



THE VOICE OF OUR COMMUNITY

The Fairview Town Crier

OCTOBER 2019 VOL. 23, No. 10 | FAIRVIEW, NC | WWW.FAIRVIEWTOWNCRIER.COM

Capturing the Spirit of Summer



By Clark Aycock

The 35 people who submitted photos for our contest made things really hard on the judges by taking such great photos.

And the judges made it extra hard on themselves by choosing a theme—"end of summer"—that required our shutterbugs to capture

a feel. A photo could be out of focus but still represent the end of summer vacation, school starting soon, leaves thinking about starting to change, etc. So how did the judges pick? They went by feel, too.

Congratulations to our winners, Kayla Stanley and Tara Altman! Their photos are shown at left. They will receive a gift certificate from either Trout Lily or The Local Joint. The Crier thanks those local businesses for making this contest even more fun.

Turn to page 20 to see a gallery of the winners and other favorites.

FES Fall Festival Bigger, Better than Ever

by Kenya Hoffart

This year's Fall Festival at Fairview Elementary will take place on **Friday, October 11, from 4 to 7 pm**, rain or shine. There will be many new and exciting interactive games, such as Slam 'n Jam Basketball, Homerun Challenge, Alien Invasion, Knock-It-Off and Zombie Toss. There will also be lawn games, such as giant Connect 4, giant Jenga, corn hole, hula-hoops and large inflatable hamster wheels. You can also enjoy the traditional hayride and cake walk, as well as pumpkin- and apple-themed games and activities, temporary tattoos, face painting, crazy hair, beanbag toss, pony hop, sack races, a photo booth and more. All of these fun games and events are included with the purchase of an unlimited wristband for only \$10. Play as often as you want, win prizes and enjoy a great evening for one low price. Adults and children under the age of 2 can play for free.

A food tent will offer pulled pork sandwiches, all-beef hotdogs, chicken chili, walkin' tacos, chips, sodas and water. A snack booth will also be available with popcorn, chips and assorted beverages. Those with a sweet tooth will be happy to find Dippin' Dots, frozen cheesecake and fresh-squeezed lemonade at the Sweet Treats booth and funnel cakes at the Boy Scouts booth. Kona Ice will also be on hand to serve up shaved ice. Concessions are cash or check only.

Several nonprofits will be handing out freebies, coupons and more, and many will also have fun games to play. Look for some of the brave firefighters and paramedics from Fairview Fire Department with their Fire Safety House and emergency vehicles, deputies from the Buncombe County Sheriff's Office, a local Boy Scout Troop,

Continued on page 38



HALLOWEEN AND FALL HAPPENINGS

NESBITT'S CHAPEL METHODIST CHURCH TRUNK OR TREAT

Saturday, Oct 26

Trunk or Treat, as well as crafts and dinner from 4–6 pm.
12 Nesbitt's Chapel Road, Fairview.

BLUE RIDGE COWBOY CHURCH

FAMILY FALL FESTIVAL • Sunday, Oct 27

Food, fun, bouncy house, free pony rides starting at 10:30 am.
49 Saxon Hill, Fairview. See ad on page 27 for more information.

EMMA'S GROVE BAPTIST CHURCH

TRUNK OR TREAT • Thursday, Oct 31

Trunk or Treat in the Family Life Center parking lot starting at 6 pm.
431 Emma's Grove Road, Fletcher.

FAIRVIEW FAMILY FUN FEST • Thursday, Oct 31

Bring your kids to the Fairview Fire Department (1586 Charlotte Highway) for a safe, fun trick-or-treat experience from 6–8 pm.
See page 16 for more information.

TRINITY OF FAIRVIEW FALL FESTIVAL • Thursday, Oct 31

Candy, games and more from 5–7 pm. Trinity of Fairview, 646 Concord Road, Fletcher. See ad on page 23 for more information.

TRUNK OR TREAT AT SMCC • Thursday, Oct 31

Dress up, collect candy, roast marshmallows, play games, eat a free hot dog supper and more from 4:30–6:30 pm. If there's bad weather, call 231-8186 or 423-0247 to see if the event is still on. If you would like to do a trunk, be in place by 4. To donate candy, 4:15 (or donate ahead of time). To help with food, 3:30 pm.

Want to decorate and need ideas? SMCC can help! Call Sara at 231-8186 or email swcall01@yahoo.com to enter your display and reserve a place for your vehicle. \$5 suggested donation per car, with money going to repair the exercise track. Volunteers needed for parking, trunks, decorations, candy donations, food service, and clean up.
Spring Mountain Community Center, 807 Old Fort Road.



Sometimes You Feel Like a Nut

The Garren Creek Fire Department Auxiliary is selling nuts again. Purchase pecans (halves and pieces) and black walnuts in one-pound bags for \$12 each. (Exact change greatly appreciated—or donate the change to the FD!) They're great for holiday baking and healthy snacks. Call Elizabeth Simmonds at 669-2846 or 230-3986 or purchase (check or cash) at the Town Crier office, 1185 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: Mondays, 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

OCTOBER 1 (TUESDAY)

An Evening with Bob Travers: Artist in Nature

7 pm. A talk with wildlife artist Bob Travers, as he discusses his life as an artist. See page 7 for more information. Fairview Public Library, 1 Taylor Rd., Fairview.

Prostate Cancer Support Group

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

OCTOBER 3 (THURSDAY)

Sanctuary Course Begins at Seventh-Day Adventist Church

7 pm. Course led by Pastor Jorge Baute, with free admission, health talk, and soup dinner (at 6:30 pm). Continuing on Thursdays. 57 Cane Creek Circle, Fairview. See ad on page 10 for more information.

Hendo Story Club

7 pm. The Center for Art & Inspiration's monthly Story Club. Free. Participants are chosen randomly to tell five-minute stories (no notes). For more information, visit the Center's website at thecenterai.com, call 697-8547 or see ad on page 13. 125 S. Main St., Hendersonville.

Embroiderers' Guild Meeting

9:30 am–12 pm. 3 Banner Farm Rd., Etowah/Horse Shoe. If interested, contact Roberta Smith at 243-6537 or Janet Stewart at 575-9195.

OCTOBER 5 (SATURDAY)

Democratic Shindig

5–8 pm. A potluck hosted by Fairview Reynolds Democrats. Bring your own beverage and folding chair. Live music, speakers, and voter registration table. For more information, email fairviewreynoldsccluster@yahoo.com. 50 Clarke Ln., Fairview.

OCTOBER 8 (TUESDAY)

FBA Member Meeting

6 pm. The meeting will be at Hawk Feather Farm at 3013 Cane Creek Rd. and will be hosted by Carolina Equipment and Bostic Builders. See page 35 for more information.

Friends of the Library

7 pm. The Friends of Fairview Library will be meeting. See page 7 for more information. Fairview Public Library, 1 Taylor Rd., Fairview.

Garren Creek Fire Department Annual Meeting

7 pm. The Garren Creek VFD will hold its annual meeting to report on the operations of the fire department and to elect officers (secretary) and two directors. All residents of the Garren Creek Fire District are encouraged to attend and participate. Refreshments will be served. For information, please call Elizabeth Simmonds at 230-3986. 10 Flat Creek Rd., Fairview, at the corner of Flat Creek Rd. and Old Fort/Chestnut Hill Rds.).

OCTOBER 10 (THURSDAY)

Welcome Table

11:30 am–1 pm. Lunch served to anyone seeking food, fellowship, and

community. Behind the library in the fellowship hall of Fairview Christian Fellowship. 596 Old US Hwy. 74, Fairview.

OCTOBER 12 (SATURDAY)

Black Mountain Home Fall Festival

10 am–3 pm. Silent auction, games, music, BBQ, and more. New thrift store ribbon cutting ceremony at noon. See ad on page 9 for more information. 80 Lake Eden Rd., Black Mountain.

Family Movie Afternoon

2 pm. Watch "Aladdin" (2019) with your kids. Bring your own snacks or enjoy snacks provided by the library. See page 7 for more information. Fairview Public Library, 1 Taylor Rd., Fairview.

Asheville Choral Society Concert

7:30 pm. Hayden's "Creation." Central Methodist Church, 27 Church St, Asheville.

OCTOBER 13 (SUNDAY)

Suffrage Celebration

2–5 pm. The League of Women Voters of Asheville-Buncombe County will host an open house celebrat-

IN PAIN ?



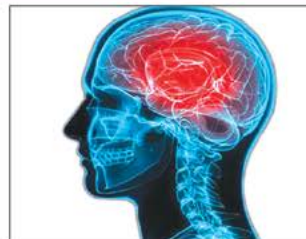
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WED, OCTOBER 16
5:15 - 6:30 PM

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TUES, OCTOBER 8 & TUES, OCTOBER 22
12:30 - 1:30 PM
AND
WED, OCTOBER 23
5:15 - 6:30 PM

NEW HOPE for BRAIN-RELATED CONDITIONS!

WED, OCTOBER 9
5:15 - 6:30 PM

SOLUTIONS FOR NEUROPATHY!

TUES, OCTOBER 15
12:30 - 1:30 PM
AND
WED, OCTOBER 30
5:15 - 6:30 PM

SHOULDER PAIN RELIEF!

TUES, OCTOBER 29
12:30 - 1:30 PM
AND
WED, OCTOBER 2
5:15 - 6:30 PM

All Evening Seminars are held at
 Fairview Chiropractic
 2 Fairview Hills Dr.
 Fairview, NC



All Day Time Seminars are held at
 Ryan's
 1000 Brevard Rd.
 Asheville, NC

COMMUNITY EVENTS

ing the 100th anniversary of two important events: the Passage of the 19th Amendment, giving women the right to vote, and the founding of the League of Women Voters. Learn about the suffrage movement, including stories about the African-American women who were leaders in the Asheville community. Play old-fashioned croquet and check out fabulous hats on display from the *Crier's* own Sandra Suber. Hors d'oeuvres provided. Free and open to the public. Visit fairview-towncrier.com/links to find RSVP link. Patton Parker House, 95 Charlotte St., Asheville.

OCTOBER 14 (MONDAY)

Fairview Area Art League Mtg.

10 am. Fairview Area Art League members and others interested in the arts are welcome. Molly Hamilton from Folkwear will discuss her local custom apparel/fabric business. Artists and art lovers are welcome. 704-975-0095. Fairview Public Library, 1 Taylor Rd., Fairview.

Root Cause Farm Auction Begins

Fall auction begins and runs through the 25th. See page 36 for more information.

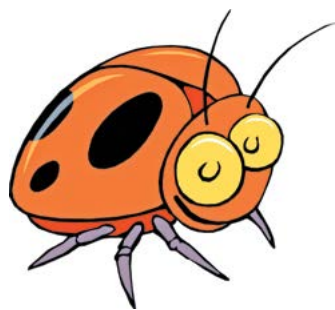
Stitches of Love Meeting

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 injstewart@att.net.

OCTOBER 15 (TUESDAY)

Library Book Club

7 pm. The group will discuss this month's selection, *News of the World* by Paulette Jiles. See page 7 for more information. Fairview Public Library, 1 Taylor Rd., Fairview.



Introduction to Etymology

4 pm. Kids age 5-12 are welcome to learn about the study of insects and go on a short, guided insect walk. Part

continued on page 4

CD Release Party for Zoe & Cloyd

Friday, October 25, 8 pm

Fiddler and vocalist Natalya Zoe Weinstein and songwriter, multi-instrumentalist and vocalist John Cloyd Miller, who perform as Zoe & Cloyd, will celebrate the release of their new CD, "I Am Your Neighbor."

The duo, who live off Cane Creek Rd., combine original folk, bluegrass, klezmer and country with soaring harmonies and heartfelt songwriting. For more information, visit zoeandcloyd.com

Tickets are \$15 advance, \$18 door, \$7 for 12 and under. White Horse Black Mountain, 105C Montreat Rd., Black Mountain.



SANDLIN GATHER



SPRING MOUNTAIN COMMUNITY CENTER NEEDS YOUR HELP!

Spring Mountain Community Center is in critical need of people to share responsibilities of planning and maintaining the future of this facility.

The park and all the wonderful things now available cannot continue without help from those who value and use them.

JOIN US!

Discuss how we can keep our beloved park and facility open for everyone.

OCTOBER 21, 7 PM

Spring Mountain Community Center
807 Old Fort Road, Fairview

Call 828 778-0279 for more information



COMMUNITY EVENTS

of the NC Arboretum's EcoExplore initiative. For more information on the program, visit ecoexplore.net. To contact the library, call 287-6392. Mountains Branch Library, 150 Bill's Creek Rd., Lake Lure.

OCTOBER 19 (SATURDAY)

Blues Cheese Festival

3 pm. Mac Arnold & A Plateful O' Blues will perform at this new festival, which is a benefit for the WNC Cheese Trail. More information can be found and advance tickets (\$30) can be purchased at thecenterai.com or by calling 697-8547. Tickets at the door are \$35. Proceeds benefit the WNC Cheese Trail. See ad on page 13.

OCTOBER 20 (SUNDAY)

Animal Haven Fundraiser

2-6 pm. The afternoon will feature live music, vegan food, beer, wine, silent auction. You can also visit the animals. \$25 admission fee, children under 12 free, with all proceeds benefitting the animals. There will be off-site parking with a shuttle so follow the signs. This event will be held rain or shine. Call 299-1635 for more information. 65 Lower Grassy Branch Rd.

Ethical Humanist Meeting

2-3:30 pm. "Imagining an Indigenous Future: Is it possible?" will be presented by Trey Adcock. Call 687-7759 or go to EHSAsheville.org. 227 Edgewood Rd., Asheville.

OCTOBER 21 (MONDAY)

SMCC Community Meeting

7 pm. If the SMCC doesn't get new volunteers soon, it may not be able to stay open. Come and find out how you can help. See ad on page 3 for more information. 807 Old Fort Rd., Fairview.

OCTOBER 22 (TUESDAY)

1999 Film Series, "The Matrix"

6 pm. The first in a three-part series of movies from 1999. See page 7 for more information. Fairview Public Library, 1 Taylor Rd., Fairview.

OCTOBER 26 (SATURDAY)

SMCC Concealed Carry Class

8 am-4 pm. Lunch will be provided. Cost is \$85. For more information or to register, call Maria at 778-0279.

Cane Creek Cemetery Work Day

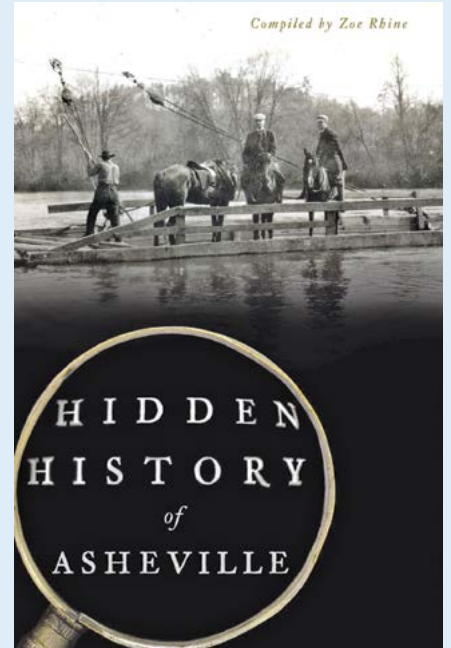
9 am. The Cane Creek Cemetery

The Hidden History of Asheville

Tuesday, October 29, 7 pm

Have you ever heard of daredevil aviatrix Uva Shipman and Tempie Avery, women who went from slavery to respected nurses and citizens? Or the real story behind the sad death of former Asheville mayor Gallatin Roberts? These stories and many more will be told by our resident local history librarians, Zoe Rhine, Laura Gaskin and Betsy Murray. Copies of their new book, *The Hidden History of Asheville*, will be available for sale.

