



THE VOICE OF OUR COMMUNITY

The Fairview Town Crier

AUGUST 2018 VOL. 22, No. 8 | FAIRVIEW, NC | WWW.FAIRVIEWTOWNCRIER.COM

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Celebrate Community & Have Fun!



Spring Mountain Community Center Picnic

The annual picnic is on Saturday, August 18, 6-9 pm. Bring your family and a potluck dish. SMCC will provide a BBQ meat dish. The Berry Pickers will entertain, and the Ducky Derby will see whose duck can make it down Cane Creek first. Rain or shine! To participate in the dessert contest,

bring entries upstairs by 5 pm. Categories are Cakes, Pies, Cookies, Other Desserts and Junior division for kids up to 12. Cash prizes awarded. For more information, call Ruth at 628-1625. 807 Old Fort Road, Fairview.



GertonFest The 10th annual celebration of small-town life will take place on Saturday, September 1 at the UHNG Community Center (4730 Gerton Highway, Gerton). A community pancake and sausage breakfast starts at 8 am. There will also be a silent auction, with gift cards from area merchants and

restaurants; a homemade baked goods sale; music; barbecue at 5 pm; sports tournaments; and a trivia bowl and bingo.



Fall Fun in Fairview This year's Fall Festival at Fairview Elementary will be on October 5. Games, prizes, food, raffle baskets, inflatables, a dunk booth, and more will help raise money to support students and staff at the school. The raffle baskets are always popular, and local business owners are invited to be included. All donations will be listed in a booklet to be distributed throughout the community and beyond. Corporate sponsors are welcome to participate. If you have something you would like to donate—a product, a gift certificate, etc.—or would like to find out more about sponsorship opportunities, please email ptafairviewelementary@gmail.com.

Welcome Table Back from Summer Break

The first Welcome Table after their summer break will be on Thursday, August 30, 11:30 am-1 pm.

The Welcome Table is a community lunch served weekly to anyone in the Fairview, Reynolds and Gerton areas who would like to enjoy food, fellowship and community. It is located behind the library in the fellowship hall of Fairview Christian Fellowship (596 Old US Highway 74).

The Welcome Table shut down for the summer to give long-serving volunteers some time off to avoid burnout. They



The Welcome Table seeks more volunteers. (photo credit: Facebook/Jenny Brunet)

would love to get some new volunteers to help out. For more information, call 230-4874 or email barbdwyre@aol.com.

Slowing It Down on Garren Creek Road

The North Carolina Department of Transportation completed its study of Garren Creek Road and determined that the speed limit should be lowered to 35 mph up to Kirstein Road.

New speed limit and additional safety signage has already gone up.

Thank you to all of our neighbors who helped in getting this problem brought to the attention of the DOT for review. Be safe out there!



INSIDE

Do you know the rules of the road about school buses? **Turn to pages 16-17** to refresh your memory and get more back-to-school information.



Mark Your Calendars!

August 27 (Monday) **First day of school**

FAIRVIEW ELEMENTARY SCHOOL

August 16 (Thursday) **Kindergarten popsicle party 10 am**

August 24 (Friday) **Meet the teacher 8-10 am**

August 29 (Wednesday) **Parent meet & mingle 7:30 am**

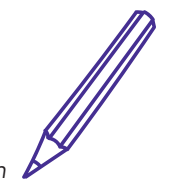
CANE CREEK MIDDLE SCHOOL

August 22 (Wednesday) **New student orientation 4-5 pm**

August 24 (Friday) **Meet the teacher 1-3 pm**

A.C. REYNOLDS HIGH SCHOOL

August 24 (Friday) **New student orientation 9:30 am**



ABC
1234



NEXT CRIER LABELING DATES

AUGUST 31, SEPTEMBER 28 (10:30 AM) at the main Fairview Fire Station.
Email pattiparr@yahoo.com or call 628-2211 for information.

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COMMUNITY EVENTS

AUGUST 1 (WEDNESDAY)

Five Dollar 5k Partner Run

5:30 pm, registration; 6:30, race start. This is a partner race, so you run with your partner and the lowest combined time wins. On the day of registration only there will be a suggested minimum donation of \$5 and all proceeds benefit the Asheville Humane Society. Four-legged friends are welcome! Fletcher Parks and Recreation, 85 Howard Gap Rd., Fletcher.

AUGUST 3 (FRIDAY)

Sparrow & Her Wingmen at HNGF

6-9 pm. Come dance to a repertoire ranging from jazz to early ragtime pop to New Orleans blues. At Hickory Nut Gap Farm. 57 Sugar Hollow Rd., Fairview. \$7, kids 4 and under free. For more information, go to hickorynutgapfarm.com/events-classes or call 628-1027.

AUGUST 3-4

Nesbitt's Chapel VBS

Nesbitt's Chapel UMC is holding a vacation Bible school entitled "Rolling River Rampage." For more information, contact Brittany Meiners at 545-0273.

Seed Lending Library Seminar

10-11 am. The Black Mountain Blooms Seed Lending Library gives free heirloom vegetable, herb and flower seeds to anyone from Buncombe County who visits the Black Mountain library with a current library card. They also host educational seminars. In this one, Chris Smith, from Sow True Seeds, will present on how to save seeds. For more information, email blackmountainblooms@gmail.com. Education Room in Black Mountain Library, 105 N. Dougherty Rd., Black Mountain.

AUGUST 7 (TUESDAY)

Brain Therapy Lecture

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

AUGUST 8 (WEDNESDAY)

At the Hub: Kid Craft & Snack Time

10-11 am. DIY Bouncy Ball Class. See page 26 for more information. At The Hub of Fairview. 1185 Charlotte Hwy., Suite G, Fairview.

Reynolds VFD Golf Fundraiser

Saturday, August 4, 9 am



Chief Sales

The Reynolds Volunteer Fire Department Auxiliary will hold its Crazy Scramble Golf Experience in honor of Chief Richard Sales, who passed away in April. Benefiting the fire department, the competition will feature a different game at each hole. The cost is \$180 for a 4-person team, \$50 per golfer, or \$35 per golfer for First Responders. Included is golf, food, beverages, on-course games, lots of prizes, and lots of fun. To sign up, sponsor or volunteer, contact reynoldsfdgolf@gmail.com.

If you don't golf or are unable to participate, consider sponsoring a First Responder to play on your behalf.
High Vista Country Club, 88 Country Club Road, Mills River.

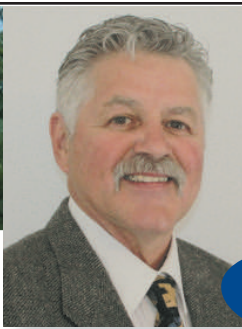
AUGUST 10 (FRIDAY)

FBA Summer Meeting & Cookout

6-8 pm. Cloud 9 Farm hosts the Fairview Business Association for a meeting and cookout. You can also go swimming, play bocci, croquet or horseshoes. Potential members are welcome. RSVP to Janet Peterson at cloud9relaxation@gmail.com or 628-1758. 137 Bob Barnwell Rd., Fletcher. See page 27 for more information.

Queen Bee & The Honeylovers at HNGF

6-9 pm. Another fun Friday night in Hickory Nut Gap's Barn Dance series. The Queen Bee and her band bring you hot club jazz with a Latin flair, with classic swing standards as well as originals. At Hickory Nut Gap Farm. 57 Sugar Hollow Rd., Fairview. \$7, kids 4 and under free. For more information, go to hickorynutgapfarm.com/events-classes or call 628-1027.



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COMMUNITY EVENTS

AUGUST 11 (SATURDAY)

Reynolds Baptist Back to School Bash

5 pm. Activities, dinner and an outdoor movie. See ad on page 12 for more information. 520 Rose Hill Rd.

ACRHS Band Fundraiser

10 am-2 pm: Car wash at Kounty Line Gas Station, 195 Charlotte Hwy.

AUGUST 11, 18 & 25 (SATURDAYS)

Shindig on the Green

7 pm. The 52nd season of Shindig on the Green, a free event in the heart of downtown Asheville with a stage show and informal jam sessions, takes place on Saturday evenings in Pack Square Park.

AUGUST 13 (MONDAY)

FAAL Monthly Meeting

10 am. Fairview Area Art League members and others interested in the arts are welcome. 704 975-0095. Fairview Public Library, 1 Taylor Rd.

Stitches of Love Meeting

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

AUGUST 14 (TUESDAY)

Knee Replacement Seminar

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

AUGUST 16 (THURSDAY)

Democratic Women's Dinner

5:15, registration; 5:30, dinner; 6 pm, program. Guest speakers will provide information on what's been happening in Raleigh and give updates about their campaigns. \$12 for members, \$15 for non-members. Reserve at buncombedemwomen@gmail.com. 951 Old Fairview Rd., Asheville.

AUGUST 17 (FRIDAY)

Zydeco Night at HNGF

6-9 pm. Traditional and progressive Louisiana-style dance music. At Hickory Nut Gap Farm. 57 Sugar Hollow Rd., Fairview. \$7, kids 4 and under free. For more information, go to hickorynutgapfarm.com/events-classes or call 628-1027.

AUGUST 18 (SATURDAY)

At the Hub: See What's Poppin'

2-5 pm. Pop Up Shop featuring local

vendors. See page 26 for more information. At The Hub of Fairview. 1185 Charlotte Hwy., Suite G, Fairview.

SMCC Annual Picnic

6-9 pm. Bring your family and a potluck dish. See front page for more information.

PAWS Pet Fest at Morse Park

10 am-2 pm. The PAWS no-kill animal shelter of Rutherford County will hold its 2nd annual PAWS Fest. Events will include pet adoptions, free microchip clinic (first 100 pets whose owners live in Rutherford Co.), an animal communicator, dog training advice, and more. For more information, go to pawsrc.org or call 888 422-7303. 2948 Memorial Hwy., Lake Lure.

AUGUST 21 (TUESDAY)

Film Noir Series at Fairview Public Library Concludes

6 pm. The Summer of Film Noir series concludes at the Fairview Public Library with " Fargo," a modern classic starring Frances McDormand. Popcorn provided by Grail Moviehouse. See page 9 for more information.

Neuropathy Treatment Seminar

5:15-6 pm. Learn about the causes, diagnosis, and treatment of periph-

eral neuropathy. Free, but you must reserve. Call 628-7800. Fairview Chiropractic Center, 2 Fairview Hills Dr.

Medicare Choices Made Easy

2-4 pm. The Council on Aging will hold classes in August and September to explain how Medicare works, and how to enroll, avoid penalties and save money. The classes are free and no products are sold or recommended. Register on their website, coabc.org, or call 277-8288. South Buncombe Library, 260 Overlook Rd., Asheville.

AUGUST 23 & 30 (THURSDAYS)

Youth Chorus Auditions

5:30-6:30 pm. The Community Youth Chorus of the Celebration Singers of Asheville will hold auditions for a winter production of "Yes, Virginia." Those auditioning should prepare a song and bring sheet music. First Congregational Church, 20 Oak St., Asheville.

AUGUST 25 (SATURDAY)

At the Hub: Bonsai Dreamcatcher Workshop

1-5 pm. With Bean's Bonsai. See page 26 for more information. At The Hub of Fairview. 1185 Charlotte Hwy., Suite G, Fairview.

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COMMUNITY EVENTS

AUGUST 25 (SATURDAY)

GoFigure Guild Show

Fairview artist Kit Schmeiser is one of the featured doll makers in a GoFigure Guild show at the Toe River Arts Gallery called "Not to Be Toyed With—Exploring the Art of the Doll." The show will run from August 25 to September 22. Opening reception will be September 1, 5-7 pm. For information, visit toeriverarts.org or call 765-0520. 269 Oak Avenue, Spruce Pine.

Organic Apple Picking, Pie Contest at Laughing Waters

1-4 pm. Pick your own organic apples at Laughing Waters' orchard in Hickory Nut Forest. The family-friendly event will include children's games and a pie contest. Admission is \$10 for all the organic apples you can pick. All pie entries should be brought to Heidi Ladlee by 2 pm to be entered into the contest. For more information, go to laughingwatersNC.com. 3963 Gerton Highway, Gerton.

Republican Meet and Greet

4-7 pm. Free hot dogs and drinks provided by the BCGOP. Buncombe County Sports Park, 58 Apac Circle, Asheville.

AUGUST 28 (TUESDAY)

Sciatica Seminar

5:15-6 pm. Learn about new treatments and technologies that may help you avoid back surgery and eliminate the need for drugs. Free, but you must reserve. Call 628-7800. Fairview Chiropractic Center, 2 Fairview Hills Dr.

AUGUST 29 (WEDNESDAY)

At the Hub: Ladies Night

5:30-7 pm. BYO wine & create your own body scrub. See page 26 for more information. At The Hub of Fairview. 1185 Charlotte Hwy., Suite G, Fairview.

AUGUST 30 (THURSDAY)

Welcome Table Lunch

11:30 am-1 pm. A free community lunch served weekly to anyone in the Fairview, Reynolds and Gerton areas who would like to enjoy food, fellowship and community. 596 Old US Hwy 74, Fairview. See front page for more information.

AUGUST 31 (FRIDAY)

Town Crier Labeling

10:30. Meet other folks from the community and help us get the next issue of the *Crier* into the mail!

SEPTEMBER 1 (SATURDAY)

Tenth Annual GertonFest

An annual celebration of small-town life. See front page for more information.

Drovers Road & HNG 8K/15K

9 am. The Drovers Road Community, Hickory Nut Gap Farm and Glory Hound Events will host an inaugural Drovers Road & Hickory Nut Gap 8K/15K. Both races will be held on trail and dirt roads, including the historic Drovers Road. For more information or to register online, go to goo.gl/XAEyiX. Old Sherrills Inn, 50 Clarke Lane, Fairview.

ONGOING EVENTS

AUGUST 3 AND 17

Fairview Farmers Market

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

AUGUST 4 (SUNDAY)

Embroiders' Guild

9:30 am-12 pm. The Laurel Chapter of the Embroiderers' Guild of America will hold its monthly meeting. 3 Banner Farm Rd., Etowah/Horse Shoe. For more information call 243-6537 or 575-9195.

AUGUST 7 (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.

