



YOUR NONPROFIT, COMMUNITY NEWSPAPER SINCE 1997

The Fairview Town Crier

AUGUST 2020 VOL. 24, No. 8 | FAIRVIEW, NC | FAIRVIEWTOWNCRIER.COM

INSIDE

First Day for Public Schools: August 17 or 18 > see pg 18 for details // Inspired by Robert Burns > pg 16

Old Sharon Church Needs Helpers

In our June issue, John Ager let us know the Old Fairview Sharon Church was purchased by a local cemetery association, which will, in partnership with the Buncombe County Preservation Society, keep this great old church in active condition.

The association met late last month to start discussing needs and projects, and they're looking for any and all kinds of help. Projects will include, among other things, an electrical overhaul, a new heating system, small and large carpentry projects, a new paint job, a simple bathroom build (well and septic) and landscaping.

The association is looking for financial support (cash or checks), supplies (such as paint or cleaning supplies) professional skills (electrician, carpentry, leveling,



piano tuning, etc.) and locals with time to help.

To get involved or find out more information, call 628-1568 or 242-4493 or email bns1985@att.net.



We Want Your Photos!

We had a terrific response to our photo contest last year. So, we want to do it again, but this time with a little twist.

We want to capture what life has been like for you under the stay-at-home orders from Governor Cooper. Have you been gardening? Baking bread? Taking hikes? Playing with your kids? Zooming with your friends? Send us a photo (preferably with a person in it) of what you've been up to in the last month or so, and next month we'll create a collage of how people are living in our community now.

All submissions will be entered into a random drawing, with multiple winners each receiving a gift card.

SUBMISSION RULES

- Deadline is August 17.
- Email your photo to contest@fairviewtowncrier.com or text it to 828-771-6983.
- The photo you submit may be taken with a phone or camera.
- Include your *full name and phone number* in the email or text.
- We need the highest-quality (biggest) version of your photo.
- If you are under 18, please include your age.



Honk If You Love Geese

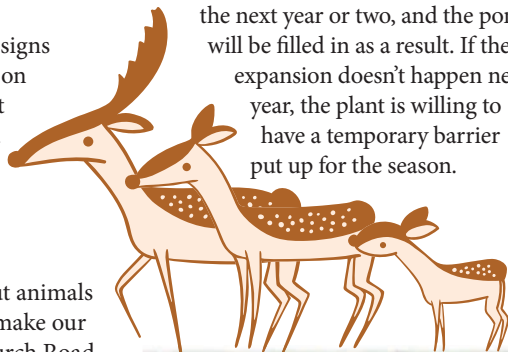
Last month, we let you know that a group of animal lovers wanted to keep geese and goslings from being killed while crossing Charlotte Highway near the TE Connectivity plant.

This group has wasted no time in doing something to protect these local animals.

Just take a gander at these signs the group built and installed on Charlotte Highway to protect the birds. Volunteers painted them with their own unique

messages and artwork. Hopefully, these signs will alert drivers to slow down a bit to help save the wildlife.

The concerned residents were also able to talk with someone at TE Connectivity about the situation. They learned that the plant is looking to expand in the next year or two, and the pond will be filled in as a result. If the expansion doesn't happen next year, the plant is willing to have a temporary barrier put up for the season.



...Oh, Deer!

And while we're talking about animals in the road, we also want to make our readers aware of deer on Church Road. A reader told us that deer families are seen on the road mostly near the Fairview Baptist Church area, which contains a creek and has woods on both sides of the road.

Stay alert to protect yourselves and the deer!



Did You Hear? The Crier's on Instagram!



The Crier has started an Instagram account to promote our articles and the local advertisers that support us.

Look for previews of upcoming features, notices of events in the Fairview area and—of course—lots of local images.

Don't miss out! Be sure to follow @fairviewtowncrier and tag your posts with #fairviewtowncrier.



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COMMUNITY EVENTS & UPDATES

AUGUST 4 (TUESDAY)

Prostate Cancer Support Group
7 pm. WNC prostate support group Us TOO: A forum for men, caregivers, family members and partners will meet via Zoom. When a medical professional is not scheduled to speak, there is an open discussion. The session is free. For information, call Eric at 419-4565 or wncprostate@gmail.com.

AUGUST 10 (MONDAY)

Fairview Area Art League
10 am. The group will be meeting virtually via Zoom to share art inspirations and projects. Email Paula.entin@gmail.com for more information and the Zoom link.

AUGUST 12 (WEDNESDAY)

Immunization Project
9 am–5 pm. The fourth annual Ingles Pharmacy and Eblen Charities Immunization Project will take place at Westgate Shopping Center in West Asheville. The event will provide access to free vaccines required for children who will be going into kindergarten, 7th or 12th grade next year. Parents should bring their child’s vaccination record and Medicaid or insurance card.

AUGUST 16 (SUNDAY)

Ethical Humanist Meeting
2:30–4 pm. “Broken Bridges: Building Community in a World Divided by Beliefs” will be presented by Chris Highland via Zoom videoconference. Zoom connection info at EHSAsheville.org. All are welcome to attend. For more information, call 687-7759.

AUGUST 22 (SATURDAY)

Mountain Fairy Hair
11 am–3 pm. Get your fairy hair at New Moon Marketplace. See the ad on page 26. 1508 Charlotte Hwy.

AUGUST 31 (MONDAY)

Inspired by Robert Burns
7:30 pm. The *Town Crier* and the Fairview Public Library present a celebration of Robert Burns, featuring people who have been inspired by his words and songs. See page 16 for more information.

COMMUNITY UPDATES

Spring Mountain Comm. Center
The picnic pavilion is now available for rent. Parties are limited to 25 people or fewer, according to North Carolina policy. For information, contact springmountaincc.com or 545-9092.

Release Party for Adi the Monk

Saturday, August 29, 6:30–8:30 pm

The show must go on! Fairview’s own Adi the Monk, who we have featured in past issues, will be hosting a release party for his new album, “Soul of the Earth,” at a lawn concert at ISIS Music Hall in West Asheville. Tickets are available at isisasheville.com.

Adi will be introducing his new band, Himalaya Soul Trio, and performing songs from the new album and previous releases.

The new album will be available in different formats: on all streaming services (including adithemonk.com); on CD, with copies available at the launch party and on adithemonk.com; and on vinyl through preorder.



Sabrina’s yoga class will resume on Thursdays, 6:15–7:30 pm, meeting outside in the grassy area or on the basketball court. No props or restrooms will be available. Suggested donation \$5–10. Contact Sabrina at 243-8432.

Woof in the Woods
Group classes are starting soon. *Puppy Skills Class*, for puppies 12–18 weeks old to learn the AKC STAR puppy skills

plus other skills in preparation for basic obedience class: August 14 at 5:30 pm. *Basic Obedience and Manners*, for dogs older than 20 weeks: August 19 at 3 pm. *Intermediate Obedience*, working on hand signals, focus and distance work for off-leash training: September 2 at 5 pm. For information, contact Woof in the Woods at 222-2222 or go to woofinthewoods.com. 1451 Charlotte Hwy.



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WOULD YOU LIKE TO HAVE THIS VIEW? Top of Chestnut Mtn! Pristine wilderness, community hiking trails. Underground elec, county approval for 4 BR septic. Only 10 mins to downtown AVL. **\$250,000** MLS# 3639855



MAINTENANCE FREE, ALL BRICK HOME, HUGE DECK W TWO SCREENED PORCHES overlooking two rushing creeks. Paved circular driveway w beautiful landscaping connects to gravel drive that goes past private R/V site to backyard picnic area. **\$573,000** MLS# 3630970



2 COMMERCIAL BUILDINGS ON 2.87 LEVEL ACRES, behind KD’s GULF gas station, Trout Lily market/deli that border Scenic Highway 74A in the heart of Fairview. Make offer! **\$1,000,000** MLS# 3597595

It's Tick Season in Fairview: Here's What to Know



Below are some steps that you can take after being outside to reduce your chances of getting sick from tick bites.

Before You Check Yourself

Showering within two hours of coming inside has been shown to reduce your risk of getting Lyme disease and may be effective in reducing the risk of other tickborne diseases. It may help wash off unattached ticks and is a good opportunity to do a tick check.

Ticks may be carried into the house on clothing. Tumble dry clothes on high heat for 10 minutes to kill ticks on dry clothing. If the clothes require washing first, hot water is recommended. Cold and medium temperature water will not kill ticks.

Where to Check

- In and around ears
- In and around hair on the scalp
- Under the arms
- Inside the belly button
- Around the waist
- Insides of the legs
- Back of the knees

Remove a Tick ASAP

1. Use fine-tipped tweezers to grasp the tick as close to the skin as you can.
2. Pull upward with steady, even pressure. Don't twist or jerk the tick.
3. After removing the tick, clean the bite

area and your hands with rubbing alcohol or soap and water. *Never crush a tick with your fingers.*

4. Flush the tick down the toilet. If you would like to bring it to your doctor, put it in rubbing alcohol or place it in a sealed bag/container.

There are several "old school" methods that are still used, such as painting the tick with nail polish, covering it in Vaseline or heating it with a match. These are not recommended by the CDC, as the goal is to remove the tick as quickly as possible and not wait for it to detach.

A Crawling Tick?

Ticks must bite you for you to get sick. Once they attach to you, they will feed on your blood and can spread germs. A tick that is crawling on you but not attached could not have spread germs. However, if you found a tick crawling on you, there may be others. Do a careful check.

Just a Quick Bite?

Depending on the type of tick and germ, a tick needs to be attached to you for different amounts of time (minutes to days) to infect you with that germ. Your risk for Lyme disease is very low if a tick has been attached for less than 36 hours. Check for ticks daily and remove them as soon as possible.

Call Your Doctor?

In general, the CDC does not recommend taking antibiotics after tick bites. However, in certain circumstances, a single dose of doxycycline may lower the risk of Lyme disease. Talk to your doctor.

For 30 days after a bite, if you experience a rash, fever, fatigue, headache, muscle pain, or joint swelling and pain, call your doctor.

There are companies that offer testing for specific germs. The CDC strongly discourages using these results to determine

treatment, including antibiotics.

These companies are not required to meet the same quality standards as labs used by clinics or hospitals. Also, results can be misleading. If a tick contains a germ, it doesn't mean you have been infected by that germ. And you might have been bitten unknowingly by a different infected tick.

And lastly, if you have been infected, you will probably develop symptoms before the test results are available.

This advice is taken from the CDC's webpage on ticks.

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 8,900+ households. Distribution is limited to Fairview, Gerton, and contiguous parts of Reynolds and Fletcher, North Carolina. *The Fairview Town Crier* is located at 1185H 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 31.

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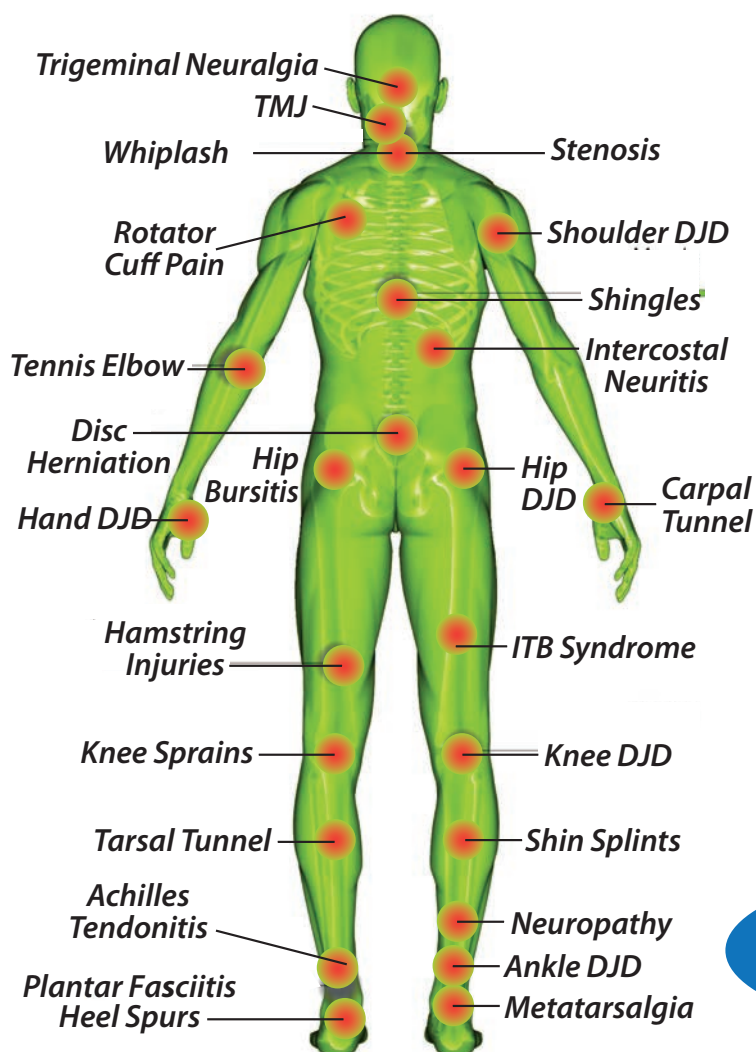
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- REDUCED FIBROUS TISSUE (SCAR) FORMATION
- IMPROVED NERVE FUNCTION
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UPDATES

Appointments for Computer Use Now Available

The library is now offering computer use on Wednesdays and Fridays. Time slots lasting 45 minutes are available from 10 am–5 pm by appointment only. Call the library at 250-6484.

You may make an appointment up to one week in advance. Each person may make one reservation per day to ensure access for other patrons. Time extensions aren't permitted. Patrons will need to leave the building at the end of their 45-minute session to allow time for staff to clean and prepare for the next appointment.

Computer assistance will be limited during this time. Per CDC recommendations, staff must maintain a distance of six feet at all times. This means staff won't be able to touch the computer you're using and may not be able to see the screen from a distance. If you believe you may have difficulty using the computer, consider bringing a tech-savvy friend or family member to the appointment with you.

Computer stations have been spaced six feet apart to help maintain social distancing.

Each person who makes a computer appointment may bring only one other person with them to the visit. Both individuals must remain at the computer station for the duration of the

appointment. If you have small children or otherwise need more than two individuals to be present for you to accomplish your work on the computer, we can make arrangements for you.

Other parts of the library will be closed for browsing during this time. If you would like to check out an item, you may do so using the library's curbside pickup service.

All staff and patrons will be required to wear face coverings while inside the library building.

Staff will clean and reset each computer station after each appointment.

Curbside Service Change

Curbside pick-up service will be offered Tuesday and Saturday afternoons from 1-5 pm, and Thursday mornings, from 10 am–2 pm. This change in our schedule will begin on August 6.

You can place holds online using the library catalog on the library webpage. You can also call us at 250-6484 or email for assistance in placing or transferring holds.

BookFix

Do you miss browsing the library's shelves? Let our librarians help with BookFix.

Call or email us (250-6484 or fairview.library@buncombecounty.org) to have our librarians put together a bundle of up to 15 items to meet your interests and needs. When your bundle is ready, you can pick it up during curbside service hours.

Picture Book Bundles

Not sure what to read to your kids? Request a Librarian's Choice Picture Book Bundle.

The bundles will have 10 of our favorite picture books, selected by a Buncombe County librarian. You can check out the bundle with your library card and return it to our book drops when you're done. We have plenty of bundles ready to go, and we can fill these requests for you when you come to curbside pickup. There is no need to place these on hold ahead of time.