Fairview Public Library, 1 Taylor Rd., Fairview



Association will hold a work day at the cemetery if the weather is good. All help will be welcome. For more information, call Bruce Whitaker at

280-9533. Traveling east on Charlotte Hwy., pass Cane Creek Rd., turn left on to Graveyard Rd. and drive about a quarter of a mile.

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2009 FORD F150 XL 4x4

Local trade! V8, auto, A/C, cruise, tilt, bedliner and more

\$10,995

COMMUNITY EVENTS

Old Buncombe County Genealogy Society Meeting

2-3 pm. "Genealogy Basics: How To Get Started With Your Research" by Nancy Manning & Mark Spear. Call 253-1894 or visit obcgs.com. 128 Bingham Rd., Suite 950, Asheville.

OCTOBER 31 (THURSDAY)

Happy Halloween

See front page for Halloween events in the Fairview area.

NOVEMBER 1 (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

NOVEMBER 2-3

Beginner Beekeepers School

Buncombe County Beekeepers will host a two-day (beginner) and one-day (advanced) bee school. At Warren Wilson College. For more information, go to wncbees.org.

NOVEMBER 7-9

ACRHS Theater Arts Presents "The Beverly Hillbillies"

7 pm. Doors open at 6 pm, House at 6:30 pm. Tickets \$5 for students/seniors/military, \$10 adults.

NOVEMBER 9

Fairview Craft and Gift Fair

Handmade arts and crafts. Friends of Pack Library used book sale. Lunch and refreshments available. Crafters should call or text Wanda Lytle at 367-8187 or email fairviewcommunitycenter@gmail.com for application or questions. Handmade crafts only, no vendors/re-sellers. Fairview Community Center.

GriefShare at Trinity

Get help surviving the holidays. See ad on page 14 for more information. Trinity of Fairview, 646 Concord Rd., Fairview.

HEALTH SEMINARS

VARIOUS DATES

Lunch Lecture Series

October 1, Sciatica Seminar, 12:30-1:30. October 8. Avoid Knee Replacement. 12:30-1:30 pm.

October 15, Neuropathy Treatment Seminar, 12:30-1:30 pm. October 22, Avoid Knee Replacement, 12:30-1:30 pm.

Free and lunch will be served, but you must reserve your attendance in advance. Call Fairview Chiropractic Center at 785-4948. Ryan's, 1000 Brevard Rd., Asheville.

VARIOUS DATES

Evening Lecture Series

October 2. Frozen Shoulder Seminar.

5:15-6:30 pm. October 9, Brain Therapy Lecture, 5:15-6:30 pm. October 16, Sciatica Seminar, 12:30-1:30 pm. October 23, Avoid Knee Replacement, 5:15-6:30 pm. October 29, Frozen Shoulder Seminar, 5:15-6:30 pm. October 30, Neuropathy Treatment Seminar, 12:30-1:30 pm.

Free but you must reserve your attendance in advance. Call 785-4948. Fairview Chiropractic Center, 2 Fairview Hills Dr., Fairview.

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 38.



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WALK A BLOCK TO THE HIP WEST ASHEVILLE SCENE from this completely remodeled original bungalow. 3BR, 2B, custom gourmet kitchen, new everything! **\$327,500** MLS# 3499063



NEAR DOWNTOWN FLETCHER, Immaculate home on lg level corner yard w fruit trees and berry bushes. NEW roof, water heater, microwave, some carpeting, kitchen tile in. Conv loc btw AVL & Hendersonville. **\$399,000** MLS# 3519507



High demand Oakley area, 3 BR, 2 bath, one level living, end of the road privacy with large level yard, priced to sell quickly, **\$255,000** MLS# 3529121

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FEATURED LISTINGS See all available listings at 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. \$350,000 MLS 3471939



Swannanoa: 3BR/3.5 bath.
Lower level has separate living quarters.
\$449,000 MLS 3504094



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



Fairview 3BR/3.5 bath 40-acre tract, prairies bordered by mature forest. Ranch with wood floors, giant kitchen, two bonus rooms, and workshop basement. \$499,500 MLS 3527974



Chimney Rock Village: 2BR/2 bath vintage cottage with HUGE views of Chimney Rock from sun room.
\$199,000 MLS 3509663



Biltmore Forest: 1.64 acres with
1BR/1 bath 1930's cottage.
\$825,000 MLS 3431368

LOTS AND LAND

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

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

1.97 acre lot in Lake Lure, Indian Head Acres \$13,990 MLS 3521819

.92 acre in Briar Ridge Drive, Fairview
\$74,000 MLS 3488850

Byers Park lot with .61 acres
\$45,500 MLS 3277895

1.98-acre lot in Lake Lure, Laurel Mountain Estates \$49,900 MLS 3526021

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

Fletcher: .83 acre lot in Fox Ridge
\$89,900 MLS 3543428

Looking for a property management company?

Greybeard's Property Management division manages over 400 vacation and long-term rentals in the Asheville area. Learn more at greybeardrentals.com or call 855.923.7940.

An Evening with Bob Travers: Artist in Nature



October 1 at 7 pm
Join us for a talk with wildlife artist Bob Travers, as he discusses his life as an artist, how he got his start, his time in New York (including the time he spent illustrating book jacket covers for Harlequin Books), and his life as an award-winning and internationally recognized wildlife artist.

EVENTS

Bob Travers' Artists Showcase

The students of wildlife artist Bob Travers will be displaying their work in a showcase in the Community Room. The exhibit will be open to the public anytime the room is open through October 31.

Mixed-Level Pilates Mat Class

October 11 at 12:30 pm

Learn the fundamentals of Pilates or deepen your practice in this mixed-level class. We'll target the level to the attendees. Pilates is a whole-body workout focusing on strength, stretch and control. Expect lots of ab work, plus hips, upper back, arms and legs. Bring your own mat (a thick mat is better if you have one) and a small towel.



The class will be led by Alexis Miller, certified classical Pilates instructor and owner of Cisco Pilates in Asheville. Info at ciscopilates.com.

This class will be offered free of charge. Future dates are November 15 and December 13, both at 12:30 pm.

Friends of the Library

October 8 at 7 pm

The Friends of Fairview Library will be meeting. All dues-paying members are welcome to attend.

1999 Film Series



October 22 at 6 pm

The Matrix

2 hours 16 minutes.

Rated R.

Help us celebrate the library's 20th anniversary with three films from 1999.

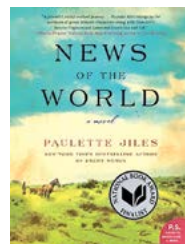
With groundbreaking special effects

techniques still in wide use today, "The Matrix" was a runaway hit that changed how the industry and the public viewed action films.

Other films in the series are "The Straight Story" and "Pleasantville."

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.

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 to sign up.



Book Club

October 15 at 7 pm

The Fairview Evening Book Club will be reading and discussing *News of the World* by Paulette Jiles. No sign up or registration is

required to join, and new members are always welcome.

Future Book Club Dates and Titles

November 19—*Little Fires Everywhere* by Celeste Ng.

FOR KIDS

New D&D Club for Tweens & Teens

A role-playing club for kids grades 6 to 12 meets first Wednesdays from 4–5:30 pm.

Supplies and snacks provided.

Space is limited, so players must



Only the first 6 players to register will get a seat at the table.

Family Movie Afternoon

October 12 at 2 pm

"Aladdin" (2019)

2 hours 8 minutes. Rated PG.

Adventure awaits you at the library as a street rat pursues the princess of Agrabah with the help of a powerful genie who can grant him three wishes.

Bring your own snacks or enjoy snacks provided by the library and prepare to snuggle up for this fun-filled movie afternoon.

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

D&D Club: first Wednesdays, 4 pm

Preschool Storytime: Thursdays, 11 am

Afternoon Storytime: Thursdays, 3:30 pm

LEGO Club: first Fridays, 3:30 pm

Jaime McDowell is the head librarian at Fairview Public Library.

FIRST BANK

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NEW! SPECTACULAR VIEWS FROM VERY PRIVATE 5 ACRES of improved property, 3BR (per owner) septic tank. Driveway extends beyond present home site to a cleared area. Great potential for vacation rentals and/or owner-occupied home. \$55K Call Karen 828-216-3998

REDUCED! 6.98 ACRES OF UNRESTRICTED WOODED SOUTH FACING PROPERTY in wonderful Fairview location only 15 mins from DT AVL and Blue Ridge Pkwy. Property lays well and is very buildable. Creek & lg mature trees. Build your dream home or family compound. \$100K Call for more info.

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REDUCED PRICE



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UNDER CONTRACT



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NEW PROPOSED BUILD



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REDUCED PRICE



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 **\$23,500**

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PROPOSED BUILD



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PROPOSED BUILD



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October 19-20 from 1pm-5pm

George Aden Burgin's Memories of Broad River, Part 1

George Aden Burgin was born on Crooked Creek in McDowell County, NC in 1874. He lived there until 1910, when he moved to Black Mountain. Burgin wrote a series of articles for the *Black Mountain News* 65 years ago, including one about his early memories of Broad River.

Burgin was the son of James L. Burgin and Elizabeth Soloman. He married Martha Josephine Harris, the daughter of William M. and Mary Stepp Harris. Burgin was a Black Mountain-area farmer, a Justice of the Peace for a number of years, and a 32nd Degree Mason. He died in 1959.

Broad River is the township that borders Fairview on the east. Part of it is now considered Fairview. This area was originally considered part of Rutherford County and Burke County. In fact, the line was not well defined between the two counties. Residents who never moved are sometimes found in both Rutherford County and Burke County records. This area became part of McDowell County when it was formed in the 1840s. In the mid-1920s, heavily Republican Broad River was taken from McDowell County and placed into the more Democratic Buncombe County to make it safer for McDowell Democrats.

Below is a section from Burgin's "History of Broad River Township," with dates, names and information that I have



George Aden Burgin THEBURGINFAMILY.ORG

added in brackets. Punctuation has been left as in the original.

Broad River Township begins on the headwaters at the Charles Fortune [1872-1955] farm on the Fairview and Old Fort Road [now called Chestnut Hill Road]. When I can first remember there was an old lady, Nancy Reed [1823-after 1880], who lived there. She had a boy named Ephersam [1861-after 1880] and a girl Rhoda [1863-after 1880].

They lived in a double log house called the High Porch Tavern. Level land opens just below where the hills seem to come together and there are some shoals between Broad River and its tributary, Flat Creek. There is a dividing ridge called Chestnut Hill.

About 1880 a man tried to settle a colony of Germans there. It was called the Dutch settlement. The land on Chestnut Hill was not fit for farming, they all left except Otto and Emil Kirstein, who stayed. Otto [1857-1935] lived on Flat Creek for a while and then moved to Black Mountain. [Albert] Emil [1865-1944] married Lee [Leander] Freeman's daughter [Sarah Jane 1861-1920] and settled on Flat Creek, where he died. They were all fine people. Lee [Leander] Freeman's wife was a Miss Wright [Zilpha Elmina Wright 1841-1924]. They had two children, a boy [Robert Lawson Freeman 1871-1935] and a girl [Sarah Jane 1861-1920].

Just below Emil Kirstein on Flat Creek, Judson Nesbitt lived; just below him Josiah Nesbitt [1824-1906] lived. He was deaf, and late in life he married a Miss Curry.

South of the Nesbitt [Chapel] Church on Flat Creek is the home of Ebby Marlow [Isabella Clements Marlow

1837-1895; the daughter of Cornelius Clements 1794-1850 and Milly Fortune 1796- ca. 1883. Isabella Clements was married to Benjamin Franklin Marlow 1831-December 9, 1863, who died in Atlanta during the Civil War], she was a widow. She had three sons; William M. [William A. Marlow 1859-1936] married a Miss Gilliam [Lou Gilliam Marlow 1863-1892, his first wife], Alfred Gilliam's [1828-1907 and his wife Susan Pinkerton 1836-1920] daughter of Broad River. Thomas M. [L. Marlow 1861-1897] married a Miss Harris [Florence Harris Marlow 1868-1928] and Jim M. [James B. Marlow 1866-1927] married a Miss Garrison [Eliza Garrison 1873-1963], a daughter of Calhoun Garrison of Broad River. On down the creek was Alford [Alfred W.] Morgan's [1830-1921] place, his first wife was a Miss Bright [Annice Morgan 1824-1892] from Rutherford County, and his second wife was a Miss Elliott. They had five sons [Rufus A. 1853-1949, William Burton 1857-1937, John L. 1860-1894, Albert Vance 1862-1941, and James J. 1866-1890] and one daughter [Margaret Morgan Early 1855-1940].

Part 2 will be in November's *Town Crier*.