AUGUST 19 (SUNDAY)

Ethical Humanist Meeting

2-3:30 pm. "Wilma Dykeman: The Mountain South's Great Humanist of the 20th Century." 227 Edgewood Rd., Asheville. 687-7759 or EHSAsheville.org.

AUGUST 25 (SATURDAY)

Genealogy Society Meeting

2-3 pm. Program is "Who Are All These Cousins?" Refreshments served after meeting. 128 Bingham Rd., Asheville. Call 253-1894 or visit OBCGS.com. Free, open to the public.

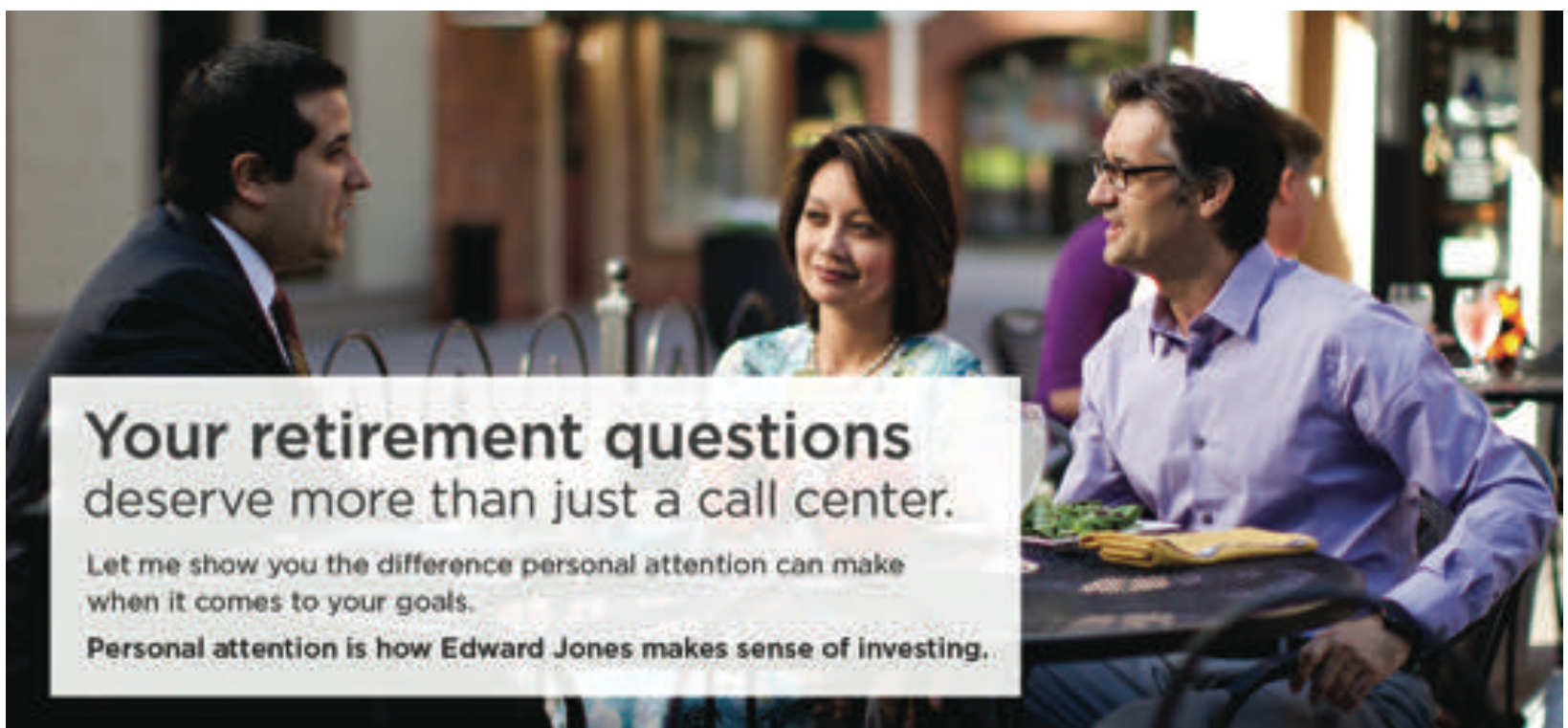
COMMUNITY CENTER EVENTS

Spring Mountain CC

807 Old Fort Rd.

springmountaincc.com

Community Leadership Meeting: First Tuesday of month, 6:30 pm.



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COMMUNITY EVENTS

Quilting Bee: Every second Tuesday, 10 am-2 pm. Call 628-7900 or 628-1938.
Berrypickers' Jam: Tuesdays at 7 pm.
Slow Flow & Yin Yoga with Anna: Mondays, 8:30-9:45 am. \$5-10 suggested.
Yoga with Sabrina: Thursdays 6:15-7:30 pm. \$5-10 suggested.

SAVE THE DATE

SEPTEMBER 15



FAAL for Art show

The Fairview Area Art League is now accepting applications for the first annual "FAAL for Art" show on September 15 from 10am-3 pm at the Fairview Commu-

nity Center, both indoors and out. For an application and information, visit Facebook/fairviewareaartleague or email faartleague@gmail.com.

SEPTEMBER 20

Garren Creek VFD Meeting

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

SEPTEMBER 22

Cool Mountain Celebration

Cool Mountain Realty will be hosting a customer appreciation and community party. Stop by for food, bouncy house, music and lots of great prizes from local businesses. 771 Charlotte Hwy., Fairview.

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 30.

PICTURE PERFECT

Fairview Photog Wins Chimney Rock Contest



(Credit: Greg Holt and Chimney Rock State Park)

From March to June, Chimney Rock State Park held a photo contest, called "Smiles of Spring," encouraging visitors to send in images of the park. When the contest closed and the judges ranked the photos on quality, composition and creativity, Greg Holt, from Fairview, was chosen as the first place winner.

The judges said he "captured the magic of Chimney Rock during a spring rainstorm." We agree. Great shot, Greg!

Don't forget... We have well child visits and same day sick visits.



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\$295,000 MLS 3391674



3-bedroom, 2.5-bathroom Leicester home with year-round views of Mt. Mitchell.
\$382,000 MLS 3395397



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

GATEWAY MOUNTAIN COMMUNITY LISTINGS



3-bed, 2.5-bath log cabin on 2 acres in private gated development. 1/4 mile to Lake George.
MLS 3402004 \$285,000



3-bed, 3-bath log cabin with long-range views on 3.79 acres one mile from the gate of private development. MLS 3402499 \$399,900



1-bedroom, 1-bathroom Biltmore Forest Home with 1.64 acres of land.
\$845,000 MLS 3330312



3-bedroom, 3-bathroom Fairview Home on 2.47 acres with winter views.
\$315,000 MLS 3403091

LOTS AND LAND

UNDER CONTRACT Echo Valley Estates, Old Fort Rd, 2.05 acres \$29,500 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
SOLD 3.25 acres \$269,750
MLS 3264823

SOLD 3 acres \$249,000
MLS 3264859

6.5 Acres in Chestnut Mountain
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Fire Department Didn't Receive Expected Support from County

In the June issue of the *Crier*, I discussed the fire department's current financial and budgeting needs, as well as its proposal to the Buncombe County Commissioners (BCC) to increase our fire tax rate. The department requested this increase in order to raise our employees' pay to meet the average firefighter pay in North Carolina and to rebuild reserve and capital funds in order to replace emergency apparatus that has aged out.

I had hoped that I'd be thanking the BCC for supporting our department in this article, but unfortunately the department received no support. The BCC only approved a one-cent increase. This will not allow us to increase all of our personnel salaries to meet the state average; to rebuild reserve funds that were depleted under the direction of previous county management; or to replace apparatus that is 15 years beyond the replacement standard set by the National Fire Protection Agency.

Since a workshop with the commissioners in January, our department, along with all the other county fire departments, has been following the commissioners' direction on what increases they will support for this budget year. We communicated weekly with the Buncombe County Finance Department (BCFD). On March 28, our board of directors met with representatives from the BCFD in regards to our upcoming budget. Our board requested this meeting, in order to be as transparent as possible and allow the directors to provide the county manager and/or BCC with any information about our budget, current financial position, and reasons for requesting our rate increase.

The board requested multiple times to meet with the BCC to discuss our request, but we got no response.

The board feels that if the BCC was unable to support our entire request, they should have at least had a conversation or meeting. Instead, we followed their direction. There were no questions or concerns made when Mandy Stone presented the budget to the BCC; no questions from the community during the public hearing; and no questions from the BCC. We attended the BCC meeting during which they voted on the budget, and we were blindsided with only a one-cent increase. The BCC stated multiple times that

they were supporting salary increases to meet state averages (based on the January 2018 Pay Study released by the NC Association of Fire Chiefs).

In an article published by the *Mountain Xpress* on July 4, some of the commissioners stated that they were unaware of our needs. In the article, one commissioner stated that they had requested information numerous times and received no response from our board. Below is a list of emails and conversations between our department and the BCC.

May 1 A letter was sent to all commissioners inviting/requesting the commissioners to meet with our board to specifically discuss the FY2018/2019 budget. The commissioners opened this email on May 1. As of July 5, we have only received a response from Ellen Frost.

May 2 Commissioner Frost replied to the above email and asked how many Fairview firefighters were lacking two sets of turnout gear, what was our starting pay, and what method of raises we provided.

May 3 The BCFD, at the request of the county manager, in preparation for meeting with the BCC, requested that we provide a specific breakout of what the requested additional revenue would be used for, as well as our current starting pay and pay plan.

May 7 The BCFD requested the specific breakout of how the requested additional revenue would be used. The county manager asked the BCFD to have our department use the template provided instead of our own.

May 8 All fire departments in the county requesting an increase in their fire tax rates were required to make a presentation to the BCC.

May 16 I spoke with Commissioner Frost on the phone in regards to our request to increase our fire tax rate. I verbally answered her questions regarding our starting pay and our pay plan, as well as how many firefighters had two sets of turnout gear. We had submitted a letter to the Fairview community to be published in the *Crier*. It was (and still is)



located on our website. We made reference to our website via our Facebook page, and we printed the letter and handed out copies to community members who asked for it, as well as those who attended our board meeting. This letter was emailed to Commissioner Frost, and it explained in

detail what we would be doing with the additional funding. The commissioners opened this email on May 16.

May 16 We emailed Commissioners Frost, Fryar, and Pressley an invitation to meet with our board. We requested a meeting to discuss our FY2018/2019 budget request. We noted that if any commissioner was unable to attend this monthly meeting, we would be happy to schedule a meeting for an alternate date. We received no response from any commissioner regarding this request.

June 18: All commissioners were emailed a letter to clarify how the requested additional revenue would be used. The letter noted our top priority was to increase our employees' pay to meet the state. All of the commissioners opened this email on June 18.

June 19 All commissioners were emailed a letter from our board in order to provide very clear and specific areas that we would be addressing with the rate increase. We noted that our top priority was to increase our employees' pay to meet the NC state average. The commissioners opened this email on June 19 before their vote on the budget the same day.

June 19 All commissioners were emailed a request to meet with the board to discuss their reasoning for not supporting at least our salary increases. We have not received a reply from any commissioner regarding this request. All of the commissioners opened this email on June 20.

June 26 All commissioners were emailed a request to meet to discuss issues that we are already facing due to the lack of support for at least the salary increases for our personnel. We have not received a reply to this email.

June 26 Over 75% of our staff has emailed the BCC, asking why they did not support an increase in salaries to meet the state average. None of our employees has received a reply, even though the commissioners have opened the emails.

As you can see, the BCC was, in fact, given the information that they requested.

Questions from the Community

Q: Who determines the pay scales of the employees at the fire department?

A: The board uses information provided by local and state pay studies, as well as information from departments of comparable district size, population, etc.

Q: Who approves items purchased and/or how the budget is spent?

A: The board prepares and presents a budget to the BCC in April of each year. The BCC approves the budget in June and it is implemented on July 1. During the budget year, when it comes time to spend money on any budgeted or non-budgeted item, the board must approve the purchase. During the monthly board meeting, the chief will make a presentation for things that need to be purchased or repaired (turnout gear, equipment repair, fire/medical equipment, etc.). The board openly discusses the purchase or repair and then votes on approving the funds. This procedure is followed for all purchases except reoccurring bills such as utilities, phone, fuel, payroll, etc. If a piece of equipment or fire apparatus experiences a mechanical failure during the month, the chief will arrange for the equipment or apparatus to be diagnosed. If it's a major repair, the chief will contact the board members to discuss the costs of the repair. All purchasing is openly discussed and approved or disapproved by the board during the monthly meetings.

Get Involved

We encourage the community to get involved and support your fire and EMS department. Please attend a board meeting or ask questions before falling victim to rumors or incorrect information. The board meets on the third Monday of every month, 7 pm, at our main station (1586 Charlotte Highway). We encourage you to attend and know what is going on in your community.

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A Civil War Letter from Stephen Whitaker

Stephen Whitaker was born in Buncombe County, NC, on March 1, 1812. He was the son of James Whitaker (1779-1871) and Mary Walker (1779-1849). He and his father lived in Andrews, Cherokee County, NC, during the Civil War. Stephen was 47 when he entered the army. The following is a letter he sent home to his father during his service.

(All wording, spelling and punctuation have been left as in the original).

Charlottesville
August 5th 1864

[To] James Whitaker

Dear Father

I write you a few lines though I am in a poor fix to write. I took sick some 2 weeks ago. First a severe cold and then dysentery. I stayed with the army till I got so weak that I could hardly walk. I left the army near Winchester. I was sent to Mount Jackson Hospital. From there I was sent to Stanton and then to this place. I came here on the 1st of this month and am on the mend but very weak yet.

Mac Whitaker was sent to Mr. Jackson the day before I was and then to Stanton and to this place. He was then sent to Lynchburg. I have not heard from him since he left here. I expected to go there, but the doctor said I better stay here and be quiet for awhile.

Mac had fever, was better when he left here. There is very many sick and wounded – only 2 of my acquaintances. I am sick among strangers but not without friends. This is a good hospital – every attention paid to sick.