Donations

The library system is not accepting any book donations at this time. Please hold onto anything you wish to donate to the library or The Friends of the Library.

Our services are changing frequently as we continue to adapt. Stay tuned to the library's Facebook page or website for the latest news and information.

EVENTS

Evening Book Club

August 18 at 7 pm

We'll be reading and discussing on Zoom *The Time Keeper* by Mitch Albom. Given one last chance at redemption, Father Time, the inventor of the world's first clock, must teach two earthly people the true meaning of time—a journey that leads him to a teenage girl who is about to give up on life and a wealthy businessman who wants to live forever.

Connect with Us!



@fairviewpubliclibrary

@fairview.library

fairview.library@buncombecounty.org

The Book Club meets the third Tuesday of each month at 7 pm. Email jaime.mcdowell@buncombecounty.org if you would like more information or would like to attend one of our discussions.

Future Book Club Titles

September—*One Second After* by William R. Forstchen
October—*The Poisoner's Handbook* by Deborah Blum
November—*Kingdom of Needle and Bone* by Mira Grant
December—*The Dearly Beloved* by Cara Wall
January—*The Sacred Depths of Nature* by Ursula Goodenough
February—*Where the Crawdads Sing* by Delia Owens
March—*Pride of Baghdad* by Brian K. Vaughan

Jaime McDowell is the head librarian at Fairview Public Library. She can be reached at Jaime.McDowell@buncombecounty.org.

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Wanda Treadway



Sophia Underwood



Renee Whitmire

NEW LISTING



Brick home w/ rear screened deck overlooking creeks & woods. LR, main BR & kitch face rear. Bsmnt w/ lg built in bar. Circ drive connects priv RV site & bkdyd picnic area. Hiking trail to ridge w/ views. Call Allen Helmick 828.329.8400 **\$573,000**

NEW LISTING



4.4 acres w/ 2 homes—1 partially furnished. 3 barns & storage sheds avail w/ 2 sep fenced in horse or cattle pastures. Property will not be subdivided. Great income producing property. Call Sophia Underwood 828.691.0311 **\$225,000**

NEW LISTING



Total remodel: heat, air, floor, tile, kitch cabs, porch rails, doors, carpet & paint. New county-approved septic. Conv to AVL on Hwy 74A or Cane Creek Rd to airport shopping & I-26. Call Allen Helmick 828.329.8400 **\$180,000**

LAND FOR SALE

To see all our land listings visit
coolmountainrealty.com

PRICE ADJUSTED BY \$30K 9+ beautiful acres just outside AVL city limits. Access off US74 w/ driveway & house site. Call for info **\$198K**
NEW! OUTSTANDING, BEAUTIFUL, LARGE 1+ ACRE LOTS in Fairview. Running creek through the subdivision. Lots of amenities like underground power, city water and each lot has already been metered. Will be paved by seller. Call for more info 828.628.3088

NEWLY REDUCED! PRIVATE, WOODED CUL-DE-SAC LOT in Candler, the Cumbers subdivision is a peaceful neighborhood w/ plenty of buffer space between neighbors. Close to the Blue Ridge Pkwy & Mt.Pisgah.; 25 min to DT AVL. Call Devon 828.747.2694. **\$36.5K**

BACK ON THE MARKET FABULOUS BUILDING LOT in a well-known Fairview gated community, nestled in Cane Creek Valley w/ mtn views. Security, gazebo, running creek, green space, playground. Call the office for more info **\$59K**

3.58 PRIVATE ACRES w/breathtaking long-range views. Level access from paved rd. sloping lot in beautiful gated comm. Pool, tennis, golf membership option. Call Karen 828.216.3998. **\$75K - \$25K**

REDUCED PRICE! 2 PRIVATE, WOODED, LOTS in Mountain Shadows .5-4.5 acres, \$25K-50K, most with potential for spectacular views. Great neighborhood just 15 min. from DT Waynesville. Call Karen 828.216.3998

NEW! SPECTACULAR 30 ACRES 2 MINUTES TO TUNNEL ROAD SHOPPING and 5 minutes to downtown. Total privacy, top of the hill, end of the road estate property. Call the Office for more info 828.628.3088

REDUCED! 6.98 ACRES WOODED PROPERTY in Fairview 15 mins from DT AVL & Blue Ridge Pkwy. Creek & lg mature trees. Build your dream home or family compound. **\$100K** Call for info.

2+ COMMERCIAL ACRES w/ Charlotte Hwy frontage or Emmas Grove access. Investment property w/ proposed commercial plan if needed. Call for info. 828.628.3088 **\$550K**

3.72 ACRES PRIVATE VALLEY, MOUNTAIN VIEW Trails, cliffs, streams. Nature at its best—mountain wildlife to AVL in 5 mins. Site evaluation for a 4BR home. Call Allen 828.329.8400 **\$90K**.

BACK ON THE MARKET 0.53 ACRES LOT W/ INCREDIBLE VIEWS from Graylyn States, heart of Fairview. 5 mins to AVL, Blue Ridge Pkwy and I-40 **\$75K** Call the office for info 828-628-3088.

NEW! 3 BEAUTIFUL LAYING ACRES; EASY TO BUILD HOME-SITE in Gateway Mountain, Old Fort. Great for vacation, retirement homes or year-round residency. **\$40K** Call Karen 828.216.3998

14.19 ACRES IN OLD FORT! Private & wooded with many old logging roads & hiking trails. Access road. Potential for mult home sites or dream home on priv estate. Call Devon 828.747.2694 **\$120K**

2 BEAUTIFUL LOTS 15 MINS TO DT ASHEVILLE All work is done for you! Driveway cut, water line run, septic installed. **\$65K**. 828.628.3088

2 ADJOINING LOTS W/ MATURE TREES + RHODODENDRONS. Easy access, SE sun exposure. Walk to clubhouse w/ access to hiking trail & waterfalls. Call 828.628.3088 **\$99.5K**

VERY AFFORDABLE LOT, PRIVATE SETTING. Paved access to mtn home w/ all High Vista amenities. Call Karen 828.216.3998. **\$25K**

RARE OPPORTUNITY: RESTRICTED BUILDING SITE 4 lots level-rolling land, creek & frontage on small lake. Rural property, end of road privacy, excellent paved access. **\$100K** Call Karen 828.216.3998

TOP OF THE WORLD Gentle laying lot w/ beautiful views & lush mature woods to beat the heat. Shared driveway in place. Community green space, walking trails, & clubhouse. Call for info **\$19.5K**

ECHO LAKE gently sloping homesite level access to lot. Private & wooded with elevation to keep cool & nice views with some clearing. Nearly 2 acres, only **\$80K**. Call Karen 828-216-3998

RARE 4 IMPROVED MTN ACRES w/ trees & wildlife, private but not far off main road. Well & septic in place. 4WD a must to access at this time. Finding the property is a little tricky, call Karen Cernek 828.216-3998 **\$65K**

0.67 ACRE LOT OFF CANE CREEK RD. Gated comm w/ new homes being built; picnic areas, playground & trout stream. Underground water, elec, cable, nat gas available. Call Allen Helmick 828.329-8400 **\$88K**

MAJESTIC OAKS

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

+ ALMOST 1/2 ACRE
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VIRTUAL TOUR VIDEO: bit.ly/2TFNMy8

NEW LISTING



The sky is the limit with this commercial property! Charlotte Hwy frontage & Emmas Grove Road access. Lots of potential! Proposed commercial builds available or bring one to the table. Call for more info 828.628.3088

NEED MORE SPACE?



2 commercial bldgs on 2.87 level acres, open use zoning, in the heart of Fairview. Will consider owner financing. 1st bldg is 7600+ w/ 3 loading docks, restrooms & office. 2nd bldg is 4600+ SqFt w/ loading dock, porch, restrooms, offices, warehouse, etc. Price negotiable. Call our office for more info.

VERY MOTIVATED SELLER



4BR/4.5BA in beautiful brush creekValley. Finished bsmnt w/ fam rm, play rm, office space and much more. Home sits on 0.73 acres. NEW roof! 4,068 sqft home; 2-story w/ garage. Call Sophia Underwood (828) 691-0311 **\$550,000**

PROPOSED BUILDS AVAILABLE



2 Beautiful lots left in this desirable New Subdivision in Fairview. Road access is dirt but will be paved. 2 acre private lots with mature trees. Proposed builds available. Call the office for more info - **\$130K ea.**

NEW LISTING



11-acre mountain estate with long-range year-round views at 3500ft. Ideal for estate, solar home and/or family compound. Cleared site with graded driveway Call the office for more info **\$239K**

NEW LISTING



Top of the world views — 4+ acres along ridgeline at 4000'. Parcel straddles the mountain in Fairview Forest, adjoins 150-acre nature preserve. Great paved roads. 15 mins to AVL. Call the office for more info **\$249K**

NEW LISTING



Build your dream home w/ priv mtn views! Driveway is in & house site cut-in—just bring your house plans! Prop borders green space w/ trails & creek. Located in Fairview Forest. Call for more info. **\$59,000**

NEW LISTING



Horse Lovers! 9.5 pastoral acres in picturesque Cane Creek Valley w/ incredible mtn views. Cleared pastures & a bold creek meander thru the property. Build your dream home!. Call our office for more info. **\$420,000**

NEW LISTING



Your prayers have been answered! Stunning views to Mt. Pisgah, Cold Mountain, the Smokies & beyond. Great southern exposure. Build your dream home. Well & septic in place Call our office for info **\$189,500**

BRAND NEW BUILD PLAN



Brand NEW! Arts & Crafts plan. Open concept w/ main-level living inc master suite. Daylight bsmnt - 2 bd/ ba. Wood floors, tile in the baths. New agrihood subdivision in the heart of Fairview. Many Plans available. **\$450,000**

PROPOSED BUILD



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

NEW PROPOSED BUILD



3 BR modern farmhouse plan. Incredible view from lot in heart of Fairview. 5 mins to AVL, Blue Ridge Pkwy & interstate. Lot in cul-de-sac perfect for single-family home. City water, lots of extras. Call Jenny Brunet 828.628.3088 **\$650,000**

John and Nancy Whitaker Rickman

John Rickman Sr. was born in Rowan (now Davidson) County, NC, on June 9, 1795. He was the son of Jesse Rickman Sr. (1770–1860) and Mary Trantham (1771–1837). Rickman's parents moved to Fairview around 1803. He married Nancy Whitaker on January 4, 1816. Nancy was also born in Rowan County, on October 27, 1796. She was the second of six daughters born to Joshua Whitaker Jr. (1769–1856) and Nancy Childers (1769–1841). Rickman's parents and all his brothers and sisters, except for Michael, moved to Mills River in what is now Henderson County around 1820.

John and Nancy built a house on what is now Miller Road, which runs from Old Fort Road to Charlotte Highway. The home was between the two bridges on Miller Road on the east side of the road. John's brother Michael (1797–1850) married Susannah Whitaker (1802–1874). She was the sister of Nancy, wife of John Rickman. Michael and Susannah, who moved to Missouri in the mid-1830s, had seventeen children.

In 1841, John Rickman went up on Mill Ridge, behind his house, to locate and check on his hogs. It was common practice then for people to let their hogs run loose on the mountain and get fat on chestnuts. These hogs were called out hogs. After Christmas, people would bring their hogs down out of

the mountains and sell or butcher many of them to supply their family with meat.

But John never came back, and his wife became worried. A search party was sent out, and they found him lying dead beside a tree. He had apparently died of a heart attack on January 8, 1841. He left a widow and nine children.

Nancy never remarried. She stayed on the Rickman farm and raised her children, outliving her husband by 37 years. She died at her Fairview home on August 10, 1878. She and her husband were buried at Cane Creek Cemetery. Two of their children were unmarried at the time of their mother's death; Rhoda and Elizabeth Rickman remained at the home place.

Later, Rhoda married her first cousin, James Trantham (1830–1921) on September 19, 1889. She was the third of Trantham's four wives. Elizabeth Rickman married a widower, Benjamin F. Spivey, on October 24, 1891.

John Coston and Margaret Whitaker Mitchell bought the old Rickman home place and tore it down. They built their home on that site, and it was considered a mansion at the time it was built. After their death, the home went to their daughter Hester Mae Mitchell (1884–1964) and her husband Jason "Koon" Reed (1884–1969). They did not keep the house up, and it was torn down several years ago.

John and Nancy Rickman's 11 children, all born in Fairview:

1. Jesse Rickman was born in October 1816. He married Nancy Pearson in 1828 and moved to Newman, Jasper County, Iowa. He died there on November 21, 1872.
2. Mary Rickman was born on September 24, 1818. She married Alexander Merrill (1817–1869). They moved to Edneyville, NC. They are buried in Liberty Church Cemetery.
3. Nancy Rickman was born in August 1820 and died on December 3, 1836.
4. Joshua Rickman was born on February 10, 1823. He married Naomi Reed on June 24, 1850. Born in Fairview on June 10, 1830, she was the daughter of Eldad Reed III and Elizabeth Gallimore. Joshua and Naomi moved to Indiana in 1850 and then to Iowa in 1854. They moved back to Fairview in 1857 but then back to Iowa in 1858. By 1861 they were living in Missouri. Joshua was a farmer, carpenter and bridge builder. Naomi died in Missouri on September 20, 1870. Joshua moved to Blackburn, Arkansas, where he died on October 3, 1903.
5. John Rickman Jr. was born on November 24, 1824. He married Malinda E. Redmon (1823–1888). He died on
- August 18, 1897. Malinda died on December 16, 1888. Both are buried in Old Salem Cemetery in Fletcher.
6. Elizabeth Rickman was born on December 30, 1826. She was the second wife of Benjamin Spivey. She died in 1904 or 1905.
7. An infant daughter was born in 1827 and died on June 12, 1828.
8. William Rickman was born on May 18, 1829. He married Margaret Trantham (1829–1893) and then Dovie Starnes. He died in 1898 and is buried at the Rickman Cemetery in Mills River.
9. Miles Rickman was born on August 31, 1834 and died in 1861.
10. Naomi Rickman was born on May 24, 1836. She married her first cousin, William Calloway Rickman, who was the son of Merritt and Sarah Sitton Rickman. She died in September 1898.
11. Rhoda Rickman was born on October 4, 1838. She married her first cousin, James Trantham (1830–1921). She died in September 1898.

Local historian Bruce Whitaker documents Fairview area genealogy. To get in touch with him, contact the Crier at copy@fairviewtowncrier.com or 828-771-6983 (call/text).

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Busy Tuesday Mornings

The Food for Fairview pantry continues to serve its clients, thanks to its dedicated volunteers and generous donations from the community, but it is operating differently.

On Tuesday mornings, the pantry picks up the supplies ordered and purchased from MANNA Foodbank. On one Tuesday last month, we also picked up over 4,200 pounds of supplies for the Emergency Food Assistance Program (TEFAP). TEFAP is a government program that is free to the pantry, but it has special storage and reporting requirements. It can include rice, beans, vegetables, canned meats and, right now, a lot of frozen meats such as chicken thighs, whole chickens, pulled pork, chicken strips and ground beef.

The pantry volunteers need to package the TEFAP supplies to be distributed to the pantry clients. On one Tuesday last month, 96 boxes were made up for the clients, with half for households of over four people and the other half for households of one to three people. One couple who volunteer on Tuesdays brought in their three sons, and along with a new volunteer and our regulars, the whole process was completed in less than an hour and a half.

