



THE VOICE OF OUR COMMUNITY

# The Fairview Town Crier

AUGUST 2019 VOL. 23, No. 8 | FAIRVIEW, NC | WWW.FAIRVIEWTOWNCRIER.COM

## INSIDE

**Tulip Serenade P 11 >> Visiting Family Up the Mountain P 16 >> New Name for Lord's Acre P 28**

## New Office Manager, Hours for Crier

Annie MacNair, who has run our office (and so much more), has left us to put all of her energy into the vacation rentals she and husband Alan have built. She leaves behind many wonderful memories of all the folks she's gotten to meet over the past years. We'll miss her for sure but she's not far away—just up the “hill” in Gerton.

The Crier is pleased to name Elizabeth Trufant as our new Office Manager. Elizabeth has 22 years of experience in



Elizabeth Trufant

office administration with a company in Asheville. She has already jumped right in, and was in the middle of getting our August billing out when we snapped this photo (left). Stop by and say hello when you can.

The Crier will have new hours going forward: Monday, Wednesday and Friday from 12:30–4:30 pm. We hope these hours

will be convenient to our readers and advertisers, but the blue drop box is always available for dropping items off 24/7.

## Celebrating Susie Clarke Hamilton

By Mary Spivey

In tribute to her body of artwork and dedication to the Fairview community, the family of Susie Clarke Hamilton is organizing an art show of selected pieces. They invite everyone to come visit on Saturday, August 24, 4–8 pm, and Sunday, August 25, 2–6 pm, at a studio at the family home at 1858 Charlotte Highway. Finger foods will be served.

Ask people to describe Susie Clarke Hamilton and you'll hear the following: kind, generous, talented, welcoming, gracious, an all-around blessing. The Fairview native is well known for her artistic talents and devotion to area kids through her after-school art programs and the summer camp she operated with her sister, Annie Ager. Around 2013 Susie was diagnosed with frontotemporal dementia, and she retired from teaching two years later.

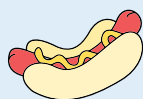
*continued on page 23*



Will and Susie Hamilton (above). Sketches from one of Susie's sketchbooks (left).



## Put These Festivals on Your Calendar!



**Spring Mountain Community Center Picnic** The annual picnic is on Saturday, **August 17, 5–9 pm**, rain or shine. Bring your family and a potluck dish. SMCC will provide hot dogs and hamburgers. To participate in the dessert contest, bring entries upstairs by 4 pm. Categories are Cakes, Pies, Cookies, Other Desserts and Junior (kids up to age 12). Cash prizes awarded. The Easter Bunny will make an appearance (since he was rained out for Easter). Volunteers are needed to set up and clean up. All area residents are invited. For more information, call Ruth at 628-1625. 807 Old Fort Road, Fairview.



**GertonFest** The 11th annual celebration of small-town life will take place on **Saturday, August 31** at the Upper Hickory Nut Gorge Community Center. A community pancake and sausage breakfast starts at 8 am. There will be bidding on silent auction items all day (winners at 6 pm) with gift cards from area merchants and restaurants; a homemade baked goods sale; music; barbecue at 5 pm; bocce ball, badminton, corn hole tournaments; and team trivia and bingo. 4730 Gerton Highway, Gerton.



**Fairview Elementary Fall Festival** This year's festival will be on **October 11**. The event will have games, prizes, food, raffle baskets, inflatables, a dunk booth, and more, which helped 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 also welcome. If you have something you would like to donate (a product, a gift certificate, etc.) or find out more about sponsorship opportunities or exhibitor spaces for local non-profits, please email [ptafairviewelementary@gmail.com](mailto:ptafairviewelementary@gmail.com).

# back to school

## IMPORTANT DATES

August 19 (Monday) **First day for county schools**

### FAIRVIEW ELEMENTARY SCHOOL

August 13 (Tuesday) **Kindergarten popsicle party 10–11 am**  
August 16 (Friday) **Meet the teacher 8–10 am**  
August 21 (Wednesday) **Parent meet & mingle 7:30 am**

### CANE CREEK MIDDLE SCHOOL

August 16 (Friday) **Meet the teacher 10 am–12 pm**  
**New student orientation 12 pm**

### A.C. REYNOLDS MIDDLE & HIGH SCHOOL

August 16 (Friday) **New student orientation 9:30 am**

**SEE PAGE 19 FOR SCHOOL BUS AND SAFETY INFO.**

## The Sheriff Will Listen in Fairview

Sheriff Quentin Miller will hold a listening session in Fairview on August 22 from 6:30–8 pm. The session is free and open to the public. Sheriff Miller, deputies, and senior staff from the Buncombe County Sheriff's Office will be present to listen to any comments and concerns that community members may have. Sheriff Miller will also answer any questions from those in attendance. Fairview Community Center, 1357 Charlotte Highway.



The Fairview Town Crier  
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## COMMUNITY EVENTS

### Spring Mountain Community Ctr.

Community Leadership Meeting:  
Usually first Tuesday, 6:30 pm.

Quilting Bee: Meets 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: Mon-  
days, 8:30–9:45 am. \$5–10 suggested.  
Yoga with Sabrina: Thursdays  
6:15–7:30 pm. \$5–10 suggested.  
807 Old Fort Rd. springmountaincc.com

AUGUST 2 (FRIDAY)

### Annual FBA Picnic

5 pm. The annual picnic will be held  
at Peterson Pond on Cloud 9 Farm,  
137 Bob Barnwell Rd. in Fletcher. See  
page 27 for more information.

AUGUST 3 (SATURDAY)

### Trading Post and Flea Market

8 am–2 pm. Live music, pony rides,  
concessions, with breakfast and  
lunch available. Vendors and sellers  
call 684-5555. Blue Ridge Cowboy  
Church, 49 Saxon Hill, Fairview.

AUGUST 4 (SUNDAY)

### Local Rep at UHNGCC

6 pm. Our local State Representative,  
John Ager, will provide a look at  
what's happening in Raleigh and how

it affects WNC. He will also answer  
questions. UHNG Community Center,  
4730 Gerton Hwy., Gerton.

AUGUST 6 (TUESDAY)

### Prostate Cancer Support Group

7 pm. Us TOO of WNC. Medical pro-  
fessional speakers; no fee. 5 Oak St.,  
Asheville. 419-4565, wncprostate@  
gmail.com, and on Facebook  
@WNCProstate.

### Sons of Confederate Vets Mtg.

7 pm. The Cane Creek Rifles meet at  
Fletcher Fire Dept., 49 East Fanning  
Bridge Rd., Fletcher. 230-6523.

### Knee Replacement Seminar

12:30–1:30 pm. Find out about elimi-  
nating drugs from your life and avoid-  
ing surgery with a lengthy recovery.  
Fairview Chiropractic Center. Free and  
lunch will be served, but you must  
reserve. Call 628-7800. Ryan's, 1000  
Brevard Rd., Asheville.

AUGUST 7 (WEDNESDAY)

### Foot Pain Seminar

5:15–6:30 pm. Learn about the  
causes of foot problems, DIY treat-  
ments, and professional help. Free,  
but you must reserve. Call 628-7800.  
Fairview Chiropractic Center, 2 Fair-  
view Hills Dr., Fairview.

AUGUST 8 (THURSDAY)

### Welcome Table

11:30 am–1 pm. A lunch served to  
anyone in the area seeking food,  
fellowship, and community. Donations  
are greatly appreciated. The meal will  
only be served once a month until  
more volunteers are available. Behind  
the library in the fellowship hall of  
Fairview Christian Fellowship. 596  
Old US Hwy. 74, Fairview.

AUGUST 8 AND 13

### Symphony Chorus Auditions

Auditions are being held for the  
Asheville Symphony Chorus. Applica-  
tion and details are available online  
at AshevilleSymphonyChorus.com.  
There are a number of singers in  
Fairview with an interest in carpool-  
ing. For more information about the  
chorus or sharing a ride, call Karen  
Cerneck at 216-3998. 1 Oak St.,  
Asheville.

AUGUST 11 (SUNDAY)

### 2nd Sundays @ Center for A&I

3 pm. Storyteller Sherry Lovett and  
teen fiddler Lillian Chase. \$15 in  
advance, \$20 at door. Purchase  
tickets at thecenterai.com or call 697-  
8547. See their ad on page 13 and  
their website for other events. The

Center for Art & Inspiration. 125 S.  
Main St., Hendersonville.

AUGUST 12 (MONDAY)

### Fairview Area Art League Mtg.

10 am. FAAL 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. Group donates handmade  
articles to local charities. New  
Hope Presbyterian Church, 3070  
Sweeten Creek Rd., Asheville.  
Call 575-9195 or email Janet at  
imjstewart@att.net.

AUGUST 13 (TUESDAY)

### Friends of the Library

7 pm. Regular meeting of the  
Friends of the Library. All members  
are welcome to attend. 1 Taylor  
Rd., Fairview.

### Sciatica Seminar

12:30–1:30 pm. Learn about new  
treatments and technologies that  
may help you avoid back surgery  
and eliminate the need for drugs.  
Fairview Chiropractic Center. Free  
and lunch will be served, but you  
must reserve. Call 628-7800. Ryan's,  
1000 Brevard Rd., Asheville.

## IN PAIN ?



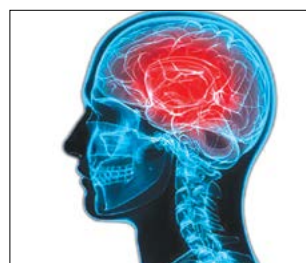
FOOT PAIN



KNEE PAIN



SCIATICA



CONCUSSION



NEUROPATHY

## GET RELIEF THE NATURAL WAY!

DON'T MISS THESE **FREE** AUGUST SEMINARS PRESENTED BY DR. REILLY!

### AVOID KNEE REPLACEMENT SURGERY!

TUES, AUG 6  
12:30-1:30 PM, RYAN'S  
WEDS, AUG 21  
5:15-6:30 PM, OFFICE

### FOOT PAIN SOLUTIONS for the 21st CENTURY!!

WEDS, AUG 7  
5:15-6:30 PM, OFFICE

### SCIATICA RELIEF!

TUES, AUG 13  
12:30-1:30 PM, RYAN'S  
TUES, AUG 27  
12:30-1:30 PM, RYAN'S

### NEW HOPE for BRAIN-RELATED CONDITIONS!

WEDS, AUG 14  
5:15-6:30 PM, OFFICE

### NEUROPATHY RELIEF!

TUES, AUG 20  
12:30-1:30 PM, RYAN'S  
WEDS, AUG 28  
12:30-1:30 PM, RYAN'S

RSVP REQUIRED: 828-490-4207

Lunch  
seminars held at  
Ryan's  
1000 Brevard Rd.  
Asheville



Evening  
seminars held at  
Fairview Chiropractic  
2 Fairview Hills Dr.  
Fairview



## COMMUNITY EVENTS

AUGUST 14 (WEDNESDAY)

### Brain Therapy Lecture

5:15–6:30 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., Fairview.

AUGUST 15 (THURSDAY)

### Democratic Women's Dinner

5:15 pm, registration; 5:30 pm, dinner; 6 pm, program. The Democrat Women of Buncombe County will host their August dinner meeting. For dinner reservations, RSVP to: buncombedemwomen@gmail.com. 951 Old Fairview Rd. in Asheville.

AUGUST 17 (SATURDAY)

### SMCC Annual Picnic

Picnic and play with the community. See front page for more information.

### Gardening with Native Plants

10–11 am. Debbie Green, Buncombe Extension Master Gardener Volunteer, will teach about the benefits of using native plants in the landscape, plus which ones add color, texture and provide shelter/food for pollinators and wildlife. Black Mountain Library, 105 N. Dougherty St., Black Mountain.

AUGUST 18 (SUNDAY)

### Ethical Humanist Meeting

2–3:30 pm. "Hunger is No Game," with Chad Conaty from Manna FoodBank. Call 687-7759 or go to EHSAsheville.org. 227 Edgewood Rd., Asheville.

AUGUST 20 (TUESDAY)

### Neuropathy Treatment Seminar

12:30–1:30 pm. Learn about the causes, diagnosis, and treatment of peripheral neuropathy. Free and lunch will be served, but you must reserve. Call 628-7800. Ryan's, 1000 Brevard Rd., Asheville.

AUGUST 21 (WEDNESDAY)

### FBS Back to School Blast

6 pm. Fairview Baptist will hold its 15th annual party, with Camp Good News, for local students. Bible study, a giant slip n' slide, and other events. Free. For more information, go to fbc1806.org. 110 Marantha Rd., Fairview.

### Knee Replacement Seminar

5:15–6:30 pm. Find out about eliminating drugs from your life and avoiding surgery with a lengthy recovery. Fairview Chiropractic Center. Free, but you must reserve your space by calling 628-7800. Fairview Chiropractic Center, 2 Fairview Hills Dr., Fairview.

## Fairview Area Art League Show

September 21, 10 am–5 pm



### Artists Wanted!

The Fairview Area Art League is now accepting applications for the second annual "FAAL for Art" show. It will be a juried show with inside and outside booths available at the Fairview Community Center, 1357 Charlotte Highway, Fairview.

FAAL members, \$40. All

others, \$50. (FAAL membership is \$25/year.) Booth fees for 10' x 10' space are nonrefundable.

Download an application at facebook.com/fairviewart. Booth payment is not due with application. Mail fee after you receive acceptance email to 99 Wanoca Avenue, Asheville NC 28803.

For more information, email FAArtleague@gmail.com.

AUGUST 23 (FRIDAY)

### Florence Nature Preserve Cleanup

10 am–3 pm. Morning-only shifts are fine, too. Bring lunch and water; wear closed-toe shoes and long

pants. Water, snacks, and tools provided. RSVP to volunteer@conservingcarolina.org or call Olivia at 697-5777 ext. 211. 3836 Gerton Hwy., Gerton.