I will try to give you a short sketch of our march to Maryland, tho I can't give dates as I have no memorandum with me. We left Saltville to meet Hunter in the Valley of Virginia, went to Stanton on the cars then marched 15 miles to



Born in Buncombe County, Stephen Whitaker lived and was buried in Cherokee County.

meet Hunter on North River, delayed and got behind us. We then fell back over Stanton, took another road and come up with the Yankey army in line of battle. Gen. Jones thought proper to fight them here which we did, repulsed them twice. In front of where I was they was retreating the 3rd time when we was flanked on our right The 60 Va. Regiment fled without firing again. This lost us the victory. This was one of the bloodiest battles of the war. We lost 800 or a 1000 killed, wounded [page torn] was commanding our Brigade, 2 lost 1 killed, 2 taken prisoners out of my small company. It was a miracle any of us escaped. We fought at least 5 to 1 and saved all our wagons, cannons,

ammunition. After this battle we had a race with Hunter to Lynchburg, beat him there, whipped him and run him past clear out of the country. We then marched to Stanton, there to Winchester then to Marthasburg and here we whipped the Yankees, captured 100,000 bushels of corn and as many oats. We then burned an extensive bridge on the Harpers ferry with a large amount of stores then charged the Yankees on Maryland Heights, ran them into their fort, caused them to burn their stores.

We then went to Frederick City, had a severe fight there, whipped the Yankees, killing a great many and chasing the balance to the four winds. They threw down their arms and fled toward Baltimore. This left nothing in the way to the city. We went there, drove the Yankees from there We all expected the next day to take the city which all thought we could have done, but after laying on our arms all day, we was marched off late in the evening and back to the then back to win Chester. I left the army near Chester last Saturday week. They had a fight, drove the Yankees 10 miles, took 2,000 prisoners. I understand Thomas Legion is to take the prisoners to the South, tho I don't know that it is so.

Father, this has been the longest march of

the war and was performed without rest. It has killed very many good soldiers, one of my Co. Wm. Henry, he sunk down with fatigue between Sitbur and Stanton and soon died. I saw many a soldier boy give out and fall down on the road side. This was common all the way. I do not know how I stood it through. I had to stop and wash the blood out of my socks more than once on the march. Tho I do not grumble, I am very thankful that I was able to stand it as well as I did.

I am especially thankful to my God that I have been saved through it. So many dangers and that I am as well as I am.

You will want to know how I came out of that difficulty with General Jackson. Well, after he was relieved from command over us and ordered to report to Gen. Bragg, Gen. Breckenridge ordered a court to try me which they did at Lynchburg while the army was there. They cleared me and justified me in every position, placed me back where I was with my original pay. I have since been commanding Walkers Battalion through this campaign.

I give you the name of this hospital so that you can write me if you choose. Though I do not know that I will stay here till I get a letter or not.

I am at Delever Hospital, Ward D. I have not heard a word from home since Wm Henry came back. I want to hear very much. I must close this long letter. I am treated well here.

Your affectionate son
S Whitaker

P.S. I forgot to tell you that I saw Lafayette Morere [or Marner] near Winchester. He is in Gordon's Division – had been sick at Lynchburg, joined his command 2 or 3 days before I left. His company lost 63 men in this campaign.

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"Libraries Rock" Summer Program in Final Month

Have your kids completed their Summer Reading bookmark yet? This special bookmark is their ticket to a free book and Asheville Tourists ticket at the end of the summer. Each time your child visits the library between now and August 31, they need to bring their Summer Reading bookmark with them to collect a stamp. Once they have collected all four stamps they can pick out a book to keep forever. In addition, if they complete their bookmark by August 21, they will also earn a voucher to Buncombe County Library Night with the Asheville Tourists.

AUGUST EVENTS

CD Dream Catcher DIY



Saturday, August 4
at 2 pm

Upcycle old library CDs by creating a colorful beaded dreamcatcher using materials provided. Ages 8 and up.

Jedi Training Academy

Saturday, August 18
at 2 pm

Is the Force strong with you? Find out when you navigate the "lava" skiffs on the Outer Rim of Mustafar, dodge Storm Trooper "blasts,"

assemble a "droid" from spare parts, and more. Dressing up is encouraged, but not required. Ages 5 and up.

Friends of the Fairview Library Community Meeting

The Friends will be meeting on Tuesday, August 14 at 7pm. All members are welcomed and encouraged to attend.

FOR THE COMMUNITY

Election Help

The Buncombe County Board of Elections will be at Fairview Library on Wednesday, August 22, from 10 am-12:30 pm to educate people on voting this fall. They will also be looking to find people in the community who might be willing to help work the polls on election day, November 6.

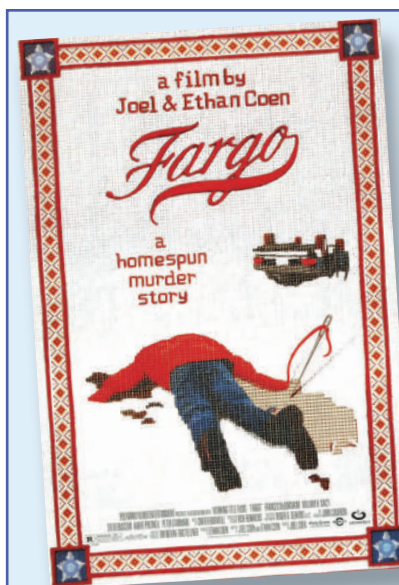
ZOOM Is Now at Fairview Library

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 WNC Nature Center, Buncombe County Pools, Asheville Museum of Science, and Hands On! Children's Museum. Call the library for more information and/or to find out how it works. This program is sponsored by the Friends of the Library.

Fairview Library Book Club Selections

- September **The Burgess Boys** by Elizabeth Strout
- October **Shadow of the Wind** by Carlos Ruiz Zafon
- November **Mountains Beyond Mountains** by Tracy Kidder
- December **Eleanor Oliphant is Completely Fine** by Gail Honeyman
- January **The Spirit Catches You and You Fall Down** by Anne Fadiman
- February **Homegoing** by Yaa Gyasi
- March **The Wife** by Meg Wolitzer
- April **Hour of the Land** by Terry Tempest Williams
- May **White Houses** by Amy Bloom

The book club meets the third Tuesday of the month at 7 pm.



SUMMER OF NOIR FILM SERIES FARGO (1996)

Tuesday, August 21, 6-8 pm

Join us for the final free film screening and discussion on the highly influential Film Noir genre. Events are hosted by North Carolina Film Critics Association member James Rosario, who will introduce each film.

Academy Award winner Francis McDormand, William H. Macy, Steve Buscemi, and Peter Stormare head up this homespun neo-noir from writers and directors Joel and Ethan Coen. When

down-on-his-luck car salesman Jerry Lundegaard (Macy) hires a pair of two-bit criminals (Buscemi and Stormare) to kidnap his wife, things go from bad to worse. On the case is a small-town sheriff (McDormand) in a weird and wild ride across the frozen plains of Minnesota. Rated: R (ages 17 and up). Run time is 1:38.

The Grail Moviehouse is now generously donating popcorn to our film screenings!

Fairview Library Database of the Month

The library isn't only about books. We also provide the community with access to tons of helpful electronic resources to meet your needs. Each month in the Town Crier and on the library's Facebook page we will be highlighting one of those resources. The databases highlighted are available to library cardholders every month, not just the month they are featured.

This month's database is Heritage Quest. The Heritage Quest database contains a large collection of genealogical and historical sources, including United States census records, books, bank records, and much more. Unlike ancestry.com, which is only available from the in-house library computers, Heritage Quest is available to you from any computer as long as you present your Buncombe County Library card.

REGULAR CHILDREN'S PROGRAMS

Baby Storytime *Tuesdays at 11*
Toddler Storytime *Wednesdays at 11*
Preschool Storytime *Thursdays at 11*
LEGO Club *August 3 (first Friday), 3:30*

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!

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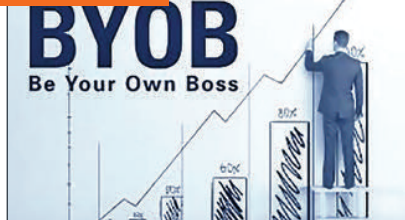
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Perfect for first time buyers or investors! 20 mins to AVL, 15 to Lake Lure/Chimney Rock. Partially wooded 1/2 acre with private driveway. Call Susan for more info 828-301-1410, **\$120,000**

2,500 SQ FT COUNTRY CAPE COD



1.21 acres 4/2.5 2-story home w/ 2 car garage. Large yard w/ pool and hot tub. Two PINs: recorded 0.37-acre lot can be built on plus second 0.25 unsurveyed lot for a third home. Call Glenn 828-628-6321. **\$499,000**

LAND FOR SALE

NEW! 7+ ACRES OF SPECTACULAR MOUNTAIN TOP VIEWS. Road cut in, several spots to build. Build one house or three, great VRBO possibilities \$54,000

NEW! 0.63 OF AN ACRE IN BEAUTIFUL GATED COMMUNITY Lots of amenities in this private secure community. Green space, playground, paved roads and running creek. Mountain views from this property, potential to be a beautiful build spot. \$59,000

NEW! 1.17 ACRES OF MOUNTAIN MAGNIFICENCE Beautiful mountain community to build your dream home. Lots of amenities and benefits to this wonderful property. Home plans available with this buy \$20,000

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

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

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

NEW! AWESOME PRIVATE HILLTOP 1+ Acre Lot with huge view potential. VRBO Builds OK!! Lot is very accessible. ONLY \$41,000 Call Karen, 828-216-3998

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

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

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

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

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

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

11 ACRES OF UNRESTRICTED FAIRVIEW PROPERTY. Driveway cut into several sites. Large hardwoods and old grapevines from Ireland. Creek and block building would make a great shop. End of road privacy. Boulders, old barn and mountain laurels. \$150,000. Call Allen 329-8400

4/2.5 HOME NEXT TO GREENWAY

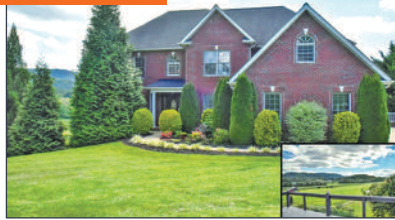
NEW LISTING!



Level lot in a desirable community with sidewalks. Open floor plan, vaulted ceilings, gas fireplace, 2 car garage, loads of natural light. Back patio overlooks the backyard in a quiet setting. Great neighborhood with Greenway along the creek. **\$325,000**

4/5 HOME W/ PICTURESQUE VIEWS ON 1+ ACRE

NEW LISTING!



Custom brick home overlooking Cane Creek Valley. 2 kitchens, 2 family rooms, formal dining room, living room. Eat-in kitchen on main, custom cherry cabinets, walk-in pantry, granite countertops, SS appliances. Custom closets, many more amenities! **\$649,900**

BEAUTIFUL MTN LOT WITH 360° VIEWS



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

WHY BUY / BUILD? NEW FOR THE SAME PRICE

NEW LISTING!



Brand new Arts & Crafts! Open floor plan, 3/2, one-level. Covered back porch. Wood floors throughout. New subdivision in the heart of Fairview, agrihood community with a 1/2 acre lots. **\$395,000**

MOTIVATED SELLER / ALL LOTS REDUCED

REDUCED PRICE



Fantastic location in Asheville. Country living in the city! Lot #2 **\$87,000 UNDER CONTRACT**. Lot #3 4.89 acres **\$155,000**. Lot #4 **\$95,000**. Lot #5 **\$95,000**. Lot #6 **\$75,000**

MOUNTAIN SIDE ESCAPE ON 2+ ACRES

NEW LISTING!



Spectacular rock & cedar chalet style home. 2 fireplaces, open floor plan, cathedral ceilings, views & privacy. Private quarters on lower level & detached workshop. Immaculate! Great value at **\$635,000** Call Karen 828.216.3998

BUILD NEW!!!! 1 LEVEL RANCH



3/2, Space-efficient ranch offers all the features you've been looking for. Master BR suite, full-size bath, walk-in closet, huge great room. New agrihood subdivision in the heart of Fairview. Many plans to choose from. **\$350,000**

MAJESTIC OAKS! LOTS GOING FAST — DON'T WAIT!



LOT 1	0.5	SOLD
LOT 2	0.5	\$59,000
LOT 3	0.5	SOLD
LOT 4	0.521	\$59,000
LOT 5	0.482	SOLD
LOT 6	0.51	\$59,000
LOT 7	0.64	\$64,000
LOT 8	0.526	\$59,000
LOT 9	0.521	\$59,000

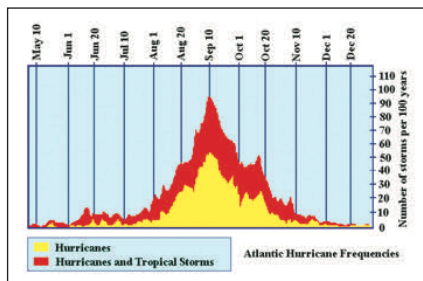
+ ALMOST 1/2 ACRE OF GREEN SPACE!

Get Ready for Foggy Mornings

A late summer concern during August is fog, which occurs in the morning when the air close to the ground cools overnight and becomes saturated (its relative humidity reaches 100 percent — so the water vapor in the air condenses and creates tiny suspended water droplets, aka, a cloud on the ground). The number of foggy mornings on average is greater in August than any other month, with dense fog on about 12 days. This fog usually burns off by mid-morning on most occasions. By mid to late August we are already 60 days past the summer solstice, with the greatest amount of daylight behind us. In contrast, during August we lose about two minutes of daylight each day, with sunrise at 6:37 on the 1st and 7:01 on the 31st. Sunset times also show the same trend, with a sunset of 8:35 on the 1st and 8 pm on the 31st. This simple change means the air close to the ground cools a bit more in late summer and becomes saturated, creating our foggy mornings.

Over the next few months, we also turn our attention to the tropics. The US, on average, has two or three land-falling tropical storms/hurricanes in August and about three to four in September. The season really starts to ramp up between August 20 and September 15.