The pantry continues to look for new volunteers to assist on Monday afternoons and Tuesday mornings, and we

are still interested in finding someone to assist the pantry manager. The major requirements for assistant pantry manager are availability, some computer skills and a desire to assist our food-deficient neighbors of Fairview.

I'd like to thank Nesbitt Chapel UMC. In conjunction with their Sunday services, they have a food drive for the pantry. On Monday afternoons, they deliver the items collected on Sunday.

The pantry currently has a collection wagon located at the Americare Pharmacy, 1356 Charlotte Highway, in Fairview. This location is for dry and canned goods.

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

How You Can Help

The donation of food is always appreciated. The food should be non-perishable canned goods and food staples in good condition within the expiration date.

*Drop off your donations at
Americare Pharmacy
1185 Charlotte Highway, Fairview.*

Cane Creek Cemetery Looking for New Volunteers

By Pat Jenkins

Cane Creek Cemetery Association invites you to attend our yearly board meeting on Sunday, September 13 at 2 pm, at the cemetery on Graveyard Road. Please bring a folding chair.

The purpose of this meeting is to interest younger people to join the present board of seven people. Of the seven, only four are active. Of the four, two are over 65 and two are over 80. We need some younger people willing and able to learn what is involved in keeping the cemetery going. Tom Miller's responsibilities consist of record keeping—location and ownership of burial plots, selling available plots, assisting funeral directors for burials, and answering questions for people trying to locate their plots. Bruce Whitaker assists with these duties as needed, provides warranty deeds for plots, if needed, and can usually answer any questions about the cemetery history and individuals buried there.

These responsibilities are not full-time (although, sometimes there are several burials in a week), but accurate record-keeping is essential for owners and for the location of plots. It is necessary to meet with funeral directors and/or families at appropriate times.

We are not asking for donations. We are looking toward the future when older board members are unable to fulfill the jobs they volunteered for. We need

and want some younger people to be interested enough to step in and take our place. Nothing about this is hard work; it just takes some time and dedication. There are no dues or other obligations, just a willingness to help keep the cemetery in good hands. Please come to the meeting, if just to listen.

If you haven't visited the cemetery on Graveyard Road, take some time to walk around it. Cemetery strolling is interesting to some. In the old part (the first grave is from 1793), there are pieces of stone marking a site, with no names and dates unknown. Some headstones are so old the markings are illegible. No famous people are buried here (as far as we know), but there are three Revolutionary War veterans: Eldad Reed (1737–1806), Adam Cooper (1760–1830) and John Lanning (1757–1859). These three graves are decorated with 13-star flags.

Bruce Whitaker can fill you in on the history of the old headstones. He knows about most of the people buried here and all their families.

For more information, call Tom Miller at 231-8797, Bruce Whitaker at 280-9533 or Pat Jenkins at 279-2520.

To get to the cemetery via Charlotte Highway traveling east, pass Cane Creek Road and then turn left on Graveyard Road. The cemetery will come up soon on your left.

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Summer Brings Heat and Dense Morning Fog

My columns in the summer usually cover morning fog, scattered afternoon and evening thunderstorms, and keeping an eye on the Tropics. And this year is no different.

A late summer concern during the month of August is fog, which occurs in the morning when the air close to the ground cools overnight and becomes saturated. Its relative humidity reaches 100 percent, so the water vapor in the air condenses and creates tiny suspended water droplets—a cloud on the ground. The number of foggy mornings on average is greatest in August, with dense fog on about 12 days of the month. This fog usually burns off by 10 am or so on most occasions.

By mid-August, we are already 60 days past the summer solstice, with the greatest amount of daylight behind us. During the month, we lose about two minutes of daylight each day. Sunrise is at 6:37 am on the first day of the month and 7:01 am on the last day. Sunset times also show the same trend, with a sunset of 8:35 pm on the first day and 8 pm on the last day. This small change allows the air close to the



ground to cool a bit more in late summer and become saturated.

So far our summer has been a bit of a seesaw, with periods of fairly hot weather and a few refreshingly cooler periods as well. Rainfall has been spotty due to the nature of summertime thunderstorms, and we have been drier than average since June. Sometimes, it simply rains on one side of the street. Showers can be very localized and isolated, causing it to rain maybe only over a few acres.

In summer, the steering winds in the mid-level of the atmosphere are very light. That means that once a shower or thunderstorm develops, it will start to rain over a small area because the storm is not being pushed in any definite direction by the mid- and upper-level winds. This occurs quite frequently in the summer

in the WNC when we see showers and pop-up thunderstorms.

In the summer, we typically get about six days or so with high temperatures at or above 90. If we get more than 20 days above 90, it is usually due to the Bermuda High. Also referred to as the Azores High, it is an expansive, semi-permanent area of high pressure found in the Atlantic Ocean. The location and intensity of this area of high pressure is one of the main large-scale contributors to weather up and down the east coast. The Bermuda High is one of many meteorological mechanisms that transports heat northward, away from the tropics.

The important thing to remember with hurricanes is location and not how many storms will form. All it takes is one category 3 hurricane to strike a populated

WEATHER WONDER

What is the definition of a muggy day?

While “muggy” is not strictly a meteorological term, it generally means it’s unpleasantly warm and humid, making the air feel “sticky and thick.” There is a definite difference in the feel between dry and humid air masses.



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

QUESTION of the MONTH

What is the deadliest US hurricane on record?



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What Makes a Healthy Stream?

One important aspect of a healthy stream is its riparian zone, which is the area of soil close to or touching the stream. A healthy stream needs to have lots of vegetation and trees near the stream to keep it healthy. That's because the thick, strong roots of the trees and plants keep the soil from eroding into the stream when it rains, and the tall leaves shade it from direct sunlight. Additionally, having a gradual slope rather than a steep drop-off allows more absorption of rain water into the soil compared to it all rushing into the stream.

Another aspect of a healthy stream is the amount of sunlight it receives. Contrary to what you might think, a shaded stream is much healthier than a sunny stream. Most fish in streams need cool temperatures in order to survive, especially in the mountains. If a large portion of a stream is stripped of trees and shade, the water temperature will rise significantly, rendering that part of the stream less healthy. Keeping a stream shaded with plenty of overhanging trees will keep it cool and the fish healthy.

One factor that heavily affects the health of a stream is runoff. Runoff is any sediment, chemical or debris that drains into streams, rivers or other bodies of water when it rains. Streams that are near roads, cities or farms that use pesticides may

experience a high amount of pollution from oil and other materials washing into the stream. This kind of runoff can increase the amount of nitrogen inside the stream; this causes algae to grow faster, which leads to eutrophication, which is when the algae uses up the oxygen in the water and suffocates the fish. Diverting or slowing runoff can help protect the streams and keep oxygen levels up.

Natural Obstacles

Streams also need to be meandering and have lots of natural obstacles in them. Fallen trees, rocks and organic debris can promote pooling and slowing of water. The crashing of water against rocks and shifting of water flow creates bubbles and mixes more oxygen into the water.

While walking in the woods, you may have seen stones stacked up in creeks or rivers. Although it looks pretty and is sometimes considered a meditative exercise, this activity has negative effects on the stream ecosystem. Some fish and salamanders, such as the endangered hellbender, use large river rocks to live under. If these rocks are removed, they can be exposed to other predators or swept away by the stream. Other small wildlife, such as caddisflies and mayflies, also use the underside of rocks to lay their eggs and live within the stream. Keeping these rocks



PHOTO: TRAVIS BORDLEY

inside and along the streambed can help preserve these fragile ecosystems.

Some ways to fortify streams include diverting rain water into channels to slow runoff, planting flowers and plants in the riparian zone to slow erosion, reducing the use of pesticides on farms or fencing cattle out of streams, and enjoying the stream without altering its natural beauty.

Conservation organizations like Southern Appalachian Highlands

Conservancy permanently protect forests and riparian areas surrounding streams, which helps prevent erosion, buffer against runoff and ensure that streams and aquatic habitat will continue to be shaded and healthy.

Shaylyn "Sarge" Sargent is an AmeriCorps Project Conserve member serving in Conservation Education and Volunteer Outreach with the Southern Appalachian Highlands Conservancy. Appalachian.org.



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What Is the Best Diet for Brain Health?

The fuel you choose for your body has a profound impact on your physical, neurological and mental health. One of the most effective and available tools for people looking to improve their health is changing their relationship with food. The typical Western diet and high consumption of nutrient-empty foods have negative consequences to your health, longevity and quality of life.

The WHOLE30 is a 30-day program designed by Melissa Hartwig in which you consume only foods that are primarily unprocessed or at least contain recognizable ingredients. This includes meat, seafood, eggs, vegetables, fruits and natural fats. During the program, food items that are scientifically linked with food sensitivities are removed.

Removed items on WHOLE30 include grains, alcohol, added sugar (natural or artificial), legumes (chickpeas, peanuts, beans and soy), preservatives like MSG, sulfites or carrageenan, junk food and baked goods, and dairy.

A Science Project

Upon finishing the WHOLE30, you will slowly start adding back each item one by one every 48 hours to see how it affects your body and brain functions. It is, in a sense, an elimination diet and a science



project for you to learn how certain foods affect your overall sense of well-being. This is one of the cheapest ways for you to discover food sensitivities without diagnostic laboratory testing.

Food Intolerances

Unlike true food allergies, which can be potentially life-threatening, food intolerances or sensitivities are immune system responses that can cause unwanted symptoms such as bloating, abdominal pain or trouble sleeping. Undiagnosed intolerances and sensitivities commonly lead to intestinal inflammation, which can affect many other aspects of health because of the strong gut-brain connection.

Neurological symptoms include

difficulty thinking or brain fog, memory loss, chronic fatigue, migraines, depression, mood swings and headaches.

While on the WHOLE 30 program, most people notice decreased brain fog and improved mood, energy, sleep and digestion, as well as changes in blood pressure and fasting blood sugar. In addition, a majority of people also end up seeing losses both on their scale and their body measurements.

Low-Carbohydrate Diets

Since there are no grains allowed on the WHOLE30, the primary source of fuel is fatty acids, which transition to a low-carbohydrate, primarily ketogenic type of diet. Switching fuel from glucose to ketones has been shown to be successful in managing symptoms of Parkinson's disease, as well as migraines and traumatic brain injuries. Ketones have already been associated with decreasing free radicals, which are byproducts of food metabolism, therefore decreasing systemic inflammation in the body and brain.

Additionally, this elimination diet removes a lot of highly inflammatory foods. You may have already heard the terms "leaky gut" and "leaky brain." Leaky gut is an increase in the permeability of the intestinal mucosa, which allows

bacteria and other toxins to enter the bloodstream—and even pass the blood brain barrier and reach the brain. Gluten has been known to trigger this reaction in the gut. Inflammation has been identified as one of the primary causes of Alzheimer's disease and depression.

Alzheimer's Risk?

Can changing how you eat lower the risk of chronic degenerative diseases such as Alzheimer's? The disease is also known as Type 3 diabetes because it has been associated with insulin resistance and obesity. Alzheimer's is a huge concern in healthcare right now because, if current trends continue, its prevalence is likely to double every 20 years in the future. Even Type 2 diabetes has been associated with hippocampal atrophy (shrinking of the area of your brain responsible for memory).

One of the primary areas of focus of the WHOLE30 diet is learning to control your blood sugar, as well as the cravings associated with it. You should think about switching to the brain diet.

Dr. Diana Tyler is an associate doctor of chiropractic at APEX Brain Centers, currently seeking post-graduate board certification in functional neurology. She can be reached at ApexBrainCenters.com or 708-5274.

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Don't Be Afraid of Lasers

Class 4 Laser therapy, also known as photobiomodulation, is the use of light energy (photons) in the 600–900 nm wavelengths (very small) to make healthy changes to human tissue. Think of it this way: photo (light) + bio (human tissue) + modulation (changes to tissue) gives us photobiomodulation.

These photons of specific light frequency (wavelengths are like radio stations with different content) can be absorbed by human tissue to increase blood supply and supply energy packets to damaged tissue. Class 4 healing lasers are used in many college and pro sports locker rooms for their ability to help athletes heal faster. And the use of lasers for different applications is now in everyday use, too, such as Lasix for vision correction, scanning bar codes at the store, reading optical discs and laser pointers.

Could laser therapy help with a difficult health problem? A patient came to see me last year with severe neck and shoulder pain. It was greatly affecting her quality of life, as she could barely live her life or sleep. She had seen a neurosurgeon and shoulder surgeon, and they said they could not help her.

I suggested she try laser treatment, and it worked for her. After a series of treatments, she said her “life had changed.” She was able to get back to her regular life activities, including walking and sleeping well.

She is just one of many patients I have

treated with lasers. Patients of mine with shingles, plantar fasciitis, sciatica and concussions, among other issues, have returned to their regular lives. I am still amazed at how many difficult conditions laser treatment can help.

It's been reported that people using laser treatments have experienced faster healing of injuries, accelerated tissue repair and cell growth, less scar tissue formation, reduced inflammation, improved blood flow (perhaps up to seven times more), an increased metabolic rate within tissues, and healing of damaged nerves.

There are many published studies that describe the therapeutic effects of laser therapy. Conditions that have been treated include tendonitis, peripheral neuropathy, back and neck pain, lymphedema, whip-lash, carpal tunnel syndrome, Bell's palsy, fractures, headaches, plantar fasciitis, herniated discs, tennis elbow, sciatica, arthritis, nerve pain, bursitis, herpes (shingles) and TMJ.

Laser treatment can be a safe and effective option.



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.

Be Careful What You Say

When using Alexa or Siri, you may have found them activated by words other than their “trigger” word. Researchers have found words and phrases, many from TV series and movies you might be playing while your “assistant” is on, that wake up these devices. Examples include, for Alexa, “unacceptable,” “election,” and “a letter”; for Google Home, “OK, cool,” and “okay, who is reading”; for Siri, “a city” and “hey Jerry”; and for Microsoft Cortana, “Montana.” For more information, click on the link at fairviewtowncrier.com/links. You might want to learn how to turn off the microphone on that device.

If you are tired of political ads in Facebook, you can now opt to not see any of them. You need to get into the menu area for Settings & Privacy, then go to Settings, Ads and Ad Preferences. In just a few more clicks, choose Hide Ad Topics, click Social Issues, Election or Politics, and finally, select See Fewer Ads About This Topic. Facebook says they are rolling this out, so it might not have reached your account yet if you are not seeing these options. While you're there, you should look around and see what else you could cut down on seeing. There is no way to turn off all ads in Facebook.

You may have already been checking and deleting your Google data, such as web search, location and YouTube histories, but now you can have Google erase that

information automatically after three or 18 months. Log into your Google account and get into Manage Your Google Account, then Data & Personalization, and finally, Manage Your Activity Controls. If you have already prohibited Google from saving any data, these options won't be available.

If you are not happy with your current camera app, try Adobe's Photoshop Camera. It includes a variety of filters (called lenses) and has easy social media sharing built in. However, as it uses Adobe's Sensei artificial intelligence to automatically apply filters, it only works well on relatively modern phones and higher-end smartphones.