*continued on page 4*

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## COMMUNITY EVENTS

AUGUST 24 (SATURDAY)

### Old Buncombe County Genealogy Society Meeting

2-3 pm. The Western Regional Archives, a satellite facility of the State Archives of NC, contains a rich collection of local historical material—a resource for genealogical research. In this presentation, Sarah Downing, a staff archivist, will provide an overview of the collections and services available. Call 253-1894 or visit obcgs.com. 128 Bingham Rd., Suite 950, Asheville.

AUGUST 24 AND 25

### Show for Susie Clarke Hamilton

A show to celebrate the life of a local artist and community fixture. See front page for more information.

AUGUST 27 (TUESDAY)

### Billy Wilder Film Series

6 pm. The second film in a four-part series at the Fairview Library is "Some Like It Hot" (1959). See page 5 for more information. 1 Taylor Rd., Fairview.

### Sciatica Seminar

12:30-1:30 pm. Learn about new treatments and technologies that may help you avoid back surgery and eliminate the need for drugs. Free and

lunch will be served, but you must reserve. Call 628-7800. Ryan's, 1000 Brevard Rd., Asheville.

AUGUST 28 (WEDNESDAY)

### Awana Clubs

Wednesday-night clubs for the fall start on this day. See ad on page 28 for more information. Trinity Baptist Church. 646 Concord Rd., Fairview.

### Neuropathy Treatment Seminar

5:15-6:30 pm. Free, but you must reserve. Call 628-7800. Fairview Chiropractic Center, 2 Fairview Hills Dr., Fairview.

AUGUST 29 (THURSDAY)

### Celebration Singers Auditions

5 pm. The Celebration Singers of Asheville Community Youth Chorus will hold auditions for singers grades 2 to 12. First Congregational Church, 20 Oak St., Asheville. Prepare a song and bring sheet music. For more info call 230-5778 or go to singasheville.org.

AUGUST 30 (FRIDAY)

### Town Crier Labeling

10:30 am. Meet other people from the community and help us get the next issue of the *Crier* into the mail! At the Fairview Fire station, 1586 Charlotte

Hwy., Fairview. Contact the *Crier* for more information at 628-2211.

### SAVE THE DATE

SEPTEMBER 7

### Library Fall Fun Festival

Celebrating our Library's 20th anniversary.

SEPTEMBER 13

### A.C. Reynolds Booster Raffle

A 50/50 raffle to benefit the Rockets' booster club will be held at halftime of the football game. See ad on page 18 for more information.

SEPTEMBER 15

### Empower Bible Conference

Special guest speakers will be attending this conference at Trinity Baptist Church. See ad on page 4 for more information. 646 Concord Rd., Fairview.

SEPTEMBER 21

### FAAL Fall Art Show

A juried show with inside and outside booths available at the Fairview Community Center. See highlight box on page 3 for more information.

### IDENTIFICATION STATEMENT

The Fairview Town Crier is a 501 (c) (3) 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.

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## Friends of Fairview Library Meeting

The Friends of Fairview Library will be meeting on Tuesday, August 13th at 7pm. All members are welcome to attend.

### EVENTS

#### Fairview Town Wide Read

Have you been reading *One Foot in Eden*? It's not too late to start. The library has plenty of copies of the book in circulation, and the Friends of Fairview Library are selling new copies of the book at a discounted price of \$5.

Town Wide Read Guides are available at several of our 2019 Friends of Fairview Library Business Member locations, at our book discussion locations, and at the library.

Three more small group book discussions are planned for August, and we also encourage you to host your own book group as well.

For more information, please contact the library staff at 250-6484.

#### Schedule of Book Groups and Locations

- Monday, August 5 at 2 pm: Rise Above Bakehouse
- Tuesday, August 13 at 2 pm: Trout Lily
- Tuesday, August 20 at 7 pm: Fairview Library

The library will be hosting "An Evening with Ron Rash" on September 11 at Fairview Christian Fellowship Church.

#### Billy Wilder Film Series

August 27 at 6 pm

##### Some Like It Hot (1959)



1 hour 50 minutes. Not rated

In a career that spanned five decades, Billy Wilder is considered one of the most brilliant and versatile filmmakers of Hollywood's

Golden Age. Join us for a four-part retrospective of his career.

While on the run from the mob, Joe and Jerry (Tony Curtis and Jack Lemmon) get the wise idea to disguise themselves as women and join an all-female traveling band. Could anything be more sensible? This comedy classic also stars Marilyn Monroe as Sugar Kane (the band's lead vocalist and ukulele player) and George Raft as "Spats" Colombo (the gangster out to get our heroes).

All screenings are hosted by North Carolina Film Critics Association member James Rosario (thedailyorca.com), who will introduce the film and lead a discussion after. Popcorn provided by Grail Moviehouse.

The final film in the series will be "The Private Life of Sherlock Holmes" (1970), September 24.

Event registration is not required, but it helps us collect important data about our programming and attendance numbers. Registered attendees will also get email updates and reminders about the films we'll be watching. Visit the Library Events Calendar at [buncombecounty.org/library](http://buncombecounty.org/library) to sign up.

#### Coming in September

Fairview Library Fall Fun Festival in honor of our 20th anniversary. Mark your calendars for Saturday, September 7.

### FOR KIDS

#### A Universe of Stories

There's just one month left to finish collecting your stamps for the Summer



Reading Program.

We are giving away a free book to any child that visits

the library just four times between June and August. To earn a free book, children and teens must pick up a special summer reading bookmark from the library. Each time they visit the library over the summer they need to bring the bookmark with them to collect a stamp. Once they have

collected all four stamps they can pick out a book to keep forever.

#### Library Night at the Asheville Tourists Baseball Game



All children and teens who finish the Summer Reading Program by August 14 will receive a voucher for five general

admission tickets to the Asheville Tourists baseball game on August 14.

#### Regular Kids Programming

Baby Storytime: Tuesdays, 11 am

Baby Gym: Tuesdays, 11:30 am

Toddler Storytime: Wednesdays, 11 am

Toddler Gym: Wednesdays, 11:30 am

Heroes Unlimited RPG for Tweens: first Wednesdays, 4 pm (Only the first six kids to sign up are guaranteed a spot.)

Preschool Storytime: Thursdays, 11 am

LEGO Club: first Fridays, 3:30 pm

Jaime McDowell is the head librarian at Fairview Public Library.

### HOLIDAY CLOSING

The library will be closed Monday, September 2, for Labor Day.



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## FEATURED LISTINGS See all available listings at [greybeardrealty.com](http://greybeardrealty.com)



Fairview 3BR/2bath. 3-year-old Schumacher home, year-round views. Fireplace open to living & dining rooms. Attached 2-car garage. Furnishings negotiable. \$359,000 *MLS 3471939*



Asheville 3BR/1.5 bath. Super cute, super clean, move-in ready in Oakley. Covered wraparound porch. Large master with cathedral ceiling brings in great light. \$264,500 *MLS3481755*



Elk Mountain Estates 4BR/4BA. Stunning mountain house. Fantastic long-range views. Gorgeous creek, treehouse, and firepit. 15-20 minutes to Asheville. \$999,900 *MLS 3521595*



Laurel Creek 2BR/2BA condo. New flooring and appliances. Private yard; side patio off kitchen. Pool, clubhouse, playground, tennis courts. \$304,900 *MLS 3518088*



Chimney Rock Village: 2BR/2 bath vintage cottage with HUGE views of Chimney Rock from sun room. \$225,000. *MLS 3509663*



Biltmore Forest: 1.64 acres with 1BR/1 bath 1930's cottage. \$835,000 *MLS 3431368*

### LOTS AND LAND

**ROSE HILL: 2 lots with access to city water, sewer AND natural gas.**  
.42 acre, \$81,000 *MLS 3449765*  
.27 acre, \$71,000 *MLS 3449771*

**Byers Park Lot with .61 Acres.**  
\$49,900 *MLS 3277895*

**6.5 Acres in Chestnut Mountain Subdivision**  
\$185,000 *MLS 3324420*

**Cul-de-sac lot in Moores Valley neighborhood in Leicester.**  
1.10 acres and mountain views.  
\$48,100 *MLS 3406765*

**North Asheville 3.23 ACRE lot with views.**  
Located in desirable Fox Trails off of Elk Mountain Scenic Parkway. Well already drilled. \$195,000 *MLS 3521538*

**.92 acre in Briar Ridge Dr Fairview.**  
\$75,000 *MLS 3488850*

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## Samuel Murray Sr. and Family, Part Two

Samuel opened his inn around 1800. Like most inns operated by the Scotch-Irish, it served many kinds of alcoholic beverages. Brandy, rum, Madeira, and Lisbon wine had to be imported and were much more expensive than local whiskey.

The Murray Inn was subject to the North Carolina rate card, which was created by the state of North Carolina to prevent price-gouging by local inns. Failure to follow the price guide would result in a 100-pound fine by the state of North Carolina. The 1795 rate card listed the following prices:

- lodging for the night, 8 cents
- keeping a horse for 24 hours, which included hay and oats, 33 1/3 cents
- cost of breakfast, 20 cents maximum; dinner, 25 cents maximum; supper, 16 2/3 cents maximum. A meal consisting of cold food was half the price of a regular meal.
- rum, 25 cents per half pint; brandy 12 1/2 cents per half pint; Jamaica spirits, 33 1/3 per half pint; whiskey, 8 cents per half pint; beer, 8 cents a quart; cider, 12 1/2 cents per quart.

The consumption of alcohol was a sore point for Methodist Bishop Francis Asbury (1745–1816). He was one of the first two bishops of the Methodist Church sent to America. He traveled the south widely in the 1790s and early 1800s. (Asbury Church, at the corner of Beaverdam Road and Kimberly Avenue in Asheville, was named after him.)

Asbury would usually stay at the home of Daniel Killian on Beaverdam Road and conduct services there. Next he would go either to the home of William Forster Sr. or his son, Captain Thomas Foster (who had dropped the “r” in his last name), and conduct services in what is now Biltmore. He would then go to the home of William Fletcher Jr., Samuel Murray’s neighbor.

Bishop Asbury constantly protested the overconsumption of alcoholic beverages in WNC. He said of the men of WNC, “Here are martyrs to whiskey.”

The NC General Assembly passed an act to create a turnpike from the Buncombe County Court House to Saluda Gap on the South Carolina line to connect Greenville, SC to Asheville. The legislature granted the right to construct this road to Murray, George Grier and James Kuykendall. The Murray Inn fronted on this major road, and Samuel Murray was able to share in the profits received from the tolls. The inn also boarded and supplied horses for the stagecoaches and carriages that traveled the road. This added a great deal to the profits of the inn.

Samuel Murray was a very prominent man in Buncombe County during his life.

He was one of the commissioners appointed by the court to procure a public square for the city of Asheville in April 1805.

On July 11, 1803, William Forster (Foster)

Jr. asked Murray to be one of the trustees of what became known as Union Hill Academy, later called Newton Academy. It was located across Biltmore Avenue from Mission Hospital. Other trustees were a who’s who of Buncombe County, including Andrew Erwin, Captain Edmond Sams, Daniel Smith, William Gudger, William Forster Sr., Captain Thomas Foster, and William Whitson.

The Murray Inn was the part-time headquarters of the commission appointed by NC and SC legislators to lay out the boundary line between the states from 1808–1815.

Samuel Murray’s wife, Elizabeth Rees Murray, died in 1815. Samuel died in Murrayville on December 15, 1817. They had nine children.

1. William Murray was born in Newberry County, SC in October 1764 and died on February 8, 1781 in Newberry County, SC.
2. James Isaac Murray born on March 21, 1769 in Newberry County, SC, and died March 30, 1847 in Henderson County, NC. He married Margaret Dugan.
3. Elizabeth Murray was born on October 25, 1771 in Newberry County, SC, and married John Wilson. She died on April 29, 1793 in Newberry County, SC.
4. Samuel Murray Jr. was born on October 2, 1774 in Newberry County, SC and died in 1822.
5. Ann Murray born on November 10,

1776 in Newberry County, SC. Nothing else is known of her.

6. Thomas Alexander Murray Sr. was born December 2, 1779 in Newberry County, SC. He married Sarah “Sally” Seawood. He died March 3, 1852 at his home near Christ School in Buncombe County, NC.
7. John Rees Murray was born January 22, 1782 in Newberry County, SC. He married Flora Lance. John died in 1814 in Buncombe County.
8. William Murray was born on October 15, 1783 in Newberry County, SC. He was named after his brother who died young. He married Sara Ann Ashley in Murrayville on February 12, 1823. They apparently separated very soon after because there is no further record of her. William Murray was his parent’s favorite child. He acquired the Murray Inn in 1818. He died in Ringgold, Catoosa County, Georgia, in 1867.
9. Robert Murray was born on November 10, 1785 in Newberry County, SC. He married Mary Hawkins. He moved to Reems Creek in northern Buncombe County. He died in 1857.

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

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## Predicting Hurricanes and Counting Foggy Days

**N**OAA does not make seasonal hurricane landfall predictions. Landfalls are largely determined by the weather patterns in place as the hurricane approaches, which are only predictable when the storm is within several days of land. The expected ranges are based on the 1981–2010 seasonal averages of 12 named storms, 6 hurricanes and 3 major hurricanes.

Although the Atlantic hurricane season officially runs from June 1 through November 30, most of the activity is likely to occur during the peak months (August–October) of the hurricane season. The current outlook hasn't changed but will be updated later during the month to coincide with the onset of the peak months of the hurricane season. Go to the hurricane season outlook link at [fairviewtowncrier.com/links](http://fairviewtowncrier.com/links) for more information.