Hurricanes or tropical storms draw their power from warm, extremely humid air



When hurricanes typically hit (courtesy of NOAA)

found only over warm oceans. Tropical cyclones help maintain the global heat balance by moving warm tropical air away from the equator and toward the poles. Without them, the tropics would get a lot hotter and the poles a lot colder. A typical tropical cyclone releases heat energy equivalent to 70 times our global energy consumption a day. We will talk a bit more about hurricanes next month. In terms of precipitation, many times here in Fairview it is either feast or famine. We had an excessively wet spring followed by a more normal and slightly drier early summer. We will have to wait and see what moisture and storms, if any, the hurricane season brings us.



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

WEATHER WONDER

Why doesn't the West Coast get hit by hurricanes?

Hurricanes form in different ocean basins around the world. In the northern hemisphere they form at tropical and subtropical latitudes and then tend to move toward the west-northwest. In the Atlantic, such a motion often brings the hurricane into the vicinity of our east coast. In the Northeast Pacific, the same west-northwest track carries hurricanes farther offshore, well away from our west coast.

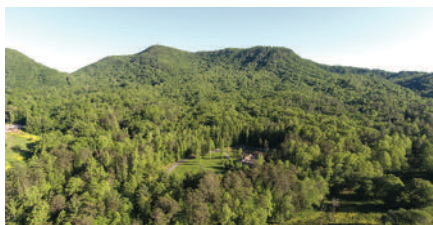
The second and most important factor is the water temperature and the stark difference in the sea surface temperatures along our east and west coasts. Along the East Coast, the Gulf Stream (a warm water current) provides a source of warm waters (above 80 degrees), which helps to maintain the hurricane. Along the West Coast, however, ocean-surface temperatures rarely rise above the lower 70s F. The reason for this is the cold or cool water Humboldt current, which travels south from Alaska down the coast of western North America. Such relatively cool temperatures do not provide enough thermal energy to sustain a hurricane's strength. So the occasional Northeast Pacific hurricane that does track back toward the US encounters the cooler waters of the Pacific, which can quickly reduce the storm's strength. In fact, the cooler waters of the Pacific extend way south along the Pacific coast. You have to go all the way south to the central Mexican coastline to find water warm enough to sustain hurricanes. This

QUESTION of the MONTH

What September hurricane caused the most damage in our region?

warm water lies well within the belt of easterly winds, so almost all the storms that form there move away from the coast, toward the west. By the time those storms recurve, they are usually thousands of miles west of the coast of North America.

Drovers Road PRESERVE



A 110 acre conservation easement surrounds this established neighborhood in the heart of Fairview farm country. Enjoy the simple amenities of hiking trails, wildlife, and picnic areas.

Drovers Road Preserve is blooming with 2 homesites under contract and one new custom home underway. Eight homesites are available with 1.6 to 8.9 acres, from \$205,000 to \$265,000.

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What's in Your Vitamin Cabinet?

My patients often ask what vitamins they should take. Vitamins are a good way to ensure that your body has the needed nutrition that we can't always get from our diets. They can also help with specific health conditions.

In general, I recommend the following (but you should check with your doctor before starting any new medication).

- High-quality multivitamin. I am using more liquid forms of high-potency vitamins, and Whole Foods and Earth Fare brands seem to have the highest quality.
- Omega 3 oil, 2,000 mg day. Must be molecularly distilled (removes toxins in the fish).
- Turmeric, the ancient wonder nutrient
- Vitamin D3, 2,000 IU per day.

For arthritis, I use glucosamine with chondroitin and MSM. The results may not show up for months. I like Pure Encapsulations, Douglass Labs—but buy it from Earth Fare, Whole Foods, and Green Life-type stores.

For statins, use Coenzyme Q 10. This replaces the enzyme removed from your body by drugs. It energizes your heart muscle. Ubiquinol is the best form of CoQ10.

For reflux, try a digestive enzyme and a probiotic; these can help half the time. You can add Betaine HCL if protein meals give you trouble.

There are a lot more helpful vitamins and nutraceuticals (a fancy word for vitamins). If you buy your vitamin from Sam's Club, you are less likely to have a high-potency vitamin. I think blood work-based testing is one of the optimal ways to determine health concerns that may be helped with nutrition support.

For diet, eat a lunch and dinner with 50 percent vegetables, 25 percent protein, 25 percent non-wheat grains like beans, rice, sweet potatoes. If your joints hurt and you feel bloated, try avoiding wheat products for 20 days. You may be shocked at how much better you feel. Try drinking half your body weight in ounces of water per day. (Don't do this if you have kidney issues or are using Lasix medication for fluid control).

If you are not aware of the role of systemic inflammation in all chronic disease processes, go to deflame.com and learn about it. Do it for your family.

Ultimately we are responsible for our own choices and health. The more you take care of yourself, the less you will spending in our incredibly costly health (disease) care system.



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

5-Minute Mindfulness for a Better Brain

Mindfulness practices, which date back over two and a half millennia, have gained popularity since the 1970s due to various pop-culture and western academic and scientific influences. Mindfulness meditation has its roots in Vipassana, the oldest of Buddhist meditation practices, which is simply cultivating awareness of what is going on in every moment. This non-sectarian practice is best done through meditation and sitting quietly, so that one can extend this ability to normal, everyday situations.

One of the tenets of Vipassana is to neither crave nor show aversion toward anything that is happening while you are sitting quietly. That is to say, you don't want to like or dislike anything that is happening; just acknowledge it for what it is and let it pass. It just so happens there is sound neurological reasoning for this.

As an exercise, sit quietly with your eyes closed for 5 minutes—away from phones, TVs, kids, pets, etc.—so that your mind will be able to explore what sensations arise in your body. Sit in whatever position is comfortable for you, but do not lie down as the possibility of falling asleep is likely!

Direct your mental attention slowly from head to toe, stopping wherever any sensation arises (i.e., itching, pain, tingling). Stay at that place for a few moments to analyze and appreciate the sensation and move on,

but do not react to it. For example, if you have an itch on your nose, don't scratch. Go from head to toe, then toe to head. Repeat as many times as able in 5 minutes.

The ability to be non-reactive to both pleasurable and uncomfortable sensations helps us to exercise impulse control and self-regulation centers in our brain. It literally works out and builds brain matter. ADHD, OCD, addiction and other mental health and behavioral struggles have their roots in inefficient impulse control and self-regulation. Do yourself and your pre-frontal cortex a favor and try this—often.

Start slowly and build up to 10-20 minutes or more per day. Then consider more intensive sessions where you can observe and improve your mind/body connections to levels. I was lucky enough to experience a 10-day intensive retreat this past February. With 12 hours of mindfulness meditation per day, critical observation of body sensations and non-reactivity to them caused changes in my brain function that were visible on quantitative EEG (electrical brain studies) upon my return. These are changes that will last a long time with continued practice.



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

Back to School

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SATURDAY, AUGUST 11TH 5 PM

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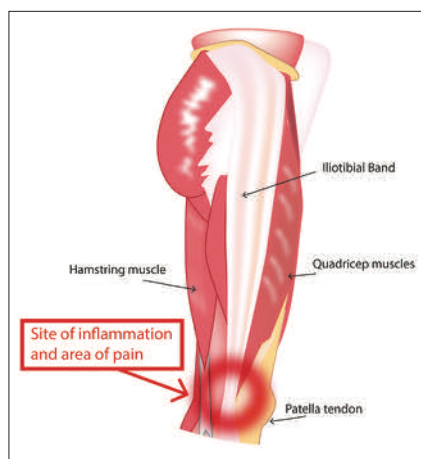
As You Get More Active in the Summer, Take Care of Your IT Bands

Pain on the outside of the knee is a common complaint among hikers, runners, cyclists, gardeners and other people who have increased their activity level during the summer. As we increase the demand on our bodies by increasing our physical activity during the summer, we also increase the chance of developing pain from overuse. When we introduce a new or more intense activity, the muscles in our body need time to adjust. If we do not help the muscles adjust by rest and performing specific stretching and strengthening exercises, then imbalances between muscles can occur. These imbalances cause nagging and persistent pain. A common type of injury that occurs is Iliotibial Band Friction Syndrome.

The Iliotibial Band (ITB) is a band of connective tissue that extends down the outside of the leg from the hip to the knee. It extends from a hip muscle, the tensor fasciae latae, past the knee joint and attaches to the tibia. Fibers of the ITB are blended with portions of the gluteus maximus, vastus lateralis, and biceps femoris muscle tendons.

Causes of ITB Friction Syndrome

- Running on hilly terrain
- Running on sloped ground
- Sudden increases in mileage with running and cycling
- Sudden changes in training surface
- Leg length difference



ITB Syndrome. Illustration: BodyHeal.com.au.

- Muscular imbalances at the hip, thigh, and knee
- Hamstring and Quadriceps muscle tightness and/or weakness

Symptoms

- Diffuse pain on the outside of the knee that is difficult to localize
- Pain will occur when performing the repetitive activity that caused the injury

Interventions for Treatment

- Activity modifications such as taking a break from running, decreasing mileage, change the training surface

- For cyclists, look at proper bike fit, adjust seat height and position
- Ice 3 to 4 times per day, 10 to 15 minutes applied to the outside of the knee
- Incorporate strengthening exercises that target the hip abductor and external rotator muscles
- Perform a regular stretching routine to include the ITB and surrounding muscles.

Exercises to Strengthen the Hip

Clamshells Lie on either side, then bend knees and hips. While keeping hips and knees bent, slowly lift top-side leg away from bottom leg. Lift leg up, attempting to point knee to ceiling. Keep ankles together throughout entire movement. Perform 8 to 12 times with each leg.

Single leg bridge While lying on your back with your knees bent, extend one knee as shown. Next, raise your buttocks off the floor/bed. Try and maintain a level pelvis the entire time. Perform 8 to 12 times with each leg.

Hands and knees hip extensions

While in a crawling position, draw your leg back behind you as you straighten your knee. Perform 8 to 12 times with each leg.

Stretches

Calf stretches Stand with the middle of your foot on the edge of the stairs while holding onto the railing. Slowly drop heels

off until you feel a stretch in the back of your legs, keeping your knees straight. Do not bounce. Hold stretch for 30 seconds. Repeat 3 to 4 times.

Hamstring stretches While lying on your back, hook a towel or strap under your foot and draw up your leg until a stretch is felt under your leg and calf area. Keep knee straight. Hold stretch for 30 seconds. Repeat 3 to 4 times on each leg.

IT Band stretches In a standing position, cross one leg in front of the other. Bend forward to feel a stretch behind legs. Hold for 30 seconds. Repeat with other leg in front. In a standing position, cross the affected leg behind your unaffected leg. Next, lean forward and toward the unaffected side while using your arm for balance support. Hold stretch for 30 seconds. Repeat 3 to 4 times.

Summer in WNC encourages an increase in outdoor activity. Being active is a vital part of healthy living. Becoming more active does not have to cause persistent pain and discomfort. By keeping the leg muscles that surround the IT band flexible and strong, knee pain can be avoided.

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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Medicare A, B, C & D

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Who Is Eligible?

Basic eligibility requirements for Medicare benefits are as follows. You have worked for at least 10 years paying FICA taxes and you are 65 years or older and a citizen or permanent resident of the United States. If you aren't yet 65, you might also qualify for coverage if you have a disability or are diagnosed with end-stage renal disease. Note: You will be eligible for Medicare when you turn 65 even if you are not eligible for Social Security retirement benefits. You are eligible at age 65 if you receive or are eligible for Social Security benefits or railroad retirement benefits, or your spouse is eligible, or you or your spouse (living or deceased, including divorced spouses) worked long enough in a government job where Medicare taxes were paid, or you are the dependent parent of a fully insured deceased child. Most people pay nothing for Part A, but if you do not meet these requirements you may be able to get Medicare hospital insurance by paying a monthly

premium. Usually, you can sign up for this hospital insurance only during designated enrollment periods. In 2018, people who had to buy Part A paid up to \$422 each month. In most cases, if you choose to buy Part A, you must also have Part B and pay monthly premiums for both.

When Do I Sign Up?

Most people will be automatically enrolled. Your Medicare card should arrive approximately three months prior to the month you turn 65. You do have a choice to opt out of Part B. It comes with a monthly premium (\$134 for most people in 2018), which you must pay unless you qualify for low-income help to pay part or all. Opting out of Part B isn't to be taken lightly. Unless you can prove "creditable coverage," such as an employer group plan, you're likely to face a late-enrollment premium penalty of 10 percent for every 12 months you could have enrolled but did not. If you continue to work after you turn 65 and have "creditable coverage," then saving the Part B premium and enrolling later may be a good strategy for you.



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

Perfect Emojis and a Natural Smile

If you have a MacBook or MacBook Pro with Apple's newer "butterfly switch"-type keyboard, and letters or characters repeat unexpectedly or do not appear or if keys feel sticky or do not respond in a consistent manner, you should check in with an Apple-authorized repair place to see if Apple will replace that keyboard, even if your laptop is out of warranty.

Small but important search tips for Google (and Bing) include: putting quotes around a phrase make it a literal search; using a minus sign in front of a word ensures the word is not included in search results; inserting a tilde (~) will include synonyms; and adding double dots or periods will indicate a range for pricing or dates.

There are times you just need to find the perfect emoji, but it can be hard to locate it on your device. Try emoji.com, where you can search and copy emojis into all sort of communications. And if you need to decode the string of emojis just sent to you, try pasting them into decodemoji.com.

Sometimes you want to ID a plant or bug with your phone. Try Google Lens, part of the Google Photos app on either Android or iOS, to pull information from a photo, like contact information or an event date from a flyer, in addition to seeing if you can ID plants and such.

Here's an anti-identity theft tip: a natural smile in an ID photo may make it more

difficult to fake being you. A somewhat neutral and natural smile seems to be hard for others to copy.

We're all always looking for more security and privacy tools, and there's a new one to clean caches and securely erase free space on your Windows computer. Called Privazer and coming from France, it will help you securely erase those traces of financial data you might not realize stick around on the hard drive. Try it at privazer.com.

Just as there is often hidden tracking data in digital documents, there are similar tracking items or dots in printed items. If you want to descend into the weeds of how printed documents can be traced back to their printer, see some recent work by researchers in Germany at dfd.inf.tu-dresden.de. If you feel comfortable with the command line in Windows 10, you can install a tool that "enables automatic extraction, decoding and anonymization of document color tracking dots." This won't guarantee that you can create tracking-free documents, but at least you will learn more about how not even printing can save you from being tracked.