When logging into Windows, do you use a PIN or a password? Microsoft is pushing the use of PINs, but you still can use a password. The biggest advantage of using a PIN is that it works only for one device and not for all things tied to your Microsoft account that you set for your Windows 10 computer. If you set a PIN, make it much longer than four or six digits. And contrary to what you may think, a PIN can—and should—use letters and those other weird characters on the keyboard.



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The Wood Thrushes Have Arrived

My wife recently heard the beautiful song of the wood thrush in our backyard. These birds are on the Audubon's list of priority birds, meaning that, unfortunately, they are in some trouble. The wood thrush only lives in Western North Carolina at this time of the year, so I thought this was the right time to talk about this interesting bird.

The wood thrush migrates across the Gulf of Mexico in the spring and fall, but they arrive in our area for breeding season. And what's really cool is that they sing a lot during their breeding season as a form of territory protection. They have a beautiful, flute-like song; you can go to the Audubon website to find samples. We should feel lucky to be able to hear this song live. People in the tropics do not get to hear it because the wood thrush does not live there during breeding season.

These birds do not eat from our feeders



Due to climate vulnerability, the [wood thrush population] could shift and decrease. Temperature change could result in population decreases here in WNC.

because they forage mostly on the ground, usually in forest undergrowth, but occasionally on open lawns. They're not shy, but they're not as bold as robins. They use their bill to flip leaf-litter aside while seeking insects, including beetles, caterpillars, ants, crickets and moths (especially during breeding season), as well as spiders, earthworms and snails. They also eat berries and small fruits in all seasons.

Their nests are built by the female and are like a robin's. They are made of an open cup of grass, leaves, moss, weeds and bark strips that are mixed with mud, with a lining of soft material such as rootlets. The female often adds pieces of white paper or other trash to the nest.

Typically, couples will produce three to four pale greenish-blue, unmarked eggs one to two times a year. Incubation is



Wood thrushes have a beautiful, flute-like song. PHOTO: RHODODENDRITES / CC BY-SA (<https://creativecommons.org/licenses/by-sa/4.0>)

by the female only and takes around 13 to 14 days, but both parents feed the nestlings— mostly insects but also some berries. The young leave the nest about 12 days after hatching.

Their numbers have declined seriously in recent decades. Cowbirds lay many eggs in their nests, so the thrushes often raise many cowbirds but few of their own. As forests are cut into smaller fragments, it apparently becomes easier for cowbirds to penetrate these small woodlots and find more of the thrush nests. The wood thrush is probably

also losing wintering habitat in the tropics.

Due to climate vulnerability, their range could shift and decrease. Temperature change—and the models differ on the magnitude and areas affected—could result in population decreases here in WNC but increases in Canada.

I hope you get to hear a wood thrush in your yard this summer.

Steve Muma is co-owner of Wild Birds Unlimited at 10 Crispin Court, Suite D, 102, Asheville. asheville.wbu.com.

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Vinegar and Pinky

One of the most important figures on our farm has yet to receive recognition in my column. I think it's time to change that. There are many jobs on the farm, and one of the most important is pest control. That's where our long-term farm cats have filled the bill. We've had two over the years, and both have been very efficient at the job. Each had her own distinct personality and qualities and was much loved and appreciated for her individuality.

In the early days of the farm we had Vinegar, named after the beloved farm cat at Walter's grandparent's house during his childhood. She was a beautiful calico of the sweetest disposition. She loved everything, including people, goats, chickens and dogs. She came to us as a week-old kitten after being retrieved from under a porch. She, her mother and siblings had been attacked by a rogue male cat. Vinegar and her mother were the sole survivors. Her mother was no longer able to nurse her due to an injury requiring antibiotics (which would have poisoned the kitten), so we—me and Tucker, our dog at the time—bottle raised her on canned milk replacer and then goat milk.

She and Tucker became very close, even grooming each other regularly. It was sweet to see her diligently cleaning his ears while he scowled. She made a point of regularly visiting the goats, especially when babies were in the barn. I've seen her groom the babies while we milked mom; she was waiting for her share of the milk. She patrolled the

Pinky has been called "Hell Cat" and "Demon Cat" for her personality, but no one would disparage her work ethic.

chicken coop after the girls left to forage for the day to make sure there was no sign of mice around the feeding station. And best of all, she was a major cuddler to anyone who needed it.

Vinegar was with us for 11 years and much missed when she finally left us. We had stopped raising goats and lambs by the time she passed, so we decided to give ourselves time to grieve. Several years later, when we had expanded our rabbit production significantly, we needed the services a good barn cat could provide. Through a family friend in Cleveland County who had a small farm where cats (especially pregnant ones) were dropped off without explanation, we acquired Pinky.

Pinky is a cantankerous tortoise shell cat, quite unlike her predecessor in almost every way. Where Vinegar cared and groomed the dogs, Pinky would prefer we didn't have a canine on the property—and tells Hank so on a daily basis. Where Vinegar was loving to us



These sweet calico and tortoiseshell cats are *not* actually Vinegar and Pinky.

humans, Pinky will only cuddle with me, and only if she's in the right mood (which happens relatively rarely). Her good qualities include tracking rabbits that might have escaped their cages and minimizing feed loss to various types and sizes of rodents that plague a farm. Pinky has been affectionately called "Hell Cat" and "Demon Cat" for her personality, but no one would disparage her work ethic.

Pinky turned 10 years old this year and is starting to slow down a little. This past winter was the first time she spent any significant time in the house. Before, she would only come inside during the harshest storms of the winter. She would ask to come in for brief naps by the stove and then be crying by the door to go out again. The last few years I've been more and more concerned for her because we regularly hear coyotes.

She's a smart old gal who knows some tricks. She quite often can be found on the roof (we hear the sound of paws in the night), and she's very familiar with any holes in any building on the farm. And since she trusts nothing in canine form, she's stayed safe so far. Since we have phased out chickens and rabbits for now, her job is less stressful, so I see her enjoying a quiet retirement.

Living in the country, we see more animal activity around our homes. A good farm cat seems to keep away a lot of the more intrusive troublemakers. And we get the pleasure of their company and personalities, pleasant or otherwise. Cats are an entertaining and helpful bit of small livestock necessary on most farm operations. We have a long history of relying on them for maintaining a healthy environment at our place.

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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A Poem Newly Sprung in Fairview

by CLARK AYCOCK

Have you ever sung “Auld Lang Syne” on New Year’s Eve? Or have you ever uttered the phrase, when frustrated, “the best-laid schemes of mice and men...”? Did you know that John Steinbeck’s classic book *Of Mice and Men* was based on a line in a poem written “To a Mouse”... or that a Tam O’ Shanter cap was named after a character in a poem by that name? And did you know that singer and songwriter Bob Dylan said his biggest creative inspiration was the poem and song “A Red, Red Rose”? Yes, we are talking about the works of world-renowned Scottish poet Robert Burns, who lived in Ayrshire, Scotland from 1759 until his untimely death in 1796.

Perhaps the main reason so many people are familiar with Robert Burns is that his themes and language were of everyday life. He used small subjects, most notably the mouse, to express big ideas. Like many Scots, Burns was well-educated, and was

therefore able to write in the local Ayrshire dialect, as well as in “Standard” English. He wrote many romantic poems that are still recited and sung today, and some of us may remember his songs more easily than we do his poetry.

Robert Burns influenced many other poets including Wordsworth, Coleridge and Shelley. Walter Scott was also a great admirer and wrote this wonderful description of Burns that provides us with a clear impression of the man. *“His person was strong and robust; his manners rustic, not clownish, a sort of dignified plainness and simplicity which received part of its effect perhaps from knowledge of his extraordinary talents...I think his countenance was more massive than it looks in any of the portraits... there was a strong expression of shrewdness in all his lineaments; the eye alone, I think, indicated the poetical character and temperament. It was large, and of a dark cast, and literally glowed when he spoke with feeling or interest. I never saw such another eye*

in a human head, though I have seen the most distinguished men of my time.”

In the late 1700s, many Scots migrated from the Piedmont into the mountains of WNC, bringing with them their country’s culture and craft and inherent connection with Burns. One Scotsman who shares that connection is Fairview’s Tom Milroy. Although born in Yorkshire (England), Tom is of Scottish and Basque ancestry. He came to North Carolina in the 1970s to study at UNC-Chapel Hill and lived in the Triangle area for over 30 years. But then, being a mountain man at heart, he moved to Fairview about five years ago.

In 2016, Tom traveled to Glasgow to spend time with his girlfriend, Linda Rose. The couple drove into the Ayrshire countryside with no particular destination in mind. She spotted a wee post office on the side of the road and asked Tom to pull over so that she could mail a postcard she had been carrying around for weeks. When she returned, she pointed out that there was a Robert Burns museum on the other side of the road.

Unwittingly, the couple had arrived in Alloway, the birthplace of Burns and site of the Robert Burns Birthplace Museum. The museum, which incorporates the cottage where Robert Burns was born, contains thousands of artifacts,

A commemorative plate showing Robert Burns in the center surrounded by characters from his poems

including many of his handwritten manuscripts. On the grounds, you can walk in Tam O’ Shanter’s footsteps, including over the Brig o’ Doon, the 15th-century bridge that is a critical part of the famous poem. It is not surprising

that Tom and Linda Rose lingered at the museum for the rest of that lovely summer day.

That memory was still fresh in Tom’s mind when he participated in a workshop on Scottish poetry at the John C. Campbell Folk School near Brasstown (in WNC) in August 2019. It was taught by Bobbi Pell, who has written several books about Celtic tales and Scottish

lore. It was Scottish Heritage Week at the school, and it was inspiring for Tom to be among such an amazing group of harpists, weavers, blacksmiths, calligraphers, singers, instrument-makers, chefs and others. One of the assignments given by Pell during the poetry workshop was to write a poem from the perspective of a minor character in literature, a technique called *dramatis personae*. Tom chose to write from the



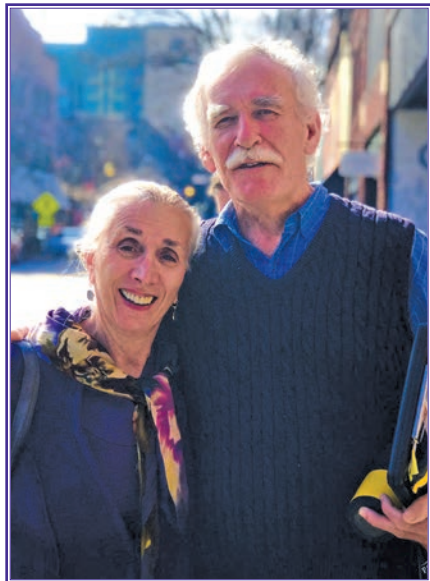
During a workshop on Scottish poetry, Tom was given the assignment to write a poem from the perspective of a minor character in literature. He chose to write from the point of view of Kate O’ Shanter, the wife in Robert Burns’ “Tam O’ Shanter.”

Inspired by Robert Burns A Celebration in Poetry, Music and Song

Monday, August 31 7:30 pm

The Town Crier and the Fairview Public Library present a celebration of some of the works of Robert Burns, featuring people who have been inspired by his words and songs. *You must first register with the library before attending this free Zoom event.* To find a direct link to the registration page, go to fairviewtowncrier.com/links.

Tom Milroy will read two poems by Burns and then his own creation, “Kate O’ Shanter.” Andrew Geller will play the bagpipes, which he studied after attending a Burns Supper at Tom’s house in Durham. He has been a prizewinner at the Grandfather Mountain Highland Games. And Daniel Shearin of the Asheville-based band River Whyles, which has toured in the US and Europe, will perform a few of Burns’ songs. A singer-songwriter and Grammy-nominated recording engineer, Shearin led the audience in the singing of “Auld Lang Syne” at the Orange Peel in Asheville on New Year’s Eve 2018.



On a drive through the Scottish countryside, Linda Rose Macfarlane and Tom Milroy stopped to mail a postcard at a small post office—which just happened to be across the street from the Burns Cottage.

point of view of Kate O' Shanter, the wife of Tam O' Shanter in Burns' poem. The result was Tom's poem, entitled "Kate O' Shanter."

Before we get to why you're reading about Tom now, you need to know a little bit more about Burns and his legacy.

Some readers of the *Crier* might have celebrated the life and works of Burns by participating in a Burns Supper. Every year, on or around Burns' birthday (January 25), these celebrations are held all over the world. The first supper, held in 1801 with Burns and nine friends, was a huge success. A modern supper usually includes a meal (featuring a course of haggis) followed by toasts and speeches honoring the poet. These are followed by recitations of some of his poetry and singing of some of his songs. At the end of the evening, all participants stand and sing "Auld Lang Syne."

Tom and his family used to organize Burns Suppers regularly when he lived

in Durham. These events made a big impression on Tom's friend, Sprague Cheshire, who described his first Burns Supper as follows: "I did not know Tom very well at that time and had a working knowledge of Burns but definitely not in-depth insights into the poet and the man," he said. "That night turned out to be life changing for me. Tom had put together an event that was far beyond anything I could ever have imagined. The poetry, the music, the camaraderie. The highlight of the evening was the 'Toast to the Immortal Memory,' which was about the life and works of Burns delivered by Tom. For close to an hour, he kept the sizable crowd enthralled with a discourse so humorous, so bawdy, so erudite and so brilliant that I felt I was in the presence of some kind of wild, eccentric genius."

Like so many others who have attended Burns Suppers, Sprague became inspired

continued on page 30



Kate O' Shanter

Written in August 2019 in the mountains of North Carolina by Tam O' Fairview (Tom Milroy) and revised with the help of Hugh Farrell

Kate O' Shanter's greatest sadness
Wa' that drink was driving
Tam tae madness.
Oft three nights a week he spent in Ayr
With Suitor Johnnie; they made
quite a pair.
Things were now quite oot o' hand
So Kate determined tae make a stand.
She called him a skellum but
that didn't work
And a drunken blellum – a bit o' a jerk.
She coaxed and cajoled Tam for
days and days
But her efforts left him quite unfazed.
Soon rumors aboot Tam and Kirkton
Jean became widespread
And Kate's heart was abreakin'
there alone in her bed.

Now Johnny, being a romantic fella,
Had married a European named Isabella.
She was a seamstress of great renown,
And women flocked tae her
who needed a gown.
Oft times when Tam and Johnny
had gone off to Ayr
Kate and Isabella their worries
would share.
One evening they came up with a
wonderful plan
Ye could call it shock-therapy for
Kate's beloved man.

Willing customers o' Isabella
and their daughters
Were recruited as witches to witness
some slaughters.
They sewed their costumes
until after dark.
One seamstress e'en stitched up
a cutty sark.
Another used furs that she had found
To make a costume like a hound.
Meanwhile pipers learned tae
grimace while skirlin'
While dancers learned tae jig
while birlin'.
Then Kate press-ganged
Great Uncle Dick
Tae play the role o' the de'il Nick.

Now Suitor Johnnie was full o' blether
But he could aye predict the weather.
He had seen the auld moon
cradling the new,
So he forecast storms that
grew and grew.

That stormy weekend,
while Tam was drinkin'
Witches and warlocks from their
hooses were slinkin'.
To the ruined Alloway kirk they came
Where Tam would ride on his
road tae hame.

What happened next ye all
know verra well.
For poor Tam thought he
had entered hell.
So, when the witches gave their chase,
Tam drove poor Meg as if't were a race.