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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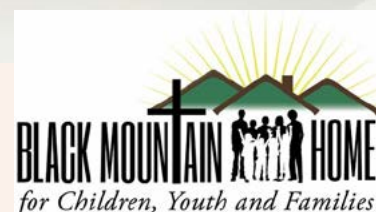
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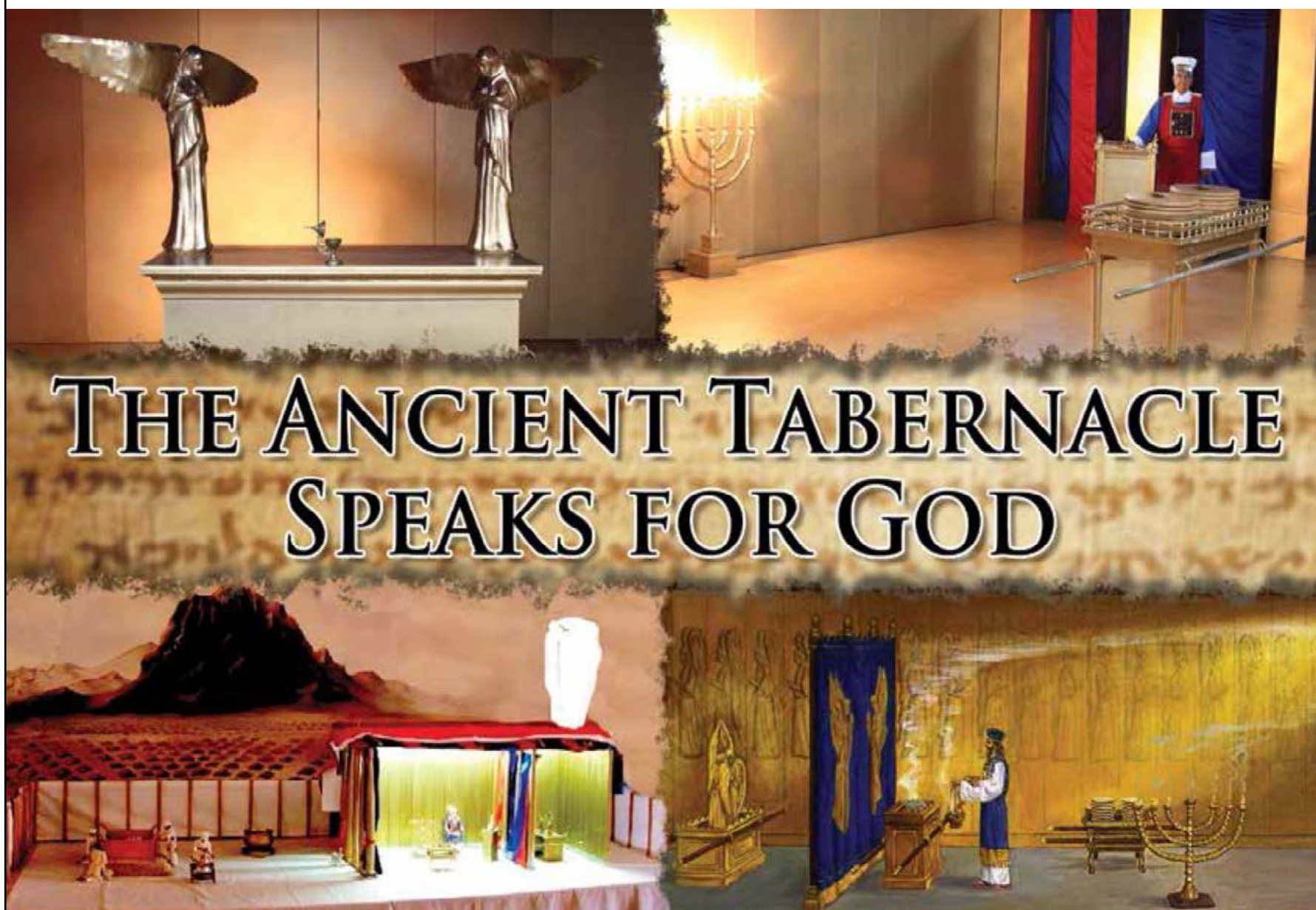
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Frost Is On The Way in Fairview

On November 1, 2014, we had 3-6 inches of snow. How quickly things can change! And let's not forget about the leaf color that's coming to our mountains.

When I looked at the weather pattern in mid-September, it was still hot. We had eight days with temperatures of 90 degrees or higher in the month, bringing us to 17 such days this year. That's a bit above the norm for us but nowhere near the record (32 days) set in 1952. I found myself wondering if fall was ever going to get here, and then the weather turned cooler and wet by the end of the month (and then heated up a bit toward the end). We will continue our downward spiral of temperatures in October. We usually have some frost on the pumpkins by month's end.

Frost forms on solid objects when the water vapor in the atmosphere changes from its vapor phase to small ice crystals. If you see frost on an object, then the temperature of the object is 32 degrees or lower. The air temperature, which



is officially measured at five feet above ground, is likely several degrees higher, and not every air temperature recorded at or below 32° means that frost has formed on solid objects in the area. The average date of the first frost is October 23 for Asheville, October 17 for Black Mountain, October 9 for Bent Creek and October 12 for Hendersonville. To know the extremes, add or subtract about 12 days to get the earliest or latest dates. In Fairview, our date runs pretty close to that of Bent Creek. Deeper valleys tend to have frost and freezing conditions later in the spring and earlier in the fall

compared to surrounding terrain.

In October, the average high drops from 72 at the beginning of the month to 64 by month's end. The average daily low drops about 10 degrees, from 50 at the beginning of the month to 40 at the end, when we usually see several frosty mornings.

This month, we'll also start to see a visible changing of the seasons with some wonderful leaf color changes. According to Dr. Howard Neufeld, professor of biology and "fall color guy" at Appalachian State, the Asheville region has seen temperatures that are close to normal during the months of April through August, the

WEATHER WONDER

What is the average low for the month and the coldest temperature on record for October?

The average low temperature for October is 45, and our coldest temperature was 20 degrees, on October 30, 1910.

important period when leaves are on the trees. "Though August has been dry, there has been no drought and the trees aren't stressed heading into autumn," said Neufeld. "A warm forecast for September most likely means sunny days that will cause trees to create more red pigments that lead to brighter leaf colors."

Go to fairviewtowncrier.com/links to find the best local websites for fall color forecasts in our area.

QUESTION of the MONTH

Who invented the thermometer?



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

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Can We Reverse Aging?

Mice are by no means men, but the results of a new mouse study are still encouraging for man's search for longer life.

In a study published in the journal *Cell*, researchers report that they found a molecule that essentially reactivates faltering blood flow in aging mice. Compromised blood flow is a major component of aging, since it deprives tissues and organs, including the brain, of the essential nutrients and oxygen they need to function.

"Loss of blood flow seems to be one of the early things that leads to diseases of aging," says David Sinclair, the study's senior author and co-director of the Paul F. Glenn Center for the biology of aging at Harvard Medical School. "As organs like the brain and muscles lose their [blood] perfusion [which is the passage of fluid through a system], they no longer function effectively."

In the study, Sinclair and his colleagues found a way to restore the blood flow in aging mice. They provided elderly mice with a molecule called nicotinamide mononucleotide (NMN), which was then made into another compound that promotes the formation of tiny blood vessels in the cells that line the muscle, as well as in other organs. The mice that were given NMN increased their treadmill run time by 60% compared to animals that didn't get the molecule, and they doubled their exercise



endurance—to levels that matched or even exceeded those of younger mice.

What NMN does, Sinclair says, is provide the same benefits in improving blood flow that exercise does by promoting a family of molecules called sirtuins. "Here we have the potential of having a pill give the benefits of basically running for 10 miles a day without having to do that," he says. That can be especially important for older people who are physically unable to exercise as much as they should. "It's not just about trying to replace exercise when you are middle-aged, but giving you the benefits of exercise when you are too old to be able to do it," he said.

Sinclair anticipates that improved blood flow could be important in helping not just aging tissues and organs, but speeding the healing of wounds, particularly for people with diabetes who often lose fingers and toes as their circulation falters.

There is also the possibility that the finding could be used not only to improve circulation in older people or those with blood flow problems, but also to enhance blood flow for elite athletes. Improving the pumping of blood to muscles could give athletes an advantage in being able to train longer and outperform their rivals.



In a small, early trial at Brigham and Women's Hospital, Sinclair is already testing how the molecule works in people. Although it is currently available to purchase as a supplement, he wants to scientifically test NMN's effect on aging. Previous so-called "anti-aging" compounds have not proved as effective in people as they have in animals.

But Sinclair is confident enough in its benefits for aging that he is taking NMN himself. So far, it appears to be relatively safe and does not lead to out-of-control growth of blood vessels as is seen in other agents, but further studies are necessary to confirm its safety and efficacy. Sinclair plans to test NMN's effects first in otherwise healthy elderly people, to see if it leads to the same improvements in blood flow that he and his colleagues have seen in animals.



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.

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Drive Past the Drive-Through

Fast food is designed to be convenient. In fact, everything in our lives these days is designed to provide convenience and efficiency. Whether it's smart phones and apps, computer software, self-checkout lines at the supermarket, or food production, the companies that produce these goods and services are trying to make our lives easier and more convenient. Or so we think.

When it comes to fast food, most of the popular restaurant chains simply provide food that is not good for our bodies (and, more importantly, our brains). Adding to this problem is the timing of when most people eat fast food. It's often when people are going from one meeting to the next, on a road trip, late at night, etc. This is exactly when they need poor nutrition the least.

It's a fact that most fast foods are generally heavy in calories and light in nutrients. When you're going into a meeting, driving 400 miles, or wanting to get to sleep, the last thing you want to do is consume these "empty calories." What you really need is to eat whole (i.e., unprocessed) foods that are lower in calories and nutrient-dense, such as vegetables, low-sugar fruits, nuts and seeds, high-quality meats, etc. These foods help feed the brain efficiently at a time when it needs quality nutrients the most. (Refer to a prior article I wrote on "perimeter shopping" in the supermarket. This is where all the good foods are displayed).

Most fast foods are loaded with low-quality saturated fats, high in processed sugars, grains and sodium (not to mention all the chemicals added for stability), and lacking vital nutrients that allow our cells to do all the heavy lifting they do on a daily basis. Sodium in high quantities is a killer, particularly for the brain. One burger or sandwich from the most popular chains contains near or over our healthy daily sodium intake.

Most places will offer "healthier alternatives." Yet many of these options, such as yogurt with a high sugar content, fruits that have been chemically treated, and salads with poor-quality lettuce and high-sugar dressings, are questionable at best.

Ideally, you want to pack your own food—and your brain will thank you. This can be easy if you're going on a road trip or just doing your typical day-to-day; it just takes a little planning. There are also a growing number of healthier food chains (but be sure to read the nutrition facts anywhere you go) and supermarkets with elaborate salad bars and deli options.



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 or 708-5274.

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Protecting Headwater Streams and Wildlife Corridors

A few months ago, I wrote about glow-in-the-dark fungi that appear along the trail to Catawba Falls, just over the mountain from Fairview in the Old Fort area. If you've not been able to go and see these bioluminescent "jack-o'-lantern" mushrooms yet, I have good news. More of the source streams of the upper Catawba River have been permanently protected.

High above the Catawba Falls, headwater streams coalesce and cascade down the mountainsides, with pristine rivulets merging to form the rushing river waters.

This year, the Southern Appalachian Highlands Conservancy (SAHC) purchased 101 acres of land at High Rock Acres, adding to a contiguous network of protected lands that secure forested wildlife corridors and streams that flow into the Catawba River.

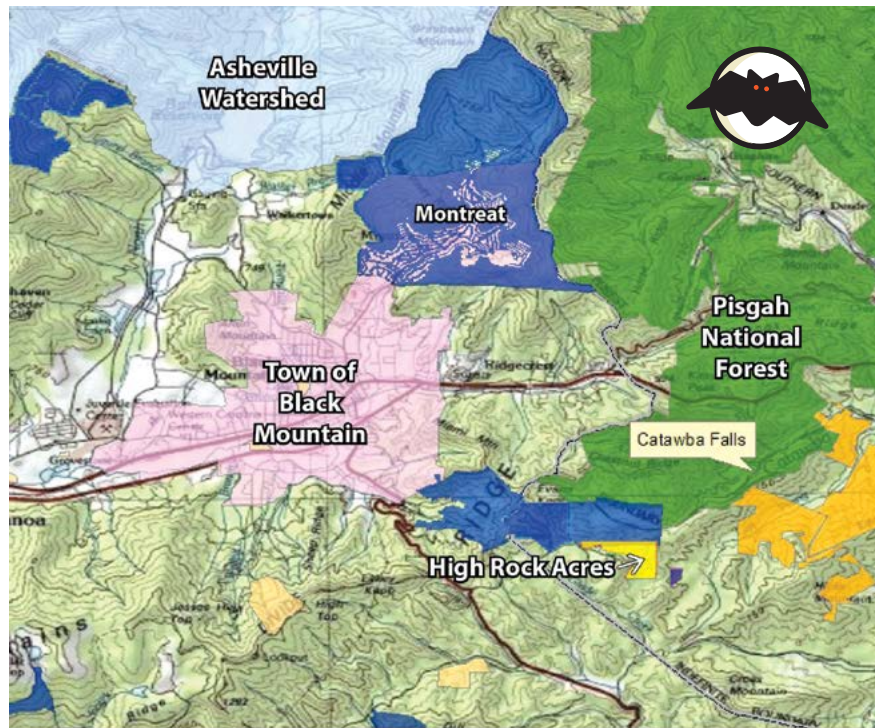
"Four headwater tributaries to the



Blue Ridge two-lined salamander

Catawba River and five headwater tributaries that empty into the Left Prong Catawba River originate on the property," said Michelle Pugliese, SAHC's land protection director. "This property is situated just 2 ½ miles southeast of the town of Black Mountain, near Pisgah National Forest and other land that SAHC has protected, including hundreds of forested acres around Montreat."

The rocky, boulder-strewn slopes provide a habitat for diverse species of mammals, birds, salamanders and amphibians. SAHC's purchase of the land permanently protects this forest



- New SAHC acquisition (101 acres)
- SAHC Protected Lands (including preserves and conservation easements)
- U. S. National Forest Lands
- Other protected lands (Foothills Conservancy of NC)

habitat, as well as connectivity to other important habitat areas, so wildlife can safely move in the landscape. The property adjoins 329 acres that the local land trust protected with conservation easements in 2003, connecting to SAHC's Glade Creek Preserve and Pisgah National Forest.

"We were thrilled when SAHC was able to buy this High Rock Acres parcel," said Richard and Melinda Halford, who live on the adjoining conserved property. "It is part of the watershed for our land, which is already protected by conservation easements. These properties help protect the headwaters of the upper Catawba River and include part of the first wagon road used by settlers from Old Fort into the Swannanoa Valley. Protecting these

lands helps to preserve our natural and historical heritage. The property that SAHC purchased was previously slated for sale and development into multiple homesites, which would have no doubt impacted water quality on the pristine upper portion of the Catawba. Thanks to SAHC, this ecologically diverse area will be preserved, and water quality further protected in our area."

Elevations on the property range from 2,660 to 3,200 feet, including high points at Allison Ridge above the Upper Catawba Falls. SAHC purchased the land in order to own and manage it as a nature preserve for the long term.

"We are very grateful to ... Brad and Shelli Stanback for making a generous



Above and top: SAHC acquired 101 acres to protect forest habitat, wildlife corridors and clean water sources.

seed gift for this acquisition and for all our members who provide ongoing support to enable SAHC to permanently protect these important land and water resources," says Pugliese.

Angela Shepherd is Communications Director of the SAHC in Asheville. She can be reached at 253-0095 ext. 200 or sahc@appalachian.org. Visit Appalachian.org.



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Resetting Passwords and Deleting Voicemails

You need to be wary of password reset notifications sent to your email. Online services go through their records to match lists of compromised passwords at other sites with what might be stored on their own systems. In some cases, they force a password reset and email users that request. Scammers take advantage of this by sending their own emails that ask you to click a link to reset your password. Here's how to avoid these attacks (or any alert-based scam): Always go directly to the website and log in. If your password needs to be reset,

click the "I forgot my password" link and follow the instructions.

Personalizing Your Desktop

Radically changing your Windows 10 desktop can mean more than just setting a custom desktop image or slideshow of images from one of your Pictures folders. Rainmeter (rainmeter.net) lets you display all sorts of information about your computer on the desktop background, using "skins" or "... a movable, dynamic, sometimes-interactive window that appears over the Windows desktop, and

usually gathers and displays information of some kind." In other words, you can make your Windows 10 look very unlike the basic setup. Although it is a programming environment, the rather large Rainmeter community has made many skins available; check out the Discover tab on the website. For a Mac variation, check GeekTool (tynsoe.org/v2/geektool).