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

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Picking Blueberries at 4,000 Feet

We took part in ASAP's family farm tour at the end of June. This is always a great event for us. We like to show folks what we do and what we're learning. Nearly every year we do this tour, we have something new that we're trying out based on what we've learned since the last one. Typically we see over 200 folks over the weekend. This requires a full complement of our staff to be on hand and usually a few neighbors who kindly volunteer, as well as the cooperation of Spring Mountain Baptist Church, which lets us borrow its parking lot.

This was the first year that we held our tours at our blueberry orchard. It was definitely a challenge. The blueberries sit on a peak just under 4,000 feet above sea level on a moderately rough gravel road, and about half the length of that road is only wide enough for a single vehicle. Once you get to the top you have to contend with poison ivy, chiggers, gnats, and occasionally a bear or snake. But the view!

We had gorgeous but hot weather on Saturday, while on Sunday we had a couple passing showers, which cooled things down a little bit—for about 5 minutes. We were able to keep the road situation under control by using a lead car to bring folks up and down the one-lane road in coordinated groups. The berries were just coming ripe



that week and we had spent a lot of time mowing and weed-eating to minimize the poison ivy and chiggers. Unfortunately we couldn't seem to do much about the gnats.

The blueberry orchard comes from Walter's dad's side of the family. CB Harrill bought the property in the late 1940s and planted the blueberries in the early 1950s. The property was the first "you-pick" blueberry operation in WNC. He had a

two-room cabin (one for living and one for tools), no running water, and a one-seater outhouse. He lived there year-round. That's pretty impressive if you ever make it up there in January or February.

CB worked with NC Cooperative Extension agents to convert the corn field he had bought into a field of 900 blueberry plants. (The property is so steep the corn field still had to be plowed by horse in the 1940s and harvest required a sled and a team of three mules: one in front to steer and two behind to slow the sled going downhill.) No one was really sure it would be possible to do a you-pick operation. It just hadn't been done before. It was a success and CB went on to help several other local you-picks get started in later years.

In fact it was such a success that, when we took over managing the property after CB's death, we were seeing generations of families coming for their annual blueberry picking day—grandparents, parents, and kids. Even now, we still have folks stop by the market and talk about the adventures they and their families had up at the mountain. We hear about everything from CB having to pull them out of a ditch on the muddy road to having to back down the mountain

because the car wouldn't make it up the road to how many chiggers grandpa got that one time. All told with much laughter and love.

CB made most of his retirement income from the blueberries but he had other income streams to see him through the year. The blueberries take up about four of the 150 acres that make up the property. The rest of the piece is in a forestry management program. To make use of that, CB ran a small sawmill operation. He also made crafts from various elements available in his woods. He built bird boxes and candy dispensers from his lumber scraps and poplar-bark berry baskets, and collected chinquapins to make jewelry.

We'd like to thank all the folks who have visited our blueberry patch, this year and in years past. We'd also like to thank ASAP for supporting our choice to do the farm tour there this year. We know it's quite a trek up there. We also know that it's well worth the effort. We're in full picking mode right now, so if you don't see us much in July, that's where we'll be—with the blueberries, gnats, chiggers, bears, and snakes. But, oh! The view.

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



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Looking to the 2018-19 School Year

by Cindy McMahon

Summer flies by, doesn't it? You may still be brushing the beach sand off your toes, but the beginning of the school year is just around the corner on August 27. "Back to School" is now the theme in stores, and in Buncombe County Schools we'll be ready when the first students stream off the buses. This column brings you important items to keep an eye on this year from the School Board perspective.

School Safety

As I've written before, school safety is a primary concern for Buncombe County schools' leadership. There are three items to watch in this area:

- **Behavioral Health positions** The key to school safety is prevention, and adequate supports for mental health are vital in this prevention effort. In our annual budget request to the Buncombe County Commissioners, we requested

funding for three new Behavioral Health Specialists. Among other responsibilities, these specialists will assess student behavior, develop support plans, and coach teachers in working with students who are facing mental health challenges. This funding was put on hold by the Commissioners, pending possible funding for these positions from the state or federal government. If no state or federal funding is available, the county has assured us that they will unfreeze the recurring funds for these positions.

- **School Facility Security Committee & Needs Assessment** This new committee is made up of representatives from both Buncombe County and Asheville City schools. I serve on the committee, along with fellow School Board member Max Queen and various school staff. Our charge is to present a request to the School Capital Fund Commission for funding a security needs assessment of all campuses and buildings in both



school systems. If funded, we plan to work with an experienced consultant to carry out this comprehensive study.

- **Sheriff candidates** As you likely know, Sheriff Van Duncan has decided not to seek re-election, and we have three candidates to replace him: Quentin Miller, Shad Higgins, and Tracey DeBruhl. Alongside School Resources Officers and other collaborative efforts, the Sheriff's Department is absolutely critical to school safety. As you decide who gets your vote, please consider the candidates' level of experience with safety in schools.

Strategic Plan

My mama liked to remind me to "plan the work and work the plan." I have found this piece of advice to be very helpful throughout my life, and the same is true for businesses, organizations, and

school systems. We need to know where we're headed so we can be sure we get there! BCS leadership has been working on a three-year strategic plan, and it will likely be presented for approval at the August meeting of the Board of Education. After the plan is approved, you can learn more about the goals and strategies on the BCS website.

School Leadership Changes

Each year we see a number of principals and assistant principals change jobs in Buncombe County. In the Reynolds District for 2018-19, Dr. Bonnie Johnston will lead Cane Creek Middle School (coming from TC Roberson High), and AC Reynolds Middle School will have a new Assistant Principal, as Heather Brookshire will be the new Principal of the Nesbitt Discovery Academy. The new Assistant Principal at Reynolds Middle has not yet been announced, but stay tuned!

School Board Elections

Every two years, either three or four seats on the Buncombe County Board of Education are up for election. This year it will be seats for three districts: Reynolds, Enka, and Erwin. The filing period ends at noon on August 3, so we don't yet know the full list of candidates for these offices. I am running for re-election as your Reynolds Representative, and Max Queen and Pat Bryant are running as incumbents in the Enka and Erwin districts.

Please let your neighbors know that you can vote for one candidate in each of the three districts. As long as you live in the catchment area for Buncombe County Schools, the candidates for all seats will appear on your ballot. Keep in mind, too, that although education is important to all voters, these races will be listed last on your ballot: you must turn the ballot over and go all the way to the bottom to find the School Board candidates.



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

AUGUST CALENDAR FOR REYNOLDS SCHOOLS

AUG 24 Bell Elementary Meet Your Teacher 8-10 am

AUG 27 First day of school

AUG 29 Bell Elementary breakfast for kindergarten parents, 7:45 am

See front page for important back-to-school dates for Fairview-area schools

Small Donations Can Make Big Difference

by Karen Wallace-Meigs

As a new school year approaches, the A. C. Reynolds High School Parent-Teacher Service Organization (PTSO) again asks parents, teachers, grandparents and community members to donate \$10 or more to make a positive difference in the lives of young people. Many of you donated to the PTSO in recent years and everyone—from parent members to school administrators and faculty members to students and families—is grateful for your support.

These tax-deductible donations, along with payments from the U. S. Cellular Center for hundreds of volunteer hours selling concessions, allow our PTSO to offer thousands of dollars in mini-grants to classroom teachers to enrich curriculum and provide for student needs. Thanks to community support, students have attended academic and music competitions; cooking supplies were purchased to help students learn culinary skills; science labs have been bolstered; students received needed textbooks; and much more.

For the second year, the PTSO awarded a scholarship to A-B Tech to three seniors, helping deserving teens and benefiting the community. Your future nurse may have had



assistance from the PTSO, courtesy of your donation.

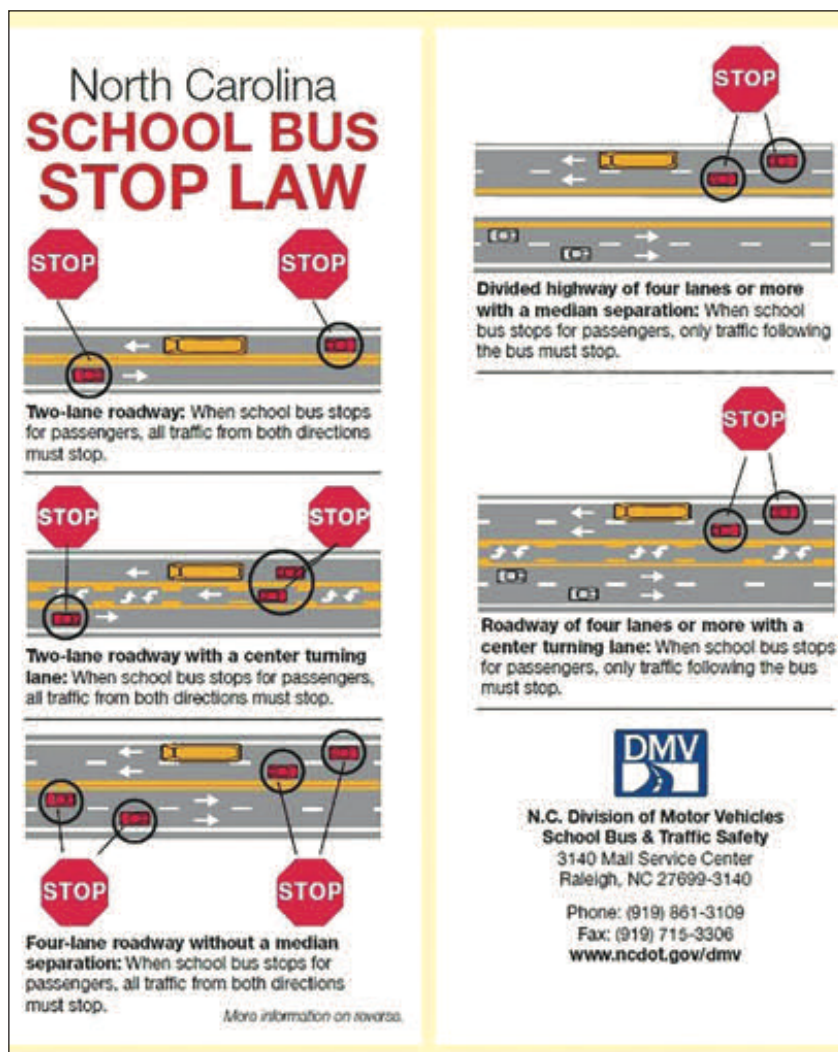
Our success is made possible by membership dues and donated/discounted services, goods, and contributions from the following partners: Becky's Florist, Covenant Community Church, Earth Fare, Dolci di Maria, Food Lion, Piazza, PostNet, RentAll, Pomodoros, U.S. Cellular Center, Earth Fare (Hendersonville Road), Sweet Escapes (Biltmore Park), Hopey & Company, Mrs. Love's English classes, Mrs. Briden's Art Students, and

countless community members, alumni, and families.

The PTSO provides classroom teacher grants and teaching resources that would normally not be provided though state-allowed instructional funds. In these times of reduced budgets for education, our work is more important than ever. Our combined efforts make for a rich tradition at A. C. Reynolds High School. Please join us. Checks may be made out and mailed as follows: A. C. Reynolds High School PTSO, 1 Rocket Drive, Asheville, NC 28803.

Karen Wallace-Meigs is vice president of the Reynolds High School PTSO.

FES Traffic May Cause Congestion



by Kenya Hoffart

Staff, parents, and students at Fairview Elementary are gearing up for the start of another great school year. Teachers are preparing to decorate classrooms and work on lesson plans, parents and students are practicing their reading and writing skills and getting together all their school supplies, and the custodial staff is getting everything in order for a bright and shiny start.

Administration and office staff have worked all summer to make sure schedules have been made, goals have been defined, existing programs and practices have been evaluated, and all safety protocols are in place. The final countdown to the end of summer break is under way.

When school begins, the community will immediately notice a change in traffic flow approaching Fairview Elementary in the mornings and afternoons. Please be patient and understanding, as it will take a few days for everyone to learn the ropes. The lines will begin to start moving faster and more efficiently after the first few weeks. Traffic may begin to back up eastbound on 74 but should only affect the far-right lane. Please be aware

that line of traffic may be stopped as you approach. Traffic travelling west should only back up in the turning lane. School Zone speed limits are posted and will be enforced. The morning car line will begin moving at 7:15 am. The tardy bell will ring at 7:55 am. The afternoon car line will begin moving at approximately 2:35 pm. All students must be picked up by 3 pm.

School buses will also be back on the roads. *Passing a school bus with its stop sign and arm out is a Class 1 Misdemeanor and carries a heavy fine.* Safety cameras are installed on school buses, which will help violators be identified. Please be familiar with school bus safety laws so no lives are put at risk. An important goal each school day is to make sure every student arrives to school and back home safely.

It's an exciting time for the eager and hopeful students at Fairview Elementary. Thank you for helping these young community members stay safe.

Kenya Hoffart is the VP of fundraising and communications chair for the FES PTA.

EVERY LOVE, TEEN REPORTER

Last Chance for Fun

For every kid, summer vacation is the highlight of the year. School's out and you get to have fun all day, every day, until you have to go back a few months later. Until then, here's my short list of guaranteed summer fun that I hope some of you might enjoy.

Keeping active over the summer can be hard (at least for me), so here's a way to keep your summer moving: The Fairview area is known for great hiking spots and vistas.

One of my family's favorite local places is Bearwallow Mountain over in Gerton. The uphill is kind of hard, gaining 537 feet of elevation, so it is rated as strenuous—but it's not difficult. Once you get to the top, the trail opens onto sweeping, piebald meadows surrounded by exquisite views that are not to be missed. Cows graze in the grasses and you can walk among them. Here's the best part: large stones are scattered in the fields, making perfect places for picnics, reading, playing card games or watching the sunset.

Everyone says my generation is way too dependent on technology—our cellphones—and they may be right. For a good phone break and some downtime, I asked around for some good, binge-worthy Netflix shows, and man, I got a lot of different suggestions.