Now in Tam's wee cottage upon a nail
There hangs in glory the
Grey Mare's Tail.
For 'twas Kate who had scared Tam
near tae death in the dark
When, dressed as Witch Nannie
in a Cutty Sark,
She had caught up with Maggie
after dancing a jig
And had yanked her tail off
before the brig.

The lessons learned that night
by Tam and Kate
Ha'e opened up for them a
heavenly gate
Of entire weekends spent together
While old cronies in Ayr
continue tae blether.
Their times together, especially
in their bed,
Are nae like the poppies whose
bloom is shed.
And nae like the snowflakes on the river
There for a moment and then
gone forever.

They now wander the glens in the
glorious gloamin'
Heading for their bothy like twa
pigeons homin'.
And passing the Auld Kirk
in the mist
They pause at the graveyard where
first they kissed.
While they are strolling arm in arm
Kate is nursing nae wrath tae
keep it warm.
Every time Tam thinks o' boozing,
then without fail,
Kate brings up the memory o'
the Grey Mare's Tail.

To enjoy "Kate O' Shanter" to the fullest, it's best
if you're familiar with "Tam O' Shanter."

Find a link to both poems at fairviewtowncrier.com/links.

Returning to Learning: How Will It Go?

As has been reported, on June 8, the NC Department of Health and Human Services released the first version of the Strong Schools NC Public Health Toolkit (K–12). It was then updated on July 14 (the full plan is available online).

This report outlines the three possible plans for NC public schools during the COVID-19 pandemic.

Plan A

This plan “will be implemented if state COVID-19 metrics stabilize or move in a positive direction.” Under this plan, all students will be allowed to return to the school buildings, and all students and teachers will be required to wear masks on buses and in school. Six-foot distancing will be encouraged but not required, and six-foot distancing will be marked on floors, etc. to remind students and teachers to distance throughout the school. In addition, schools will conduct symptom and temperature screening for anyone entering the school building. There are also detailed instructions for regularly sanitizing surfaces on buses and throughout the buildings, protecting vulnerable

The Latest

On July 28, the Board of Education adopted a “Plan B and Beyond” option. K–8 students will attend school for two days in the first week of school (either Monday/Wednesday or Tuesday/Thursday) and then shift to fully remote for the next five weeks. High schoolers will also attend Monday/Wednesday or Tuesday/Thursday but just for the first two weeks. All students will have a shortened school day for this kickoff period, and the board will reevaluate remote learning at the end of the initial six-week period. For more details, visit returntolearn.buncombeschools.org.

populations, and handling presumptive or confirmed positive COVID cases.

Plan B

This plan “will be required if state COVID-19 metrics worsen and it is determined additional restrictions are necessary.” All the guidance under plan A applies under Plan B. In addition, schools must “limit the total number of students, teachers, staff and visitors within a school building to the extent necessary to ensure that six feet of distance can be maintained when people will be stationary.” Furniture must be arranged to accommodate these requirements. On buses, there may be

no more than one person per seat unless riders come from the same family.

It is up to the school system to develop plans for how to implement these requirements for Plan B. If we move into Plan B in Buncombe County Schools, K–8 students will be assigned to A week or B week and will attend school every other week while learning remotely on the off weeks. High school students, after an initial A week/B week kickoff, will move to virtual instruction. Any family may opt for fully remote learning if desired.

You can learn more about the implementation (there are many details) at the website listed in the box above. Planning

is still underway, and this page is being updated regularly as details are set.

Plan C

This plan “will be implemented only if state COVID-19 metrics worsen significantly enough to require suspension of in-person instruction.” All instruction is remote, and the requirements under Plans A and B are therefore largely irrelevant.

The Governor’s Decision

On July 14, Governor Cooper announced that NC public schools could open under Plan B. This gave all school boards the option to choose to open the school year on August 17, with either a hybrid in-school/remote program or Plan C. However, local school boards cannot choose the less restrictive Plan A at this time.

Several school systems across the state and in WNC have already chosen to move to Plan C for the opening of school, or a hybrid B/C model, under which students would return to the classrooms to kick off the school year and then go to fully remote learning for a period of time (different systems range from five to nine weeks for the remote period).

Getting to Know the New Principal at Cane Creek Middle School

THINK ABOUT ALL THE CHALLENGES you’ve faced since COVID-19 hit in March. You are to be commended for your courage. We all are. Next, imagine starting a new job as a school principal in this time. Unimaginable, right? Meet Kim Mason, the new principal at Cane Creek Middle School. She’s ready for the challenges coming her way.

As reported in the Town Crier column last month, Mason grew up in Troutman, NC, near Statesville. She went to Mars Hill for college, where she starred on the basketball team, and then earned a master’s degree in school administration from WCU. She has been an educator for 20 years, the past eight as an assistant principal at North Buncombe High School.

Her deep roots in playing and coaching many sports have laid the foundation for her adaptability and strong leadership.

When I told her my theory about middle school (“There is a special lounge in heaven for people who work in middle schools”), she laughed. She spent nine years as the PE teacher at Cane Creek before becoming assistant principal at North Buncombe, longer than any other job in her career. She knows middle schoolers well and understands how much development happens between sixth and eighth grade. “You just have to be quick on your feet,” she told me. “It all comes down to communication. If you can build true connections with the kids, your job is a lot easier.”

CCMS has unique challenges unique in Buncombe County Schools because it straddles the AC Reynolds and TC Roberson school districts. Sixth graders come to CCMS from Fairview Elementary, and seventh graders join in from Charles T. Koontz Intermediate School. Then after eighth grade, those same students split off again for Reynolds and TC Roberson High

Schools. “But while we’re here, we’re Cane Creek,” she said.

And then there are the many challenges of COVID-19. There are three possible plans in NC for opening our schools on August 17, and we may end up moving among them over the course of the year, depending on the spread of the virus. Schools need to be fully prepared for all three

options. Again, Mason sounded like the point guard she was: “It is critical to have a strong administrative team to work with. We are going to have to be quick on our feet and work as a team to solve problems.” She expressed great appreciation for assistant principal Amberle Dalton and emphasized how important it will be for them to have excellent communication all along the way.

Mason pointed out that the team extends well beyond the school. With the likelihood that we may be on an A-week/B-week schedule, with only half the students in the building at any one time, it will be critical to coordinate closely with other schools in the Reynolds and

“It all comes down to communication. If you can build true connections with the kids, your job is a lot easier.”

Kim Mason



Roberson districts so that siblings who go to different schools can attend on the same week.

When I asked how parents could be on the team as well, Mason pointed out that usually students come back to school after being out only two months for the summer. It’s relatively easy to get them accustomed to the school schedule again. But this year, students will have been out of school for five months—sleeping in, staying home, watching TV, and eating on different schedules.

“Parents can help now,” she said, “by getting their kids on a set routine at home. Start getting them up earlier and work on setting a schedule for going to bed. Set

time aside for reading every day.”

Mason also emphasized the importance of setting realistic expectations. “School is going to be different this year; it’s not going to be the same.” Families with kids of all ages can be talking about this now, so that the transitions (and there may be many of them) can be as smooth as possible. It will not be easy, but if we can work as a team and be light on our feet, we will get there together.



Cindy McMahon is the Reynolds District Representative, Buncombe County School Board. You can contact her at cindy.mcmahon@bcsemail.org.

New Faces at Fairview Elementary

By Kenya Hoffart

FAIRVIEW ELEMENTARY IS PREPARING to welcome students back to school in a few weeks. Custodial staff is making sure everything is sanitized, teachers are preparing for hybrid learning, and support staff and administration are doing many things to ensure a great kickoff to a fantastic year. FES is excited to announce the addition of several educators who are also supporting these efforts.

A Positive Community

Cindy Holtzclaw is a new fourth grade teacher. She grew up knowing she wanted to become a teacher and eagerly began her teaching career after graduating from the University of Florida. Over the last 14 years, she has taught third through fifth grades. She enjoys working with children and building relationships with students and their families. She loves that each day is different and feels like she grows every day, constantly learning from her students and peers.

Holtzclaw sought a position at FES because of its stellar reputation and beautiful location. She says everyone she has met so far has made her feel very welcome, and she's happy to be part of such a positive community. She is married, has two sons, loves to cook and bake and enjoys photography, reading and bike riding.

Travis Galloway is an art teacher who has been teaching for 14 years. He became a teacher after recognizing the impact teachers had made on his life and being



Left to right: Cindy Holtzclaw with one of her sons, Travis Galloway and family, and Lisa Lemus and family.

inspired to do the same. He said he loves to see how creative students can be and enjoys seeing how they express themselves through their art. Galloway has instructed all elementary grade levels, just as he will at Fairview Elementary. He will work closely with FES's other art teacher, Chad Caldwell, to help students explore their artistic talents.

Galloway is a graduate of Lander University. He, his wife and their two kids recently moved to Buncombe County from South Carolina. They have dreamed of moving to this area for some time, as he said the mountains have been calling their name. Galloway loves making art, reading and playing games. He is also a writer working on a fun novel about taming monsters.

Lisa Lemus is joining the FES team as instructional coach. She will help bring evidence-based practices into classrooms by working with teachers and other school leaders. She will support a systems approach using data-driven problem-solving to maximize growth for all students.

Lemus knew she wanted to be a teacher at a very young age. After graduating college, she earned her national board certification and studied curriculum and instruction at Nova University. She has been a teacher for 26 years and has taught first through sixth grades. She enjoys working in an environment where enthusiasm inspires great teaching and learning, and knows FES is just the place for that.

She's excited to watch Fairview students grow both academically and emotionally, and to support teachers in many ways. Lemus is married with five children and enjoys cooking, reading, gardening, swimming, hiking and playing with her children and pets.

These three educators are great additions to the FES team and are eager to meet students and continue getting to know their supportive co-workers. They are dedicated to serving the students and families at Fairview Elementary and will make wonderful additions to the hard-working team who make FES great.

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



Fairview Preschool Looking Forward to Reopening

Fairview Preschool is planning on welcoming students for the 2020-2021 school year shortly after Labor Day. They have missed their students and can't wait to welcome returning and new families.

Fairview Preschool has classes for ages 2-5. The days are Mondays, Wednesdays and Fridays from 8:30-12:30. Call 338-2073 or visit fairviewpreschool.org for more information.

Dealing with Disappointments

Summer 2020 was supposed to be full of beach trips, hanging out with friends, and lazy days by the pool. The coronavirus has taken that reality away, and we've been left with the shell of



AVERY LOVE

summer and broken plans. That disappointment is a common feeling around the country right now, but all we can do is accept it.

This summer was supposed to be a big one for my family. We had been saving up for a really long time and were going to take a trip to Europe in the second week of June. It was going to be our first time out of the country, and we had planned a two-week trip to Italy and Switzerland. My dad had planned hikes, restaurant visits, airfare and anything else he could think of. When COVID-19 hit, we all thought it would blow over by summer so we could still go on our trip. Unfortunately, that didn't happen, and we had to cancel.

Ever since the quarantine started, we've all been faced with a lot of major

disappointments such as this. In early April, my school band was planning on taking our annual trip, this time to Los Angeles, which obviously got canceled. Many of my friends had to save up a lot to go, and everybody was really looking forward to it.

At the time it was canceled, we still didn't realize COVID-19 was going to be as big an issue as it turned out to be, so it really hurt when the trip got taken away from us with little to no warning.

Believe it or not, the trip to LA hurt a lot worse than Italy. Even though Europe was going to be absolutely incredible, it never got close enough to feel real. By May we already knew there was no chance we were going to get to go and that we should just forget about it. But the LA trip was right around the corner, and many of us, including me, had already started to get ready, which made it hurt all the worse.

I'm still not completely over it. As I'm lying in bed or texting my friend, I'll remember that I was supposed to land in Italy on my 16th birthday or that I could have flown to LA with all my friends.

Since everything got canceled...I've had more time to do the things I love, such as painting, writing and drawing.

Luckily, both my friends and my parents have been there for me through every letdown, and I've spent hours and hours talking to them. And since everything got canceled—not just the trips—I've had more time to do the things I love, such as painting, writing and drawing. Even though it's no cross-country or European adventure, it's still a good life.

Many of us have given up the things we were looking forward to due to the coronavirus. And even though it really feels like it sometimes, none of us are alone. There are millions of people out there living the exact same reality. Sometimes it helps to talk to a friend. So, if you're still reading, do me a favor: Reach out to one of your friends that you haven't heard from in a while and check up on them. This is a lot for us to deal with, and it'll be easier to deal with it together.

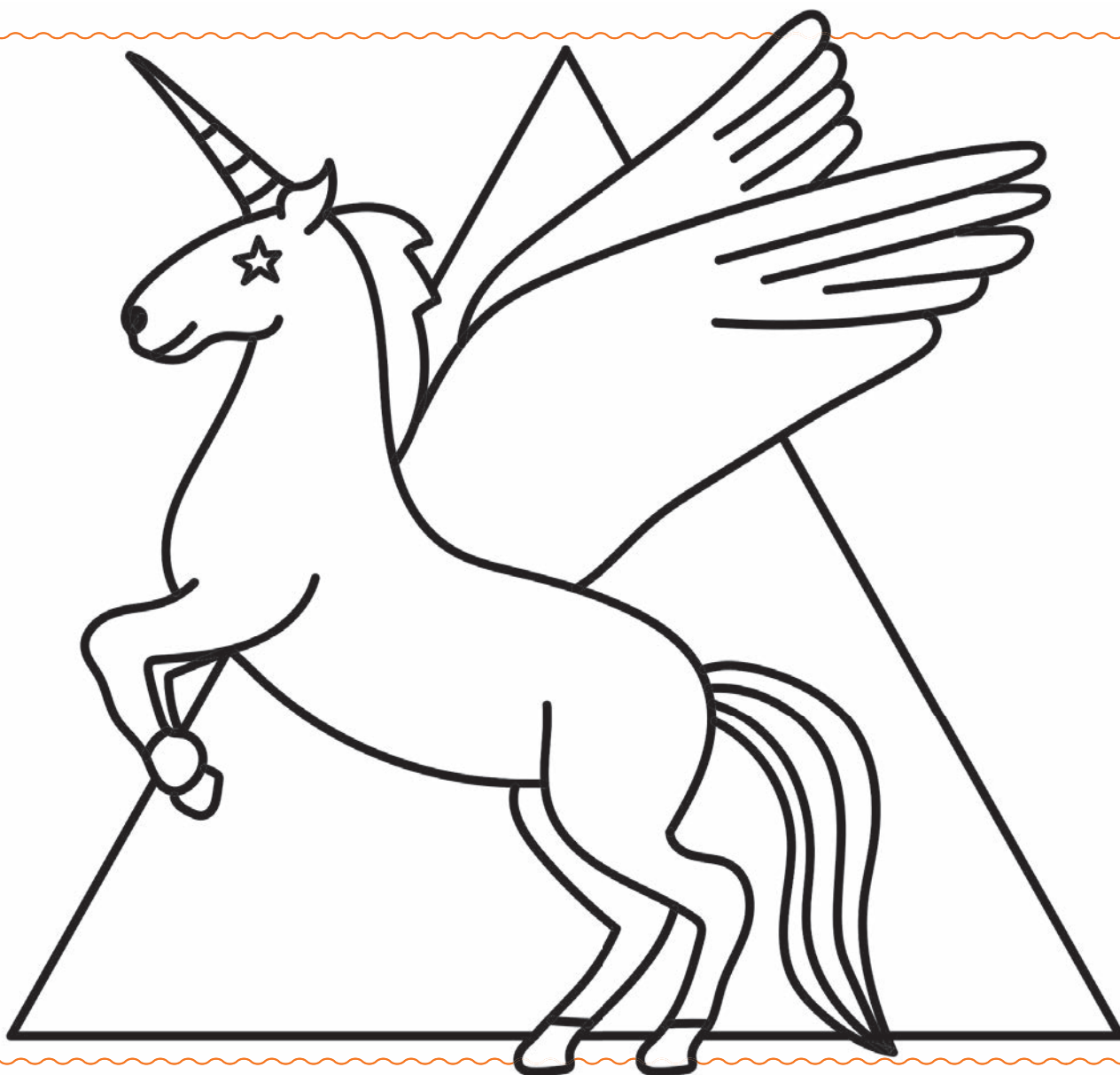
Avery Love is a rising 11th grader at A.C. Reynolds High School. She lives in Fairview with her mom, dad and sister Zoe.

activity!