Where tropical storms or hurricanes make landfall is much more important than predicting how many there will be. The whole story with hurricanes is location, location, location. Where are they going to strike? Just one category 3 hurricane strike on a populated area along our eastern seaboard will cause a multi-billion-dollar disaster. Since the US coastline is in a favored path of these storms each year, it is only a question of time when a major hurricane will strike



somewhere along the coast again.

A late-summer concern locally during the month of August is fog. Fog occurs in the morning when the air close to the ground cools overnight and becomes saturated (when its relative humidity reaches 100 percent). The water vapor in the air condenses and creates tiny suspended water droplets, also known as a cloud on the ground. The number of foggy mornings on average is greater in August than in any other month, with dense fog on about 12 days. This fog usually burns off by mid-morning.

By mid- to late-August we are already 60 days past the summer solstice, with the greatest amount of daylight behind us. During August we lose about two minutes each day. Sunrise is at 6:37 on August 1 and 7:01 on the last day. Sunset times also show the same trend, with dark arriving

at 8:35 on August 1 and 8:00 at the end of the month. This simple change allows the air close to the ground to cool a bit more in late summer. It is also worth noting that the fog tends to be denser and more widespread along rivers and streams. Some low-lying valleys along the French Broad and near the airport can have the greatest number of foggy mornings.

Fog can also be deadly. According to NOAA, each year around 440 people are killed due to weather-related aviation accidents including the conditions of low visibilities and ceilings.



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

### WEATHER WONDER

**How many coastal dwellers are at risk from hurricanes now vs. years ago?**

Recent decades have seen costly and damaging hurricanes in the Atlantic and Gulf Coast regions. However, these areas have also continued to experience population growth, with a combined increase to 59.6 million in 2016 from 51.9 million in 2000. The population of coastline counties in the Gulf of Mexico region increased by more than 3 million, or 24.5 percent, between 2000 and 2016, the fastest growth among coastline regions. By comparison, the US grew by 14.8 percent over the same period. Harris County, Texas, which includes the city of Houston, accounted for a noteworthy share of the Gulf of Mexico region's growth. It added about 1.2 million people over the period, a 35 percent increase since 2000 and the largest numeric gain of any county.

### QUESTION of the MONTH

**How many meteorologists are there in the US?**





**Are you eager to jumpstart your music-making?**

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**Are you beginning to think you don't have any talent?**

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## What Happens When the Boss Goes on Vacation

Planning a vacation is tough when you're both a small business owner and a farmer. We used to go on vacations during January or February. That worked great until Andy entered public school three years ago. The school administration doesn't look kindly on taking a child out of school for a week just to travel. Summer trips of more than an overnight aren't possible because of markets and berry picking.

Over the past 18 months, Walter has been planning a trip with his Boy Scout patrol to Yellowstone. This has taken quite a lot of time and effort on Walter's part. Planning anything involving 16 people is a challenge, but planning a trip to a place 2,000 miles away and with enough camping gear for 10 days is enough to drive a person (and his wife) batty. Especially when key elements fall apart during the final days before departure. Luckily, the group did make it to their destination safely.

### Those Left at Home

And what happened to the folks at home? Did things run smoothly? Did we run screaming into the woods while pulling our hair? I always find it challenging when Walter takes a day or weekend off. I'm not only missing my spouse and partner in home and childcare but also my business

partner, farm hand, and computer expert. No matter how much we plan, a situation always crops up where I have no idea what's going on. Walter juggles so many balls for so many people and projects at any given time that there is no way he can remember to fill me in on all of them before he goes away.

I am glad to report that we had no major catastrophes. We just had lots of small ones. As is always the case (especially when Walter has little or no cell or data service), we made up things as we went along. We got 15 cases of apple cider vinegar instead of the 15 gallons we ordered. (A case is six gallons). Anyone looking for apple cider vinegar? Six quarts of pureed ginger never arrived.

Blueberry picking began in mid-June instead of the week of July 4. Walter received his usual hundreds of weekly emails (instead of my usual dozen or so). Packages were damaged in both shipping and receiving. A broken stick blender halted jam production.

How did we respond? We made extra room by reorganizing the kitchen storage to fit in 12 extra cases of vinegar. We rescheduled production to allow time for the ginger to arrive. We picked blueberries and picked some more

**I am glad to report that we had no major catastrophes. We just had lots of small ones. We made up things as we went along. We got 15 cases of apple cider vinegar instead of the 15 gallons we ordered. (A case is six gallons). Anyone looking for apple cider vinegar?**

blueberries. We answered emails, some with real answers, some with requests for more information since I had no idea what was going on, and some with the simple message that Walter would be in touch as soon as he could. We reshipped the damaged packages and reordered the bits we received damaged. We borrowed a stick blender from another, very generous producer in town. We made it work as best we could.

### Helpers to the Rescue

All this was possible thanks to the help of our awesome staff. They put up with all

the extra work and disorganization. They pitched in whenever and wherever they could. Most of all they dealt graciously with my lack of knowledge and guided me to the right decisions. Our staff are a great bunch of people who honestly care about the success of our business ventures—not just to protect their jobs but because they like us and want us to succeed. Some are family and some have just been with us long enough to be family by association (our current farm hand is the son of a wonderful woman who helped us pick blueberries many years ago). Some are new but want to be involved in all aspects of what we do.

All this is just to say thanks to the crew, the customers, and the suppliers who went with me on the crazy ride of life and business while the boss was out of town. I couldn't have done it without every one of you. And just so you know, I'm not letting Walter go off again like this for a really long time. He juggles all the pieces that make our business and home life run smoothly and is the reason I have the life I love.

*Wendy Harrill is co-owner of Imladris Farm, a sustainable supplier of jams, jellies, and preserves made from locally sourced fruit. [Imladrisfarm.com](http://Imladrisfarm.com)*



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### REDUCED PRICE



1.5 story, 3/3.5, 4,412 SqFt custom Lindal Cedar Home w/ full unfinished daylight basement on 2.33 acres in beautiful Smith Knolls. Tons of extras and the valley to mountain views are breathtaking. **\$859,000**

### NEW LISTING



Mini-farm on 2.62 south facing acres w/ amazing mtn views. Lg windows, leaded glass doors, heat pump, well, ceramic tile, hardwoods, tons of light. Working farm w/ goats, sheep, chickens, power, & spring. Workshop off full bsmt. Bonus room not counted in SF. Call for info 828.628.3088 **\$375,000**

### UNDER CONTRACT



Very private, gently lived in 3/2 home, set back from road in lush woods. Huge covered back deck could be screened in or enclosed for outdoor living space during cooler months. A rare find. **\$145,000.** Call Karen Cernek 828.216.3998

### NEW LISTING



Rare opportunity for a restricted building site w/4 lots of level to rolling land, creek & frontage on a small lake. This rural property has end of the road privacy and excellent paved access. **\$100,000** Call Karen 828.216.3998

### PROPOSED BUILD



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**

### REDUCED TO SELL!



Great Investment properties! 2.2 acres with a house, singlewide and double wide homes. Two are rented and owner lives in one. Pole barn offers lots of storage. Great location! **\$325,000** Call Susan Lytle 828.301.1410

### REDUCED PRICE



One level home on private 1 acre. Full remodel in 2006, open floor plan, huge master suite. Patio overlooks level, fenced backyard with garden space. Paved access and driveway, 1 mi from Hwy 74A. Additional land may be available. Call Karen Cernek 828.216.3998 **\$420,000**

### NEW LISTING



Fairview Pointe! 0.88 acre lot w/ year-round views, paved access. Located in a cul de sac w/privacy. Stream nearby & natural waterfall. Build your dream home! Priced under tax value. Call Sophia Underwood 828.691.0311 **\$26,500**

### NEW LISTING



Echo Lake beautiful gently sloping homesite level access to lot. Private & wooded with elevation to keep you cool and afford nice views with some clearing. Nearly 2 Acres for only **\$80,000.** Call Karen Cernek 828-216-3998

### PROPOSED BUILD



3/2.5, 2-story w/cathedral ceilings. Open floor plan w/ huge great room, dining area & kitch w/bfast bar. Master on main, walk-in closets. New agrihood subdivision in heart of Fairview. Many plans available. **\$425,000**

### REDUCED PRICE



Recently completed! Top-quality custom home on 1.6 unrestricted acres, just 15 mins to AVL. Open floor plan w/ cathedral ceilings, fab kitchen, FP and many creative touches. **\$430,000** Call Karen Cernek 828.216.3998

### NEW LISTING



Impeccably maintained inside & out, this one-level home features a lg screened porch & gorgeous mountain views. Wonderful woodsy neighborhood w/ lots of space between homes. Selling w/ most furnishings **\$275,000** Call Karen Cernek 828.216.3998

### NEW LISTING



0.43 acre lot in Solairus eco village in Old Fort. 7.5 acres of common area is pasture with playground. 2 BR, septic, site graded. Gently sloping w/mtn views. 15 min Blk Mtn, 30 min DT AVL. Call Devon Satchell 828.747.2694 **\$38,000**

### NEW LISTING



Perfect for cabin, tiny home or VRBO, no restrictionsHOA fees, 2 BR septic permit on file. Private level to rolling site in pastoral Fairview Community, just 15 min. to AVL. Paved access. Rare opportunity! **\$42,000** Call Karen 828.216.3998

### PROPOSED BUILD



Proposed 3/2 all one level living in an amazing New Agrihood development in Fairview. Wood floors and vaulted ceiling in open floor plan. Right off US 74. Custom plans or bring your own. **\$425,000**

### 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 \$50,000

**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

**UNDER CONTRACT! 2 BEAUTIFUL LOTS** 15 mins to DT Asheville. All the work is done for you. Driveway cut in, water line run and septic installed. \$65,000 Call the Office for more information 828.628.3088

**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

**NEW! 3.58 PRIVATE ACRES** with breathtaking long-range views. They are not making anymore lots like this! Level access from paved road, sloping lot in beautiful gated community. Pool, tennis and golf membership option. Call Karen 828.216.3998. \$100,000

**REDUCED PRICE! 4 PRIVATE, WOODED, LOTS** in Mountain Shadows. 5-4.5 acres from \$25,000-50,000, most with potential for spectacular views. great neighborhood just 15 min. from downtown Waynesville. Call Karen 828.216.3998

**NEW! REYNOLDS COMMUNITY LOT.** City Water, Sewer & Natural Gas Available. Gentle Slope with lots of trees. No city taxes. \$79K. Call Jenny Brunet 828.779.4473.

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**NEW! 0.53 ACRE LOT WITH INCREDIBLE VIEWS** from Graylyn Estates in the heart of Fairview. Only 5 mins to AVL, Blue Ridge Pkwy and the interstate. \$75,000 Call for more info 828.628.3088

**NEW! UNBELIEVABLE PRICE FOR BEAUTIFUL 1-ACRE LOT** in Fairview Forest. Incredible mountain views in well-established neighborhood. \$20,000 Call for more info 828.628.3088

**NEW! 4.5 ACRE WOODED, RESTRICTED HOMESITE** at end of road adjoining LG undeveloped tract. Potential for spectacular valley/Mountain views. Very Private and in area of nice homes. Owner will consider financing. \$50K Call Karen Cernek 828-216.3998

**LAKE ADGER, NEARLY 5 PRIVATE LAKEFRONT ACRES** w/ deep water access & boat slip at dock area. Plenty of room for a guest house. Gated comm w/ walking trails. \$150,000 Call Karen 828.216.3998

**2 READY TO BUILD ACRES W/ LONG RANGE MOUNTAIN VIEWS.** Driveway cut in; two ready to build spots to choose from. LG Mature trees and mountain laurel to help keep your setting very private. Call our office for more information. 828.628.3088 Priced at \$35K

**NEW! 1.75 ACRES GREAT FOR DUPLEX, TINY HOME, VRBO'S** or divide pending septic approval. Great bldg sites unrestricted property that just can't be beat. \$50,000 Call Karen 828.216.3998

**NEW! 4.92 ACRES W/ SEPTIC PERMIT ON FILE.** Complete privacy & breathtaking views. Mostly level w/ babbling brook, abundant wildlife. \$60,000 Call Karen 828.216.3998

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	LOT 8	0.526	<b>\$59,000</b>
	LOT 9	0.521	<b>\$59,000</b>

**+ ALMOST 1/2 ACRE OF GREEN SPACE!**



## TULIP SERENADE

In late April to early May, I visited the Netherlands, Belgium, and a German town on the Belgian border.

Belgium is famous for medieval towns, bell towers, castles, renaissance architecture, lace and chocolate. In this country you find truly decadent chocolate, extensive beer production and sweet Belgian waffles, which are served as an afternoon treat, as well as French fries, or “frites,” which are eaten with mayonnaise.

The Netherlands is a country of canals, rivers and lakes, with one-third of its land below sea level. It is the world’s largest exporter of flowers and is famous for the Delta Works, an extensive water management system that keeps much of the country dry.



**The Atomium**

My friend Jack McKenney joined me on my trip, including a stop at this landmark building in Brussels, Belgium, which was constructed for the 1958 World’s Fair.



**The Grand Place in Brussels**

This beautiful central plaza with gold-embellished buildings is a UNESCO World Heritage Site.



**Bruges**

We took an open-air boat ride through the canals with great views of this Belgian city.



**Ghent**

In this Belgian city, ornate 15th century guild houses line the Leie River harbor.



**Mardasson Memorial**

This war memorial near Bastogne, Belgium honors the memory of 76,890 Americans who were killed or wounded in the Battle of the Bulge.



**Keukenhof, Netherlands**

Seven million tulips were in bloom in this 79-acre flower garden.



**Kinderdijk**

Nineteen authentic windmills, built around 1740, are part of the water management system in the Netherlands.