Julia Steininger suggests the new teen drama/mystery *Riverdale*: "Riverdale is based on the Archie Comics series about the lives of Archie and his friends. It's a dark mystery full of scandal and terror while managing to keep the reality of high school prominent. It keeps me on the edge of my seat and I love the diversity among the characters."

Emilee Hanna recommends *The Flash*. She had a lot to say about this show, and I bet if you give it a chance it'll invoke the same passion in you. The Flash was created by DC Comics. It follows the life of Barry Allen, a crime scene investigator with superpowers and a messy love life. Emilee likes it because it shows the other side of being a superhero, such as how every case could have more to it, and she says the characters are very lovable.

I watch Netflix way more than the average human, so I have a lot of suggestions. My favorite, which I don't feel gets enough credit, is BBC's *Sherlock*, which is based on Arthur Conan Doyle's famous character, Sherlock Holmes. I love this show for many reasons, including its main character, who is arrogant, funny, and a genius. The villain, Moriarty, is the owner of a crime syndicate, a flirt, and he always chooses the perfect soundtrack for every occasion.

I hope you try some of these suggestions and enjoy. See you next month.

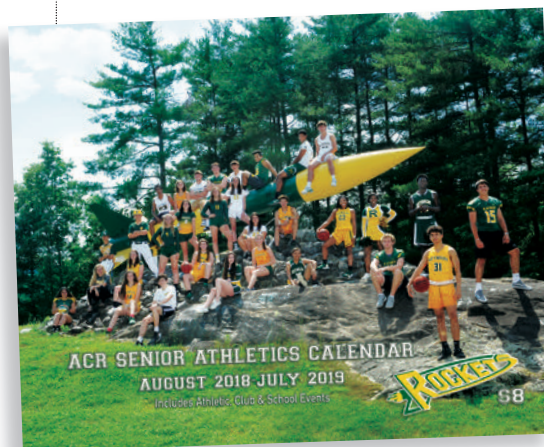


Avery Love is an eighth-grader at A.C. Reynolds Middle School. She lives in Fairview with her mom, dad, and sister Zoe.



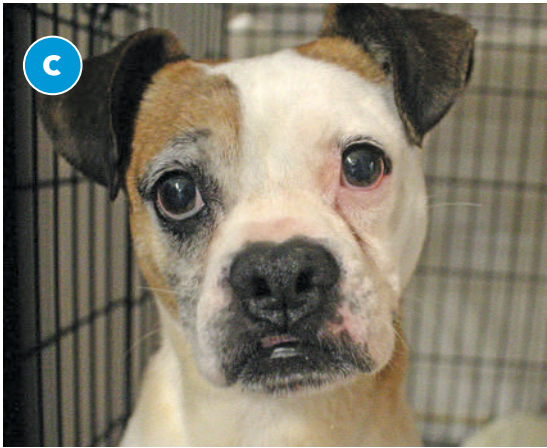
You never know who or what you might see on the trail!

ACR Calendar Sales Support Rocket Athletics



Everyone needs a calendar — especially one providing all A.C. Reynolds High School Athletics' games, Band, Club and school events, and Conference Game schedule, plus the school calendar for 2018–2019. It also includes just about every holiday celebrated in the United States to make this calendar packed with value. Your purchase of a calendar directly supports important athletic programs at the school.

Purchase yours for only \$8 at any ACRHS home game or at The Hub of Fairview, 1185G Charlotte Highway, M-F, 11 am-5 pm, Saturday, 12-4 pm.



a. Tabitha is a real lady. She's laid back, has gentle manners, and incredibly sweet. This lovely Torti is about 6 years old. *Charlie's Angels*

b. Apollo is a blue-eyed white Mini Lop. He's about 4 years old and weighs just over 4 pounds. He is neutered and ready for his forever home! He does appear to have a vision problem in his left eye but doesn't let it bother him. *Brother Wolf*

c. Carrot is a mini boxer mix weighing just under 40 pounds. He came from a shelter where he was scheduled to be put down because he couldn't walk well on a leash. But now he is doing great at leash walking and is a staff and volunteer favorite. *Brother Wolf*

d. Sputnik and **Porcupine** are bonded guinea pigs looking for a forever home. They love to chew on their toys and eat treats, such as parsley and broccoli greens. They won't bite when picked up, but are both pretty nervous about it, so care is needed. *Brother Wolf*

e. Jacks is a hound mix puppy born about 3 months old. He is all puppy—a very curious boy who loves to explore and is very playful. *Charlie's Angels*

f. Supernova is an adorable piggie around 15 months old. She's been raised with people and is receiving training from our behavior staff—pigs love learning tricks! Supernova would be good as an indoor/outdoor pet as long as she has a fenced outside area with shelter. *Brother Wolf*

g. Chance is an 8-year-old King German Shepherd mix who loves to play with tennis balls and knows how to sit. He would prefer to live in a home without children or other animals. Chance has been on the trails with our Hiking Hounds program and makes the perfect hiking buddy. *Humane Society*

h. Torbee is a loving 2-½-year old girl. Over the past six months, she's been in two shelters, been spayed, birthed kittens, and had a big operation. But she's better now. She loves playing, eating, getting petted, and lying around. She's very affectionate but doesn't like other cats. She needs to be the only one. *Animal Haven*

i. Cam is an 8-year-old boy who came to us as a stray. He is very social and loves attention. Cam's idea of a perfect day would be to climb in a warm lap and cuddle for hours. *Humane Society*

j. Hachi is a big brown puppy with a big personality and ears to match. He is 10 months old and weighs a lean 60 pounds. He has a friendly demeanor and his antics can't be beat. *Animal Haven*

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

Is My Dog Supposed To Be This Big?

If your dachshund is starting to resemble a sausage or your fluffy golden retriever is rounder in the middle than on either end, chances are your dog is fat. If you aren't sure, ask your vet for an opinion. If you want to figure this out yourself, here are some helpful guidelines: Has Rover gotten progressively heavier after becoming an adult? If so, he may be overweight. Can you feel his ribs without having to feel for his ribs? A thin padding of fat over the ribs is okay; a thick one is not. Does he have a figure eight body shape when viewed from above? If not, he is probably overweight. Does he have a tucked-up tummy when viewed from the side? If not, he is likely fat.

We only feed him the best dog food. How did this happen?

Rover got to be a fat dog the same way we all gain weight: he ate more calories than he exercised away. As we have gotten heavier and more sedentary as people, so have our pets. Even if you are providing a really wonderful diet, Rover may just be eating too much of it for his lifestyle, and potentially, it may be the wrong diet for his metabolism. Dogs have different metabolisms in different stages of life, and a one-size-fits-all diet rarely works. Make sure you are providing a high-quality diet made for the life stage of your dog in appropriate amounts. Dog foods are typically labeled



Number 5 in the graphic above is the ideal body composition for your dog. Ribs are easily capable of being touched or felt, with minimal fat covering. There should be a noticeable waist when viewed from above, and an abdominal tuck should be apparent from the side. (Source: wsava.org)

as puppy, adult, or senior foods. If you are feeding your dog with one that is labeled for all life stages, it is actually formulated to meet the puppy food requirements and likely has a higher calorie count than your chunky pup needs.

My dog is a cute sausage. Why should I worry?

Rover may be the cutest little fat dog on the planet, but he is actually developing a whole host of health problems as a fat dog. Fat dogs are at a higher risk of developing intervertebral disk disease, arthritis, cruciate ligament damage, other joint problems, breathing difficulties, and heart disease. These health problems can develop from carrying too much weight chronically, and once they are present, a cure may not be possible. Sometimes these changes can be reversed, but most

of the symptoms have to be managed. It's always easier to prevent weight gain in the first place than to treat these diseases when they occur.

Okay, then. How do I find the thin dog hidden inside?

The most important thing you can do is have a serious discussion with your vet about where to start. Rover may need blood work to rule out an endocrine disorder or other diagnostics to make sure he is starting his diet as healthy as possible, or he may just need a diet plan. Either way, your vet can help. If you want to get a headstart at home, you can stop feeding food in a free-choice manner and start feeding two or more meals a day instead. You can also decrease the amount you are feeding by 20 percent and also give away his treats to a skinnier dog. This is not

always an easy task—but stick to it! Dogs can't feed themselves: if you don't put it out, they can't eat it. Also, you can encourage exercise in the form of play as often as possible. Throw the ball for a few more minutes each day. Take another lap around the block on your daily walk.

The goal is 1 to 2 percent weight loss per week. It took years to get a fat dog, and it will take some time to get a thin one! However, every little bit of weight loss is a victory, so hang in there. Arthritis pain that occurs secondary to obesity can be vastly improved by as little as a 10 percent weight loss, so Rover will likely be feeling much better even before he is looking much thinner.

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

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Having a Bad Feather Day

As we progress through the heat of the summer, you might just see some strange-looking birds at your feeders. Not to worry—it's molting time.

Molting is the process by which a bird replaces its feathers. It happens every year. Some birds go through full molting, where they replace all of their feathers, and some birds go through a partial molting. The American Goldfinch goes through a partial molting in the spring as the males acquire their bright-yellow plumage. It works great to attract a date!

Most backyard-feeder birds molt from July to September. Some molt through October, like the Downy Woodpecker, and some, like Eastern Bluebirds, can molt through December. Typically, birds molt feathers in regular patterns or on specific parts of their bodies, and it may take weeks or even months for birds to complete the molting cycle. Every molting bird needs extra proteins to grow strong feathers for proper flight and effective insulation. They need extra fats for energy to grow feathers and provide proper coloration to best attract a mate.

It takes extra energy to grow feathers and also the right building blocks. The main ingredients in growing feathers are amino acids (protein) and lipids (fats). Birds' feathers are over 90 percent protein, and those



A young blue jay (left) and a female cardinal (right) in various stages of molting



feathers make up 25 percent of the protein in their entire bodies. Lipids, such as fat, oil or wax (often from tree fruits), supply energy and pigments for birds. Like the dyes used for our clothes, the colors in feathers come from different pigments found in lipids. Blue and white colors are not created by pigments but instead by reflections of light off the structural elements of a feather.

In many bird species, poor feather coloration can impact breeding success. Good coloring communicates reproductive fitness to prospective mates. It's a sign of being successful at obtaining both a sufficient

quality and quantity of food. Thus, they get the date! A male Red-winged Blackbird's dominance depends on his bright-red shoulder epaulettes being bigger than another male's. The larger the red epaulette, the better he can defend his territory and attract multiple mates. A diet low in proteins and fats may cause feathers to be improperly colored or form defectively, such as being frayed or curved. If a bird's colors are duller, it may have trouble attracting a mate. If the feathers are defective, it could seriously hinder its flying or insulation abilities.

So help them out during the summer by keeping your feeders supplied with high-fat and high-protein foods. Suets, sunflower chips, peanuts and mealworms can all help do the trick.

Enjoy your summer, and keep feeding those birds. You might just help them get a date!

Steve and Heidi Muma are the owners of Wild Birds Unlimited at 10 Crispin Court, Suite D, 102, Asheville. asheville.wbu.com

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Can You Identify This Fairview Building?



Back in May, the Fairview Public Library posted the accompanying picture to their Facebook page. The caption read, in part, "This snapshot turned up in the Pack Library NC Room collection and is identified as the Fairview lunchroom (circa 1940s?). Can anyone tell us more about it?"

We shared the library's post on the Crier's Facebook page and got some interesting responses. John Ager thought it was the log cabin lunchroom for the old school. Does anyone else have information on this building? If so, send it in to copy@fairviewtowncrier.com or call our offices at 628-2211. If you'd like to see the Facebook post, go to goo.gl/r4ncf4.

Grief Support Group at Trinity

Trinity of Fairview will be starting a GriefShare ministry on August 16. GriefShare is a friendly, caring group of people who have all recently lost a spouse, child, family member, or friend. Available to anyone in the community, the group will meet for 12 weeks, and the cost is \$15 for the workbook (with some scholarships available). For more information or to register, contact Jesse Looney at 628-1188, extension 202 or email griefshare@trinityoffairview.org. You can also register at trinityoffairview.org.



Quite a Catch!

Guide Jim Bailey and Fairview resident Charley Keeler caught a whopper of a trout—24"—while fishing the San Juan River in the Four Corners region of Colorado, New Mexico, Utah and Arizona. Charley used a Chernobyl Ant (dry fly). Congrats on your catch, Charley!

Gerton Student Admitted to Vet Program, Gets FFA Degree

The family of Adelaide Grindle is proud to announce that she has been admitted to Morehead State University's Veterinary Technology program. She has already completed two years at Isothermal Community College and plans to specialize in diagnostic lab, research and development in the equine industry. She also received the FFA American degree, one of only 83 students in North Carolina to receive the highest degree awarded by Future Farmers of America.

Adelaide said, "I want to thank my community of Gerton, community of Fairview, Gary Blackwell of NHHS FFA, and my loving family for all the love, support and guidance through the years. I will miss all of you and will continue to make my community proud."



Gary Blackwell and Adelaide, with her FFA American degree.

ON THE ROAD



Dr. Ed Reilly, who writes for our "To Your Health" column, recently visited Jerusalem. He was amazed to see in person the places he grew up hearing about in church.

More like "On the Couch." Everyone enjoys the Crier, like Betty Leary's 11-month-old lab Willow, shown at right with a recent issue.



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The Winners of Our Fiction Writing Contest

In our June issue, we ran this photo of a teddy bear and asked members of the community to send in their fictionalized stories inspired by this scene. Many thanks to all who did.

We picked two winners, and their entries are published below. Each winner received a gift certificate to Mr. K's bookstore.

Pat Van West is a local artist, educator, editor, and freelance writer with over 100 publications, including a children's book. You may also recognize her from her travelogue to Catalonia that we published last month. Congrats, Pat!

Believe it or not, Ayla Hernandez is going into the third grade this year. Yes, that's right— she's only 8 years old! In second grade, she won an award for "most detailed writer," and we can see why. Congrats to Ayla and her grandmother Cathy Barnhardt, who lives in Fletcher.



The Quest

by Pat Van West

She slowly made her way down the toy store aisle, trying not to knock anything off the crowded shelves with her bulging belly. Ignoring the discomfort of being nine months pregnant wasn't difficult because she was on a quest. She had to find the perfect first teddy bear to give to her first child.