Precision Location

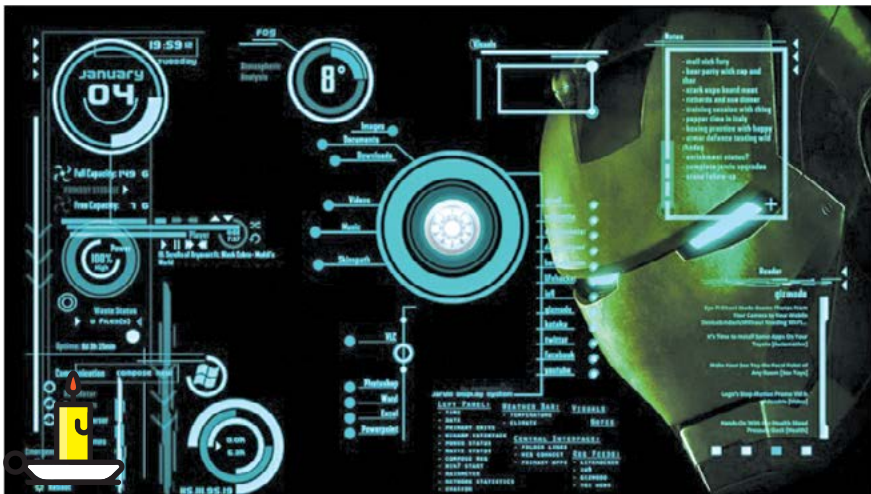
There is an interesting emergency responder use of an app called What-3Words, whose developers have divided the world into 10-foot squares, each named with three random words. If you are lost in the woods and have a cell signal and this app, you can provide emergency responders with an amazingly accurate location in just three words. For example, I am typing this at snips.estimates.plead but I watch TV at punky.lambs.understanding. (That's roughly the back and front of my house, respectively.) Get started at what3words.com. Download the app before you need it; it might be off by a few feet, but could come in really handy for a rescue.

Ring Tones

Set unique ring tones for people whose calls you must answer and ask them to only call if it's an emergency; it will make your driving safer.

Voice Mail 101

Voice mail, that wonderful ability for people to leave you phone messages, is something that fills up or, even worse, prevents you from using your own answering machine, where you can hear and screen calls by listening to the message as it is being left. Answering machines used to sit next to landline phones. Now all phone service providers—land and cell—offer their own voice mail service as part of a service package. This means that the messages are stored at their end, and you no longer need to have an answering machine by your phone. None of these phone services have unlimited message storage, so your voice mail box can fill up. If that happens, people can no longer leave messages and you might think that no one is trying to call you. Ask your telephone company how to use your voice mail service, or ask them to turn it off, letting your callers leave messages the "old-fashioned" way—on an answering machine where you can hear them as they leave the message.



This Rainmeter design, called "Tech-A," is based on Tony's Stark computer from the Iron Man movies. deviantart.com/burnwell88/art/tech-a-298934441



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

Drovers Road PRESERVE



Drovers Road Preserve is a 190-acre community with 110 acres in conservation easement. Located in the heart of Fairview farm country, it offers privacy and convenience. Residents enjoy the simple amenities of hiking trails, wildlife, picnic pavilion, and produce from nearby organic farms. Vibrant Downtown Asheville is a short, 15-minute drive. The eight available homesites, ranging in size from 1.6 to 8.9 acres, offer a wide range of size and topography.

Come discover Drovers Road Preserve for yourself!

Contact us for your personal tour

Carol Fisk

(828) 674-0441
carolfisk@beverly-hanks.com

Scott Ambler

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Helping Food-Deficient Neighbors

Nationally, 1 in 5 children is food deficient. In the 16 counties of WNC, that number is 1 in 4 children in a population of 1,357,675 (from 2010).

At Food for Fairview (FFF), we work to help the families of Fairview meet their household food needs. FFF participates in the Emergency Food Assistance Program (TEFAP), which is a government program with special storage and reporting requirements. We do this to provide additional assistance to the residents of the county beyond what is donated or purchased by the pantry. Last month, TEFAP provided bags of pork chops, sliced ham, bags of sausage patties, frozen pulled pork and dry and canned goods. Although the volunteers at FFF are not all on the same page politically, their hearts are in the same place to assist the needs of their fellow Fairview residents. This is what volunteering with FFF can accomplish: the sense of assisting your neighbors.

The items that FFF can best use are the items that the pantry purchases at retail. These include:

- Personal care items, such as shampoo, soap, toilet paper, toothpaste, and disposable diapers (any size);
- Food and staple items, such as canned fruit and canned vegetables, kids' cereal, canned tuna, white and/or brown rice and mac 'n cheese.

The pantry is still interested in finding someone to be the pantry's assistant manager. The basic requirements are someone who can be at the pantry on Monday afternoons and alternate Tuesday mornings, for about 15 hours per week, and who has computer skills. An additional requirement is a genuine desire to help meet the needs of their food-deficient Fairview neighbors.

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

How You Can Help

Donation of food is always appreciated. The food should be non-perishable canned goods and food staples in good condition within the expiration date. Produce from local gardens, diapers, paper products and hygiene items are welcome. The pantry has two locations along 74A (Charlotte Highway) to collect nonperishable items: Americare Pharmacy at 1185 Charlotte Highway, and the Fairview Public Library at 1 Taylor Road.

Department Wins Big Federal Grant

The Community Resource Fair was a huge success—so much so that we need to work on parking next time. The Shred Truck was used by many. The Sheriff's Department passed out fraud prevention pamphlets and signed people up for their citizens academy.

Grant Received

Earlier this year, Chief Jones applied to FEMA for a SAFER grant. On September 12, FEMA announced that our department received a grant of \$765,900 to hire personnel. This was amazing news.

Congressman Patrick McHenry's office released the following statement in regard to the grant: "The Fairview VFD has been prolific at winning FEMA grants in recent years, having won three Assistance to Firefighters equipment grants in the past four years. The SAFER Grant is the hardest of the Fire Act Grants to get but its impact on a community can be tremendous. I am looking forward to visiting Fairview and meeting the personnel who will be hired with this grant."

Both of NC's senators, Richard Burr and Thom Tillis, were in full support of the application and expressed the same to FEMA. We are certainly thankful to the congressional delegation for their continued support.

"Fairview being awarded the SAFER

grant will greatly increase our staffing capabilities and allow us to hire nine new full-time firefighters," said Fairview Fire Chief Scott Jones. "These positions are badly needed and will allow us to continue to serve our fire district in the most professional way possible."

Halloween Event

The Fairview Family Fun Fest will be held on Halloween—Thursday, October 31—at the main station, 1586 Charlotte Highway, from 6–8 pm. Instead of the uncertainty of trick or treating, bring your kids to the fire department for a safe, fun environment. There will be unique games, bobbing for donuts, a cake walk, prizes and candy.

Board Meeting

On the third Monday of each month, the Board of Directors holds their meeting at the main station at 7 pm. Anyone who is a tax-paying citizen of Fairview is welcome to attend. The board is made up of and voted on by citizens in the community.

Robin Ramsey is the Treasurer of the Support Unit Group of the Fairview Volunteer Fire Department. More information about the department can be found at fairviewfire.com and Facebook—search for "Fairview VFD (Buncombe County)."

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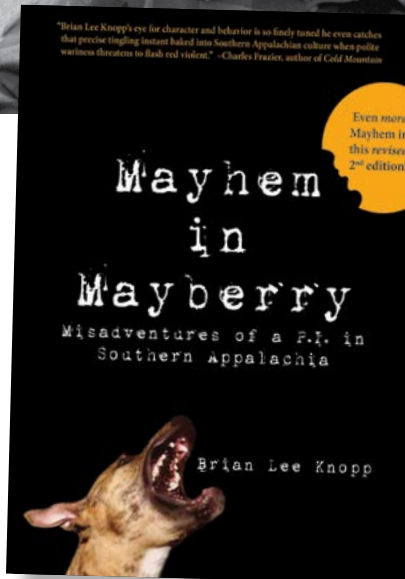
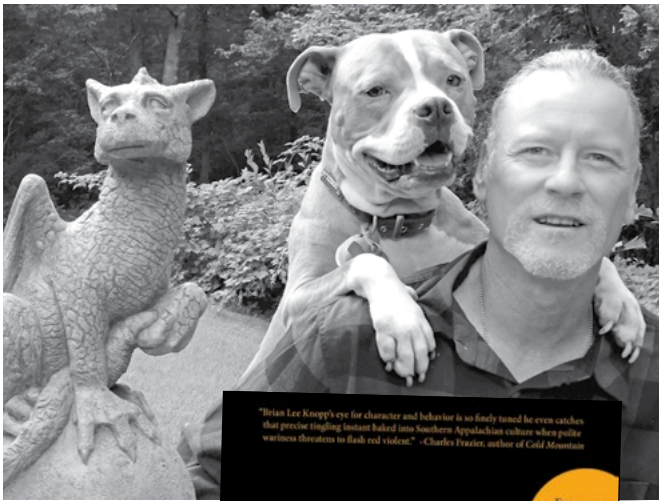
Fairview Author Publishes 2nd Edition

Brian Lee Knopp published *Mayhem in Mayberry* in 2009. Subtitled "Misadventures of a P.I. in Southern Appalachia," the book is described as a "fearless, take-no-prisoners account of P.I. culture, an unforgettable portrait of personal loss and failure, and a blistering ride through the heart of Southern Appalachia."

Since that time, Brian has moved to Fairview, and he is now releasing a second edition of his book.

To celebrate this event, Malaprop's Bookstore will host an author reading and a Q&A session led by Cecil Bothwell on October 10 at 7 pm.

Knopp was a licensed private investigator in WNC. He also taught composition at Warren Wilson College and nonfiction writing for The Great Smokies Writing Program at UNC-Asheville.



BUSINESS SHORTS



Fairview has said goodbye to a long-time small business and owner. **Fairview Grocery & Gas** (1612 Charlotte Highway) will close on October, 1, as the lease was not renewed. The community wishes Dale all the best in his next endeavor.



The **Signs for Hope Marketplace** will celebrate its grand opening October 17-19, from 10 am-5 pm, at 149 Churchill Downs Drive in Fairview. The owner, Becky Lloyd, is the founder and director of Signs for Hope, a Christian nonprofit that facilitates care for deaf orphans around the world. As she has traveled the world in support of her cause, she has purchased clothing, jewelry, coffees, teas, Christmas ornaments and nativities, home accents and books. These items are now for sale, with proceeds going to the charity.

The marketplace is located in a separate section of Becky's home. She will open the store by request and hold open store hours in the future. For more information on the nonprofit, go to signsforhope.org.



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How Did My Garden Grow?

I wrote an article several months ago about our first garden in many years. We don't usually grow a garden because summer can get pretty crazy with picking fruit. It used to be that we picked fruit from the first of July until the first hard frost in the fall. I've picked raspberries on Halloween in the snow. In the past few years, we've modified our farm and eliminated several of our long-time products or changed how we grow them. This has allowed us a little more freedom during the summer—at least until the blackberries adjust to their new system. With that in mind, we decided to try a garden.

Since we are no longer growing raspberries, we took a part of the field usually devoted to them and planted our garden. We didn't attempt to grow starts for ourselves, but got them from another local farmer with real expertise. We planted several varieties of tomatoes, three kinds of squash, two kinds of cucumbers, eggplant and both hot and sweet peppers. We didn't go crazy like the year we planted 75 tomato plants.

We've been really lucky this year and haven't needed to do much irrigation in the garden. We did have a few weeks early on when we needed to drag a hose out every other day and water the seedlings. Since the fruit began to set, we've not had to do any of that. Mother Nature has kindly provided us with enough rain showers regularly to

irrigate naturally and then some. So far (fingers and toes crossed) we haven't had any pests to speak of other than a couple of nests of yellow jackets. As long as you pay attention to where they are as you go along picking, they don't give much trouble.

How successful was our season? The only true failure was the eggplant. We planted three and they totally disappeared. We lost



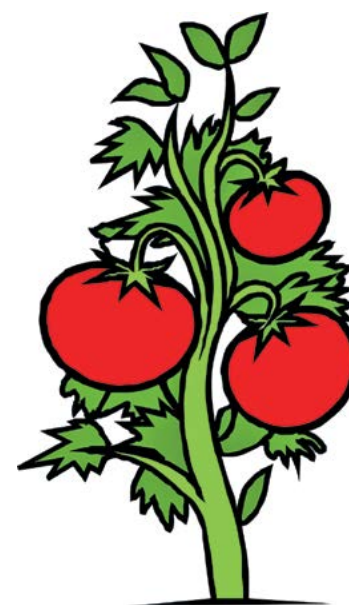
one cucumber to a chase between the dog and the cat while the plants were still in trays hardening off on the porch. A similar fate took out one of the zucchini shortly after planting. One of the yellow squash was eaten by an unknown critter about the time blooms were opening. Other than these mishaps, we have been quite successful.

We have harvested more squash than I thought possible from one zucchini, one yellow squash, and two zephyr squash plants. This has led to a culinary challenge, as my boys don't eat squash. I have spent

the summer preparing squash in many forms to find the ones my boys would find the least offensive. We've had deep fried squash, pan-fried squash, squash fritters, breads (both sweet and savory), ratatouille, and of course squash casserole. I am happy to say that I have found several squash recipes that were deemed acceptable—which is a good thing since I have pounds of squash in the freezer for winter consumption.

We were given about six varieties of tomato and have enjoyed all of them. It's been interesting to see the differences in bush types, color and flavor. Some are compact bushes, some are leggy, and some could take over the yard in a kudzu-like fashion. We have pinks, reds, striped with green, striped with yellow, and orange cherry tomatoes. We have sweet tomatoes (especially the cherries), tangy acidic tomatoes, and tomatoes that have a complex mix of both and remind me of the tomatoes I ate as a kid growing up in the foothills. These have been less of a culinary challenge and more of a challenge to keep up with eating or putting up for the winter.

Over all, I think we've had an awesomely successful garden. We could have done better keeping up with weeding and tying up tomatoes. But honestly, if we had more produce, I'm not sure how we would have dealt with it. I have put up a considerable amount to carry us into the winter and I



have bought almost no produce at market over this summer. (I hope none of my farmer friends at market have been offended by my lack of patronage. It is in no way a comment on your produce.) We're talking about maybe doing a fall/winter garden of greens if we can find the time to prep another bed.

What about next year? Like most things in our lives, we'll just have to wait and see how things happen early next spring, but hopefully we can continue our journey.

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



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And That's Why I Don't Run

Years ago, before I was a trained-certified pharmacy technician, I worked at a small local pharmacy. I started where everyone did: at the cash register. I had many responsibilities, one of which was taking out the trash. One day, when I was strolling to the dumpster, I saw the pharmacist's husband pull up in his car. He and I had become friends, and we had a weird cat and mouse game. No, nothing risqué or whatever you're thinking. It was more like a brother/sister relationship. More like, *I'm going to beat the heck out of you and make you cry.*

When he stepped out of his car, we made eye contact. And in that second, I thought, "I need to run from him." In that same second, he thought, "I need to chase her." And we were off.

Not that I can run—for goodness sake, I can barely walk. And he is a tall man, while I am one of those people you want to pat on the head because I'm so short. (Don't. I'll bite.) He was on me before I could move. I have already made peace with the fact that, if someday, someone does come after me, I'm gone. There's no need to fight it. I can't run even if I wanted to, let alone knowing that something or someone is gaining on me. Nope, I can't do it. Let's just hope it's quick. I'm assuming that's why God didn't make me a prey animal.