**Monschau, Germany**

Near the Belgian border, this picture-perfect medieval village is filled with timber-framed houses, quaint shops and cobblestone streets.



## Do-It-Yourself Biofeedback for Stress, Anxiety and Relaxation

**B**iofeedback uses information from the body to gain control over functions such as heart rate, blood pressure, breathing and more.

This is a critically important skill for those suffering with anxiety, panic, phobias, brain injury, PTSD, ADHD, OCD, addiction or pain, or those who simply need to relax. Many are unaware they have control over body systems or functions that are thought to be involuntary (like those mentioned above).

When people are stressed, their hands start to get cold as part of the sympathetic “fight or flight” response, a process called thermoregulation. This happens because your body brings blood to more central/vital areas and you lose peripheral circulation in the areas furthest away from your core, making your hands, toes and even parts of your face feel cold.

Hand-warming biofeedback is one of the simplest and most effective biofeedback exercises you can do yourself with just a little practice and very little cost.

As its name implies, the goal is to warm the hands, which is a direct reflection of your body’s relaxation response. This is not done by holding them over a fire or running them under water. Instead, follow the steps below.

The exercise requires a small thermometer. You can find one at some gardening or



hardware stores. Otherwise, you can search online using terms like “stress thermometer” or “hand warming biofeedback.” The digital thermometer usually comes in a gray plastic case with a little wire that serves as a temperature probe. Before buying a particular unit, make sure it is capable of taking measurements to tenths of a degree (for example, 95.1). This is very important to demonstrate progress with the exercise.

Make certain to practice this technique in a quiet area free from distraction and allow five to 10 minutes away from family, work, pets, etc.

When you’re ready to start the exercise, tape the wire probe to the tip of a finger (not on the fingernail). Although some

choose to hold the wire between fingers as they get better at it, if you press too firmly you will naturally push blood from the fingers and they will not get as warm. Give it a couple of moments to register the starting temperature of your finger. Then start to do a simple exercise: breathe in through the nose for four to five seconds and out through the mouth for eight to 10 seconds. The key is breathing out twice as long as you breathe in.

You should start seeing a change in the temperature of your hands (hopefully increasing). Sometimes it can happen quite quickly. Continue breathing and watching the temperature of your hands as it continues to elevate, until the

temperature increase stops for a minute or so. At that point, you can end the exercise. Do this several times throughout the course of a day, depending on your levels of stress, anxiety, etc. The more you have, the more you should do this exercise.

You will see very quickly that you have the absolute ability to effectively regulate your stress responses. As you continue practicing this biofeedback, you’ll actually feel the fingers getting warmer. This is an indication that you’re increasing the peripheral circulation by stimulating your relaxation response. Then your brain will know, through repeated conditioning, that it has made a big change in your own physiology.

It gives anyone, regardless of circumstances, the power to control their body systems and response to stress. This is brain training. We’ve seen countless people use this and similar exercises to get past anxiety, panic, and more, because it puts them in control.



Michael Trayford, DC, DACNB is a functional neurologist, published journal author, international speaker, and advisor for the Dementia Society of America. He can be reached at [ApexBrainCenters.com](http://ApexBrainCenters.com) or 708-5274.

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## Alternative Treatments for PND

**P**eripheral neuropathy disease (PND) and other types of nerve damage are the result of damage to the nerves outside of the brain and spinal cord (peripheral nerves), often causing weakness, numbness and pain, usually in your hands and feet, and significantly affecting balance.

Peripheral neuropathy can be the result of a lack of blood and oxygen, metabolic problems and inherited causes, yet over 50% of cases are deemed idiopathic (which means no one knows why they occur). One of the most common causes (about 30%) is diabetes.

People with PND generally describe the pain as stabbing, burning, numbness, tingling, in addition to the loss of balance. In rare cases, symptoms improve. Traditionally, anti-epileptic drugs such as gabapentin reduce the brain's perception of pain, yet do not arrest or improve progressive nerve degeneration.

Two years ago, Vicky R. came to our office with PND. She is diabetic and had been exposed to toxic mold. She'd sought treatment from neurologists and the Mayo Clinic, one of the premier neuropathy centers, but was still experiencing issues. She could barely walk, had difficulty with all major activities—walking, sleeping, balance—and was unable to drive. These issues also caused her to be overweight.

She was desperate and thought she would soon become permanently disabled. And she was only 45 at the time.

There are alternative treatments available for PND.

Pulsed electromagnetic field (PEMF) therapy uses electromagnetic fields in an attempt to heal mental and physical health issues.

Class 4 laser are engineered to produce the wavelengths of light necessary to potentially stimulate the damaged cells, break up the formed scar tissue, and stimulate the healing process. A laser beam is moved over the skin so that the light energy (photons) penetrates the tissue.

Nerve electrotherapy can allow nerves to heal themselves rapidly, through electrical and chemical stimulation.

These treatments, in addition to a customized exercise program, helped Vicky. She recovered all feeling in her legs and feet, which allowed her to walk and get back to the gym.

If you are having issues with PND, talk to your doctor or health care provider about alternative therapies.



Dr. Reilly is past president of the NC Chiropractic Association and team chiropractor for ACRHS since 1999. Call 628-7800 for your always-free consultation. [fairviewdc.com](http://fairviewdc.com)

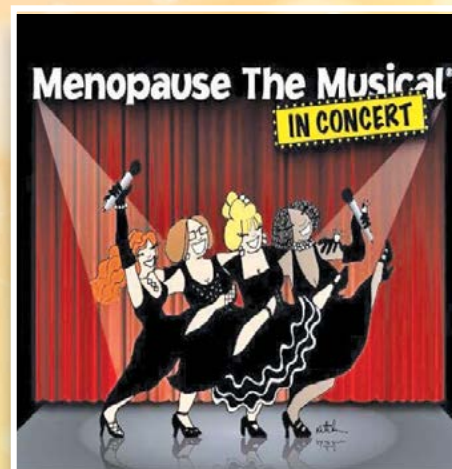
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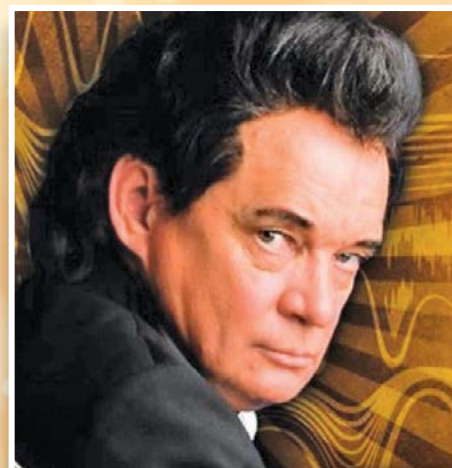
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## The County Comes Through

The board agreed to go back to the County Commissioners and ask for the 3-cent tax increase to boost salaries to the state average and replace old equipment. The process to obtain this 3-cent increase was more streamlined this year. Every commissioner was interested and engaged. Chief Jones set up meetings with each commissioner. He explained the past, present and future needs of our department. The county manager and the finance staff were not only involved in the process but gave great guidance and suggestions to all of the departments asking for an increase across the county.

The increase for our fire department was included in the budget this time, which passed 6 to 1. We are grateful for the engagement, the process being streamlined, and the increase so that we may continue to serve Fairview.

On June 26, our staff received a call for a plane crash on Brush Creek. We all froze because two of our good friends, Matthew Burril and Peter Fontaine, own the airstrip and the planes near that crash site. (Matthew is the son of a founding member of our department.) We learned our friends were okay but their friends (Malachy "Mal" Beckham Jr. and John Gaitskill) flying the plane were not. The staff that day had to stay out in the sweltering heat and monitor the scene

until the National Transportation Safety Board and other authorities conducted their investigation. In July, the family invited the responders to attend Mal's Celebration of Life at the Hanger and thanked them as part of the service. Everyone there wanted to thank those who responded and worked that scene.

### Save the Date

Looking to the fall, we are planning a pancake breakfast fundraiser with a community outreach portion, which will include resources for our community and a shred truck. More details next month but make sure you mark your calendars for September 7. The event will be from 8–11:30 am.

The third Monday of each month the board of directors holds its meeting at the main station at 7 pm. Anyone that is a tax-paying citizen of Fairview is welcome to attend. The board is made up of and voted in by the citizens of the community. Further information about the fire department can be found at [fairviewfire.com](http://fairviewfire.com)

For instant updates about the department, follow us on Facebook by searching for "Fairview VFD (Buncombe County)."

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

## Speeding Things Up

Copying many files in Windows can be time-consuming, but there are tools that make the process go faster than using File Explorer. One of these dedicated apps is called TeraCopy ([codesector.com/teracopy](http://codesector.com/teracopy)), which uses special algorithms to speed up the copying process with the option to verify those copied files.

Various things that you might be doing that slow down your computer include running too many applications at the same time, not rebooting regularly, clicking around on most anything on the web, not installing updates, and confusing slow Internet with your computer being slow.

Virtual private networks (VPNs) are a wonderful tool for protecting your internet access when you are using someone else's Wi-Fi in public spaces. Their privacy is only as good as what the companies do with the traffic going through their system, and recent research from VPNpro hints that nearly 30% of the most popular VPN services are secretly owned by a handful of Chinese companies. The concern is with laws in China that won't protect your data if their government insists on it being handed over. This isn't to say that other countries have tighter privacy protections, but at least European Union-based companies have to abide by the union's data protection rules.

Bluetooth beacons in retail spaces let

apps track your movement in stores so you can get ads. If you like ads for saving money, then skip ahead, but if you have ever wondered why the store you are in seems to pop open ads on your phone, then welcome to the increased use of Bluetooth tracking. If you don't need Bluetooth on, turn it off, and if you don't need a store's specific app, uninstall it.

It might shock you to know how much air quality can change between different parts of a city, so check out AirVisual, a smartphone app available for both Android and iOS devices, which will show you the Air Quality Index for most any city. I did have to search for Fairview, as the app thought I was in Biltmore Park. That probably had something to do with my cell phone provider.

Finally, learn how to clear out your phone's voicemail box. You may not know it, but when others return your call and get a "mailbox full" message, you'll be left thinking that no one calls you back. Your cell phone or landline phone provider can help you learn how to access and manage those messages.



*Bill Scobie fixes computers and networks for small businesses and home. 628-2354 or [bill@scobie.net](mailto:bill@scobie.net).*

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## Plants and Animals Form Natural Communities in Fairview

Combinations of native plants and animals regularly found together in particular settings create specific types of natural communities or forest communities. Identifying and documenting natural community and forest types helps conservation organizations like the Southern Appalachian Highlands Conservancy (SAHC) evaluate a property for conservation and understand what types of plant and animal species the land can support. The transition from one community type to another may be gradual, and learning about them can help you identify tree, understory, and plant species likely to be found in your area.

“Natural communities essentially describe the relationships plants have with their environment,” explains Sarah Sheeran, SAHC’s Stewardship Director. “Like all relationships, these natural communities are dynamic. They depend upon a lot of different factors—including abiotic [non-living] conditions such as underlying geology, moisture, sunlight, soil pH, and aspect [which direction the terrain faces]. The combination of factors and conditions helps predict what sort of plant species may be found in a particular area. Disturbances—either natural or man-made, such as fire, pests, drought, clearing of land, etc.—can affect these natural communities. For example, American chestnut once dominated southern



This hemlock, seen on a hike that SAHC offered with the Hemlock Restoration Initiative, is affected with the invasive hemlock woolly adelgid. Pests such as these can affect the composition of natural communities. MARGOT WALLSTON

Appalachian hardwood forests. The chestnut blight decimated the American chestnut, and now oaks and hickories have filled the space and role once filled by mature chestnut trees, changing the composition of these forest communities.”

Conservation properties in Fairview contain a variety of different natural community types. Some are very common to WNC, while others are seldom seen.

For example, SAHC’s conservation easements on Hickory Nut Gap Forest and Camby Mountain protect oak-hickory and rich cove forests, two common community types that provide important habitat and food resources for wildlife.

Conservation easements at Drovers Road Preserve and other conservation properties near Hickory Nut Gap contain Carolina hemlock bluffs at higher elevations, a rarer community type with mature Carolina hemlocks on rocky terrain. Conservation easements surrounding Tater Knob contain both chestnut oak forest and dry oak-hickory forest.

According to the NC Wildlife Action Plan, “The importance of oak forest to wildlife of the region cannot be overstated, due to the overwhelming predominance of the habitat across the landscape, the variety of conditions encompassed, and the mast [acorns, nuts and other forest fruits] production capacity of this habitat. By virtue of the production of vast quantities of acorns, hickory nuts, and a wide variety of soft mast associates, the wildlife food production capacity of oak forests is immense.”

The concept of habitat describes the combination of resources and conditions that affect the ability of a species to survive, including presence of food, water, and cover; seasonal or climactic conditions; and other environmental conditions, such as the

presence of competing species or predators. Some habitats occur only when certain conditions exist, for example, in periods or seasons of high rainfall. Other habitats may be prone to periodic disturbances, such as wildfire or flooding. Protecting land that contains various forest types helps conserve the resources—places to live, food to eat, and interspecies relationships—that plants and animals need to survive. So identifying and understanding natural communities, particularly rare or threatened community types, is an important step in conservation. Prioritizing conservation in this way, as a “landscape-scale” approach rather than species-specific approach, also benefits a lot of different species.

The NC Wildlife Action Plan contains detailed information about habitat and natural community types, as well as specific plant and animal species. You can find more information on the NC Wildlife Resources Commission website at [ncwildlifer.org/Plan](http://ncwildlifer.org/Plan).

Another excellent resource for understanding natural communities is *Wild North Carolina: Discovering the Wonders of Our State’s Natural Communities* by David Blevins and Michael P. Schafale.