She had already spent much of her pregnancy searching for this elusive creature and now her due date was just weeks away. Resisting the urge to panic, she moved down the aisle one last time. This store was her final hope. She had checked everywhere within a 30-mile radius—the longest distance her bladder would allow. She had been scrutinizing every bear in this last store for a half hour. She looked each teddy straight in the eye, hoping for a sign—the twinkle of a black button eye or the wave of a fuzzy paw.

Suddenly she saw him peering down from the highest shelf. As she stood on tiptoes and reached up, he jumped into her arms. She cuddled his soft body and buried her face in his fur. Holding him close, she whispered, "You're perfect," and she swore she saw him smile.

She took him home and set him on the windowsill where he patiently sat and waited. One week later, her daughter was born. Two days later, they were home. She opened the window and sat in the rocking chair, the baby in her arms. Teddy looked on as a soft summer breeze wafted into the room. Looking at him and then down at her daughter, she whispered, "You're perfect." And Teddy smiled.



Stitch the Bear

By Ayla Hernandez

One day a little girl named Abby was playing outside with her friends. She saw an abandoned house. It looked like it had been burned. She asked her friends to go exploring with her. Abby's friends said, "No way we're going in there! We're afraid the house will collapse on us!" So she went exploring by herself.

Abby thought it was a mansion because it was so big. The house had 15 rooms. Most of the furniture was gone or burned to ashes. She was inside a room that looked like an art studio because there was an easel propped against the wall and paint was splattered on the walls and the floor. Abby turned to the right and saw a little bear sitting in the windowsill. The bear had a lot of holes. Abby grabbed the bear and ran home. When she got home she stitched

up the bear. Abby knew the bear needed to be loved. Abby named the bear "Stitch."

She played with Stitch all day. She took Stitch to the beach, Florida, Paris, and Texas. Stitch was always with Abby.

One night when everyone was sleeping but her little brother Jack, Jack crawled into Abby's room and grabbed Stitch. Jack was a toddler who loved to take things apart and try to put them back together. He got hold of Stitch and pulled off his head and tore up the rest of Stitch's body. The next morning Abby woke up and saw Stitch. Abby was so upset and sad. Stitch could not get stitched up again.

Two weeks later she was at the store with her mom and Jack.

Abby saw the same exact bear as Stitch except without all the stitches and patches. Abby said, "Look Mom, that's Stitch!" Abby asked if she could buy it and her Mom said, "Sure, why not."

When they got home with the bear Abby named the bear Stitch. Abby was still upset because Stitch wasn't the same but she loved him too.

Five years later she still had the first Stitch on her mind. She missed him. One day Abby's mom was taking Abby and Jack to the zoo. Abby's mom took them to see the bears. Abby fell in love with the bears. One bear really reminded her of Stitch because it had the same eyes, muzzle and the same color. For a minute she thought, *Had Stitch came to life? He had—in Abby's heart!*



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What Should You Do With an Inherited IRA?

Individual Retirement Accounts (IRAs) are quite popular. At the end of 2017, investors owned nearly \$9 trillion in IRA assets, according to the Investment Company Institute, a trade association of U.S. investment companies. Given these numbers, it probably wouldn't be surprising if you inherited an IRA someday. But what should you do with it?

First of all, you'll need to be aware of some basic rules. If your parent, or anyone other than your spouse, leaves you a traditional IRA – one in which contributions are typically tax-deductible and earnings can grow tax-deferred – you can transfer the money into an "inherited IRA," from which you'll need to take at least a minimum amount of money – technically called a "distribution" – each year, based on your life expectancy. These distributions are taxable at your regular income tax rate. If you've inherited a Roth IRA, you also must take these minimum payouts, but the amounts won't count as taxable income, because your parents, or whoever left you the IRA, already paid taxes on the contributions that went into it. (To make sure you fully understand all the guidelines on distributions and taxation of inherited IRAs, consult with your tax advisor.)

It's also important to understand how your inherited IRA will fit in to your over-

all financial strategy. Consequently, you'll need to address these questions:

How much should I take out each year? As mentioned above, you must take a distribution of at least a minimum amount from your inherited IRA each year – if you don't, you may be subject to a 50% penalty on the amount you should have taken. But you can take out more than the minimum. In deciding how much to take, you'll need to evaluate a few factors. First, of course, is whether you need the extra money to help support your regular cash flow. It's possible you have other pools of income from which to draw, and, in some cases, it may be advantageous for you to tap these sources first. Another consideration is taxes – if you've inherited a traditional IRA, the more you take out each year, the bigger your tax bill may be.

Should I keep the same investments? Inheriting an IRA doesn't mean you're stuck with the original account owner's investment choices. You can change the investments to align with your goals and risk tolerance, both of which may change over time.

How does the inherited IRA fit in with my overall financial strategy? You'll need to consider how your newly inherited IRA fits in to the "big picture"

of your financial strategy. Are you adding redundancies? If you keep the inherited IRA largely intact, how will it affect your current investment mix? Could the added income from required distributions change your retirement calculations or even enable you to retire earlier? You may want to consult with a financial professional about these and other questions related to your inherited IRA.

The person who left you an IRA worked

hard for that money and thought enough of you to pass it on. Consequently, you'll want to respect this inheritance – and get the most out of it for as long as you can.



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

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A Surprise Short Session In Raleigh

North Carolina voters are going to be asked to decide on six amendments to our state constitution in November. In the past 20 years, there have been only seven amendments, so six in one year is historic. The Republicans in Raleigh enjoy a super-majority in both the House and the Senate, allowing them to pass by a three-fifths vote the legislation needed to place these amendments on the ballot.

My plan for this column was to lay out the amendments for your consideration, but suddenly out of the blue I was called back to Raleigh for a Special Session. I received official notice at 1 pm on July 23 to be in Raleigh at 10 the next morning. So I packed up and took off that evening. The General Assembly has exempted itself from giving proper notice for meetings—like, for instance, the two weeks my church must observe. I was able to crawl into my Raleigh bed at 2:30 am.

What were we being called to Raleigh to do? It was to interrupt a process that this body voted in two years ago, and it goes like this. When there are amendments on the ballot, a commission would be authorized to write in simple language (captions) describing in brief each amendment. That commission was to be made up of the attorney general, a legislative employee, and the secretary of state. Two of the three members are Democrats, and

the Republicans were afraid the captions would not toe their party line. So a bill was passed today to eliminate the captions altogether. My understanding is that the commission will meet and write the captions anyway, setting up a true battle over words.

More Partisan Maneuvering

Also at the special session, a second bill emerged in the NC Senate that you might also find of interest, as it, too, involves partisan maneuvering leading up to the November 6 election. There is a statewide judicial election for the NC Supreme Court in November. Earlier in the year, the General Assembly made two changes. First they eliminated the primary for this race, citing work being done on districts for other races for judgeships, even though the Supreme Court judge does not run in a district but across the whole state. Secondly, the races would become partisan, a highly unusual and controversial return to an older era. A Republican group, pretending to be sympathetic to Democrats, sent out mailers to lawyers in NC urging them to run for the Supreme Court. My lawyer seatmate, Marcia Morey, received them and showed them to me.

Why would the Republicans want more Democrats on the ballot? Without a primary, you could have several Democrats

and only one Republican, and the Democratic candidates would split their votes. Instead, when the dust cleared, there ended up being one Democrat and two Republicans. But in another plot twist, one of the Republicans switched his party affiliation from Democrat when he registered to be a candidate. Was he entering the race as a spoiler in an attempt to split the Republican vote? So the bill I voted against will change the rules once again, and mandate that to get the “R” or “D” next to your name, you have to have been a member of the party for at least 90 days. So Chris Anglin, the party-switching candidate, would have nothing next to his name.

Subject to Veto

Both of these bills will be subject to a veto by Governor Cooper, and there is little doubt that he will use his veto stamp and return the bills to the General Assembly. He has 10 days to do so. So the Special Session will continue in a ghost-like fashion but getting no work done for at least 10 more days. At \$50,000 a day, you can see that the cost to the taxpayers could be at least \$500,000 dollars.

Another problem for the legislators is that they have been pulled away unexpectedly from their jobs and family summer vacations. I am one of the few legislators

who has never missed a vote, but I have made arrangements to visit my son and granddaughter in California and might find it difficult to return for an override vote of the governor’s veto.

A Political Battleground

One of the worst aspects of our current political culture (and there are many) is how badly our judicial system has become a political battleground rather than a battle for the best legal talent. We will be subjected to unrelenting partisan debate surrounding the appointment of the new US Supreme Court nominee over the summer and fall. There will be enormous amounts of cash spent to influence the confirmation vote in the Senate. An independent judicial system is the bedrock of our democracy, and we as voters need to demand judges un beholden to political forces and with a strong sense of personal integrity.

Once again, thank you for the privilege of serving the citizens of Fairview and beyond, and please contact me if you have any problems with our state government.



Rep. John Ager, District 115
North Carolina House of
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BUSINESS SHORTS

Joe and Alisande Welch have recently taken over full ownership of Fairview Pizza (1321 Charlotte Hwy, Fairview) and have changed the name to **Sky Mountain Pizza**. They will serve breakfast, lunch and dinner, Tuesday through Sunday, featuring scratch-made, farm-fresh foods, including cat head biscuits and hand-tossed pizza dough (made with a new dough recipe).



Southeastern Physical Therapy offers a wide range of comprehensive services for adults and seniors. They specialize in the treatment and post-operative care of the shoulder, knee, ankle, elbow, hip, cervical spine and lumbar spine. Find them at 1356 Charlotte Highway (next to Food Lion and the post office) or online at southeastpt.com.

New Moon Marketplace has welcomed two new vendors to its shop. Melissa Prosnak, an artist based in Fairview, focuses on paintings, yarn work and mosaic art. And Amy Barcafer, based in Horseshoe, has hand-painted, Moroccan-style vases and lots of small, home interior items. New Moon currently has a space available for rent. Apply in person during business hours or submit online at newmoonmarketplace.com.



Trout Lily is inviting folks to stop in for a new variety of fresh, in-house baked goods (as seen at left). You could pair them with an espresso drink from their new espresso machine or a fruit smoothie.

David Weiner told us that OMH Solutions will now be called **The Rising Workplace**. They will also provide a new service called Post-Offer Employment Testing, which focuses on determining whether an individual is physically capable of performing a specific job to proactively minimize the risk of injury. Find them online at risingworkplace.com.

Cody Ryan of **Smokey Mountain Auto Detailing** let us know his business is now located at Cane Creek Station at 1538 Cane Creek Road. Check out his website to read the rave reviews: smokeymountainautodetailing.com. His phone number is still 423-2408.

HUB HAPPENINGS MANDY OVERSTREET



BUSY JULY & NEW ITEMS

July was busy at The Hub with workshops in brewing Kombucha, DIY rustic signs, and our first pop up shop. New items include little owl pots by Pat Van West in different colors just perfect to hold readers, air plants or pens. Also new is Firewalker Hot Sauce, macramé air plant holders, new jewelry, wire bonsai trees, tiny watercolors by Found Feather Art and more. We're very excited that we now have CHOCOLATE...Mama Bee Chocolates are made locally with premium ingredients. Each small batch is hand tempered on a marble slab. We have chocolate peanut butter cups with candied peanuts and buckeye peanut butter cups with caramel. Stop in to see what's new!



UPCOMING EVENTS



Kid Craft & Snack Time: DIY Bouncy Ball Class (Wednesday, August 8, 10-11 am)

Make 1 for \$5, or 3 for \$10

See What's Poppin' (Saturday, August 18, 2-5 pm)

Pop Up Shop featuring local vendors, including Beads & Bags Boutique (purses, jewelry and more), Pat Van West (ceramic artist), Mindi Meltz (author/creator of animal wisdom cards), and more.

Bonsai Dreamcatcher Workshop (Saturday, August 25, 1-5 pm)

With Bean's Bonsai, \$55.



Ladies Night (Wednesday, August 29, 5:30-7 pm)

BYO wine & create your own body scrub with local beer, \$15



To RSVP for any of these events, contact The Hub at 628-1422 or thehuboffairviewnc@gmail.com

ARTIST SPOTLIGHT

SarahJane Oiler of Bean's Bonsai

All of the artists that have products at The Hub are local and have interesting stories to share with the world. I want to take some time and spotlight these individuals so that you know the story behind their amazing work.

Mandy: How long have you been creating your wire Bonsai trees?

SarahJane: I began making my wire bonsai trees in 2012 during a very difficult breast cancer recovery. It was the only thing I could do to keep

my head and hands busy while healing from multiple surgeries. Almost 40 years ago my great-grandmother Jean made them as a hobby. After her passing I kept one of her trees. One day I was admiring it and reflecting upon her strength as a woman growing up in the Depression. It inspired me to begin making them. As with anything, growth and creativity blossom over the years. I wanted to "branch" out so I soon began making dreamcatchers and wire bonsai tree wall art.

M: What made you decide to turn your craft into a business?

S: After a year of making my bonsai trees I had accumulated quite a few of them so I began giving them to family and friends. I decided to start doing craft and art festivals and they were a great seller.

M: What do you enjoy most about teaching the Bonsai Tree Dreamcatcher classes?

S: Everyone has a different vision of what a bonsai tree looks like and I enjoy seeing the creativity of my students and the satisfaction on their faces when the class is complete. I also take pride in telling my story of how my business came about. I found light in a very dark situation and hope to inspire other ladies.

M: Where do you see yourself five years from now?

S: I can only hope to continue creating and teaching workshops. I would also like to locate a central space where I can teach my workshops, invite other artists to teach their craft, and have a storefront to display and sell fellow local artists work.

I feel very fortunate to be among some of the most inspiring, creative and talented people in the Blue Ridge mountains.

M: Aside from your business, what do you enjoy doing in your spare time?

S: My spare time is spent hiking our beautiful mountains and gaining inspiration from our forests. Each tree I create is unique and different.

SarahJane has her beautiful bonsai trees for sale at The Hub, as well as many other locations around Asheville. She is also offering a bonsai dreamcatcher workshop (see above) where you can create your own dreamcatcher at The Hub.