By the time I reached the door, I was feeling pretty proud of myself for not dying somewhere in that sudden sprint. I jerked the door open and simultaneously looked behind me, just to judge how close he was. And he was literally breathing down my neck. I could feel it. If he wanted to end it right then, consider it done. So naturally, I let out an earth-shattering scream. What else was there to do?

I'm not exactly sure what happened after that. Maybe the excitement was just too much that my legs gave out. Or maybe I tripped. There's really no telling. I went crashing full speed into the pharmacy, taking out a 50-gallon garbage can full of food for the homeless, then spun around and

I looked up to see everyone in the pharmacy in awe of what had just happened. There was terror and confusion on their faces; their eyes were about to pop right out of their heads. I'm going to be honest right here—I giggled.

landed in—not by, past or against—the middle of the store's metal vitamin shelves. I didn't stop there. I had gained so much momentum that I bounced off the shelves and came to rest in the middle of the floor (to this day, there's a skid mark on the carpet where I came in for a landing).

I dented three of the five shelves. I hit one so hard that it sliced my arm open and I was bleeding—profusely—on the carpet.

I looked up to see everyone in the pharmacy in awe of what had just happened. Remember, no one even knew that the pharmacist's husband was chasing me. They hadn't witnessed what had happened outside. There was terror and confusion on their faces; their eyes were about to pop right out of their heads. I'm going to be honest right here—I giggled.

I noticed that the pharmacist's husband

was still outside, holding the door open. He was so stunned that he couldn't speak—which was surprising because he worked in EMS and had seen a lot. He grabbed the radio on his belt to call for an ambulance, if needed. That also made me giggle. They all must have thought I knocked myself silly, but I was so embarrassed, it was either laugh or cry.

When everyone caught sight of him in the doorway, it eased the tension of the situation. They began to laugh at me—not with me; I knew better. I assume they were all relieved I wasn't being murdered or robbed. The pharmacist's wife, however, immediately started sobbing uncontrollably. She told me later that she thought he had killed me. I reassured her that it was all self-inflicted.

I noticed there was a customer in the store. An elderly gentleman made his over way to me and peered down, as I was still on the floor. "That looked like it hurt," he said, before he turned and walked right out. It was my best day at work ever.

I have a scar on my arm to remember the occasion—you know, to go along with the trauma.

Laura is an author, blogger, journalist, and pharmacy technician at Americare Pharmacy. Go to LauraCambyMcCaskill.com/blog to read more by her.

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Photo Contest Winners!

The end of summer is more than just a date on the calendar. No matter what age you are, you can sense it somehow. The days end a little earlier. The nights cool down a bit. Friends and family come back from time away. Back-to-school ads appear.

What other things make this time special? From the photos our readers sent in, the end of summer also means the change in light at sunset, flowers, the ocean, the lake, relaxing, grilling, butterflies, leaves changing, and more.

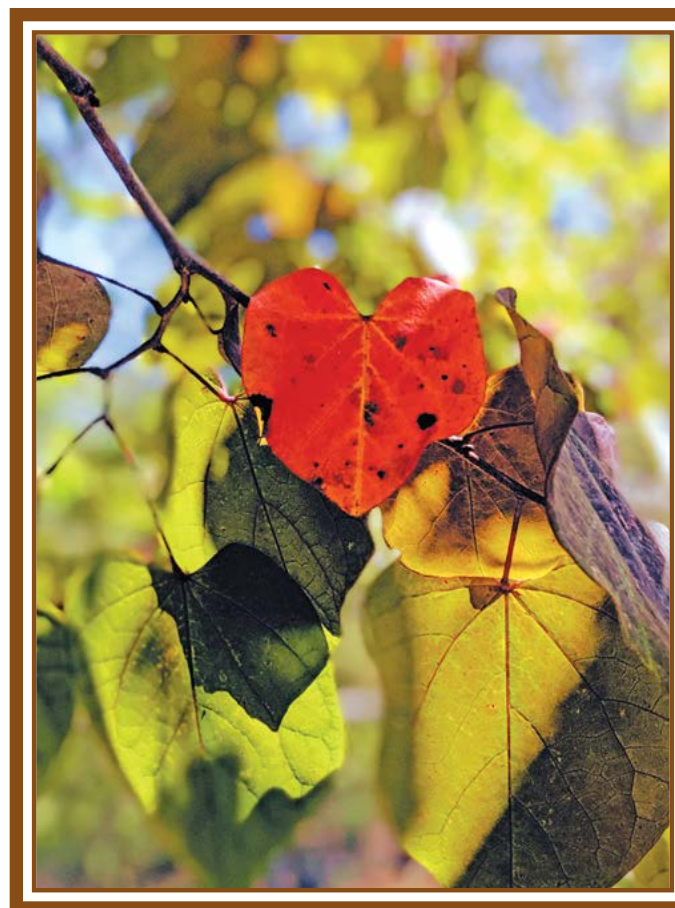
Here are the winners of our contest and others that we really liked. (Sometimes great photos don't print well on newsprint. You can find digital versions of all the submitted photos on our website at fairviewtowncrier.com/19photos.)



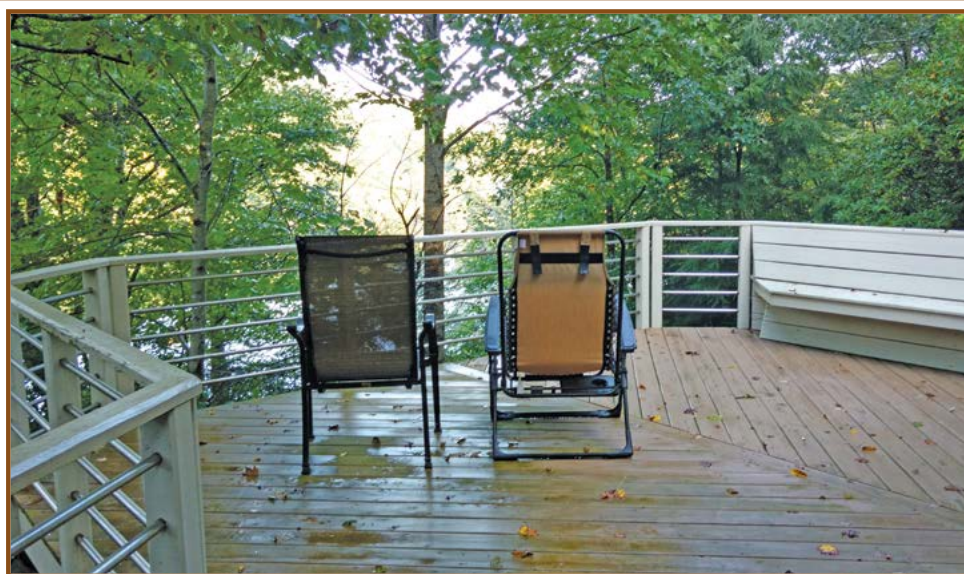
Kayla Stanley, who lives off of Upper Brush Creek Road, sent in this photo of her mom, Charlene, and daughter, Paisley. We liked this photo because it showed generations spending time together and a beautiful summer sky in the background. But what sold us on this shot was the sight of the state fair in the background, leaving no doubt where and when this moment was captured.



We received quite a few pictures of people enjoying themselves at the ocean or a lake, but we thought this was one from **Tara Altman**, who lives off Emma's Grove Road, was the best. That unmistakable late-summer sky, the deep-green trees, and the glare on the water. Those elements mark the time this photo was taken. But we loved the angle of the photo, the composition, and the perfect capture right before the big splash.



It was very hard not to pick this photo as one of the winners. It has a great composition, the focus brings the subject right into view, and the heart-shaped leaf was compelling. However, we felt this ended up feeling more like "the beginning of fall" rather than "the end of summer." That's nitpicking, we know, but we had to make a decision somehow! **Michelle Lee**



This was another favorite of the judges. It was able to create a very strong feeling from what might be considered a "boring" or everyday subject. The empty, mismatched chairs, the leaves that have fallen onto the deck. Is that the river down below? **Kimberly F.**



Great summer colors. **Courtney & Todd Lentz**



How cute is this? **Becky Hines**



This photo gets extra credit for being local, as it shows kids playing after GertonFest. **Margaret Whitt**



A late-summer afternoon in Fairview. **Emma L. Tate**



There's no way we're not including this super-cute photo of Ava meeting Elmer the turtle. **Mark Tullis**



A perfect cloudy sky above a mirror lake. **Karen Owens**



A classic summer image. **Catharine Wilson**



It can't be the end of summer without sunflowers. **Melissa Hill**



This just screams summer, right? **Jessica Hegge**





a. This six-month-old guinea pig was abandoned in a hotel room. She needs a name and a loving home. She's been to the vet and checked out well. *Animal Haven*

b. Elwood is a two-month-old Blue Heeler mix and weighs about seven pounds. He has lots of puppy energy but also loves to give kisses and cuddle. His potential adopter would need to have time to play and take him on walks to release some of this energy. *Charlie's Angels*

c. Margaret is a six-year-old pit bull mix. She is a happy, intelligent sweetheart who is looking for a home that will give her lots of attention. She enjoys walks, head scratches, and just hanging out with people. She is easy-going and playful with other dogs. *Humane Society*

d. Rosie is a 10-year-old Lab mix who was found alone on a hiking trail. Her favorite things are tennis balls, treats, and curling up on a cozy bed. She seems to ignore cats and get along well with other dogs. *Humane Society*

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Think Pink for Your Cats and Dogs

October is Breast Cancer Awareness Month, with fun runs, bike rides and pink ribbons to help educate, advocate and fundraise to support women who are dealing with their diagnosis or celebrating their survival.

But did you know that mammary cancer is also an issue for our animal companions, with hormone exposure having a role in the development of tumors?

Spaying our dogs and cats before their first heat cycle is the best way to protect them from future mammary cancer. Dogs spayed before their first heat (estrus) cycle are shown to have about a 1% chance of getting mammary tumors, compared to a 10% chance for those spayed after. After two heat cycles, the risk is the same as an intact female: about a 26% chance of developing tumors. In cats, the risk is slightly higher, with those spayed before 6 months old having about a 10% chance of developing tumors compared to a 14% chance for those spayed between 6 and 12 months. If your pet is unspayed, known to have had at least one litter of babies, or was spayed as an adult, she would be considered high risk.

Normal anatomy can vary slightly, but females generally have five paired mammary glands that should be soft. Tumors are usually found by palpating a firm lump in their mammary chain. If you find a mass, see your veterinarian so you can make a plan

together. Generally, when I palpate any mass, I discuss taking a fine needle aspirate (needle biopsy) of the mass. This can help identify what type of mass your pet has.

Unlike other tumors that can often be classified as benign (local tumor) or malignant (likely to spread) based on an aspirate test, mammary tumors cannot be classified by cytology. These tumors also can be a single mass or multiple masses. The only way to know how the tumor will behave is to submit a tissue sample—either a small biopsy or the entire mass.

In preparing for surgery, your vet will recommend checking bloodwork to ensure that your pet is a good candidate for anesthesia. Chest X-rays can help to reveal if there is evidence of the cancer spreading to the lungs. Evaluating the lymph nodes can also help to know if the cancer has spread.

In dogs, 50% of tumors are malignant. Often, excision can be curative. Unfortunately, the majority of cat mammary tumors (85–90%) are malignant, and ideally they should all be staged with lymph node aspirates and chest X-rays before surgery.

After the tumor is surgically removed, it should be sent off for a histopathology. This allows a pathologist to identify what type of mammary tumor it is and whether the entire tumor has been removed. It is not always possible to remove it entirely during the first surgery. If your pet is still



October is Breast Cancer Awareness Month.
U.S. AIR FORCE PHOTO/AIRMAN
1ST CLASS DANIEL BROSAM

can benefit from post-surgical chemotherapy, as they have a higher rate of metastasis (cancer spreading in the body).

Monitoring after surgery can include rechecking other parts of the mammary chain for new

masses and monitoring chest X-rays for evidence of metastasis. Further research is ongoing to try to improve post-surgical options for treating metastatic mammary cancer in dogs and cats.

Factors that can contribute to a poor prognosis besides tumor type are large tumors (>1.5 inches diameter), evidence of spread to the lymph nodes or lungs, deeper tumors adhered to other tissue structures, having an ulcerated tumor and tumors that grow quickly.

Unlike in humans, post-surgical radiation therapy is not generally used for dogs and cats. And while there are chemotherapeutic agents that can be used, they are not commonly used in dogs. Some non-steroidal anti-inflammatory drugs can be helpful for improving survival after surgery. There are studies showing that cats

can benefit from post-surgical chemotherapy, as they have a higher rate of metastasis (cancer spreading in the body).

Monitoring after surgery can include rechecking other parts of the mammary chain for new masses and monitoring chest X-rays for evidence of metastasis. Further research is ongoing to try to improve post-surgical options for treating metastatic mammary cancer in dogs and cats.

As mentioned above, the best prevention for preventing mammary tumors is to have your dogs and cats spayed before their first heat cycle, and it's also helpful for them to maintain a normal body weight.

Please work with your veterinarian to plan a course of action if you find any tumors on your pets.

Sarah Hargrove is a Doctor of Veterinary Medicine at Cedar Ridge Animal Hospital.



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Starting Early For Long-Term Success

Little kids matter. Access to excellent preschool is an economic development issue in Buncombe County: Working parents need first-rate childcare, and the childcare industry is creating jobs as well. And, of course, preschool is a top priority for education: Research shows that early childhood is a critical time for brain development, and outstanding preschool opportunities make all the difference for success in K-12 and beyond.

The success of our kids affects all of us, so at the September School Board meeting I was thrilled to learn about two new early childhood initiatives in Buncombe County Schools. It has taken some time to get here.

As you may know, the Reynolds District is a trailblazer. Currently, Reynolds High is one of only three high schools in the county with a preschool. The five-star child care center, with space for up to 15 kids from 3 to 5 years old, also offers internship opportunities for high school students pursuing an Early Childhood

Education Certification. Everybody wins.

In February 2018, the Reynolds High Preschool hosted the Buncombe County Commissioners as they considered options for how to address the pressing need for more high-quality childcare. In October 2018, the commissioners created the Early Childhood Education and Development Fund, and in June 2019 they awarded \$6.9 million in early childhood grants, including two for Buncombe County Schools (totaling \$900,000).

A "Game-changer"

"Early childhood education can be a game-changer in the lives of children and in the lives of working families," said Commissioner Jasmine Beach-Ferrara. "We know the need is there, we know that early childhood education works, and we know that it's a key component of creating a Buncombe County where every child has an opportunity to thrive."

The two new grants will help bring



programs to the North Buncombe and Erwin Districts, which will serve over 100 new preschoolers. North Buncombe High School will get a new preschool, with the \$400,000 grant budget covering renovations, salaries, technology, furnishings and a new playground. And the second grant will fund a public-private partnership with Verner Center for Early Learning to start the process of creating a center at Emma Elementary School, where students from Erwin High School can pursue internships as well.

A recent "State of the Child" report

from the Buncombe County Partnership for Children showed that only 29% of our young children are in licensed childcare. We must do a better job of helping kids thrive in their critical first 2,000 days, and I'm proud that Buncombe County Schools are collaborating to help meet that need.