Angela Shepherd is Communications Director of the SAHC in Asheville. She can be reached at 253-0095 ext. 200 or [sahc@appalachian.org](mailto:sahc@appalachian.org). Visit [Appalachian.org](http://Appalachian.org).

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# Farming Family Connections in Fairview

## Remembering 'Birthday Dinner' on the Mountain

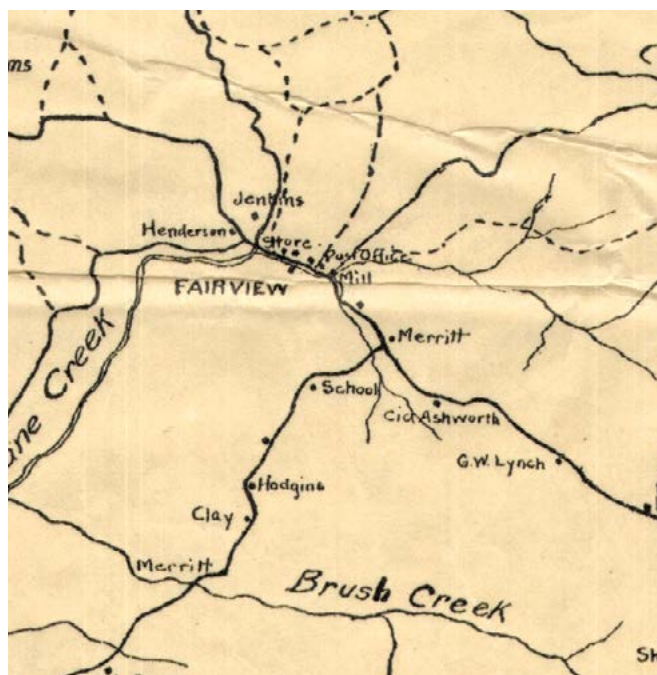
by Katherine Calhoun Cutshall

This article is taken from the "52 Weeks, 52 Communities" series from Pack Library's North Carolina Collection, which highlights a different Buncombe County community each week. You can find the original of this article on the Collection's "Heard Tell" website at [packlibraryncroom.com](http://packlibraryncroom.com).

One of my earliest childhood memories is in a big, old house full of people gathered for Christmas dinner. In a dining room with a large table and wood floors, the chandelier lit with candles dripped down onto the table. At just 5 years old or so, it was a method of lighting I had never seen before. At the end of the dinner, a kind lady, who I learned later owned the house, asked me, "Would you like to put them out?" She picked me up and let me stand on the table, and showed me how to reach the candles with the snuffer. Later, we stood out in the yard, surrounded by boxwoods, and saw Santa Claus right up on the roof. He came down into the house and each one of the children received a toy. My gift was "pick up sticks," and my Pap, J.C. Settles, showed me how to play while we drank warm apple cider.

My family made the journey up "the mountain," (or Bearwallow, which, if you are familiar with local speech patterns comes out more like Baire-walla) at least once a year. The purpose of this trip was, to the best of my childhood understanding, to eat. A lot. However, I knew this meal carried weight that other meals did not because it required skipping church, and that was something we almost never did. The itinerary was typically thus:

- Bake the macaroni and cheese that was prepared the night before;
- Load the car with children, sunscreen, and coolers;



Left, a map of Fairview Township around 1903. Right, the "Birthday Dinner" spot on Bearwallow Mountain. Note the trampoline. GOOGLE EARTH

- And meet my grandparents, aunts, and uncles at my grandparents' home on Old Brevard Road and set out on a 45-minute journey along US-74 until we reached the Hickory Nut Gap. Once at the gap, we followed Bearwallow Mountain Road, a series of twists and turns up and down the mountainsides, until we reached almost the pinnacle of Bearwallow Mountain, where in a small cove, a picnic shelter, trampoline, and outhouse awaited us.

This day-long event was called "Birthday Dinner." As a child, I never knew whose birthday it was, and never questioned it. My mother informed me that the tradition began as a celebration of all the Bradley (my Pap's mother's family) family birthdays at one time. The adults spent their time discussing genealogy, hugging babies, and eating. The children played games of tag and Frisbee in the wide-open field, made efforts to see who could swing the highest on an ancient wooden swing set, and tried to remember to "flush" the outhouse at the behest of our joking uncles.

These once a year trips were the beginning of my fascination with the history of western North Carolina. It was at Birthday Dinner where I learned the ins and outs of my mother's family and got to know the place my Pap (and his Pap) called home. As I got older, the long drive there and back served as a time for asking questions like, "who is 'so and so'? And how is it that they are related to 'so and so' again?"

Almost every year on the trip home, if it wasn't too late, we would take some detours on the way back home. The most memorable, and the most important to me, were the stops at "The Clarkes." At some point, either because someone told me, or simply some realization, I came to understand that "The Clarkes" was the big house with the candle-lit chandelier, boxwood garden, and Santa Claus on the roof. But for my Pap, it was much, much more. It was, in many ways, home.

### Local and Family History

In 1929, Osborne Filmore Settles and his wife, Cora Lee Sinclair Settles conveyed 7 acres of their 115 acre tract at the headwaters of Cane Creek, in the Fairview Township, to James Gore King McClure, Jr. and his wife, Elizabeth. This land had been a gift from O.F.'s father at the time of his passing, a place where O.F. and his family had lived, presumably, since he and Cora Lee married in April 1896. Surveyors used two trees along the Henderson/Buncombe County border to mark the southeastern line of the property. This plot is close to where the Garren Creek fire station sits today. About the same time, McKinley and Clinard Settles, two of O.F.'s sons, developed relationships with McClure.

James G.K. McClure, Jr. moved into the Fairview section of Buncombe County with his wife Elizabeth in 1916 and purchased the old Sherrill's Inn. The inn, now on the National Register of Historic Places, served as a popular stagecoach stop in the early 19th century. Later, it became a Civil War field hospital, and finally fell into the hands of James and Elizabeth McClure. In 1918, James McClure held the first meeting to incorporate Hickory Nut Gap Farm, a business in operation to this day.

James McClure led an amazingly full life of accomplishments and accolades, (enough to fill an entire book, and I highly encourage everyone with any interest in Fairview, WNC, or Presbyterian Home Missions to pick up a copy of *We Plow God's Fields* by John Ager.) He and other Fairview farmers were responsible for the foundation of the Farmers Federation of Fairview. Started in 1920 as a single warehouse at the closest railroad stop to Fairview Township, the movement grew into more than five warehouses across the county built with major investments from



The extended Bradley family in front of the picnic shelter. LORIE SETTLES CALHOUN





Above left: Portraits of Clinard Lee Settles and Ruth Bradley Settles at Hickory Nut Gap Farm.  
Above: The author, age 5, and Annie Clarke Ager, snuffing out candles in the dining room of the old Sherrill's Inn.



The author (right) and her sister Morgan as kids in front of Elizabeth McClure's mural entitled "Old Days at Sherrill's."

E.W. Grove and others. McClure, having been trained as a Presbyterian minister, also started a mission wing of the Federation called The Lord's Acre.

By 1922, O.F. Settles and his children became deeply involved in the Farmers Federation and the operation of Hickory Nut Gap Farm. Altogether, Osborne and his wife Cora Lee had five children, and according to the 1930 census and family history, most of them were working at Hickory Nut Gap Farm in some capacity or another. Their departure from what has been described as "Settles Hollow" was the beginning of a special, decades-long relationship between the Settles and McClure-Clarke families.

One of Osborne Settles' youngest sons left his father's farm and went to work at Hickory Nut Gap Farm shortly after the Farmer's Federation was in full swing in Buncombe County. According to an interview with Maggie Lauterer, a long time *Asheville Citizen-Times* history and culture columnist, Clinard Lee Settles

left his father's farm at 16 years old. Annie Clarke Ager (granddaughter of James McClure) believes that Clinard may have come to Hickory Nut Gap Farm as young as 12. Clinard's primary job on the farm was as the heavy truck driver, the keeper of the corn, and "surveyor." He was a wage-earning farm laborer, and a portion of his wages was paid in free rent on a home on the farm. He and his wife, Ruth Bradley Settles, moved into the home after they were married and lived there for the whole of their lives together. According to Annie, when Clinard passed away in 1987, "No one knew where the boundaries of the farm were anymore."

Clinard apparently used the farm truck to haul large numbers of people to the Farmers Federation Picnics, winning the "most people in one vehicle" contest on multiple occasions. The Settles' were mighty famous at Federation picnics, as O.F. and his sons were well known to sweep the "bald headed man contest," as well.

Clinard's older brother, Mckinley, or "Mack" lived on Sugar Hollow Rd. and worked as a chauffeur for the McClures. Mrs. McClure never learned to drive, so it was up to Mckinley to get her around. Clinard and Mack's sister, Dottie, worked as a housekeeper and cook on the farm as early as 19 years old, while her sister-in-law, Nanny, became a nurse to the children of Elspeth McClure (James and Elizabeth's daughter) and her husband, James M. Clarke. Closer to Fairview proper, Lola or Lowly Settles operated a craft shop on 74 and worked on and off as a carpenter and stonemason on the farm. His daughter Lola Mae eventually took a job with the Imperial Life Insurance Company of Asheville in the home office located on Rankin Ave.

The Settles raised their families on Hickory Nut Gap farm alongside the McClure-Clarke children. Clinard and Ruth Settles had two children, J.C. (James Clinard) and Elizabeth Ann. (This is where I come back in.) J.C., my grandfather, lived the grand portion of his young years on the farm. Though he never worked for the Clarkes in any official capacity, as another capable pair of hands on a busy working farm, he was expected to pitch in. One of the ways he helped was in the dairy. Before school each morning, he would go to the dairy barn and attach the cows to the milking machines. If the power was out (which it was more often in those days) he milked the cows by hand. Mrs. Clarke would also pay him to weed her flower beds and work at the roadside apple stand in the fall.

J.C. left the farm to enter the US Air force immediately after graduating from A.C. Reynolds High School. He married Lorraine Houck in 1964 and the couple

took their honeymoon at Hickory Nut Gap farm. They stayed for several nights in a home built for Jamie and Elspeth Clarke, then empty, that had been fixed up by Nanny Settles specifically for their wedding trip. Lorraine said that "Aunt Nanny" as she was known, "had put little bouquets of flowers in every room...it was just really sweet."

### Present Day

The Settles have continued to enjoy a special relationship with the extended Hickory Nut Gap farm family. I remember that Annie Clarke Ager and her husband John were present at my great grandmother's, Ruth Bradley Settles, funeral at Bearwallow Baptist Church cemetery. My family still visits the farm at least once a year. We, like everyone who visits the old Sherrill's Inn, are treated like old friends. We roam around the property and my mother and aunt recall their childhood days spent playing around the old springhouse. Typically, we do not leave empty-handed, whether it is with eggs, apples, or some other goodies. The Ager's have honored the work of the Settles family in a number of ways. Most prominently are the portraits of my great grandparents that hang in the event space near the site where their home once stood.

If you haven't put two and two together by now, that very early childhood memory was a Christmas Eve Dinner at Hickory Nut Gap Farm in 1998. The very kind lady who allowed me to snuff out the candles in the chandelier was Annie Clarke Ager.

*Katherine Calhoun Cutshall is a librarian working in the North Carolina Room at Pack Memorial Library. She can be reached at Katherine.Cutshall@buncombecounty.org.*





## GREG'S MAGIC TRICK

### Summer Math Magic

This is based on an old mathematical formula. The "invisible dice" are just for fun. This little trick will keep your mind sharp during summer vacation.

**1** Ask another person to pretend to roll a pair of dice and come up with two numbers (the numbers that show on top when the imaginary six-sided dice are rolled). Tell them to keep the two numbers secret.

**2** Tell the person that they are going to do some calculations in their head. First, have them take one of the numbers and double it. Second, have them add five to that total and then multiply that new total by 5. Third, add the number from the other dice to your total.



Then have them tell you the total.

Example: They "roll" 1 and 4.  
 $1 \times 2 = 2$ .  $2 + 5 = 7$ .  $7 \times 5 = 35$ .  $35 + 4 = 39$ .

**3** Subtract 25 from their total and the two-digit answer will contain the two numbers "rolled" by the other person.

Do those calculations in your head and then tell the other person what their numbers were.

Example:  $39 - 25 = 14$ . The numbers are 1 and 4.

**4** If they ask you how you knew what the numbers were, tell them they left the dice on the table. Pick up the invisible dice and put them in your pocket. **Magic!**



Greg Phillips is a professional speaker, magician and comedian. Contact him at [Greg@GregPhillipsMagic.com](mailto:Greg@GregPhillipsMagic.com) or [MountainMagicAcademy.com](http://MountainMagicAcademy.com).

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## School Safety at Fairview Elementary

by Kenya Hoffart

Student safety is a top priority at Fairview Elementary School. Parents, volunteers and visitors are all expected to follow certain rules to help ensure the safety of every student. With the new school year almost here, you should be aware of the following requirements, tips and suggestions for FES.

FES is committed to making sure every student is allowed to enjoy a positive learning environment, and guidance counselors and a dedicated School Resource Officer are always available to support students and address concerns.

### Tobacco

Fairview Elementary is a tobacco-free campus. No smoking or use of any other tobacco product is allowed anywhere on school grounds, including the parking lot and in the car rider's line.

### Dropping Off and Picking Up

When moving forward in the car rider's line, parents should move to the first open spot, rain or shine. There are 10 numbered spots, and the first three are beyond the covered area of the sidewalk. Staff members with umbrellas will escort students to the dry area if it's raining.

When driving through the parking lot, be mindful of staff, visitors and students walking through the lot. The morning sun, as well as large vehicles, can sometimes make it difficult to see, so proceed with caution.