WHAT COLOR IS YOUR UNICORN?

Post your work of art to Facebook or Instagram and tag us so we can highlight your work!
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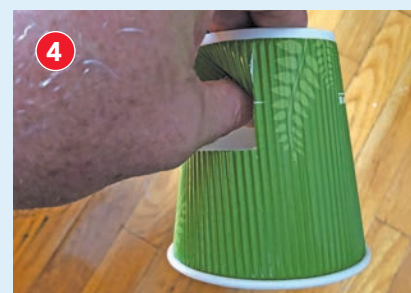
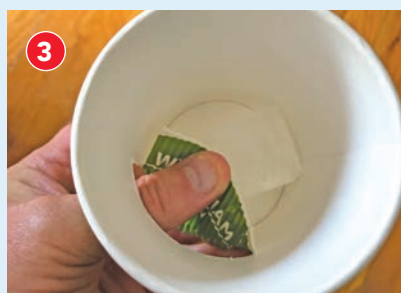
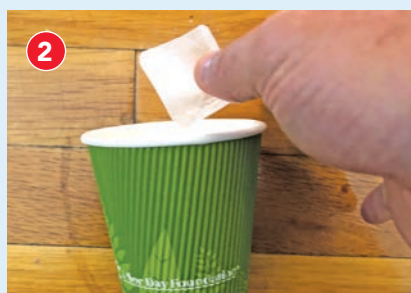
Illustration courtesy of Holden Mesk.
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MAGIC WITH GREG

The Vanishing and Reappearing Ice Cube

This is a perfect hot weather trick!



SET UP

1 You need a paper cup, some ice cubes and a razor knife or scissors. Kids, get an adult to help you.

2 You'll need to prepare the paper cup by cutting a flap in the back of the cup that is large enough so that when you push in on it with your thumb, it covers the bottom of the cup.

This flap will secretly cover the ice when performing (pic 1).

TO PERFORM

1 Hold the cup carefully toward the audience with the flap facing you (angles are important in this trick).

2 Drop a couple of ice cubes into the cup and shake them around so that they make some noise (pic 2).

3 Wave your hand over the top of the cup and say your favorite magic word while you secretly push in on the flap with your thumb so that the flap covers the cubes (pic 3).

4 Turn the cup upside down and shake it. The cubes won't make any noise (pic 4).

5 Turn the cup right side up and then take your thumb off

the flap. Wave your hand over the cup and then shake the cup so that the cubes make noise.

6 Pour the cubes out and crush the cup (which gets rid of the evidence). **Magic!**

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

Learning on a Leash

We have all seen a dog that starts to bark, growl and lunge when it meets another dog. Has your dog ever done that? That behavior is the dog's way of communicating.

Your dog may not like it when other dogs get too close to him or you. The dog's behavior is saying, in essence, "Hey buddy, I don't know why you are coming so close to me and my family, but I don't like it one bit. Get the heck away from us." Once the other dog passes, your dog probably calms down and enjoys his walk again.

Your pup may see another dog and squeal and bark, thinking it is playtime. Isn't that what usually happens when she sees another dog? But does that other dog have any desire to meet your dog? Maybe not. The sight of another dog should not trigger an overexcited response in your dog. Teach her an on and off switch.

In both scenarios, your dog's body language is communicating with you and the other dogs, conveying a message about how they feel about the situation. The leash plays

a major role too. A dog's natural greeting is to approach, dance around, sniff a little backside to greet and sum up the other dog, and then decide if they want to engage in play or run in the opposite direction. The leash prevents the dog from doing any of that. I always advise owners not to allow dogs to meet face to face on leash. That scenario sets up an unnatural way of greeting and often enhances tension; the owners hold back the dogs by pulling on the leashes, and that increases the stress factor greatly for most dogs.

So, what should you do instead? Work with your dog to be the center of their world during training sessions. Learn how to get your dog to pay attention to you instead of anything else. Be interesting, know what they like, and use it to get their attention. Use the name command (as in, look, watch, etc.) to get your dog's focus back on you. Teach the touch command to give them a job to do when they get nervous when another dog approaches, instead of letting them glare into the eyes of the potential nemesis. Whip out their favorite toy or treat

to turn focus back to you. Keep moving to get past their distraction. Reward their successes.

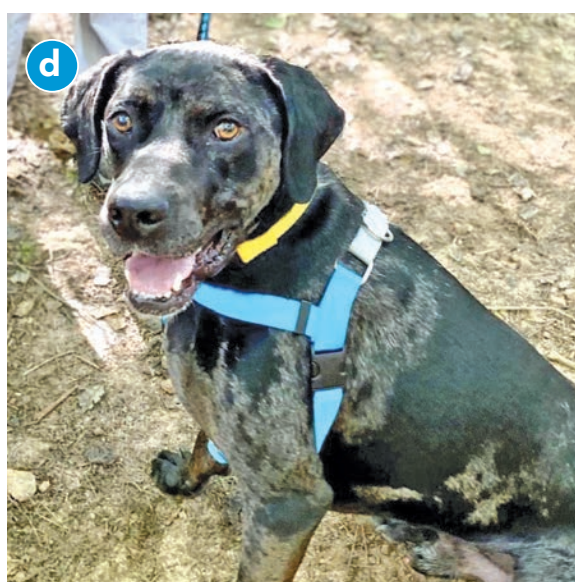
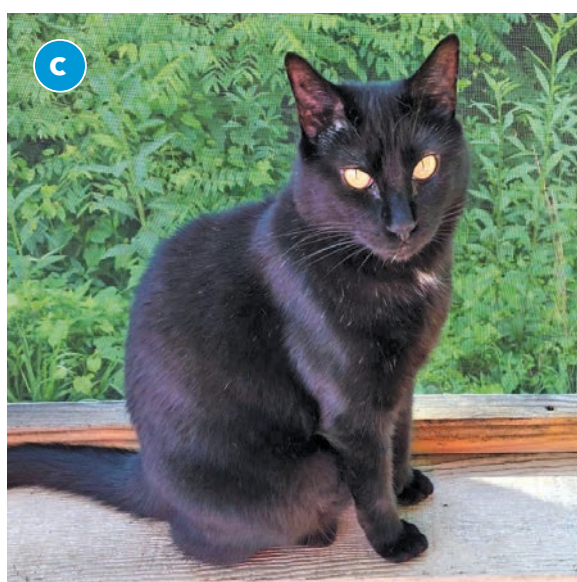
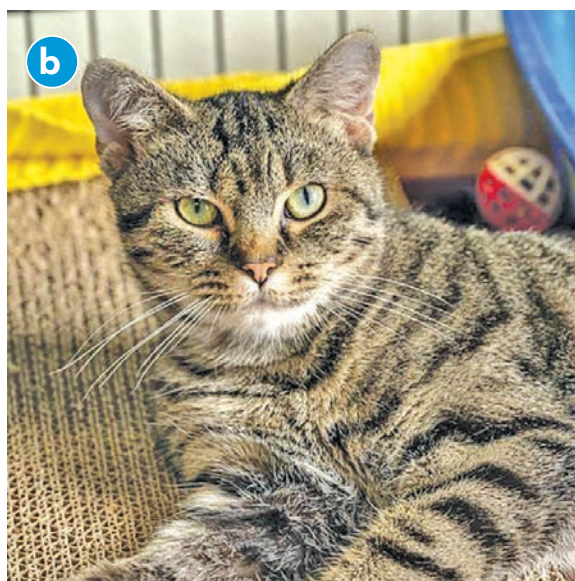
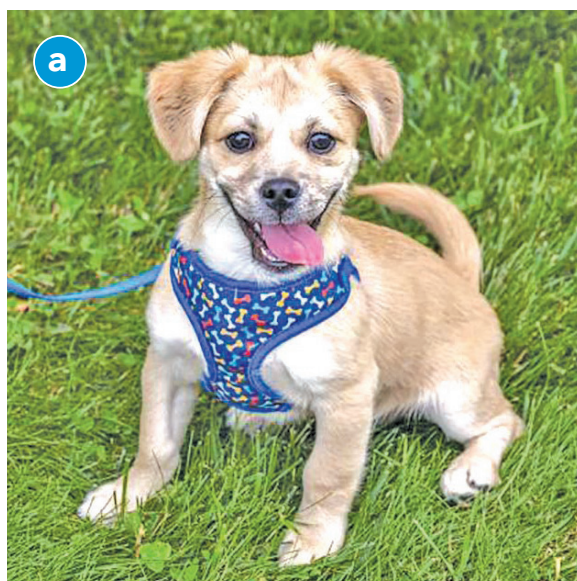
In some cases, you might need to create more space between her and the other dog. Do what it takes to get your dog's attention and build up their confidence instead of allowing them to build up their fear, anxiety and distrust until they explode on the other dog. You must advocate for them, especially when they are asking for your help. If you let them keep reacting wrongly without changing the process, you are allowing— even encouraging—them to create bad go-to behaviors.

Walks should be about your dog, not you, and what they need to be fulfilled and confident. Put down your cell phone, take only one dog at a time and be prepared to have to help them focus on you. Advocate for your dog. No one else is going to help them but you.

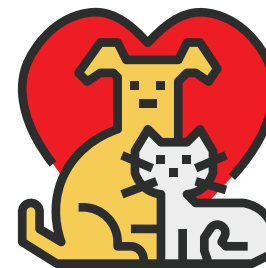
Work with your dog to be the center of their world during training sessions.



Tracy Peabody is the owner and head trainer of Woof in the Woods and Specialized K9 training services. For info on lessons, classes, and products, call 222-2222. 1451 Charlotte Highway, Fairview. woofinthewoods.com.



ADOPT A PET!



a Steve is a sweet and excitable 4-month-old puppy with a ton of energy. He's currently 10 pounds and still growing! *Charlie's Angels*

b Minnie is a sweet girl that looks a little like an Ewok. She is a little shy and needs a patient home. It's going to take some time until she's comfortable, but it will be worth the wait. She is a year and a half old and weighs eight pounds. *Charlie's Angels*

c Shadow is a five-year-old kitty that has blossomed into a very outgoing boy during his time in foster care. He can still be independent, but he will seek out his human for affection. He even loves to be cuddled like a baby. He enjoys being petted and swoons over chin rubs. He has excellent litter box habits and keeps himself very clean. *Humane Society*

d Cloudy is a two-year-old hound mix whose previous owners could no longer keep him. He is an energetic boy looking for an active family. His previous owners say that he is house-trained and lived with dogs and a cat, but he prefers a home without small children. *Humane Society*

*Charlie's Angels, 885-3647, wncanimalrescue.org
Humane Society, 761-2001, ashevillehumane.org*

Animal Haven Reopens

Animal Haven's sanctuary and thrift shop have reopened to the public. Visit the animals and shop (masks required) Tuesday through Saturday from 11 am–5 pm.

Donations of gently used items for the shop are being accepted, as well as donations of watermelon, cantaloupe, apples, kale and Mazuri Active Potbelly Pig food. For more information, call 299-1635.

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A.M.P. Ministry 6:15 pm
Team Kids — X180 — High School — Adults
Wednesday Night Worship 7 pm

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Fill Out the Census or You May Get a Visit

At the end of July, the U.S. Census Bureau sent reminder postcards to around 34.3 million households who had not yet taken the census. It was the final mailing before census takers begin visiting nonresponding households across the nation. The COVID-19 pandemic delayed the nationwide start of census taker visits from mid-May to mid-August.

The Census Bureau will provide face masks to census takers and requires they wear a mask while conducting their work. They will follow CDC and local public health guidelines when they visit. Census takers must complete a virtual COVID-19 training on social distancing protocols and other health and safety guidance before beginning their work in neighborhoods.



Census takers are hired from local communities. All census takers speak English, and many are bilingual. If no one is home when the census taker visits, they will leave a notice of their visit with information about how to respond online, by phone or by mail.

Census takers can be easily identified by a valid government ID badge with their photograph, a US Department of Commerce watermark, and an expiration date on the badge.

If you want additional verification about people visiting your home or have questions, call the Atlanta regional office for the census at 800-424-6974. Office hours are Monday through Friday, 8 am–5 pm.

You can take the census by phone at 844-330-2020 or online at my2020census.gov.



School Bus Drivers Needed

Cane Creek Middle School needs bus drivers. For more information, email Amberle.dalton@bcsemail.org or call 628-0824.



ACRHS Student Wins Scholarship

WNC Communities awarded \$10,500 to 11 young women and men of WNC as part of the 2020 Journey Scholarship program. Kalyanne Neel, of Fairview and a recent AC Reynolds High graduate, was one of the winners. Each student received \$500 to \$1,500 to attend college.

The Journey Scholarship was established in 2002 to award scholarships to high school seniors with good character, high academic achievement and significant contributions to community service. As of 2020, WNC Communities has awarded \$185,500 to 175 outstanding young men and women to help further their education.



New Agent at Cool Mountain

Cool Mountain Realty and Construction welcomes Jen Duke as a new agent. A Fairview local for over 15 years, Duke is an avid hiker, musician, singer and gardener who loves to hang out with her sheepadoodle.

Jenny Brunet, broker in charge at Cool Mountain, said that Duke “is a rising star in the WNC real estate market. She is known for her distinct talent of connecting people by drawing on her network of friends and colleagues. She is both professional and down-to-earth. I’m proud to welcome her to our team.”

Free Medicare Info 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 through September. All the classes are held via Zoom and are free and open to the public.

“Introduction to Medicare—Understanding the Puzzle” will explain how Medicare works, the enrollment process, how to avoid penalties, and ways to save money. Classes are offered August 12 and August 27, 2–3:30 pm.

Residents who are new to Medicare, caregivers, and others who help senior citizens with their Medicare insurance should consider attending. 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.

Have You Seen Luke?

Luke has been missing from the Fairview area since early June. He was last seen near Merrill Road and Emma’s Grove Road. A miniature wire-hair Dachshund, he is 14 years old and totally deaf. He wasn’t wearing his collar, but he has an ID chip.

If you see him or know someone who may have picked up a stray fitting his description, please call 606-5019.



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How Can You Help Lower Your Longevity Risk?

The investment world contains different types of risk. Your stocks or stock-based mutual funds could lose value during periods of market volatility. The price of your bonds or bond funds could also decline, if new bonds are issued at higher interest rates. But have you ever thought about longevity risk?