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

October School Calendar

OCT 8	Reynolds Middle Choral Concert, 7 pm
OCT 10	Cane Creek Band Concert, 6 pm
OCT 11	Fairview Elementary Fall Festival, 4-7 pm
OCT 16	Fairview Elementary Health Fair
OCT 17	Early dismissal for all schools Fairview Elementary Fall Parent Conferences, 3-7 pm Cane Creek Orchestra Concert, 7 pm
OCT 22	Reynolds High Band Concert, 7 pm Oakley Elementary Health Fair
OCT 24	Reynolds High Choral Concert, 7 pm
OCT 28	Teacher Work Day

Fairview Preschool Begins 9th Year



The fall semester has started at Fairview Preschool. Some of the kids are busy at the village train station, which encourages creative play.

STUDENT OF THE MONTH: TIYON YOUNG



The A.C. Reynolds Student of the Month is Tiyon Young.

Tiyon has overcome many challenges in his years at A.C. Reynolds High School. He is a leader in his academic program and other students look to him for guidance and support. Tiyon has excellent attendance and works hard every day to give his best. He works in the ACRHS Preschool and is loved by all the children.

Anita King, head of the Early Childhood Education, said: "[I'm] so excited for such a special young man. Tiyon is a gentle giant in the preschool. He is passionate about working with the preschoolers, and has commented that his favorite thing is watching them learn and grow. He is such a positive, happy person who brings light to everyone around him."

All winners receive a special mug from the *Town Crier*.

Title 1 at Fairview Elementary: Supporting Academic Achievement for All

by Kenya Hoffart

Fairview Elementary School (FES) is a Title 1 school. This means FES receives extra federal funding for their students based on the number of students who qualify for free or reduced lunch. This is determined through an application process. All parents received a copy of the application at the beginning of the school year. It is very important that all families complete this form, even if they are certain their family will not qualify. Losing this funding would be very unfortunate for FES.

Title 1 funds are spent to assist in meeting each student's educational goals. Whether it's for literacy materials for the classroom, tutors to help students who qualify for extra support, small-group reading instructors who work with each grade level, technology programs, professional development or resources for families, Title 1 funds benefit every one of the over 710 students who attend FES.

Andrea Sellers has been working with Title 1 in some capacity for the last 14 years. This is her first year at FES, and she has been a very welcome addition. She heads a team of eight highly qualified literacy teaching assistants. They plan lessons that will challenge students and support

state academic achievement standards, all while finding creative ways to make reading interesting and fun. With this many teachers available, students receive personalized attention in small reading groups at a time the school calls LAUNCH. During LAUNCH, students are paired with students on similar reading levels so they can learn and grow together in a 30-to-45-minute reading period every day.

Mrs. Sellers said, "Students benefit from smaller reading groups because the teacher is able to pinpoint and focus in on the exact needs of each student and meet those needs in a suitable environment." She added, "Relationships between the students and the teacher are built during this small group time, which helps create a space for students to thrive."

If you have a student at FES and have not yet completed the Free and Reduced Meal Application, please send it in as soon as possible. Again, even if you feel certain you will not qualify, it is still important that you apply. If you have misplaced the form, please call the school's front office so another can be sent to you. You may also apply online at lunchapplication.com.

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



Title 1 funds benefit every one of the over 710 students who attend Fairview Elementary.



The Complex World of Teens & Phones

Last month's column dealt with teenagers and their complicated relationships with their phones. This month, I'd like to give you a fuller understanding of phone addiction in teenagers and why it's so easy to get addicted.



AVERY LOVE

Most kids would say they're addicted to their phones in one way or another. Being away from their phones can make them depressed and bring on separation anxiety and withdrawal symptoms. Part of the reason why it's so hard for us to lose access is because of how quickly the phone became a part of our lives. If I have a question about anything, my hand immediately goes to Google it. When I asked a bunch of my classmates what the first thing they did in the morning was, most of them said they look at their phones. I think it's easy to understand the appeal. Having a pocket computer with the ability to talk to people all around the world, that can access pretty much the sum of the world's knowledge, and that can also take pictures is definitely something someone can get attached to pretty quickly.

One thing that concerns most adults is that phones can draw you in so quickly while excluding so much else. And that's true. It's always "one more game" or "one more episode," but it never really is. However, for me, and I think for a lot of other teenagers, something mindless and repetitive like a game of Candy Crush or watching terrible reality TV can really

calm you down after a long day of school. Another "mindless" activity for teenagers is for friends to look at memes together. (For those who don't know, a meme is a joke in picture format. They can be explicitly funny or they can just be surreal enough to make kids laugh.) And then there's social media. Teens love Instagram, Snapchat and Tik Tok, but we're not the only ones. Have you seen how often middle-aged people check Facebook? My dad scrolls for hours watching and laughing at cute videos of Fiona the baby hippo.

Part of the reason it's so hard to put down our phones is because it's so easy to find the "mindless" thing you love. Once you find your thing—a livestream of a race, videos of kittens, or playing a game—it's really easy to sit and look at your phone for hours.

Unlike some adults, this doesn't bother teenagers. Most of us know we're addicted to our phones, but since it doesn't have any gigantic health drawbacks that we know of, we're content to just play our games or watch our favorite videos.

Here's the bottom line: I have a lot of friends who are addicted to their phones, but they can ignore it long enough to finish what they need to do for school and extracurriculars. Since they get everything done and maintain good grades while still having time to look at their phones, they don't feel that the addiction really affects them. And a phone addiction seems better than one to nicotine or alcohol, so it could be a lot worse.

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

Apply to College for Free in October

During one week in October, high school students in NC can apply for free to many state college and universities.

From October 21 to 25, the schools listed below will be adjusting application fees by either accepting fee waivers from eligible students or waiving application fees. (Qualifying students can use the College Board or ACT fee waiver for institutions not waiving their application fees. See your high school counselor for more information).

College Application Week began as a pilot program in the state in 2005 with just one high school. Now it's a part of a month-long effort to assist students with three important college enrollment steps: proving a student lives in the state, completing the federal Free Application for Federal Student Aid form, and submitting applications.

For more information on the program, visit nccountdowntocollege.org.

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| Johnson and Wales | Warren Wilson College |
| Johnson C. Smith University | William Peace University |
| Lees-McRae College | Wingate University |
| Lenoir-Rhyne University | Winston-Salem State University |
| Livingstone College | |
| Louisburg College | |

WHERE IN THE WORLD IS ANSLEY FUCHS?

In our July issue, Cindy McMahon told you about Ansley Fuchs, who planned to travel the country in an RV with her family (two parents and four kids) for a year and keep up with her schoolwork through Buncombe County's Virtual Academy. See below for an update from Ansley, as well as a selection of photos and destinations from the trip.

We are three months into this amazing adventure. We've visited national parks and forests, amusement parks, Disneyland, historical sites and large cities. We've also seen buffalo, mountain goats, grizzlies, and other wild animals.

I think we have all learned a lot about each other in the last couple months. As my dad says, "I promise memories, not necessarily good ones, but memories." Some less-than-fun moments include when my dad lit the grill on fire, next to the plastic tablecloth where all the kids were sitting.

We are now in Nevada and slowly headed back home for Thanksgiving and Christmas. We'll regroup for part two of our journey, but it has already been an experience we will always remember.



Saddlebred Museum



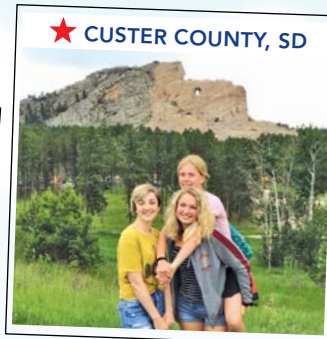
Mall of America



Gym from "Hoosiers" movie



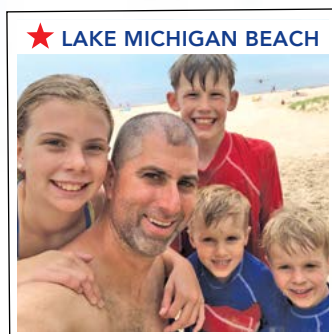
Chicago Zoo



Crazy Horse Monument



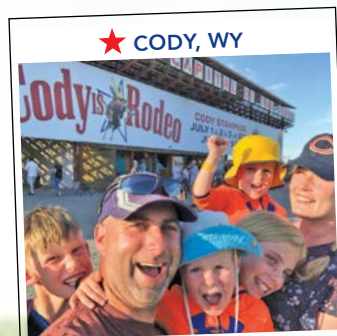
Mount Rushmore



Who needs the ocean?



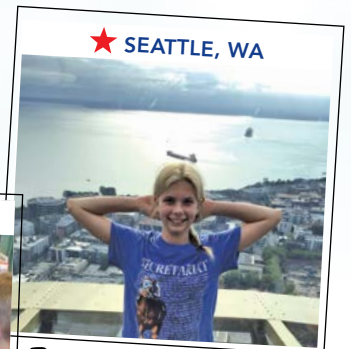
Ansley's favorite stop so far



Rodeo!



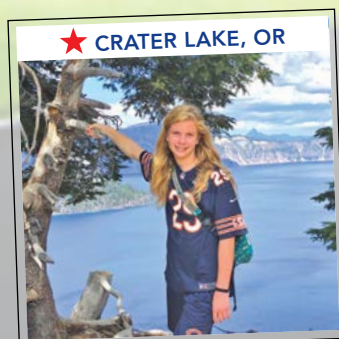
Seattle Market



Top of the Space Needle



Keeping up with schoolwork



Beautiful blue, clear water



On the way to Alaska



Redwood trees



GREG'S MAGIC TRICK

Grandpa's Force Trick

I'm Landon Phillips. Since my grandpa has been traveling so much to do magic shows, he asked if I could share one of my favorite tricks. My favorite thing is to force a volunteer to take a card and then tell people what it is. It's so funny watching people think they picked a card for real when they didn't!

You'll need two card decks, one with black backs and one with red (or any two different colors).



BEFORE YOU START

You have to know the bottom card. You can put the card there or shuffle it in place.

THE TRICK

1. Put the black-backed deck on the table. Place your red-backed card (your guess) face down on the table. It should be the same as the bottom card. Tell the audience this is your prediction.

2. Ask a volunteer to cut the deck in half. Have them place the top half on the table, then pick up the bottom half and turn it 90° and set it on the half already on the table. You can say that you are "marking the cut."

3. Now the hard part: talk a little to make the volunteer forget what they did. Grandpa calls this "time misdirection." You need to get them to look away from the deck so they forget what they did.



4. Pick up the top half and turn it face up. Point to the card and say, "You selected (the name of the card)."



5. Ask the volunteer to turn over the card you put down (with the red back). Of course, it matches! **Magic!**

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

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HALLOWEEN HIDE-N-SEEK!

To celebrate Halloween later this month, we've hidden these spooky icons throughout this issue. Can you find them all? Some may be a little harder to find than others. Cross them out when you do, or maybe color in the boxes. The location of all the icons is shown at the bottom of the page. Don't cheat, or we'll come and haunt you.



Icon locations (page numbers only): spooky house, 36; owl, 11; tick, 12; candle, 15; Frankenstein, 22; bat, 14; boo bucket, 21; candy corn, 31; cat, 7; ghost, 35; cauldron, 3; jack-o-lantern, 1; skull, 29; tombstone, 38; witch's hat, 18; zombie hand, 17

Unique and Local: Fairview DJs Help Fill the Airwaves

If you are under a certain age, you might think that radio is just for NPR or national talk shows. But interesting local radio is still alive, and two Fairview residents are doing their part to help.

Scott Bunn and Vance Pollock, who both live in Fairview, are DJs on 103.3 Asheville FM, a low-power station based out of West Asheville.

The station started in 2005 as an Internet stream. Then, in 2010, the Local

Community Radio Act was signed into law, providing space on the radio dial to stations whose signals only reach a few miles (that's the "low-power" part). After an FCC license was granted and

a fundraiser was held to purchase an antenna, the station went out over the airwaves in 2015.

It's a true local station, with all but one of its almost 70 shows hosted by local people—all volunteers. And the variety of shows is impressive. There's plenty of rock music, but also shows devoted to hip

hop, modern classical, world music, soundtracks and even a long-running show dedicated to

kids music. There are talk shows devoted to politics, local people and events, and health, as well as a weekly news hour, featuring local reporting. (Find a full list of shows at ashevillefm.org/shows.)

Part of the reason for this diversity of shows is surely the interesting mix of people in the greater Asheville area. Another part is that the station boasts a noncommercial, freeform format. This means that community funding, not corporate control, determines if the station stays on the air, and that DJs are allowed to play (and say) whatever they want—as long as they don't make the FCC mad.

You might know Vance Pollock from the library, where he works as a substitute and is part of the Fairview History Project team. Since 2012, he's had a show called Riffin', which focuses on local and regional rock bands, primarily those active during the 1960s. The rarer, the better. A show in May featured two songs by The Satyrs, an obscure Asheville band from the '60s whose 45s are sought by collectors. He also plays other, nonlocal '60s bands, as well as modern, local bands. His show is on every Thursday from 11 am–1 pm. You can find more info and playlists at ashevillefm.org/show/riffin.

He enjoys having the chance to indulge in a very specific musical interest and to share content that's not predictable. He says that Asheville FM is like "radio roulette. You never know what you'll hear when you push that 103.3 preset button, but you can be sure it will be unique and local."

103.3
ASHEVILLE fm

RIFFIN' PLAYLIST, SEPTEMBER 12

Artist	Song
Family Dollar	Pharaohs Ransom Street Operative
Them	All For Myself
The Band	Rag Mama Rag
Chosen Few	Baby Don't Do It
The Scatterlings	Sweet Sally
The Scatterlings	Nashville Road
The Scatterlings	Mockingbird
Sugarloaf	Texas Two Lane
Initial Shock	You've Been A Long Time Coming
Count Five	Mailman
The Tropics	Tired of Waiting
King Bees	I Want My Baby
The Swinging Blue Jeans	Shake Rattle and Roll
The Huns	Shakedown
Fred Blassie	Pencil Neck Geek
Fred Flintstone	Listen to the Rockin' Bird
The Tikis	Pay Attention To Me
The Animals	When I Was Young
Canadian Rogues	Keep in Touch
Sweet	Action
Rare Bird	What You Want to Know



The station is located at 864 Haywood Road in Asheville.

Vance, who grew up in Lakeland, FL, has lived in Fairview since 2007, along with his wife and school-age kids. He likes Fairview because it's quiet and out-of-the-way, while still close to civilization. (His co-host, Rick Russell, lives in Reynolds.)

Scott Bunn is originally from Williams-ville, NY, (near Buffalo) and moved to Fairview in 2015 after relocating to Asheville in 2001. He loves living among the mountains and farms of Fairview with his wife and two school-age kids. He keeps busy as the development director for the National Farm to School Network, and previously held the same title for the Appalachian Sustainable Agriculture Project (ASAP).



But his true passion may be sports. After all, you don't call your show "Steve Sax Syndrome" without being a little crazy about athletics. (If you didn't need to Google that phrase, you can probably be a guest on his show.) Since 2013, he and co-host Tom Chalmers have talked

about all the major sports, as well as roller derby, axe throwing, Formula One, and many other subjects. (And since he's from Buffalo, there are a lot of sad sports stories, too.) Locals with knowledge, adventures or crazy devotions are frequently in the studio to discuss a topic (or call in). Last year, Scott hosted Tip Ray, a referee for World Para Nordic Skiing, after seeing the article about him in the *Crier*. His show can be heard every Wednesday from 7–8 pm. You can find more info at ashevillefm.org/show/steve-sax-syndrome.