Parents and visitors navigating the car line should not leave large gaps between cars while waiting. This will allow for as many cars as possible to make it into the parking lot and reduce congestion on the highway.

Students exiting cars in the morning car rider line must do so on the right side of the car. There will be staff and school ambassadors available to help open and close car doors. Students should have backpacks, lunchboxes and other items in hand, ready to exit when their car comes to a complete stop. Likewise, students will only be allowed to enter cars on the right side in the afternoons.

Anyone wishing to pick a student up in the afternoon car rider's line must have a special placard provided by the school. Placards can be picked up at Meet the Teacher on Friday, August 16. Anyone who does not have a placard will have to park, enter the school, present their ID and be verified as someone designated by the student's guardian as safe to pick up that student.

All students who are not bus riders must be picked up in the car rider's line. Parents are not permitted to park and come in just to avoid waiting their turn.

Be considerate when navigating the car rider's line. If you're turning right onto Oak Hill Lane to enter the school's parking lot, please be sure to stop at a red light so that cars turning left have a chance to move. The light changes quickly, so it's hard for those turning left to fall into line if those turning right continue to move when the light is red. Likewise, those turning left shouldn't block the intersection so that those turning right may do so when that light is green.

All visitors, parents, students and staff members must use the crosswalk. Anyone trying to cross elsewhere will be redirected.

Cars may only enter the parking lot at the stop light. The lower entrance may not be used to access or avoid the car rider's line.

### Transportation Changes

If parents need to change their student's normal way home, they must send a note to that student's teacher that morning. Teachers do not have time to monitor emails during instruction time, so it is imperative that changes are communicated first thing in the morning. Transportation changes cannot be made over the phone or by fax.

Students who need to be picked up early must be picked up by 2 pm. This reduces confusion when students are loading buses or moving to their specified waiting area. It also keeps people from walking through the car line once it begins to move.

### Parking Lots

No student is allowed to walk through the parking lot without an adult. There is no exception to this rule, which must also be followed when dropping off for before-school activities or picking up from after-school activities.

There is no parking at the storage buildings, where buses park behind the school, or in the parking lot to the right of the school. Parents must use the school's front lot or the gravel lot to the left of the school.

### Visitors and Treats

Anyone wishing to drop something off for a teacher or student will be required to leave items at the front office.

Anyone wishing to have lunch with their student must let the teacher know in advance, even if they do not plan to purchase a school meal. This is so teachers are aware of any visitors sitting with their class.

Special treats, such as birthday cupcakes, must be store-bought, and teachers must approve treat days so that there is no overlap with other celebrations or special events.

Anyone entering the school must ring the doorbell and indicate the reason for their visit before the door will be unlocked. Anyone moving beyond the front desk will be required to sign in and have their driver's license scanned to be issued a visitor's pass.

*Kenya Hoffart is the VP of fundraising and communications chair for the FES PTA. Cindy McMahon's column will return next month.*

### North Carolina SCHOOL BUS STOP LAW

**Two-lane roadway:** When school bus stops for passengers, all traffic from both directions must stop.

**Two-lane roadway with a center turning lane:** When school bus stops for passengers, all traffic from both directions must stop.

**Four-lane roadway without a median separation:** When school bus stops for passengers, all traffic from both directions must stop.

**Divided highway of four lanes or more with a median separation:** When school bus stops for passengers, only traffic following the bus must stop.

**Roadway of four lanes or more with a center turning lane:** When school bus stops for passengers, only traffic following the bus must stop.

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[www.ncdot.gov/dmv](http://www.ncdot.gov/dmv)

## GOAT Is Gucci

To many adults, the way teenagers talk and interact with each other is an enigma. They use slang and quote pop culture that many adults haven't even heard of. Take it from me, someone stuck in the pits of high school: this is what you need to know to understand the teens in your life.

Chevanee Brown, a recently graduated senior, uses slang all the time. "Yeah," she said, "my favorites are 'bet' and 'capping.'" Bet means okay and capping (or cap) means lie or lying. "I started using them last year, around when it started to circulate," she says. If you're hearing your kid or one of their friends say something like "This summer is the best, no cap," they're mean "no lie." Or if your kids are playing truth or dare and you hear "bet" coming from their room, they may be about to do something stupid.

Here are a few more words that you may have heard (based on the ones that are popular at my school) around town or maybe in your own house. When a kid

says something is "gucci" or responds to you with "alright, gucci" that means something is good, cool or top notch. Or when your kid's friend says "what a goat," it's not actually an insult. GOAT stands for "greatest of all time." Another fairly common slang is "tea." It means gossip. If you're spilling the tea or you hear someone say "tea, sis," that means there's some juicy gossip being related.

Another way kids like to communicate is through things called Vines. Vine was an app that shut down in 2017. It allowed users to post six-second videos of almost anything. Even though it shut down, there are Vine compilations on YouTube that teenagers watch for laughs. These Vines usually have short jokes, skits, funny personas or quotable lines of dialogue. Whenever we find one we like, we choose the punchline or the most memorable part and shout it out at any point in a conversation. A fan favorite is a man dressed in a Spider-Man suit and wearing goggles who yells, "It's Wednesday, my dudes. Aaaaah!" Around school on any given Wednesday you'll hear it at least once.

That's all for this month. If you have a question about why we teens like what we do, or why something your generation did is dying out, send it in to [copy@fairviewtowncrier.com](mailto:copy@fairviewtowncrier.com).



Avery Love is a rising tenth-grader at A.C. Reynolds High School. She lives in Fairview with her mom, dad, and sister Zoe.

## Calendar Sales Support Rocket Athletics



Everyone needs a calendar, especially one listing all A.C. Reynolds High School Athletics' games, band, club and school events, and conference game schedule, plus the school calendar for 2019-2020. This calendar also includes just about every holiday celebrated in the United States to add to its value. Your purchase of a calendar directly supports important athletic programs at the school.

Purchase yours for only \$10 at any ACRHS home game or at the Crier office, 1185F Charlotte Highway, M, W, F, 12:30-4 pm.



## Diet-related Heart Disease in Dogs

**M**any of my clients have questions about heart disease that has been linked to certain types of dog foods. Over the past few years, there's been a large increase in the numbers of dogs developing a heart condition called dilated cardiomyopathy that is believed to be caused by eating certain types of foods. Research is ongoing, but this disease is serious enough that dog owners should be aware of the current findings so they can make educated decisions about their dog's food.

Dilated cardiomyopathy (DCM) weakens the heart muscle and causes it to enlarge. DCM is often silent in the earliest stages of the disease and then progresses to heart murmurs, arrhythmias, congestive heart failure and death. This disease can be managed but not cured when it occurs naturally.

This is a relatively common disease in large and giant dog breeds, such as Golden Retrievers, Great Danes and Boxers. In these breeds, the disease has a genetic component. However, we are now seeing DCM in breeds without a genetic predisposition, and it's this subset of the population that's thought to be affected by nutrition.

DCM used to be very common in cats until 1987, when it was discovered that an amino acid called taurine essential to heart health was missing in appropriate amounts in cat food. This amino acid was then added in appropriate amounts to cat food and

the disease has all but disappeared in cats. Although some taurine can be made in the body, it's not enough to keep pets healthy and thus must be part of a well-balanced diet. Some taurine-deficient dogs with DCM have responded well to taurine supplementation.

When vets and researchers started to look for a common thread among all dogs diagnosed with DCM, they found that these dogs are more likely to be eating a grain-free, boutique or exotic protein-type of dog food. These foods were more likely to include potatoes, lentils, peas or other legumes instead of grains. Again, the research is ongoing, but the most current findings still lead to these diets being the underlying cause.

There are still lots of options for food that is considered safe, and there are some guidelines to help you figure out which one is best for your dog.

The Association of American Feed Control Officials (AAFCO) is the regulatory agency that establishes standards that reputable pet food manufacturers use to produce high-quality and well-balanced foods. A pet food without an AAFCO nutritional claim is unlikely to be well researched and may be a poor diet. This claim will be on the dog food label and will tell you what life stage the food is intended for or if it is meant to be only used intermittently as treats.

High-quality foods are made by companies that employ nutritionists and



Dr. Moncure's dog, Birch, eagerly awaiting his breakfast of nutritionally balanced AAFCO-approved dog food with grain in it.

veterinarians and have a history of testing their foods to make sure they are nutritionally complete. These companies will also know how to prepare all the proteins used in their diets to ensure the nutrients are still available after the food is processed.

Avoid grain-free diets, diets made of exotic ingredients by companies without research departments, and boutique-type diets without AAFCO claims. There is not now, nor has there ever been, any real science-based evidence that grain-free diets are better for dogs. Dogs can digest grains and grain allergies are virtually unheard of in dogs. Many of the claims of "human grade" and "all natural" are meaningless and do not indicate a better dog food. Included by-

products are not scary and are generally just the parts of meat that people would prefer not to eat (heart, lungs, etc.). They are perfectly safe to eat and help us avoid wasting large portions of animals slaughtered for meat.

As always, you should first ask your veterinarian for help in choosing a food. This is especially important if your dog has a pre-existing health condition or is a breed with genetic predispositions to any health problem. Others may mean well, but veterinarians will be the best source of scientifically sound information.

If your dog is eating an at-risk diet, there is no need to panic. While the number of dogs with this disease is increasing quickly, it is still only a very small percentage. You can change your dog's food to a high-quality, well-researched, grain-inclusive and AAFCO-certified product. Make this change over three to five days to decrease the chances of diarrhea from a quick diet adjustment.

Go to your veterinarian for help. He or she will listen to your dog's heart and lungs and give you diet advice. For dogs that have signs of a heart problem, the first step will be further diagnostics like blood work, checking taurine levels, x-rays, and ultrasound.

If you would like more information about nutritional DCM, please call your vet or visit [taurinedcm.org](http://taurinedcm.org).

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



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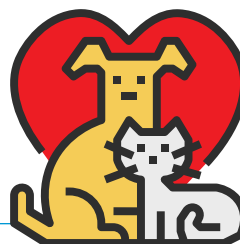
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**Aja** is a tiny girl who needs to be spoiled. She loves to be held, and wants to be the only pet in the house. Due to her small size she will require an attentive adult family without children. *Charlie's Angels*

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**Brother Wolf  
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885-3647 [bwar.org](http://bwar.org)

**Asheville Humane Society**  
761-2001 [ashevillehumane.org](http://ashevillehumane.org)

**Charlie's Angels  
Animal Rescue**  
885-3647 [wncanimalrescue.org](http://wncanimalrescue.org)



## Coming to a Chimney Near You

One of the great spectacles of bird migration is coming soon. I'm talking about the chimney swift.

Before European settlement brought chimneys to North America, chimney swifts nested in caves, cliff faces and hollow trees. This species has suffered sharp declines as chimneys fall into disuse across the continent.

This little bird spends almost its entire life airborne. When it lands, for roosting at night or for nesting, it can't perch so it clings to vertical walls inside chimneys or in hollow trees or caves. Swifts even bathe in flight by gliding down to the water, smacking the surface with their bodies and then bouncing up and shaking the water from their plumage as they fly away.

## Night Roosting

But the fun part is watching them roost at night. During migration, thousands of swifts roost together in chimneys, funneling into them at dusk in spectacular tornado-like flocks. Migration will eventually take them to the upper Amazon basin of Peru, Ecuador, Chile, and Brazil.

When they come back to their North American breeding grounds, they perform aerial courtships within two weeks of arriving and form monogamous pairs for the season. Only one breeding



Swifts in a chimney GREG SCHECHTER, SAN FRANCISCO, USA VIA SNOWMANRADIO, WIKIMEDIA COMMONS

pair will occupy any one chimney, though they sometimes tolerate other nonbreeders. Unmated swifts continue to roost together during the summer. The chimney swift uses glue-like saliva from a gland under its tongue to cement its nest to the chimney wall or rock face. Sometimes an unmated swift helps the breeding pair rear the young. The young outgrow the nest after about two weeks and have to cling to the nearby wall, in many cases even before their eyes are open. They eat airborne insects—and lots

of them. A pair of chimney swifts along with three chicks will eat 5,000 insects per day.

## Declining Population

The oldest recorded chimney swift was at least 14 years old when he was recaptured and released during banding operations in Ohio in 1970. He had been banded in the same state in 1957. But as mentioned earlier, chimney swifts have been in decline due to disappearing chimneys or chimney modifications.

Long-term, range-wide decline has been about 2.5% per year between 1966 and 2015, resulting in a cumulative decline of 72%.

Bird lovers are trying to help. Audubon North Carolina built a tower at Beaver Lake Bird Sanctuary (1020 Merrimon Avenue, Asheville). “Building a tower is a project that almost anyone can do, although the construction does require some higher-level skills,” explains Tom Tribble, President of the Elisha Mitchell Audubon Society in Asheville. “It needs to be at least 30 feet away from nearby trees. They need to be unobstructed around the chimney.” If you have a space in mind, go to the link at [fairviewtowncrier.com/links](http://fairviewtowncrier.com/links) to see chimney structure plans and how to build them.

## Save the Date

If you want to watch chimney swift swoop in and occupy a chimney, you can attend an event organized by the Audubon Society. Come to the Asheville Civic Center parking garage, 7th floor, 68 Rankin Avenue, in Asheville on September 27 at 6:45 pm.

Steve Muma is co-owner of Wild Birds Unlimited at 10 Crispin Court, Suite D, 102, Asheville. [asheville.wbu.com](http://asheville.wbu.com)



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## Fairview-area Softball Team Is a Hit

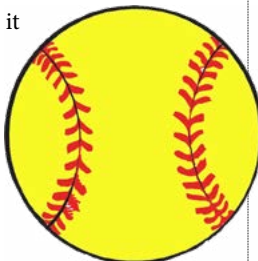


Fairview-area players on the team are Areonna Akbas (top row, middle), Addison Frellick (bottom row, second from left), Trinity Early (bottom, third from left), and Della Draper (bottom, right).