Insurance companies and pension funds view longevity risk as the risk they incur when their assumptions about life expectancies and mortality rates are incorrect, leading to higher payout levels. But for you, as an individual investor, longevity risk is less technical and more emotional: it's the risk of outliving your money.

To assess your own longevity risk, you'll first want to make an educated guess about your life span, based on your health and family history. Plus, you've got some statistics to consider: Women who turned 65 in April of this year can expect to live, on average, until age 86.5; for men, the corresponding figure is 84, according to the Social Security Administration.

Once you have a reasonable estimate of the number of years that lie ahead, you'll want to take steps to reduce your longevity risk. For starters, try to build your financial resources as much as possible, because the greater your level of assets, the lower the risk of outliving them. So, during your working years, keep contributing to your IRA and your 401(k) or similar employer-sponsored retirement plan.

Then, as you near retirement, you will need to do some planning. Specifically, you will need to compare your essential living expenses—mortgage/rent, utilities, food, clothing, etc.—with the amount of income you'll get from guaranteed sources, such as Social Security or pensions. You do have some flexibility with this guaranteed income pool. For example, you can file for Social Security benefits as early as 62, but your monthly checks will then be reduced by about 30 percent from what you'd receive if you waited until your full retirement age, which is likely between 66 and 67.

You might also consider other investments that can provide you with a steady income stream. A financial professional can help you choose the income-producing investments that are appropriate for your needs and that fit well with the rest of your portfolio.

After you've determined that your guaranteed income will be sufficient to meet your essential living expenses, have you eliminated longevity risk? Not necessarily—because "essential" expenses don't include unexpected costs, of which there may be many, such as costly home maintenance, auto repairs and so on. And during your retirement years, you'll always

need to be aware of health care costs. If you have to dip into your guaranteed income sources to pay for these types of bills, you might increase the risk of outliving your money.

To avoid this scenario, you may want to establish a separate fund, possibly containing at least a year's worth of living expenses, with the money held in cash or cash equivalents. This money won't grow much, if at all, but it will be there for you when you need it.

With careful planning, adequate

guaranteed income, a sufficient emergency fund and enough other investments to handle nonessential costs, you'll be doing what you can to reduce your own longevity risk. And that may lead to a more enjoyable retirement.



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.

JUNE FAIRVIEW REAL ESTATE STATISTICS				
		Max \$	Lowest \$	Average \$
Homes Listed	20	1,750,000	299,000	674,144
Homes Sold	21	965,750	310,000	561,923
Land Listed	13	1,200,000	29,999	283,946
Land Sold	9	200,000	35,000	86,222

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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A Pause In the Short Session

Unless the governor calls for a special session, the NC House and Senate have adjourned until September 2. Like so many of our neighbors, our state faces a time of unknown future perils. Unless the US Congress steps in at the last minute, the \$600 weekly unemployment supplement will end in July. And how will our schools re-open, keeping our children, teachers and staff safe while keeping the coronavirus spread in check? Will I get to watch my grandson play Reynolds soccer this fall? How much of a hit will the state budget take? Are we in for a big virus spike in the fall? Will people wear masks?

Someday, we will talk about 2020 with some nostalgia, and we will know how the pandemic actually played out in our lives. But we are not there yet. The answers have yet to emerge.

The 2020 NC General Assembly began in late April, and there was a wonderful bipartisan spirit pulling legislators together to face the pandemic. COVID-19 committees met to work out policies to help our state manage the challenge. The federal CARES Act sent billions of dollars to the state treasury to spend on COVID-related relief. With the state budget facing a \$4 to \$5 billion shortfall, it would be federal dollars to the rescue.

As a side note, I am still shocked at the speed with which the federal government

raised \$3 trillion to prop up the economy, with a second rescue package possible. The rationale for this unprecedented action is that a complete economic collapse would make recovery slow and painful, much like during the years of the Great Depression in the 1930s. Also, adding more debt was an acceptable option, as interest rates are so low, the credit of the US is so high, and investors are looking for a safe haven for their investments in a time of uncertainty. If the economy can rebound and the government can start to pay down that debt, it will be easier if the political will that's necessary to make the policy changes is put in place. The tax cuts enacted in 2017 were already racking up record federal debts, so the political challenges will have to be front and center in 2021.

One of NC's biggest failures during the crisis has been the handling of unemployment claims by the Department of Employment Security. As your representative, I want to apologize for that failure. Granted, the challenge was enormous, and the process cumbersome, but the call-in failures and website glitches never seemed to end. As your representative, I apologize to so many who were desperate to keep their families financially afloat. I spent much of my time back in May trying to help applicants receive the money they deserve. I had a contact person to send information

Some day, we will talk about 2020 and know how the pandemic actually played out in our lives. But we are not there yet. The answers have yet to emerge.

to in order to expedite wait times and break through the logjam. I was able to help many of my constituents, but I wonder how many others did not know about this shortcut and suffered as a result. Please let me know of anyone still waiting to hear about their unemployment benefit. I should add that NC has by most accounts the stingiest benefit program of any state, and part of our unfinished business is to extend the time and increase the weekly funds.

Much of my effort in Raleigh has been to protect the emergency powers granted by the legislature to expedite the response to the pandemic. North Carolina was able to "flatten the curve" and prevent hospital beds from being overwhelmed back in the spring. That success has allowed us to slowly reopen the economy, which unfortunately has not worked out as well as I had hoped. And we are surrounded by states that were less cautious and now have a level of community

spread not easily managed with testing and tracing. Many of these people are coming to WNC and may be bringing the virus with them. I have heard that our hotels are once again near capacity.

The General Assembly passed a range of bills to limit the governor's emergency powers and try to force open bars, bowling alleys, gyms and minor league ballparks and allow for Fourth of July parades. The General Assembly also wanted the Council of State to sign off on all executive orders. If those powers had been granted, North Carolina might look more like Florida, Georgia, South Carolina and Texas in its deaths and new cases. Governor Cooper vetoed these bills, and the bill's supporters were not able to get enough votes to override the vetoes.

We will not be able to open the economy until the new cases start to flatten again, and we all need to be vigilant in hand washing, masking, and maintaining six feet of distancing. I am an at-risk person, and I am counting on you to get me through unscathed.

I continue to enjoy my service to you all.



Rep. John Ager, District 115
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Is the 'Biggest Loser' Diet a Winner?

At my practice, we have listened to many of our clients tell us about their struggles with weight loss and maintenance prior to starting on the PHD program and ultimately finding success. Almost universally, these struggles include attempts at calorie counting, severe energy restriction, and exercise. The concept of losing weight by limiting calorie intake and increasing output/exercise has been told and retold so many times that it has been socially accepted as the truth without any real scientific evidence.

Clients will sometimes point to the success of the contestants on “The Biggest Loser” television show as clear proof of this concept. The contestants on that show do lose weight using this approach, and my guess is that you have, too. However, research shows that this approach results in weight loss plateaus and weight regain. Why? Research can help us figure out why.

First, we must understand two clinical terms, basal metabolic rate (BMR) and metabolic adaptation. BMR, also sometimes referred to as RMR (resting metabolic rate) or REE (resting energy expenditure), is the measure of the energy it takes to fuel your body during the day. It is essentially the energy you need to perform all your basic bodily functions. This rate of energy consumption can be increased or decreased by your body based on need and availability

of energy. So, when you reduce the intake of available energy with calorie restriction, your body responds by slowing down or shutting down bodily functions in order to lower your BMR. That's why calorie restriction eventually results in weight loss plateaus. The BMR has lowered enough to balance the consumed nutrients.

In general, we don't want to lose lean muscle mass as we lose weight, but for those who drop considerable weight, some loss of lean muscle mass is expected and healthy. As you lose some of this muscle your BMR will decrease, but research demonstrates a phenomenon called metabolic adaptation. This measures the decrease in BMR over what you would expect from the decrease in lean muscle mass. As the BMR lowers and metabolic adaptation to energy deficiency increases, weight loss efforts become harder. For successful weight loss to continue, you have to lower your calorie consumption even more, but this will lead to a subsequent plateau, further lowering your BMR with an even larger metabolic adaption.

Eventually, dieters get frustrated and increase their calorie consumption. Unfortunately, your BMR will not increase with this increase in calorie consumption, which is why people using this approach frequently gain more weight than they started with and find it even harder to be successful the next time. This yo-yo effect results in a

very low BMR and a damaged metabolism, not to mention incredible frustration and feelings of failure. If you find it hard to believe this, look at the following studies on “The Biggest Loser” contestants.

A study published in 2012 in the *Journal of Clinical Endocrinology and Metabolism* on 12 of the 16 contestants from “The Biggest Loser” reported how significant the reduction of BMR was for the 30-week intensive program. The group started with an average weight of almost 330 pounds and lost nearly 130 pounds on average. Their BMR, however, also declined from 2,679 to 1,890 calories, or 30% on average. The greatest drop in BMR was over 1,000 calories. The metabolic adaptation to this effort was nearly 500 calories, with the greatest measure of over 700. This means that the BMR was 700 calories less for that participant than would be expected based on lean body mass.

What does that mean for weight maintenance? In a follow-up study published in 2016 in the *Journal of Obesity*, scientists looked at the contestants' maintenance of weight and response of the reduced BMR and metabolic adaptation over time to determine if their success was maintained after the show. Six years after the intensive program ended, 14 of the 16 contestants volunteered to have their weight, BMR and metabolic adaptation measured again.

All but one contestant gained a significant amount of their weight back. Five of

the 14 had regained all their lost weight, and some gained back even more. The average weight loss from baseline went from 130 pounds to less than 40. The average BMR did not return to normal and, in fact, continued to decrease six years after the show. Metabolic adaptation also continued to increase, demonstrating worsening metabolic adaptation to a low-energy state, as demonstrated in my doctoral thesis on this topic published in 2010 in the *Journal of Dance Medicine and Science*.

This research indicates that the show contestants (or you, if you have undergone a similar attempt) are not at fault for their weight regain; it is the failure of the approach. Severe calorie restriction is a recipe for frustration for nearly everyone who attempts it, and no study that I'm aware of has ever shown successful maintenance of weight loss with severe calorie restriction and exercise. Each attempt at this approach results in further degradation of the BMR, with a worsening of the metabolic adaptation to energy deficiency. This is part of the metabolic damage that makes each attempt at further weight loss more difficult and maintenance more challenging.



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

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FBA members got a tour of the brewery (below) and new amenities, such as a mini golf course, at Whistle Hop Brewing.

by Candi Yount

THE JULY MEETING was held at the newly renovated Whistle Hop Brewing Company on Charlotte Highway. It was a real treat to see the fantastic renovations that Tom Miceli and family have made to the property. A roof was added over the two trains on the upper deck so that guests can relax with a brew without getting rained on. Along with the addition of attractive landscaping, there is now a miniature golf course, a volleyball court and other game areas to enjoy. The atmosphere is relaxed and inviting.

Tom offered the first round of drinks to members, and Allison Fender won a \$20 gift card from Unified Therapies. Tom shared with us the interesting history of Whistle Hop and also gave members a tour of the brewery.

Janet Petersen shared information about the summer picnic scheduled for August 7 at Cloud 9 Farm (rain date of August 14). The meeting will take place from 4:30–8 pm. Members will receive invitations with details by email. This year's gathering will be mindful of COVID-19 regulations, and members will be asked to RSVP so we have a good idea of how many people will attend. It will be great to share summer fun with fellow members again.

Membership

If you are interested in learning more about becoming a member of the FBA, visit our website at fairviewbusiness.com. An annual charge of \$60 for the

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Candi Yount is the secretary of the FBA.

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Working Hard and Digging

This August marks the first anniversary of our new name, Root Cause Farm. Perhaps if we'd known then what we know now, we might have chosen something a bit fluffier, like Carrot Mousse Farm, but that wasn't who we are. And we are leaning in, hard, to our chosen name because we believe that, when nourished, the power of the roots that ground and connect us as people is ultimately stronger than the roots of society's disease.

Our work has taken on new intensity in the face of the related crises we are facing; their devastating impacts on food access can't be understated. In a recent interview with AVL Watchdog's Nick Peters, Hannah Randall, Manna FoodBank's CEO, projected that more than 200,000 people in WNC won't have enough food in 2020 (compared with 100,000 in 2019).

Feeding America's coronavirus hunger research estimates that food insecurity in Buncombe County will increase to 18.1% in 2020 from 12.4% in 2018; for children, the figures are bleaker, rising to 27% from 16.8%.

A protracted decrease in tourism is likely to keep the demand for food assistance high for some time. Additionally, with the unknowns and sporadic nature of re-openings, particularly with schools, food production and distribution systems will need to remain agile to respond quickly and effectively to changing needs.



July 15 saw our first potato harvest. We were thrilled to share these potatoes with BeLoved Asheville.

In early spring, we decided to grow more food and stronger partnerships so we could better respond to the growing hunger in our community. We're now providing produce weekly to more people through Food for Fairview, Bounty & Soul, BeLoved Asheville, Asheville Survival Program and our garden-based Share Market. And here's some of what we're hearing from consumers and partners.

"We appreciate that Root Cause Farm

grows produce to be donated and distributed into the community because we really could not provide this kind of nutrition to our family without places like Root Cause Farm," said a consumer of Root Cause Farm (RCF) produce. "We have young children and feeding them healthy food is so important, but it would not be realistic without resources like these."

"Our innovative partnership [with RCF] leverages our collective strengths to address food insecurity and advance health and food equity in our communities," said a representative from Bounty & Soul. "We work collaboratively to give everyone the opportunity to eat healthily and thrive through making organic, locally-grown produce, education and community-based solutions accessible."

And a consumer at Bounty & Soul's mini RCF pop-up stand said, "Following RCF on social media has helped me to appreciate the food I receive through Bounty & Soul because I feel even more connected to the farm knowing this food has been grown with love."

We will continue to grow with love. Please join us.

Share Your Bounty

RCF was founded on the premise of neighbors helping neighbors. We'll happily accept produce from your garden and

Square Dance Canceled

The Square Dance has been our cornerstone fundraiser and social event of our season since our inception, and we've made the difficult decision to cancel it this year. We're saddened, as it's the only time we're able to interact personally with so many of you and share the garden. And the loss of income will be felt. If you're in a position to do so, we'd be so grateful if you would donate the price of your 2020 tickets to the garden.

Visit rootcausefarm.org/give for more info.

share it so others can benefit. We welcome produce donations on Mondays, Wednesdays, Thursdays, and Fridays until 2 pm at the garden.

Volunteer

Much of the love in our garden comes from volunteers. We're hosting volunteers on Wednesdays, Thursdays and Fridays. Please help us comply with COVID-19 precautions by emailing programs@rootcausefarm.org in advance to register.

Emily Brotherton is donor relations manager at Root Cause Farm. rootcausefarm.org.

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Summer Edible Flowers on the Menu, Part 1

Summertime is in full swing. The pandemic may still be raging, but life can still be good in these beautiful mountains. After a wonderful swim in my favorite pristine lake, I happened upon a wondrous sight in our driveway—a mama black bear and three cubs were pulling down branches from one of our apple trees. I watched them play while mama wandered over to the woodland border and began munching wild daylilies, which I did not know was on their widely varied palette. I stayed safely in the car and watched the pure joy of the cubs frolicking in the field and having a good time in the summer sun.