Scott said, "It's a delight to be on the radio talking about sports. When someone tells me that they heard me on the radio, it's a little surprising because I honestly forget that other people may be listening. These are conversations I would be having anyway."

Heading out of Asheville on Charlotte Highway, I usually lose the station around Emma's Grove Road. Depending on the weather and other factors, you may be able to pick it up where you live. If not, you can always stream it live at ashevillefm.org.

Clark Aycock is the editor of the Fairview Town Crier. He has been an active volunteer at the station in the past and has also appeared on Scott Bunn's show.



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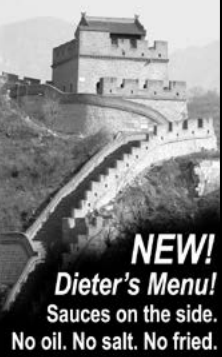
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Evening Worship 6:00
Wednesday Evening 7:00

New Ministry at Trinity

Trinity of Fairview is starting a new ministry as part of its health and wellness initiative.

Called "Quest: Salt and Light," it will feature programs on aging, nutrition, healthy lifestyles, counseling, and exercise classes, all free of charge.

The first seminar will take place on October 5, from 10:30 am–12:30 pm.

Dr. Sean Simonds of Specialized Physical Therapy of Asheville, a board certified clinical specialist, will address problems facing those with arthritis, limited mobility, and general joint pain. He will offer suggestions, solutions, and options to achieve a better quality of life. A free lunch will follow.

Registration is required by October 1. For more information, please visit trinityoffairview.com or call 628-1188. 646 Concord Road, Fletcher.

Request a Prayer

Oak Grove Baptist Church now has a prayer request box for all in the community. The box is located at the church, in the parking lot on the back side of the building at 1552 Cane Creek Road.

ON THE ROAD



Pat and Wayne Faas took the *Crier* along to St. Basil's Cathedral on Red Square in Moscow, Russia. They enjoyed their 13-day river cruise from St. Petersburg to Moscow.

OF INTEREST TO SENIORS MIKE RICHARD

Medicare Checkup Time

Everyone who has insurance of any type should take the time to review their policies at least once a year.

Whether auto, homeowner, life or health insurance, things change. This especially applies to Medicare Advantage (MA) and prescription (Rx) plans, where the landscape evolves on an annual basis and sometimes dramatically so.

Just when is the best time? I suggest it's when you receive your Annual Notice of Change (ANOC) document around the first of October. The first few pages give a side-by-side comparison of this year and next year, which is simply the best tool to determine your course of action for this Annual Enrollment Period (AEP). You will receive an ANOC one for either your MA and/or Rx plan. Remember, the AEP is from October 15 to December 7, and your decision is one you must live with through next year.

What Should I Look For?

The obvious things to compare are premiums, standard benefits, deductibles, copays and coinsurances. Value-added items, such as dental, vision, hearing aids, gym memberships, over-the-counter allowances, transportation, emergency alerts, and meals, among others, are significant as well. Healthcare provider participation or Rx drug availability should also be considered if you are partial to things like alternative care, hair restoration, or other plan-specific offerings not normally covered by Medicare. The most important item to compare is the

Maximum Out Of Pocket (MOOP), which is the final determiner of your exposure to healthcare costs next year. It's your peace of mind number.

Your Strategy

If you like what you have, stick with it. No further action is necessary. If a change in your health is of concern, consider a MA plan with a lower MOOP or more robust basic coverage, such as a Medicare supplement and stand-alone Rx plan. Please note that health questions may determine your eligibility for coverage with Medicare supplements.

Medicare Scam Alert

Scammers are offering "free" genetic tests and claiming that Medicare will cover it. They are trying to get your Medicare number and use it to commit fraud and identity theft. They're targeting people through telemarketing calls, health fairs and even knocking on doors.

Only a doctor you know and trust should order and approve any requests for genetic testing. If it's not considered medically necessary, your plan won't cover it.



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

Free Medicare Classes

The Council on Aging of Buncombe County, in conjunction with the N.C. Department of Insurance's Seniors' Health Insurance Information Program (SHIIP), will offer free, informational classes about Medicare in October.

Residents who are new to Medicare, caregivers, and others who help senior citizens with their Medicare insurance should consider attending this informative class. The information presented is unbiased and accurate. No products are sold, recommended, or endorsed.

To register, visit the Council on Aging of Buncombe County's website (coabc.org) or call the Council on Aging at 277-8288.

The classes listed below are free and open to the public.


October 1, 2–4 pm Ferguson YMCA
31 Westridge Market Place, Candler

October 17, 7–8:30 pm, St. John's Episcopal Church, 290 Old Haw Creek, Asheville

October 18, 2–4 pm, Goodwill
1616 Patton Avenue, Asheville

October 23, 2–4 pm Blue Ridge Health
2579 Chimney Rock Road, Hendersonville

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Evening Life Groups & SPK Kids 6 pm

WEDNESDAYS
Family Night Supper 5:45 pm
A.M.P. Ministry 6:15 pm
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Wednesday Night Worship 7 pm

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Estate Plans Can Help You Answer Questions About the Future

The word “estate” conjures images of great wealth, which may be one of the reasons so many people don’t develop estate plans—after all, they’re not rich, so why make the effort? In reality, though, if you have a family, you can probably benefit from estate planning, whatever your asset level. And you may well find that a comprehensive estate plan can help you answer some questions you may find unsettling—or even worrisome.

Here are a few of these questions:

- What will happen to my children? With luck, you (and your co-parent, if you have one) will be alive and well at least until your children reach the age of majority (either 18 or 21, depending on where you live). Nonetheless, you don’t want to take any chances, so, as part of your estate plans, you may want to name a guardian to take care of your children if you are not around. You also might want to name a conservator—sometimes called a “guardian of the estate”—to manage any assets your minor children might inherit.
- Will there be a fight over my assets? Without a solid estate plan in place, your assets could be subject to the time-consuming, expensive—and very public—probate process. During probate, your relatives and creditors

can gain access to your records, and possibly even challenge your will. But with proper planning, you can maintain your privacy. As one possible element of an estate plan, a living trust allows your property to avoid probate and pass quickly to the beneficiaries you’ve named.

- Who will oversee my finances and my living situation if I become incapacitated? You can build various forms of protection into your estate planning, such as a durable power of attorney, which allows you to designate someone to manage your financial affairs if you become physically or mentally incapacitated. You could also create a medical power of attorney, which allows someone to handle health care decisions on your behalf if you become unable to do so yourself.
- Will I shortchange my family if I leave significant assets to charities? Unless you have unlimited resources, you’ll have to make some choices about charitable gifts and money for your family. But as part of your estate plans, you do have some appealing options. For example, you could establish a charitable lead trust, which provides financial support to your chosen charities for a period of time, with the remaining assets eventually going to your family members. A charitable

remainder trust, by contrast, can provide a stream of income for your family members for the term of the trust, before the remaining assets are transferred to one or more charitable organizations.

As you can see, careful estate planning can help you answer many of the questions that may be worrying you. Be aware, though, that certain aspects of estate planning, especially those related to living trusts and charitable trusts, can be complex, so you should consult your

estate-planning attorney or qualified tax advisor about your situation. But once you’ve got your plans in place, you should be able to face the future with greater clarity and confidence.



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.

AUGUST FAIRVIEW REAL ESTATE STATISTICS

		Max \$	Lowest \$	Average \$
Homes Listed	26	2,835,000	40,000	705,465
Homes Sold	21	825,000	124,000	406,174
Land Listed	15	249,000	29,900	93,213
Land Sold	4	270,000	45,000	165,250

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

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The Ambush in Raleigh, and More

September is usually set aside for part-time legislators to return home to take care of their families and businesses. The Long Session which began in January is ongoing with no sign of conclusion. We have seen action on Medicaid Expansion, court-ordered redistricting and a veto override in the House. The 2019 Farm Bill, caught up in contentious disagreements about hemp, is languishing in the Senate Rules Committee, where it may die a slow death.

Partisan Gerrymandering

Let's begin with the court-ordered redistricting mandate. In the case *Common Cause vs. Lewis*, a three-judge panel ruled in no uncertain terms that the 13 districts drawn for the NC House and Senate were extreme "partisan" gerrymanders. In the fight against this practice, the decision was momentous. The court gave the General Assembly two weeks to redraw these districts, including the three House districts in Buncombe and the Terry van Duyn/Chuck Edwards Senate districts. Much of the evidence in the trial came from the hard drive of the late Thomas Hofeller, who had drawn these maps at the request of the Republican majority. His daughter turned these files over to Common Cause.

The case also relied on a set of "Chen" maps—a thousand or more maps generated by a computer under the direction of a Dr. Chen—that could rate districts in terms of "compactness," split precincts, "cracking" urban areas with rural voters, and more. These maps clearly showed, with mathematical precision, how much the 2011 maps were gerrymandered for partisan advantage.

The court ruled that in Buncombe County, Rep. Fisher's district (114) "packed" the Asheville Democrats in one district, while my district (115) and Rep. Turner's district (116) were drawn to give a Republican candidate an advantage. As is often said, politicians should not be able to choose their voters.

Each body (House and Senate), under time pressure, began the redistricting process by using the Chen maps as the

base and using the rating scale to find the five best maps for each voting "cluster." Then, the NC Lottery Office used a special machine to randomly choose one of the five maps. The courts did allow legislators to move precincts around if the current incumbents were "double bunked." For instance, in the new Buncombe County map, Rep. Fisher and Rep. Turner ended up both residing in district 116. It was an easy fix, and we relied on staff to carry it out.

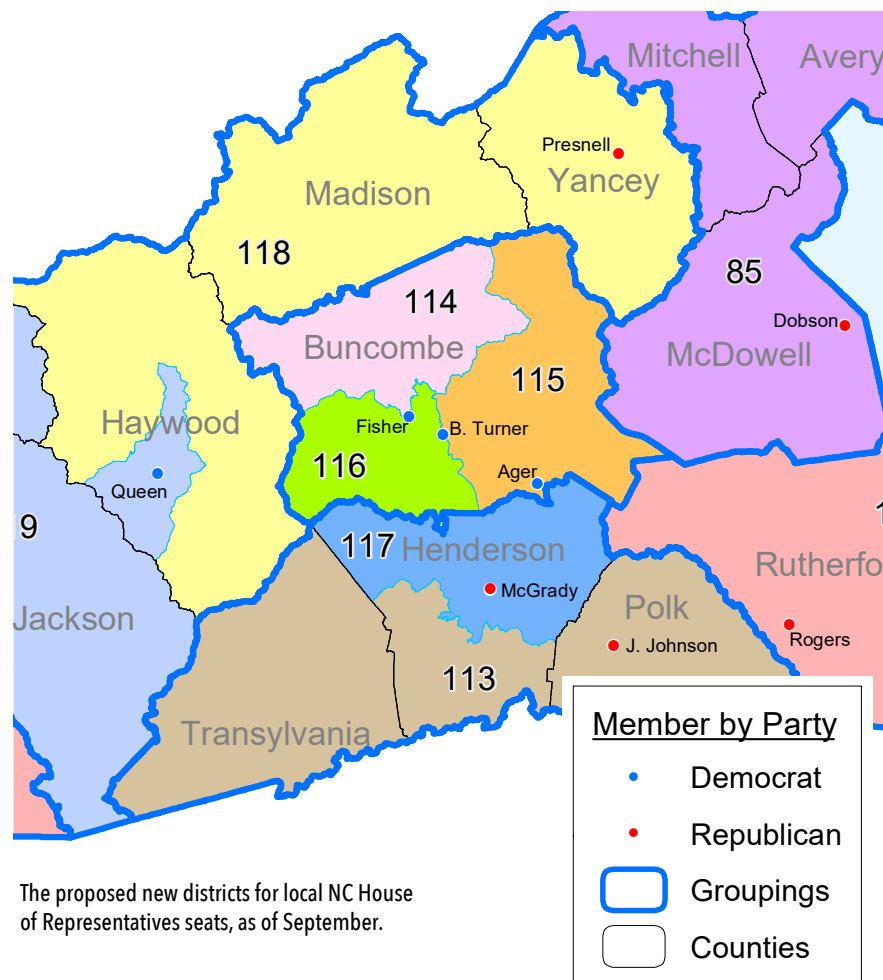
The court has reserved the right to review the maps and has tasked an experienced professor for that job. There has been criticism that partisan considerations came into play to protect incumbents with the new districts. All in all, after this process and the lawsuits over the past decade, I am more convinced than ever that legislators should be removed from drawing political districts.

North Carolina once again made national news over an "ambush" vote to override the governor's veto of the state budget. On September 11, the House session was scheduled to convene at 8:30 am. With a Finance Committee scheduled at 9:00 and 9/11 commemorations ongoing, we received a memo that there would be no votes.

"I Will Not Yield"

At the no-vote session the day before, David Lewis (who had been the acting Speaker and who, by the way, was the defendant in the gerrymandering case mentioned above) told our minority leader and the media that there would be no votes at 8:30. At 8:37, Rep. Saine stood up and said, "Notwithstanding the objections of the governor..." At that point, Rep. Deb Butler picked up her microphone and objected, and her response—"I will not yield"—became a national news story.

Representatives sit in pairs on the House floor, and Deb Butler is my seatmate. I had attended that session expecting only to learn more about my schedule for the day. When Deb's microphone was cut off, I turned mine on and gave it to her so she could continue her justified protest. Other Democrats



The proposed new districts for local NC House of Representatives seats, as of September.

signaled that they wished to speak but were ignored. When security was sent to escort Deb away, I stood with others to block them. It was the most chaotic scene I have witnessed in the House. After months of showing up to sustain the veto, I thought it was a disreputable action by Speaker Moore. The veto override has gone to the Senate, where it faces uncertain prospects.

Finally, the House has decided to take up a Republican version of Medicaid Expansion, which is certainly one of the primary reasons for the budget standoff, as I have explained before. The bill, HB 655, would include a work requirement (with a long list of exemptions) and a monthly premium. Both would need a large administrative effort on behalf of the Department of Health and Human Services (DHHS). In any event, it is believed that only a minority of Republicans support the bill. And yet, it was voted out

of the Health Committee, but will need most Democrats to support it to pass. We have been meeting with DHHS staff to fully understand the bill. If it passes the House, it will face an uncertain future in the Senate.

In a closing note, after many 80-degree days in September, I believe we all need to begin looking at ways to reverse the manmade effects of climate change. Thirty years ago, we were on the cusp of a bipartisan effort to reduce carbon pollution, and we all need to pull together again for the health of Mother Earth and the prosperity of the next generations.



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

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It's Not Your Fault

Take this truth and embrace it: Weight gain isn't your fault. It actually has nothing to do with you or your personality. We are often told that we need to execute more discipline or willpower, but it really doesn't have much to do with that. You can only starve yourself for so long, maybe a couple months, before you must eat again. You think of it as giving in and giving up; you think that you've failed again and are destined to be where you are forever. This doesn't mean another failure; it means it's time to adjust your eating style.