If you missed the recent Women's College World Series of Softball, it was your loss: nailbiters, pinch-hit walkoffs, deciding games — and did that pitcher really throw 160+ pitches in a game? You may not know it, but women's softball is extremely competitive. These women start young, and that includes girls right here in Fairview, too.

The *Crier* recently learned about a local team, called "828 KHAOS," coached by Chad Draper that features four girls from the area. This is a travel squad of 8- and 9-year-old girls—and this team wins when it travels. Coach Draper, a Fairview native who attended Fairview Elementary and A.C. Reynolds High, where he played baseball and football and wrestled (and coached), said the team's current record is 31-4-1, and that they are ranked #2 in their division in NC and #3 in a local, five-state region.

Tryouts for next year's team, for girls 10 and under, will be held on October 5 and 12 at Fairview Ballfields, 1355 Charlotte Highway. Call Coach Draper for more information at 775-9819.



## New Moon Marketplace Has Booth Space

New Moon Marketplace is looking for vendors to sell items. The shop has a couple of small spaces available this month. Stop by to pick up an application or visit [newmoonmarketplace.com](http://newmoonmarketplace.com) and scroll down to apply online.

## Grief Support Group at Trinity



Trinity of Fairview will be starting a GriefShare ministry that will meet every Thursday from August 1 to October 24, from 5:45–8 pm.

GriefShare is a friendly, caring group of people who have all recently lost a spouse, child, family member or friend. It's available to anyone in the community, with a cost of \$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](mailto:griefshare@trinityoffairview.org). You can also register at [trinityoffairview.org](http://trinityoffairview.org).

## ON THE ROAD

Bob Rauch of Fairview took his *Crier* on a recent trip. This is at Saudi Arabia's naval base and academy in Jubail on the Caspian Sea. A group of 14 architects and engineers spent 10 days working with Saudi navy personnel designing 14 new buildings and related civil work in their base. It was a great experience, Bob said, but temperatures near 115 degrees made us ask, "Why July?"



## Celebrating Susie Clarke Hamilton continued from front page

Her work with area children began in the early 1980s. During the school year, the school bus would drop off 10–12 kids at the old Lynch Farmhouse, the home Susie shared with her husband, Dr. Will Hamilton, and their five children. The students would learn drawing, painting, pottery and perhaps take a dip in the pool. Will remembers the kids breaking into a run as soon as they hit the driveway. Susie also mentored Odyssey of the Mind teams, leading them down inventive paths to achieve their goals.

The summer camp began as a Vacation Bible School co-taught by Susie and Annie. This morphed into the memorable summer camps. Each summer for five weeks, 120 campers were shuttled between Hickory Nut Gap Farm (for riding lessons with Annie) and Susie's home (for art,

theater, pottery, and swimming). In 2013, the camp consolidated at Hickory Nut Gap Farm and continues to this day, although without Susie's artistic input.

### Generations of Children

So many children were exposed to art through Susie's efforts that Fairview native DJ Bostic said "nearly every child in Fairview was touched by Susie." While the camps focused on children ages 6 to 13, teenagers were welcome at Susie and Will's home anytime. Brenda McPherson, also a Fairview native, remembers afternoons swimming in the pool and helping Susie with the annual Christmas party she threw for the kids. Later, McPherson's own children attended the summer camp and after-school program, learning about art, enjoying Susie's homemade bread, and

swimming in that same pool.

Susie was a prolific sketcher. Will remembers she was never without a sketchpad, and many of her drawings reflected ordinary daily life—drawings of children, a mother cat with kittens, a horse observing chickens on the other side of a fence, and a child relaxing in a chair titled "after a long day." She could capture a feeling and form with just a few pen strokes: cows, elephants, and a woman carrying a parcel on her head, captured quickly during an overseas adventure in earlier days.

The family will welcome everyone to celebrate Susie's joyous life and artwork. Although she no longer shows an interest in



artistic pursuits, Susie will be present. She may recognize you, she may not, but if you look closely, you will see that spark in her eye showing her love of friends and family.



# How Does Social Security Fit Into Your Retirement Income Strategy?

It might not be on your calendar, but Aug. 14 is Social Security Day. Since it was enacted on Aug. 14, 1935, Social Security has provided some financial support for millions of Americans during their retirement years. While Social Security benefits, by themselves, probably aren't enough to enable you to retire comfortably, they can be a key part of your overall retirement income strategy—if you use them wisely.

To help you make decisions about Social Security, you will need to answer these questions:

• **When should I start taking my benefits?**

You can take Social Security once you reach 62, but if you wait until your full retirement age, which will probably be between 66 and 67, you'll get much bigger monthly checks, and if you wait until 70, you'll get the biggest possible payments. Before deciding when to begin receiving your benefits, you'll need to weigh a few factors, including your estimated longevity and your other sources of income.

• **How should I consider potential spousal benefits?**

If you are married, or if you're divorced but were married for at least 10 years, you could receive up to half of your spouse's full retirement benefit (offset by your own benefit, and reduced if you claim early). If you outlive your spouse, you could claim survivor benefits, which can provide either your own benefits or

100% of your deceased spouse's, whichever is larger. Consequently, the higher-earning spouse might want to postpone taking benefits for as long as possible to maximize the survivor benefit.

• **How much can I earn without reducing my Social Security benefits?**

If you are younger than your full retirement age and you are receiving Social Security, the Social Security Administration will withhold \$1 from your benefits for each \$2 you earn over a certain threshold (which, in 2019, is \$17,640). For the year you reach your full retirement age, your benefits could be withheld by \$1 for every \$3 you earn over \$46,920. But once you reach your full retirement age, you can earn as much as you want without your benefits being withheld, although your benefits could still be taxed, depending on your income.

• **How much of my pre-retirement income will Social Security replace?**

Generally speaking, you should expect Social Security to replace slightly more than a third of your pre-retirement income. However, the higher your income during your working years, the lower the replacement value of Social Security will be.

• **What other sources of retirement income should I develop?**

Contribute as much as you can afford to your IRA and your 401(k) or similar employer-sponsored

retirement plan. You may want to consult with a financial professional, who can look at your entire retirement income picture and recommend moves to help you achieve the lifestyle you've envisioned for your later years.

Keep in mind that your decisions about Social Security filing strategies should always be based on your specific needs and health considerations. For more information, visit the Social Security Administration website at [socialsecurity.gov](https://www.socialsecurity.gov).

One final word: You may have concerns about the stability of Social Security. While no one can predict the future, many potential solutions exist to put the program on more solid footing. Consequently, try to focus on the actions you can control.



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](mailto:stephen.herbert@edwardjones.com).

## JUNE FAIRVIEW REAL ESTATE STATISTICS

		Max \$	Lowest \$	Average \$
Homes Listed	26	2,500,000	145,000	649,773
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Land Listed	12	275,000	35,000	97,758
Land Sold	1	64,500	64,500	64,500

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



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## Budget Battles and More in Raleigh

Last November, the NC GOP lost its super-majorities in both the House and Senate in Raleigh. Now, if Governor Cooper vetoes a bill, and if the Democratic minority sticks together, that veto can be sustained. It is a significant shift in power, and is causing a lot of strain on our state government. The governor vetoed the all-important budget bill for the July 1 to June 30 fiscal year. As of this writing (July 21), the veto is three weeks old, and for over two weeks the “override” vote has appeared on our daily calendar, but the Speaker has skipped over it day after day.

### Short-term Rentals

Before I come back to the budget, let me inform you about two other bills that have riled up my constituents. The first was a sneak attack by Airbnb and real estate interests that would set up state rules for short-term rentals (STRs) or vacation rentals, limiting the ordinances that cities and counties could enact. SB 118 passed the Senate as a bill involving inmates, but out of the blue all of the inmate language was stripped out and replaced with STR restrictions on local governments. Of all the cities in the state, it would have the largest effect on Asheville because of its tourist economy.

The STR debate is a difficult one, as lawmakers try to balance the property

rights of owners against the property rights of neighbors in a community. On July 8, SB 118 showed up in my Local Government committee after having changed from the inmate bill a few minutes before the 9:00 pm deadline the night before. The committee debate was not going well for the bill’s sponsor, with several Republicans speaking against the state co-opting local control on the issue. The bill was withdrawn.

The following Monday, the bill returned in a modified form, grandfathering in current rules until a study could be made of the issue. That bill too was debated and withdrawn, and now appears to be slated for review in the Rules Committee, which may be more favorable to the intentions of the sponsors. If it passes out of Rules, it could come to the House floor for passage, and then go back to the Senate since the Senate passed SB 118 as an inmate bill, not an STR bill. And the Senate is threatening to adjourn until late August.

### Yes or No to Hemp

SB 315 is the 2019 omnibus Farm Bill, which contains an array of policies covering sweet potatoes, shooting ranges and large hog farms. The bulk of the bill deals with hemp production, which was allowed in NC in 2014 and has become a lucrative crop across the state. CBD oil is the most valuable commodity, but hemp can also

be used for a wide variety of fiber uses. I would like to support the bill, as it clears up some gray areas of hemp production in light of the Federal Farm Act, and our local hemp processors are anxious to enhance their legal status.

However, SB 315 collided with the district attorneys and law enforcement over “smokable hemp.” They claimed that, unless “smokable hemp” was banned, marijuana would be essentially legal in NC. Could there be a technical fix that could distinguish between hemp and high THC (the psychoactive chemical) of marijuana? The Senate thought that fix was possible, and delayed the ban until December 2020. But the House leader, Rep. Jimmie Dixon, thought there needed to be an immediate ban. Many of our local hemp growers and processors have been going back and forth to Raleigh to argue against the ban, and it is definitely an epic policy battle. As a proponent of small farms, I have been a staunch supporter of hemp and will vote against SB 315 if it contains the ban.

Going back to the budget veto override, it takes a 60% vote of those present to be successful, or 72 votes if all 120 members are present. The current make-up is 65 GOP and 55 Dems. The GOP leadership has been calling in Democrats and offering them millions of dollars in pork spending for their districts if they will vote to override. They

have also been offering to move the Health and Human Services department to a Democrat’s district. Every day the vote comes up, a calculation is made as to whether the override will be successful or not. If not, the vote will be postponed to the next day. It is often called the “veto garage.” The hope is that one day not enough Democrats will be present, and then the vote will be called.

The governor is pushing for more teacher pay, an infrastructure bond (first proposed by GOP Speaker Moore), a 2% cost of living adjustment for retirees, an increase in pay for state workers, more spending for early childhood education, and some other initiatives. He is also pushing hard for Medicaid Expansion, which would be a major benefit to North Carolina.

It’s possible that no budget will be passed, and the state will just continue along the lines of last year’s spending. Or the budget could be passed in pieces, which might get most of the non-controversial parts to the finish line. And of course, there could be a compromise. The House has shown interest in Medicaid Expansion (see HB 655), but the Senate has not. Perhaps a way forward will have been found by the time this article is before you, but I would be surprised.



Rep. John Ager, District 115 North Carolina House of Representatives. Contact him at [john.ager@ncleg.net](mailto:john.ager@ncleg.net) or 713-6450.

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## Make A Commitment to Change

**M**aking change is hard, especially when it comes to personal health improvement, such as losing weight or eating better. Many of us don't even start the process of change out of our fear of failing. Maybe that's why 80% of New Year's resolutions fail by February, with poor weight loss success being our most common spring-time disappointment.

From my clinical experience, I find that there are a few common roadblocks that prevent us from making the change we know we most need.

### Can't Do It On My Own

In our Western culture, we often believe that we should be able to achieve our health goals on our own. If we must ask for help in achieving our goals, we feel like a failure. The process of achieving better health is like an athlete optimizing sports performance. An athlete hires a coach with no hesitation, while a person who has been battling stubborn weight gain for 20 years still feels guilt and failure associated with reaching out. If we try to implement our resolution with no clear plan or support team, the chance of disappointment is huge. A goal of eating less and exercising more, trying the newest protein shake or supplement or reading the next diet self-help book, for example, will result

in a futile and frustrating roller coaster from weight gain and loss that usually ends in an upward swing. We know deep down that if we could do it on our own, we already would have. Did you know that 95% of diets we do on our own fail? If you have been struggling with unwanted body fat, no matter the number of pounds, get someone on your team and take action now.

### Feeling Guilty for Spending Money on Ourselves

We will spend money on our cars, dish-washers, kids, parents, vacations, and anything other than ourselves. The fact is that our health is the most valuable thing in our lives and is much more important than anything on our need or want list. We deserve to have the health and quality of life that we desire. Invest in yourself, in your own health, so that you will commit to dramatic change. Don't feel guilty.

### Only Evaluating Cost of Action

We look at the cost of our "health improvement program" and only consider the total out-of-pocket cost. We need to flip our analysis. We need to think about what it is costing us financially, physically, and emotionally to postpone our action. When we think about our decision to get started on this journey; we cannot evaluate only



If you have been struggling with unwanted body fat, no matter the number of pounds, get someone on your team and take action now.

the potential downside of action. We must instead measure the huge cost of inaction. Think about how you will feel in five years when you have allowed five more years of your finite life to continue down your current path. Realize the irreparability of your missed steps, excuses and procrastinations. The cost of action is inexpensive, while inaction is the greatest cost and risk of all.

It takes time, self-awareness and discipline to create the life we want to live. Life-changing results are achieved when desire and commitment meet

determined action. The thought of losing weight and improving our health, specifically, can be daunting, and the process is often met with feelings of frustration and failure. If you've been down this path before with no long-term success, it doesn't have to be that way. Know that you can do it if you want to.