Summer is a time of harvest and abundance, and there are many wild edible flowers to enjoy in your meals. Years ago, our neighbor Mary had given us a few milkweed starts (*Asclepius tuberosa*), and they have multiplied tenfold along the roadside gardens we planted many years ago. Milkweed was one of the first wild edible plants that I discovered, as the young pods can be steamed like broccoli. But what's amazing are the round balls of flowers; like concentrated honey balls, they smell absolutely delicious, and clearly the bees love them.

Milkweed is often planted to feed monarch butterflies, as their numbers have been dropping. I once read that the



flowers could be dipped in batter and frittered and served with a little maple syrup. I tried that decades ago and it was delicious, but as several friends have pointed out, most things that are frittered with maple syrup taste pretty good. These days, I leave most of the flowers for the butterflies, but I will still snatch a few for treats as a seasonal delight.

Wild daylilies (*Hemerocallis fulva*) are also in incredible abundance along the roads, meadows and fields, and even in the woods where there's enough light. They are a wonderful flower to use; they are abundant and have a radiant orange color. The flowers can be chopped up raw in salads or stuffed with herbs and goat cheese and sautéed in the same manner as squash blossoms. The young, tender buds are great string bean substitutes when steamed. Early shoots are delicious in the

beginning days of spring, but the flowers are spectacular, so know what you are giving up if you eat them.

Also growing in abundance in our gardens and throughout the mountain meadows is bee balm or wild bergamot (*Monarda didyma*). The brilliant red flowers can be pulled apart and tossed onto salads or used as an adornment to your meal, bringing color and beauty to your plate. While hiking, I like to pluck a few flowers and just nibble on them, as I love the taste of the nectar along with that little hint of spice, almost like oregano. That flavor is much more strongly present in the leaves. Bee balm is in the mint family and is prolific in the mountains, so one can also dry the whole flower heads



and the leaves, as they make a wonderful tea. And the color is outstanding.

Over the years, we've cultivated hundreds of hearty begonias, which have now gone feral and are closely related to the ones you see in flowerpots and commercial nurseries. Every year, they put out an abundance of red to pink flowers. They have a distinct, tart lemon flavor and are a beautiful addition to salads.

Last, but not least, are hosta flowers. While making a salad recently, I included two handfuls of beautiful, fresh, lavender-nectar-infused flowers, a few chopped-up orange daylilies, a handful of begonia flowers and a couple of bergamot flowers. I sautéed bacon and onions and added a bag of wild violet greens, lamb quarters, dandelion leaves and chickweed with a couple of daylily petals on top.

Every day I try and eat at least one wild thing. I like to bring that energy from the good earth into my body, which makes my heart sing with joy and delight. The good earth is so generous to us, and I'm grateful to feel so deeply connected to the land that we live on here in WNC.



Contact Roger at
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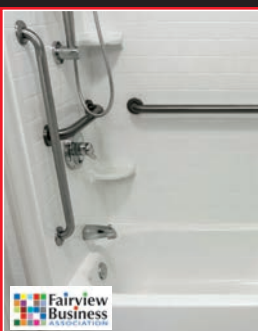


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CONTINUED FROM PAGE 17

A Poem Newly Sprung in Fairview

to learn more about the life and works of the writer. In 2018, he and his daughter took a trip to Scotland and made sure to visit Ayrshire and the birthplace of Burns, as well as the museum in Alloway. "We stood in the small cottage where Burns came into the world, and there we met Hugh Farrell, a site guide, a Burns scholar, and chairman of the Friends of the Robert Burns Museum. Hugh recited "Tam O' Shanter" in a dramatic fashion and told us tales of Burns and Scotland. I made sure I recorded the name of Hugh Farrell with a feeling that contact with him in the future might be in the cards."

Some months after Tom had written "Kate O' Shanter," he told Cheshire about the workshop he had attended. "Tom then read me his [poem], and it was brilliant," said Cheshire. "I had not known Tom had this poetry writing talent. I'm not sure he did either until he took that workshop. I strongly felt that his poem should be widely shared. At some point in our conversation, a clear vision of Hugh Farrell dramatically reciting Tom's



poem popped into my head." Cheshire told Tom that he should contact Hugh and share his poem with him.

So, Tom decided to try to make contact with Hugh via the Burns Cottage Museum. It took several tries, but he eventually succeeded.

Hugh responded warmly and offered to chat with Tom about "Tam O' Shanter." That call was an amazing moment in Tom's life. He and Hugh discovered that they were born not only in the same year but on the same day. Inspired by that knowledge, Tom decided to recite "Kate O' Shanter" to Hugh over the phone. Hugh, who is much in demand as a speaker at Burns Suppers, liked the poem so much that he subsequently recited the poem at a meeting of the reconvened Bachelors' Club on November 11, 2019. (The club was a rural debating society that was founded by Robert Burns on November 11, 1783. The home of the Bachelors' Club still stands and is now a

museum with period furnishings. The club has been the inspiration for Burns Clubs worldwide. The clubs use poetry, singing and other competitions to honor the memory of Robert Burns.) This was the first meeting of the club since 1809.

Tom has other connections with Burns, too. For example, his mother's maiden name was Burns. She probably disapproved of Burns' reputation with wine and women and so, even though her ancestors came from the same small town (Brechtin) on the other side of Scotland that the poet's grandfather was from, she denied any familial connection. Also, Tom's paternal grandmother was born in Tarbolton, home of The Bachelors' Club. It was from residents of Tarbolton that Burns drew inspiration for many of the characters described so vividly in "Tam O' Shanter."

For Old Time's Sake

So, should old acquaintance be forgot, and never brought to mind? Clearly, Tom Milroy is keeping the legacy of Robert Burns alive and well—and all right here in our beautiful mountains.

If you would like to get in touch with Tom, email him at tommilroy@mindspring.com and put "Town Crier" in the subject line.



Above, Hugh Farrell (left) and Sprague Cheshire; below, The Bachelors' Club, Tarbolton



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A Tale of Two Knees

Last month, I mentioned that my wife, Marilyn, was scheduled for bi-lateral knee surgery. The procedure took place on June 29 and went off without a hitch. Now we are into the PT stage of her recovery, which started just hours after surgery. We expect a full recovery within 12 weeks if all goes well.

The Five Ps

The axiom “prior planning prevents poor performance” is the opposite of trying to save time by skipping steps, something like doing a paint job without prepping the surface first. Planning for a procedure as intensive as my wife’s is no exception. She spent hours on the phone with the doctor’s office, the hospital, the insurance company, her employer’s disability insurance company, and equipment vendors for her therapy machines and mobility devices. She even researched bathroom and shower equipment (which we borrowed from a local community ministry).

How to Plan

My wife is eligible for Medicare, is employed, and has a Medicare Advantage Plan HMO. Her primary care doctor diagnosed her condition and recommended a specialist to do the surgery. The specialist and the hospital, which she verified was in network, took care of scheduling the surgery, pre-op visits,

durable medical equipment (DME) needs, and post-op therapies.

The goal was to be discharged to our home as opposed to a rehab or skilled nursing facility. She found and scheduled a local outpatient physical therapist she liked who was convenient and in network. The hospital and insurance company reached out to her to set up a personal advocate with a direct phone line she could call with questions. Additional prescriptions were added to her current ones, each having different dosages, which created a real headache. It was a relief when we discovered a medication management app called “Roundhealth,” which sorted it all out.

Last but Definitely Not Least

Identify a person you know who can act as your “coach” through the surgical and recovery process. They are crucial to helping you manage meds, meals, mobility, personal hygiene care, and therapy visits. Who is going to help you take your meds, fetch a meal, or help you to the bathroom at 4 in the morning? Don’t be afraid to ask for help. You will need it. If you have it, your recovery will be much smoother.



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

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The voice of our community since 1997

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12:30 pm–4:30 pm

BIG BLUE DROPBOX AVAILABLE 24/7

1185-H Charlotte Highway | 628-2211

Mailing address: P.O. Box 1862, Fairview, NC 28730

www.fairviewtowncrier.com

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

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

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

CLASSIFIEDS

FOR SALE

NEW LOVESEAT, grey, linen look with matching pillows. \$300 Gerton Text 828-625-0344

QUEEN SIZE PLATFORM BED. “Night & Day” brand, “Sarsaparilla” model, white. Excellent condition. \$200 Gerton Text 828-625-0344

MOUNTAIN DREAM – Approximately one acre – stream – private – HOA – no minimum square footage house – easy build – sewer approved for 3 bedrooms – view – call 276.696.2550 Appointment Only.

FOR RENT

3 1/2 ACRES OF PASTURE available with water, barn space, run in shed. For up to 2 horses or cattle. Sharon Rd. 828-768-2694

COMMERCIAL SPACE FOR RENT -great visibility. 340' frontage 1611 Charlotte Hwy. Small waiting area, kitchenette, handicap bathroom, large studio space that can easily be virtual offices or dance studio, chiropractors office etc. \$1600 month comes with electric and water with lease. 20 parking spaces 843-450-1883 Donna

SERVICES

CONSTRUCTION/HANDYMAN

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

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

TOP RATED HANDYMAN – SPECIALIZING IN ROTTEN WOOD REPAIRS, DRYWALL WORK, TRIM CARPENTRY AND PAINTING. CAN DO OTHER HOME RELATED REPAIRS, MAINTENANCE AND RENOVATIONS. CALL SIMON @ 828-589-9626 OR SHIELDANDSTEEL@GMAIL.COM

HANDYMAN SERVICES AND HOME IMPROVEMENT 35 Years' experience in Home Remodeling, Carpentry, Electric, Plumbing, Painting, Appliance Repair, Ceramic Tile, Door Repair and Honey-do-Lists! Call Bill 828-279-8084.

HEALTH AND BEAUTY



EXPERIENCED NAIL TECH! Call Mary for an Appointment Tuesday – Saturday 828-299-4221. Walk-Ins Welcome. 5% Off First Visit! 204 Charlotte Hwy across from AC Reynolds HS

HOME MAINTENANCE



828-793-1710

HAPPY CLEAN PRESSURE WASHING

4000 PSI ALERT: Help! I've fallen (in love with Fairview) and I can't get out! Chris Winkler

HOUSECLEANING

TRADITIONAL OR GREEN CLEANING Experienced, references available. Flexible days and hours. Call Ana: 582-1252

INSURANCE

MEDICARE HEALTHCARE

INSURANCE PLANS Offering Medicare Rx, Advantage and supplement plans. Mike Richard, local Fairview independent agent since 1998. 828-628-3889.

LAWN/LANDSCAPING

COMPLETE LAWN MAINTENANCE

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

MUSIC LESSONS

PIANO AND GUITAR LESSONS IN FAIRVIEW

Offered by experienced teacher and professional musician. Beginner & intermediate (advanced air guitar). Children and adults. \$20/half hour; \$30/hour. 335-1401 or email: kampjames@hotmail.com

ORGANIZING



OVERWHELMED BY CLUTTER?

Let a professional organizer remove chaos and clutter from your home/office. Call for a free one-hour consultation. www.grandsolutions.net, Member of NAPO. 516-238-6979

TUTORING

ADVANCED EDUCATIONAL

TUTORING CENTER offers online virtual tutoring and teaching support, all ages, all subject. Limited availability, call Sharon 828-628-2232

CLASSES

ART



SUMMER ART CAMPS FOR ALL AGES

Through August. Art Classes begin early Fall! Visit:

jansartacademy.com for schedule, prices and dates. Call: 828-301-6116

YOGA

YOGA, RELAXATION MEDITATION AND TRANSFORMATION WITH

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

WANTED

An expert in “no spin” knife throwing to give me some pointers. Call Tom at 828-707-3493



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first made
us #1.

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Tammy Murphy CLU, Agent
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Asheville, NC 28803
Bus: 828-299-4522

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The Fairview Town Crier 2020 Advertising Rates

The *Town Crier* is mailed free to 8,900 households in Fairview, Gerton, Reynolds and east Fletcher. Copies are available at the Crier office, Fairview Library and retailers throughout the community. A PDF version including all ads is posted on our website for online viewing. Free ad design available.

COLOR DISPLAY ADVERTISING RATES			
	12x/year	6x/year	1x/year
Full page	\$347	\$376	\$404
Half Page	\$225	\$248	\$266
Quarter page	\$139	\$155	\$168
Eighth page	\$99	\$116	\$128
Business card	\$65	\$75	\$80

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

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

CLASSIFIED ADVERTISING RATES

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

Put success on your side — call Jim!



Jim Buff CRS
828.771.2310

kw PROFESSIONALS
KELLERWILLIAMS. REALTY
86 Asheland Avenue, Asheville, NC
www.jimbuff.com

RESULTS

27 Botany Dr.....	Pending in 3 days	37 Beechwood Rd	Pending in 2 days
88 Johnny Marlow Rd.....	Pending in 1 day	87 Huntington Drive.....	Pending in 10 days
49 McIntosh Ln.....	Pending in 5 days	1445 Newstock Rd	Pending in 2 days
35 Rolling Oaks Dr	Pending in 2 days	103 Cimarron Drive	Pending in 4 days
38 Folsom Dr.....	Pending in 4 days	93 Stafford Court	Pending in 4 days
994 Riceville Rd.....	Pending in 7 days	2 First Street	Pending in 1 day
234 Brickton Village	Pending in 1 day	39 Tampa Ave	Pending in 1 day
310 Foxhall Rd	Pending in 13 days	131 Vinewood Circle.....	Pending in 7 days



WEAVERVILLE! 4 BR/4.5 BA magnificent home on 31+ acres, year-round views, spacious home, attached gar, full finished bsmt, rec rm, media rm, office & more, 15 mins to downtown, AVL. MLS#3613764, **\$895,000!**



GERTON! 29.43 wooded acres, light & airy home, master on main, huge outside fireplace, beautiful rock porch, attached 2-car carport, HOME WARRANTY, includes separate log cabin, *MLS#3595899, \$850,000!*



ASHEVILLE! Blocks from downtown, extensive renovation, new windows, doors, roof, electrical, plumbing, HVAC & more. One-level living, close to everything, still under construction, *MLS#3588036, \$569,900!*



KENILWORTH! 3BR/2BA green built home, upper deck w/views of Mt. Pisgah, cvred rear patio, close to Kenilworth park, radiant floors w/active & passive heat, chefs kitchen *MLS#359946 455,000!*



NORTH OF ASHEVILLE! Lovely 3BR/2BA home on wonderful 5.16 acres, fantastic great room-great for entertaining family & friends, full bsmt, 2 car garage, sunroom + huge deck, *MLS#3572751 \$429,000!*



EAST BUNCOMBE! Spacious rancher, 4BR/2.5BA on level .33 acre lot, cvred front porch, rear patio, 2 car attached garage, great Black Mountain location! *MLS#3522851, \$329,900!*



FAIRVIEW 3 BR, 2 bath spacious home on private .58 acre lot, 2 car garage, rear back deck, large, walk-out basement, *MLS#3587791 \$320,000!*



EAST ASHEVILLE! 2.62 buildable acres w/ 2 dwellings- could be salvaged or torn down, zoned R-2 perfect for single family or multiple units. *MLS#3614844, \$275,000!*



WAYNESVILLE! Lovely 3BR, 2.5 Bath Townhome, vaulted ceilings, open floor plan, lots of upgrades, blocks from Main Street in Waynesville, *MLS#3623767, \$238,000!*



FAIRVIEW! Wooded .96 acre lot, this private lot would be good for year round living or vacation home, convenient location, *MLS#3431165, \$21,900!*