Local Milk

New signs at the bucolic Ramsey Dairy Farm on 74A remind everyone that you can purchase local milk... at Ingles Supermarkets under the Laura Lynn brand. Milk is trucked from the farm to Ingles' milk processing plant, MILKCO, in West Asheville. Generally it is only about 48 hours after the Fairview cows are milked that folks can purchase their milk at local Ingles stores. Ingles Markets is one of very few supermarkets that processes its own milk.



New Member!

Southeastern Physical Therapy

August Annual Picnic

Come as you are after work (at 6 pm) on Friday, August 10 to relax by Peterson Pond at Cloud 9 Farm. The FBA is providing the grillables, some basic sides, lemonade and water. Please sign up to bring an appetizer or dessert of your choice. And BYOB any other beverages you prefer. Please RSVP to Janet Peterson at clou-d9relaxation@gmail.com or 628-1758. Bring a camp chair so you can sit and catch up with other local business owners and friends. *Wear your name tag!* Or you can go swimming, play bocci, croquet or horseshoes. Feel free to bring family members or those who want to learn more about the FBA.

Driving directions: from Highway 74 intersection with Emma's Grove Road, follow Emma's Grove Road for 1.4 miles.

Turn on Bob Barnwell Road on the right. Go a half-mile and turn left at Cloud 9 rock and mailbox #137. Follow signs through wooden gate into parking lot.

Future Meetings

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.

Why Join the FBA?

When you choose a local business, you help our community thrive. 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 July 12, about 18 members felt the ambiance of what Phil Desenne has created in what is truly a "farmstead brewery" called Turgua Brewing. We mixed in with a Thursday night crowd but when Phil spoke (center, in hat), everyone took pause to hear his passion for brewing and serving the community.

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!

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How to Get Started with Your Own Composting

Rich, chocolate-brown in appearance, moist and squishy to the touch, and—if properly orchestrated—with no smell. If you’re thinking compost, you hit the nail on the head! This is, most certainly, the ultimate product many gardeners and farmers have successfully produced throughout the history of agriculture. The most exciting news is that compost is straightforward to create and can be made using a variety of methods. Without further ado, let’s jump straight into describing how you can make your own compost at home.

Two main categories exist when talking about compost piles: hot and cold. A hot pile is characterized as generating a great deal of heat, must be made all at once, and needs to be turned as the temperature of the pile decreases. In contrast, a cold pile can be slowly created as material is obtained, only generates a small amount of heat, and doesn’t need to be turned at all. The amount of material you have at home to compost may help you determine which category will work best for you.

Now that you have selected a hot or cold pile, we need to talk about how to make your pile successful. Compost piles require nitrogen-rich “green” materials as well as carbon-rich “brown” materials. Green examples include kitchen scraps, grass clippings, and garden weeds while brown



Part of the success in developing a successful compost pile is from picking a location that is shaded with hardwood trees.

examples include shredded leaves and cardboard, wadded or shredded paper, and straw. A good compost pile will have a layer of brown followed by a layer of green material to create a compost lasagna. In order for decomposition to occur, the microbes in the soil must be able to access your compost pile; adding a small sprinkling of soil between your green and brown layers will be sufficient microbe coverage. Like humans, soil microbes need oxygen to survive and thus it is important to have ample ventilation in your pile. This can be achieved by adding a bulky layer of material to the pile base or periodically

turning the pile. Water, in moderation, is also highly important for decomposition. The pile should feel like a wrung-out sponge, but it should be protected from the elements so as to keep excess water out. Finally, avoid placing fats and oils, meat, dog or cat manure, and dairy products in your pile, as they can disrupt the composting process. Now that you know the basics of what constitutes a good compost pile, let’s help you find a place for one around your home. Determine a location that is shaded with large hardwood trees, as they will help provide moisture to the pile. Loosen the

soil where the pile will be to encourage drainage and allow worms to help break down the pile. Start to build your pile as previously described, then cover it with a tarp to protect it from the elements. You will know your compost is mature when the parent material is largely indistinguishable, with a crumbly texture, brown or black with an earthy smell, and a relative ambient temperature. You can now incorporate your compost into the soil alongside your fruit and vegetable plants for a bountiful harvest.

Gabriel Whitlock is an intern at The Lord’s Acre.

“ 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, 11 am–5 pm, 628-2211. **THANK YOU!**

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Jewelweed: Wild Impatiens Set the Hills on Fire

The other day, I was walking along the border of our pond, enjoying the quiet peace and beauty of an early summer morning, when I stopped to admire a small field of jewelweed blossoms glowing in the sunlight on the creek banks. The whole hillside was on fire with these beautiful wildflowers that love shady stream banks, moist forest soil, and woodland borders. We had experienced heavy rains the night before and the soft leaves were covered in raindrops that seemed to glisten like silver. I have always loved these woodland wonders, as their flowers are such interesting orange, parachute-like beauties, and the plants are so useful as a wild medicine. I noticed the flowers dancing in the breeze and soon discovered the source of movement, as a ruby-throated hummingbird was drinking morning nectar. The combination of colors was intoxicating, and I was so grateful for the gift of such a beautiful sight and vision.

The Magic of Jewelweed

I first encountered jewelweed (*Impatiens capensis*) in the '70s on a wildflower hike with Emmet, my mentor at the time. He was a successor to the great Euell Gibbons, one of the founders of the movement to utilize wild edible plants for food and medicine. Emmet turned me on to the magic of jewelweed. He took one of the large, soft leaves and carefully held it underwater; I was dazzled as it looked like quicksilver in the sunlight, which is one of the reasons it has been given its most common name, "jewelweed." Next he showed me how it came to have its scientific name, as he asked me to brush my hand over some of the mature seedpods in the older plants. To my delight, they literally exploded, shooting their seeds into the forest; these plants have a built-in spring-loaded mechanism to disperse their seeds when any animal or bird brushes up against them. Nature is ingenious in its designs that sustain the creation of life.

There are two forms of jewelweed that inhabit WNC: *Impatiens capensis*, the common orange spotted jewelweed; and *Impatiens pallid*, which seems to be found in higher elevations but instead has pale-



The beautiful colors of nature complement each other as a hummingbird feeds (above). The leaves of the plant (above right) can shine like silver when wet, which is why the plant is known as "jewelweed." In addition to the orange-colored variety, another form (*Impatiens pallid*) grows in high elevations and has pale-yellow flowers (right).

yellow flowers. Both plants naturalize freely in moist habitats. They are relatives of the common garden *Impatiens*, which come in a vast range of colors and are such an important, shade-loving flower in our gardens.

Jewelweed is edible but not a favorite of mine, as the young shoots can be cooked and eaten only if placed in boiling water twice. The juice, however, is poisonous and bitter and should not be eaten either raw or cooked—and that includes the cooking water, if you are inclined to utilize the plant as a source for food.

The juice from jewelweed is a superb remedy for poison ivy and stinging nettles. One can crush the stems and rub the juice on any areas exposed for relief from insect bites or nettle stings and as a preventative for exposure to poison ivy, which it often grows side by side with. Years ago, I met a wise old woman in West Virginia who was renowned as a master herbalist and wild crafter. Ruth showed us her jewelweed extract cache, as



she was highly allergic to poison ivy. She would crush fresh jewelweed stems, put them in boiling water, make a syrup and strain the leaves, and then fill half-pint milk cartons and freeze them. Then, after spending time in the woods, she'd drop a carton in her tub as a preventative and delightful method of avoiding poison ivy.

Jewelweed is a favorite flower for bumblebees, and its leaves are a host for several moth species. It is a beautiful forest wildflower and provides us all with a terrific

show of beauty in late summer. I love the name "jewelweed," as it is truly one of the many-faceted jewels of the natural world. Fortunately for us all, it's a common wildflower that thrives in these mountains we all inhabit.



Contact Roger at rogerklinger@charter.net.



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We Missed A Wedding Venue!



In our July issue, we listed wedding venues in the area and asked if we left out any. Turns out, we did! The Dragonfly Cottage and Gardens is located at 50 Kirstein Road in Fairview (off Garren Creek Road). Their phone number is 808-5467 and their website is dragonflyvenue.com. We're sorry for leaving them out of our original article.

The Fairview Town Crier

The voice of our community since 1997

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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.

Editorial Policy

The Fairview Town Crier reserves the right to refuse any advertising or editorial submission deemed inappropriate for the tone and style of our non-profit community newspaper. Information provided has been submitted and a best effort has been made to verify legitimacy. Views expressed in columns and/or articles do not represent those of The Fairview Town Crier. Email editor@fairviewtowncrier.com or mail to Fairview Town Crier, PO Box 1862, Fairview, NC 28730. Letters of 400 words or less may be submitted, 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.

CLASSIFIEDS



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



FOR RENT

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.

FLORIDA VACATION RENTAL 1 week of Summer fun in the sun!! Westgate Towers- Orlando, FL. 2 bedroom, 2 bath, sleeps 6. \$900 for the week! Water park walking distance from the resort, shuttle to All theme parks. Allegiant Air \$43 one way!! Give me 3 weeks to choose from, Saturday to Saturday, or Sunday to Sunday. Kathy Blake 828-582-8027

FOR SALE

2016 JAYCO WHITE HAWK 27 DSRL. Less than 1,000 miles, 10 nights used. All the upgrades. All contents included. \$22,000 OBO. 828-337-0294.



YAMAHA UPRIGHT PIANO M1ET serial # 168854. Excellent condition. First owner, played very little, well-maintained and tuned. Buyer must move from convenient Fairview location (first floor, only 3 steps off deck to driveway). Matching bench included. \$2,199 cash only. 828-242-6286

nient Fairview location (first floor, only 3 steps off deck to driveway). Matching bench included. \$2,199 cash only. 828-242-6286

ANTIQUE OAK TABLE



6 chairs. 68" x 44" including (2) leaves. Two chairs have caned seats, beautifully restored. \$750. 860-278-6884

HOMES/LAND SALES



LAND FOR SALE Fairview NC. Won't last long—Reduced! Perked 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 & rho-

dodendron, privacy, wooded and mountain views. Not too steep. Not too far out. It's just right! Two separate, adjoining properties sold together: Upper tract: security gate entrance & views. Hear the 150-foot cascading crystal waterfall. Lower tract: reclaim old site for pond, relax by stream, two separate entrances, convenient to Asheville. NOT in a flood zone. 5% commission—finder's fee paid if you locate a buyer. No trailers or modulars. No city taxes (Garren Creek Road). Home Owner's Association. By appointment only. Bank qualified, serious buyers, please. Call owner: 828-575-4952.

HELP WANTED

PART-TIME, HOURLY YARD WORK, near Reynolds High School. Mostly brush clearing. Some steep slopes. \$15/hour. (828) 299-1195

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.

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.

HEALTHCARE

FURNISHED ROOM WITH PRIVATE BATH and meals provided by retired eldercare givers/nursing home administrators. Non-medical care with rides to doctor, companionship, etc. Reasonable rate, much better than a nursing home! 828-216-7051.

HOME MAINTENANCE

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

HOUSE CLEANING

I LOVE TO CLEAN. \$20.00 per hour. References available. 828-628-4292

HOUSE PAINTING

STEWART'S PAINTING 20 years of experience. Interior and exterior painting. Sidewalk, deck, and driveway pressure washing. We specialize in smaller jobs. Call Chris at 828-808-8745 or Sara at 828-301-1996. E-mail at rooterhound7272@gmail.com.

LAWN/LANDSCAPING

HEAVY-DUTY LANDSCAPING: Juan Worx Lawn Services includes Grading, Driveways, Drainage, Retaining Walls, Pavers/Concrete, Mulching, Brush Clean-up, Gutters, etc. 828-712-3488.

COMPLETE LAWN MAINTENANCE.

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

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



LITTLE FRIENDS PET SITTING has been happily serving Fairview for 10 years. AAS in Veterinary Medical Tech-

nology. Reliable animal lover who is knowledgeable, bonded & insured. Call Judy: 828-808-4350

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.

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In-Home pet sitting. Bonded & Insured. All pets and livestock. 215-2119.

CLASSES

ART CAMP



ART CLASSES FOR KIDS

Ages: 4-14. Registering now for FALL semester. Teaching "how

to draw" & paint in all mediums. Experienced art teacher, Jan Widner BFA. Oakley/Reynolds area. Schedules and photos visit: jansartacademy.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.

NOTICES

A.C. REYNOLDS 1978 CLASS REUNION in August. The AC Reynolds Class of 1978 is planning a 40th class reunion for September 29 at Land of the Sky Shrine Club, 39 Spring Cove Road, Swannanoa. The Reunion Planning Committee is trying to find contact information for all classmates. For more information, email ACReynolds78@yahoo.com or call Jeff Brown at 231-4117 or Penny Williams Freeman at 410 409-1655.



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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!*



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!*



FAIRVIEW! Unique 3 BR (2 master suites), 3 bath home on 1.36 acres, spacious kitchen, cov front porch & rear deck, HOME WARRANTY, office, tons of storage, LR w/FP, 2-car gar, *MLS#3397363, \$409,900!*



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, \$398,000!*



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, \$379,900!*



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



RICEVILLE! Immaculate brick home on level .84-acre lot, 3 BR, 2.5 baths, full unfinished bsmt, wonderful kitch w/dual ovens, den w/FP, heated sunroom, HOME WARRANTY, *MLS#3324002, \$329,900!*



YANCEY COUNTY! Nearly 90 wonderfully private acres with ridges, mountain views, 4x4 access roads, homesites, great for private estate, hunting cabin or getaway, multiple springs, *MLS#3254349, \$275,000!*



WEST IN COUNTY! Buy one home get one free, 2 houses on one lot--.68 acres total, each 2 BR, sold "as is", great location, \$8,250 down pyt, APR 4.97%, \$829.53/mo, *MLS# 3401630 \$165,000!*



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

828-771-2310

CALL TODAY FOR A 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

The Fairview Town Crier

2018 Advertising Rates

The *Town Crier* is mailed free to 8,600 households in Fairview, Gerton, Reynolds and east Fletcher. Copies are available at the Crier office, Fairview Library and retailers throughout the community. A PDF version including all ads is posted on our website for online viewing. Free ad design available.

COLOR DISPLAY ADVERTISING RATES			
	12x/year	6x/year	1x/year
Full page	\$347	\$376	\$404
Half Page	\$225	\$248	\$266
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.