Ashley Lucas, who lives in Fletcher, has a PH.D. in nutrition and is a Registered Dietitian. Her company, PHD Weight Loss and Nutrition, is located at 1833 Hendersonville Road, Suite 170, Asheville. 552-3333 or myphdweightloss.com



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The Fairview Business Association was started 20 years ago when a group of small, local business owners had a vision to support each other in common concerns, challenges and opportunities. By focusing on networking and community integration, the FBA found its role as a dynamic local resource.

### July Meeting Recap

We had a great turnout for the meeting hosted by Laura and Rick Telford of Trout Lily Market & Deli. The weather cooperated but everyone stayed inside and munched on some signature sandwiches, other samplings and delicious (and huge) cookies.

Items covered in the meeting included a reminder that The Welcome Table is now held only on the second Thursday of each month, 11:30 am–1 pm at the Fairview Christian Fellowship community room. Donations and attendance encouraged. If you haven't been, it's a great show of community and also a fantastic lunch.

The second quarter charity will be the A.C. Reynolds Athletics department via a full-page ad in the Fall Sports Program that will list all FBA members. If you haven't renewed your membership, now is the time, as you'll be listed. It was decided that the third quarter charity will be Food For Fairview (FFF), and specifically its Summer Kids Lunch Program. FFF director Jeff Cole explained that summer is difficult because the Manna Food packs normally distributed at school are not available, so FFF adds items like protein/snack bars, etc. to its weekly offerings. Members who would like to donate personally can do so at [foodforfairview.org](http://foodforfairview.org) and use the PayPal link. The FBA will be making a \$200 donation.

Guest speaker Gayland Welborn of Buncombe County Council on Aging (COAbc.org) reviewed the resources available to seniors (60+) in our community. These include: free Medicare counseling for supplemental insurance choices; transportation (Mountain

Mobility and Free Volunteer Call-A-Ride Services); home safety inspections and home repair contractor sourcing; food (Meals on Wheels and senior dining options); and heating assistance, just to name a few.

If you have a loved one who is needing assistance, please reach out to Gayland at 277-8288 or [galandw@COAbc.org](mailto:galandw@COAbc.org).

After the meeting, everyone heard from Laura about the changes she's made and some to come. Trout Lily makes amazing smoothies and has great coffee/espresso selections and expanded deli options, including gluten-free/vegan free. Stop by and see for yourself.

### Annual August FBA Picnic

The annual picnic will be held on Friday, August 2 from 5 pm–dark at Peterson Pond on Cloud 9 Farm, 137 Bob Barnwell Road in Fletcher. The FBA provides hamburgers (some veggie) and hot dogs (BYO grillable, if you are particular). Members should bring a side dish, appetizer or dessert and chairs. If you plan on coming, post what you are bringing on the FBA Facebook page.

Come to relax after work, and swim, fish, play some horseshoes, bocce ball, croquet or just hang out with your business friends. No dogs, please, and remember to wear your name tag (or order one Friday @ \$10 each).

If it looks like rain, check your email and also the Facebook page at noon that day for a postponement (rain date will be Friday, August 16, same time and place).

### Future Meetings

**Monday, September 9, 6 pm**—The Cove of Fairview

**Tuesday, October 8, 6 pm**—Carolina Equipment/Bostic Builders

**Wednesday, November 6, 6 pm** — Fairview Preschool

The FBA is committed to supporting our community. Visit [fairviewbusiness.com](http://fairviewbusiness.com) to learn more about the FBA, how to become a member, and pay your dues.



FBA members sat outside at Trout Lily to listen to co-owner Laura Telford (standing at left) talk about changes that she's made, as well as plans for the future.

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## The Lord's Acre Is Now...

For the past 10 years, the name of The Lord's Acre has paid homage to the movement to feed one another during the Great Depression of the 1930s. The efforts of The Lord's Acre to grow and give away organic, fresh produce has touched the bellies and lives of many. We've done strong and caring work with a strong and caring name. But over the years we've learned some people felt our name had some drawbacks—drawbacks we didn't anticipate when we started.

Because of our name, we found that many nonreligious people felt like they might not be welcome in the garden. Our mission has always been to be a safe, inclusive space for everyone. We have always wanted everyone—whatever their faith, political beliefs, race, gender, orientation, or age—to feel invited to be a part of the garden. It was heartbreaking for us to receive feedback that some people felt alienated. We realized we were not fulfilling our mission.

After months of honest, heartfelt, and sometimes painful discussion, the board of The Lord's Acre decided that we needed to adopt a new name. We know some of our supporters are disappointed about that. We hear your concerns and value them. (If you'd like to discuss your concerns, contact Pat Stone, Board Chair, at 243-2678 or pat@greenprints.com.) We are hopeful that you



will remain faithful to our organization's mission, and understand that, in the long run, rebranding is the right thing to do for our longevity and integrity.

### Introducing Root Cause Farm

And so, it's with earnest excitement and humble gratitude that we reveal to you our new identity. We are now Root Cause Farm: A Community Solution to Hunger. Our non-profit organization will continue to provide strength to communities through growing and sharing fresh, organic food. We will continue to strive to create a place where everyone can work together for a common goal: eliminating food insecurity.

Our organization has always aimed to be more than hunger relief. We have all been

working together to grow food and to build community because we believe that hunger's greatest enemy is community. As we often put it, "There are many types of hunger. Everyone is hungry for something. Everyone has something to give."

We are still guided by this philosophy. And we've learned over the years that, like our former name, some of the language used by groups like ours has limits, too—in particular, the term "fighting hunger."

It's been a buzzword used by non-profits, governmental agencies and even corporate ads for decades. This term makes hunger sound like it is inevitable, an unpreventable outcome that we must react to. But as we have been growing in our capacity for understanding why so many people are

hungry, we have come to understand that, in truth, hunger is a symptom of a designed system. We are not fighting hunger. We are fighting systemic poverty sustained by racism, classism and corporate interests.

So why the name Root Cause Farm? A root cause, if addressed, will solve a problem. Our current work has been and continues to be eliminating food insecurity. This work is supported by our values of honesty, intentionality, inclusion, integrity, humility and generosity. We want also to become truth tellers, willing to have uncomfortable conversations about the root causes of hunger. We believe those must be acknowledged and addressed.

Our new name declares our intent to dig into the deeper problems surrounding food insecurity. If we do not speak the truth about our history and systemic poverty, we believe that we will never find a long-term solution.

Root Cause Farm is going to keep growing fresh, organic produce and giving it away to people who need it for as long as we can. We also look forward to improving food access and community through sharing and justice building.

We're grateful to our supporters as we embark on this transition. The garden would not exist without you. And we earnestly invite you to continue to stand with us. If you're new to the garden, come volunteer—we need you. Be a donor. Grab a hoe.



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## Summer Mushrooms: Beauty and the Beastly

It is shaping up to be yet another abundant season for the wild mushroom frontier in WNC.

I have decided that it is time to begin writing more fully about poisonous mushrooms and plants, not to invoke fear but to educate. If one is to enjoy the many splendors and delights of the wild edible and medicinal kingdoms, it is crucial also to learn and appreciate the poisonous species that grow in our mountains.

One of my favorite wild mushrooms, the chanterelle, is coming out in full force. Like morels in the spring, these delicacies are a true treasure. I love them so much that I often refer to them as “forest gold” because of their beautiful color.

However, there is another mushroom in WNC to be aware of, the jack-o'-lantern (Omphalotus olearius). These are also beautiful, but don't eat them. They are highly poisonous but rarely fatal. If ingested, they cause severe gastrointestinal distress that is intense and can last several days and require hospitalization.

Jack-o'-lantern mushrooms are common and abundant in the mountains. Unfortunately, they are responsible for more poisonings in NC than any other mushroom.

Make sure you always have 100% positive identification before eating any mushroom. When in doubt, don't eat. Get



verification from a mushroom expert. Books are not a substitute for first-hand field experience and expertise.

Here are the different characteristics of jack-o'-lanterns and chanterelles.

### Jack-o'-lantern Mushrooms (JOL)

- Grow in dense clusters, often more than eight together and are found directly on wood, at the base of tree trunks or on roots. However, the wood the mycelium (fungal root) is attached to may be invisible to the naked eye (as in, deeply rotted wood, under leaf mulch, etc.), and these mushrooms are rarely found growing singularly;
- Have true knife-edged gills that do not fork or have any cross veins and are easily pulled apart;
- When the stems are cut open, they



Make sure you know the difference between a jack-o'-lantern mushroom (left) and chanterelle (above).

appear pale orange in color throughout the flesh;

- When fresh, some will glow in the dark and are one of the few species of luminescent mushrooms associated with foxfire. Put them in a plastic bag and turn off all the lights. It's a magical experience but note that not every sample will glow.

### Chanterelles

- Grow on the forest floor and are never found directly on wood;
- Usually appear singularly. They do grow occasionally in clusters, but almost never more than four or five;
- Have false gills that look like they are melted onto the cap, with thick, blunt ridges that are forked and have cross veins in between. These are all firmly attached and hard to separate;
- When you cut them open, at least for the

smooth chanterelle so common in WNC, the stems are creamy white and somewhat resemble string cheese;

- When fresh, often have a mild fruity aroma, reminiscent of faint apricot essence;
- Note: There are several species. The small, red cinnabar that arise later in the season are a much deeper red-orange in color, and their false gills look more like regular mushrooms' true gills.

Most often, the confusion between JOLs and chanterelles takes place with beginners, whose enthusiasm outweighs any healthy caution. However, even seasoned foragers can and do make mistakes. And once cooked, mushrooms can no longer be identified.

The reason I ask for such caution is that there are no cures for eating some mushrooms, such as amanita.

The wild mushroom frontier is a joy to behold and they are all beautiful and enormously beneficial life forms, regardless of edibility. But remember the old adage: There are old mushroom hunters and bold mushroom hunters but there are no old and bold mushroom hunters.



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Carolina Mountain Sales, Rachel Evans .....	571-332-6852	The Music Lab .....	412-3775
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## OF INTEREST TO SENIORS MIKE RICHARD

### What is a Medical Savings Account?

In my last article, we explored the consequences of opting out of Medicare Part A. One of the reasons a person might do this is because they are enrolled in a Health Savings Account (HSA), which disallows Part A enrollment and renders the person ineligible to collect Social Security. An available alternative through Medicare is a Medicare Medical Savings Account plan (MSA), which is a Medicare Advantage Plan consisting of high-deductible insurance benefits combined with a medical savings account used to pay for expenses not covered under the health plan.

#### How Does It Work?

As with all Medicare Advantage plans, being eligible for Medicare Parts A & B is required. Unlike other Advantage plans, there are additional restrictions: an applicant can't have health coverage that would cover the Medicare MSA deductible, have TRICARE or Federal Health Benefits Program benefits, be eligible for Medicaid, or be on hospice care or live outside the US for more than 183 total days a year. Once enrolled, Medicare contributes to the beneficiary's savings account. MSA enrollees pay for health care expenses from the savings account and then out-of-pocket until the annual deductible is met, after which the plan pays 100% for covered services. The maximum deductible in 2019 is \$12,650 and it will be \$13,400

in 2020. MSAs cover Parts A & B benefits after the deductible. Part D Rx benefits are not covered, but enrollees can enroll in a stand-alone Rx plan. The enrollee pays a Part B premium and additional premiums for any supplemental plan benefits purchased. Normal Advantage plan enrollment periods apply when enrolling. It is important to note that Medicare Advantage plans are not a Medicare supplement, nor can a supplement work with one.

MSA enrollees may receive covered services from any Medicare approved provider in the US. MSA plans may or may not have a full or partial network of providers. All network providers must accept the same amount that Original Medicare would pay them as payment in full. This is the amount the enrollee would pay the provider before the deductible is met.

#### Bottom Line

The bottom line for those who like how their Health Savings Account Plan works and are approaching age 65 is to consider Medicare MSA plans as an alternative way to keep Part A and retain your Social Security benefits as well.



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

## The Fairview Town Crier

*The voice of our community since 1997*

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**MOVING SALE.** Dresser, chest of drawers, twin adjustable bed, shower stools, Hoyer lift, tiller, Yanmar tractor with all attachments, weed eater, push mower, and everything in between. Friday, August 2nd, 4–8 pm and Saturday, August 3, 9–4 pm. 15 Valley View Drive off Old Fort Road just past the Spring Mountain CC. 352-817-2338.

VOLUNTEER

**MISSION HOSPITAL** Volunteer Engagement team recently announced that they are ramping up efforts to recruit additional volunteers, including family support, courtesy escort, activity cart, nursing unit and treatment area support, and more. If you enjoy being active, have strong customer-service skills and can commit to a minimum of one 3–4-hour shift per week for at least 70 hours over a four-month period, start the application process at missionhealth.org/VolunteerAsheville.

IMPORTANT LOCAL NUMBERS

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SHERIFF'S DEPARTMENT 250-6670	CANE CREEK MIDDLE 628-0824	CANE CREEK CC 768-2218	FAIRVIEW POST OFFICE 628-7838	FAIRVIEW BUSINESS ASSN 585-7414
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### 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
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**Nonprofit ad rate is 20% off applicable rate.** Note: 1x ads are payable in advance.

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54 McIntosh Ln ..... Pending in 15 days  
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40 Blue Ridge Dev ..... Pending in 19 days  
27 Botany Dr ..... Pending in 3 days  
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**ERWIN SCHOOL DISTRICT!** 4 BR/2.5 bath on 1.84 acres, LR w/FP, attached 2-car gar, fam rm, office, master on main, enclosed porch & screened patio, partially fenced, full bsmt, **MLS#3510406 \$385,900!**



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