The primary culprit for the ease of weight gain once it has started is the accumulation of visceral fat. This fat, the deep, gel-like fat that packs in your belly area, fills up your organs, squeezes them tight, and makes your liver look like a Kobe beef steak (known in medical terms as fatty liver), is different from the rest of the fat in your body. You can't melt, laser, suck, freeze or sculpt it away. This special fat grows blood vessels, has an oxygen supply, and secretes toxic hormones.

What you have actually accumulated in your belly is metabolically active tissue. It has its own agenda; it is completely unregulated. All this tissue wants to do is continue to grow and continue to get fatter as fast as possible. Picture this fat like a tumor. And you better believe that



all of the hormones it is secreting in your body are there only to encourage its continued growth.

This fat has urges, demands, desires and cravings. The more fat mass that you have, the more addictions to food you have. It slows your metabolism, makes you hungry, makes you crave and makes you "lazy." At this point, your hunger and full-belly signals to your brain are out of whack and you don't know if your body is telling you to eat or not eat.

This tumor-like fat also secretes major inflammatory hormones. It lowers testosterone in men and increases the risk of estrogen-dependent breast cancer in women. It is a beast and it's why you've dropped weight in the past only to regain it. Weight regain isn't due to a flaw in your personality—it's the visceral fat effect. If you try to maintain a weight at which you still have tumor-like visceral fat remaining, working against you, secreting all of these hormones that disrupt your

Maintaining weight loss requires a different way of eating for the rest of your life.

metabolism and physiology, your risk of relapse is very high.

To minimize the risk of weight regain and to be able to maintain weight loss, you must get rid of all of the visceral fat that is causing this metabolic slowdown. You must also understand that this requires a different way of eating for the rest of your life. If you have tried to drop weight in the past, only to regain it, do not think of yourself as a failure. Recognize your triggers, accept the fact that you must make a change to fully collapse your hungry/active fat mass, and choose to adjust the way that you eat to support your optimal health for the long term.

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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by Candi Yount

New Member!

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September's Meeting Recap

The Fairview Business Association's September meeting was held at The Cove of Fairview. Frank Dixon welcomed members on the porch of Our House, the original vacation rental started over 13 years ago. After the business meeting, Frank gave a guided tour of the grounds, which included a cascading koi pond, a barn with a variety of animals, a lily pond, and three of The Cove's six vacation rentals.

The FBA third quarter charity recipient is Food for Fairview (foodforfairview.org). We encourage other donations of food, money or time to this worthwhile cause that helps so many in our community. Food for Fairview works hand-in-hand with Root Cause Farm.

Next Member Meeting

Carolina Equipment and Bostic Builders

will jointly sponsor our October 8 meeting. It will be held at Hawk Feather Farm at 3013 Cane Creek Road. This barn/home is owned by Lars Jensen, son of Ellen and Peter Jensen, owners of Carolina Equipment. Mike Bostic used passive solar applications and green building products in this horse boarding stable. This farm and stable couldn't have been completed without the help of Carolina Equipment, who supplied the machines and equipment for all phases of the construction project, which included augers, excavators, track loaders and land graders.

Meeting Reminders

Bring news about your business for the "What's New" minute, and bring a snack or beverage as well. Wear your name tag or order one (\$10 each) and bring business cards to share. Networking is of prime importance. There will be time for this after the business meeting. When members come to meetings, we can associate a face with a business and are more apt to use that business when we have a need.

Visit fairviewbusiness.com for more information.



Frank Dixon (second from left, above) welcomed FBA members to the Cove. A tour of the property included the cascading koi pond (below).



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Rueger Riley.....407-0437

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Mountain Glass Werks.....424-1077

Serengeti Studio.....280-8270

Auto/Truck Sales

High Country Truck & Van.....222-2308

Building & Maintenance Services

AA Diamond Tile.....450-3900

All Seasons Heating & AC.....651-9998

Cane Creek Concrete.....230-3022

Daylight Asheville.....778-0279

Wood Tech Enterprises (tooling).....628-4414

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The Rising Workplace (Ergonomics).....214-7827

Solo North Consulting.....619-0348

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Rainbow International.....333-6996

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Bostic Builders.....606-6122

Cool Mountain Construction.....778-2742

Moose Ridge Design/Construction.....777-6466

Dance Lessons | Events

Dance For Life.....505-1678

Education | Instruction

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Tutoring.....628-2232

Fairview Preschool.....338-2073

Mighty Oaks Montessori.....338-0264

Emporium | Flea Market | Gift Shop

Cane Creek Mercantile.....222-2454

New Moon Marketplace.....222-2289

Vintage Variety.....290-0923

Equipment Rental & Repair Services

Carolina Equipment Rental.....628-3004

Ed's Small Engine Repair.....778-0496

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Peaceful Hollow Venue.....777-7094

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(Stephen Herbert).....628-1546

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Cloud 9 Relaxation Home.....628-1758

Rustic Mountain Getaways.....450-2324

Sunset Hollow.....768-0120

The Cove at Fairview.....628-4967

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Financially Complete.....230-8168

Gloria Berlin Agency/ Allstate.....298-2483

Prime Time Solutions.....628-3889

Stovall Financial Group.....275-3608

Tammy Murphy Agency.....299-4522

Butch Greene Hemlock.....338-9125

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Asheville Stone.....628-ROCK

Fairview Landscaping.....628-4080

Markets | Farm Stores | CSAs

Cane Creek Asparagus.....628-1601

Flying Cloud Farm.....768-3348

Hickory Nut Gap Farm.....628-1027

Trout Lily Market.....628-0402

Troyer's County Amish Blatz.....280-2381

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Appalachian CBD.....338-0039

AVORA Health.....505-2664

Carolina Mobile (Optician).....779-2891

Fairview Chiropractic Center.....628-7800

Flesher's Fairview Health

Care.....628-2800

Higher Ground Pediatric.....551-5602

Southeastern Physical Therapy.....338-0707

Mortgages

Brand Mortgage.....707-1898

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Fairview Town Crier.....628-2211

Nonprofits

Food for Fairview.....628-4322

Root Cause Farm.....628-3688

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For Owls, Forever

Many evenings of late, I've found myself wandering into the garden at Root Cause Farm with my grandmother's folding chair and, if the humidity level permits, a cup of hot tea. No tools, no phone. Just my own beating heart and open eyes. Occasionally, a notebook.

Something inexplicable in me has needed to just be in the growing space, to watch the sun dance its way down further into the horizon, to feel the first kiss of coolness in the air, to marvel at the abundance of creatures who make their way through the beds and flutter in patches of flowers, and to hear in the silence what is becoming.

As I reflect upon my season at Root Cause Farm (RCF), I'm struck by the beauty of what is happening here, and by the tangible passage of time. But I haven't quite been able to put words to why I find my feet taking me through the gate and into a space of solitude so often, especially on nights when many other things are calling for my attention.

However, while picking beans the other day with Janice, the farm's manager,



something shifted inside of me into clearer focus.

As we marveled at the consistent abundance of beans (a perpetual, delightful and mysterious reality) even amid a barrage of bean beetles, I noticed that my sitting in the garden creates a full circle for me between the work that I am doing daily and what I am seeing in the world around me.

Each morning, those of us who work here at RCF (along with the many generous volunteers), dig our hands into the soil, joining in the physical harvest [as well as] the many golden threads of connections and relationships this particular food offers to our neighbors in this mountain community. We dig and we sweat and we laugh and we ask hard questions; and some days, we cry too. This, just as much as the bountiful produce, is the gift this land offers us: the chance to ponder, to wonder and then, to move. I am slowly finding that one cannot exist without the other. Many who have journeyed with this farm and these people for years already know this, but it has been a profound re-learning for me.

I tend to always be looking for solutions and things I can immediately fix, but my evening garden-sitting ritual is teaching me to be still first, both in mind and body, so that I can actually see—an invitation rarely offered by our frantic culture. One night in early September, I was given the richest of surprises. I'd just finished watering the sprouted baby carrots when something flickered in my peripheral vision. I cast my gaze skyward to discover



Above, sunset at Root Cause Farm. Below, the farm's new cob oven.

the soundless wings and silhouette of a great horned owl. You probably could have picked my jaw up off the ground, as I was so shocked when it flew directly overhead and landed in a nearby black walnut tree. An owl, so close to the highway, so close to human homes—inconceivable. As I stood, looking for its shadowy outline in the tip-top branches, I realized that perhaps the owl was coming for the same feeling of sanctuary and rest that I had found in this garden. A place of refuge, of interdependence, of wild and harmonious interactions between all kinds of creatures. A place that cultivates a "contemplative mind" leading to "compassionate action," as Franciscan priest and mystic Richard Rohr says.

It is into this delicate dance that I'd like to invite you, as our season draws to a close, as we put the beds to sleep for the winter, as we bury fragrant garlic cloves in anticipation of next year's crops, as we spread straw like a patchwork quilt. We'd be thrilled if you would come finish with us.

Wednesday, October 2 (6–8 pm) is our last work night and potluck of the year, and if all goes well, we will be firing up our new cob oven for the grandest of pizza parties. So bring a topping and invite a friend. We'll be here, tending the fire and holding you all in gratitude for the year that has been.

Emma Childs in an intern at Root Cause Farm. rootcausefarm.org.

Auction in October

Root Cause Farm is holding a fall auction. Bidding opens October 14 at 9 am and closes October 25 at 6 pm. Prizes include honey harvested right from the farm (thanks to BCBCA), whitewater rafting trips, restaurant gift certificates to some of Asheville's best, Biltmore Estate tickets, and stays in beach and mountain locations. Prizes are being added daily. Check out our social media sites (@rootcausefarm on Instagram, rootcausefarmnc on Facebook) for more information until the bidding officially opens. All proceeds help us in our ongoing work to find a community solution to hunger.



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Marshland Market: The Cattail

Summer is winding down and the first signs of autumn are awakening in the mountain landscapes, especially in the cool evenings and mornings. As I stepped into the pond we've restored on our land in Fairview, beads of sweat poured down my forehead. A lone cicada erupted into a buzzing concerto that resounded between my ears at an incredible level of intensity.

I was planting a few roots of cattail on the edge of our upper pond, as they provide a great natural filtration system for ponds and marshes. Cattails can be invasive, but they are a beautiful and essential native plant. The late Euell Gibbons called them the "supermarket of the swamp," as they are an amazing wild edible food source.



The Common Cattail (*Typha latifolia*) and its siblings, the Narrowleaf Cattail (*Typha angustifolia*) and Southern Cattail (*Typha domingensis*), can be found throughout most of the world. Cattail is a member of the grass family, as are rice, corn, wheat, oats, barley and rye. Some other common names for cattail are water torch, candlewick and cat-of-nine tail.

Most people recognize cattails from their long, richly colored, cigar-like flower spikes that grow atop a long stalk nestled in a cluster of narrow green, sword-like leaves.

Cattails provided a year-round food source for Native Americans, as most parts of the plant are edible. The young shoots can be peeled in spring to expose a white inner core that can be eaten raw. Also known as Cossack Asparagus, given

the Russians have a fondness for cattail; the shoots taste like cucumbers. A word of caution, though: In spring, make sure you find the old seed heads, which are a telltale identification for cattail, as the young shoots can be confused with wild iris leaves and shoots, which are poisonous and grow in the same habitat.

Later in spring, the green female bloom spikes and the male pollen spikes begin to emerge. One can peel back the leaves in the same way you would shuck corn, and both the male portion above and the female portion below can be seen. The female portion will later develop into the familiar brown "cattail" seed head from which the plant's name is derived. Both the young male and female pollen spikes can be boiled and eaten like corn on the cob, and both are delicious.

Bee Pollen Rival

The golden yellow pollen makes an exceptionally fine and tasty addition to bread and cake flour. Years ago, I waded into a marsh with a paper bag, as the swampy field of cattails was covered in bright-yellow pollen ready for harvest. In time, I gathered a half a cup of pollen by shaking the flower heads into the bag. The next day I mixed the pollen into my buckwheat flour pancake recipe and was delighted with the results. Cattail pollen is high in protein and works well mixed into flours for bread making, but it will not rise. Cattail pollen is equal to bee pollen in terms of minerals, enzymes, protein, price, and energy.

The roots, which are high in starch, were dried by Native Americans and ground into bread flour. The enlarged areas along the leading edges of the rootstock have been used as a potato substitute. In addition, cattail leaves were used extensively in basketry and mat making, evolving into a valuable source for cane seating in postcolonial times. Even the old seed spikes that turn to fluffy down were utilized and prized as a source of tinder and insulation.

Cattails have been used medicinally. The roots have been made into poultices and



applied to wounds, burns, stings and cuts. Ash from burned cattail leaves was used as an antiseptic, and jelly extracted from young leaves was used for toothaches.

It is messy business to harvest and work with cattail, but it amazes me how many uses this single plant holds. And the chocolate-brown seed spikes are absolutely gorgeous in flower arrangements. So

add the wild marshland market to your grocery stop, alongside Food Lion and Ingles, as the cattails grow and flourish here in the mountains of WNC.



Contact Roger at rogerklinger@charter.net.

Cattail Pollen Pancakes

- 1/2 cup cattail pollen
- 1/2 cup flour, all purpose
- 1 cup buttermilk
- 1/2 teaspoon baking soda or 2 tablespoons honey or maple syrup
- 2 tablespoons baking powder
- 1 egg
- 1 tablespoon sugar
- 1/4 teaspoon salt
- 2 tablespoons melted butter

Mix the dry ingredients, and then add the milk and melted butter. Mix only until moistened. Heat a griddle or pan until water drops sizzle. Add a generous pad of butter and pour batter on the hot griddle. Turn pancakes when they are full of bubbles and begin to set around the edges. Serve with butter, maple syrup, honey or jam.

GOT A QUESTION?

FOR THE CRIER CREW

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FES FALL FESTIVAL BIGGER, BETTER THAN EVER

continued from front page



and representatives from Muddy Sneakers, Girls on the Run and the Fairview Library. Festival sponsors Blue Ridge Orthodontics, Black Orthodontics, Asheville Archery Training Center, and Zaniac will also be there to add to the excitement.

The FES-PTA Garden Committee will have a special booth where students can paint a tile that will be displayed on a

wall at the school's garden. A small fee will help cover the cost of supplies and support the garden program. Destination Imagination, a creative problem-solving club, will challenge festivalgoers to test their thinking skills. Fairview's chorus will perform a few songs, and the FES Connect Team will invite attendees to help create a Cardinal Community Collage that will be displayed in the school's Media Center. There will also be a book sale to help support classroom literacy needs, and the PTA will have school spirit wear available for purchase.

PTA volunteers have been working for months to put together their famous raffle baskets. There will be seven baskets, each with a different theme. Basket winners will be announced at 6:30 pm, and tickets will be available for purchase until 6 pm. Winners do not have to be present to win. See you there!

The Fairview Town Crier

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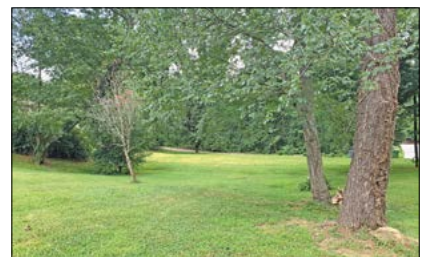
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