplace, 10AM-5PM. Call Amy at 222-2289 or text, 551-7632

PET / HOUSE SITTING

LIVING HARMONY PET SITTING

RELIABLE, experienced care for your best friends. Insured and bonded. Pet CPR and first aid trained. Visit livingharmonypetsitting.vpweb.com or call Gretchin DuBose, 582-3363.

PERPETUAL CARE PET SITTERS

in-home pet sitting. Bonded & Insured. All pets and livestock. 215-2119.

SMALL ENGINE REPAIR

CREEKSIDE MOWER AND SMALL ENGINE REPAIR Pick-up and delivery available. Michael: 275-1794.

CLASSES

ART

ART STUDIO FOR KIDS Ages 3-11. Kids can come spark their imaginations with pre-school teacher and local artist Jenny Zoeller at her beautiful home studio in Fairview. For more information email jennypiez@icloud.com or call 828-279-4319.

ART CAMP

FUN SUMMER ART FOR KIDS! Ages: 4 1/2-14. Variety of weekly ART CAMPS and kids' classes "How to Draw and Paint in All Mediums". Experienced art teacher, Jan Widner, BFA. Oakley/Reynolds area. For details and photos go to: jansart-academy.com or call 828-301-6116.



YOGA

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



Classified Ads WORK!

Only \$10 for 20 words and just 25¢ for each word over!

ADS ARE DUE on the 20th of the PREVIOUS MONTH

For more info, contact Annie at 828 628-2211, office@fairviewtowncrier.com or visit fairviewtowncrier.com





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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!*



FLETCHER! Spacious 5 BR/3 bath home on 1.5 acres, HOME WARRANTY, extensive decking, 2 Rock FPs fenced in yard, fam rm, rec room, detached 3-car garage, *MLS#3388105, \$415,000!*



NORTH ASHEVILLE! Spacious 3 BR/2 bath home on gorgeous level .93 acre lot, FP, vaulted ceiling, lg cvred porch, HOME WARRANTY, full bsmt - easily finished, great loc, 2-car gar, *MLS#3389574, \$410,000!*



MILLS RIVER! Spacious 3 BR/3.5 bath home, .69 acre, open floor plan, 2-car gar, tons of storage, HOME WARRANTY, cvred front porch, lg rear deck, full unfin bsmt, close to AVL & HVL, *MLS#3383119, \$389,900!*



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!*



828-771-2310

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FREE
MARKET ANALYSIS**

www.jimbuff.com

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



EAST ASHEVILLE! Neat, clean 3 BR/2 bath home, well landscaped lot, HOME WARRANTY, fresh paint, cov porch, large rear deck, spacious LR w/FP, gar, mins to downtown AVL, *MLS#3389912, \$315,000!*



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for safe
drivers.**

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www.tammymurphy.com
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