



YOUR NONPROFIT, COMMUNITY NEWSPAPER SINCE 1997

Hear Ye! Hear Ye!

# The Fairview Town Crier

SEPTEMBER 2022 VOL. 26, No. 9 | FAIRVIEW, NC | [fairviewtowncrier.com](http://fairviewtowncrier.com)  

## JOIN THE CELEBRATION... SATURDAY, OCTOBER 15!

The Fairview Town Crier is celebrating its 25th anniversary, and we have planned an afternoon of merriment to commemorate the occasion. We've loved every minute of the past 25 years and feel the theme "Sweet 25" is befitting.

The festivities will be held outdoors at Root Cause Farm on Joe Jenkins Road on Saturday, October 15, 2-5 pm (rain date the next day, same time and place). Be sure to have a healthy lunch (or bring a picnic), because we'll be offering only sweet edibles for your tummy's enjoyment. The day will be filled with lots of activities, games, contests, magic, balloons, storytelling, music and a silent auction. And many of the *Crier's* contributors from over the years will be there to chat about this and that.

The original, real-life Town Crier will be reading proclamations and hosting a

"Truth or Lie" event, covering news of our community over the past 25 years. But is he telling the truth, or is it an unfounded rumor? The audience gets to decide if the news is real...or fabricated. We'll be testing y'all to see how many of you actually do read the *Crier* cover to cover!

### Free like us, but...

Like the paper, the event is free, so all are welcome to walk about the garden and take in the sights and sounds. Sweet treats, beverages and contests with prizes will have a nominal fee, all payable with "Crier Coins" purchased at entry. Kids will have opportunities to win coins throughout the event, as well. Donations are welcome, as this is also a fundraiser for your non-profit newspaper. The garden staff at Root Cause Farm will provide tours of the garden,



so everyone can learn more about their mission and needs (see article below left) and kids can play in the dirt.

### Celebrating our local artists, artisans and farmers

Our main fundraising will come from locally made art sold in a silent auction. Our

community is overflowing with talented and giving local artists and many of them are right now working on custom artwork for our auction.

Every original work of art (or food) will depict this beautiful place we all call home, such as paintings, collages, pottery, baskets, honey, vinegar, etc.—anything seen or made from things found in the greater Fairview area. Support our auction and you will take home a piece of your community generously created and donated for you to enjoy for years.

**Note:** If you are an artist and haven't heard from us, please get in touch for details. The *Crier* will publish a special section later in the year with a feature spot on each artist participating as our "Thank you!" (Note: Phillip Longwell created the lovely walnut and purple heart wood inlay rack above, which aptly celebrates our friendly bears.)



### How to get involved

Many volunteers are needed to host this large, outdoor event. If you can give your time, we can find a useful task for you, and we guarantee it will be fun.

### Sponsors needed—businesses, church groups, community organizations

Since the *Crier* has always been a non-profit—meaning everyone gets it for free every month—the event will include a variety of sponsor and donation opportunities. We look to our many local businesses and community/church organizations that have both supported the *Crier* and been supported by the *Crier* to step up and help us make this a truly Sweet 25 celebration. We need to procure desserts—all sorts of yummy, gooey, delectable sweets. **Hilltop Ice Cream** will be on hand, so ice cream is covered, and **Americare Pharmacy** will be bringing their popcorn machine. So, cookies, candies, baked goods, and more are needed—store-bought, homemade or we can shop with your donation. Everything must be individually wrapped and commercially (safely) produced.

### For more information on anything

Please contact Sandie Rhodes for more information and to volunteer, offer a donation for the auction or the sweets station or host a fun event to add to the festivities. Let's all come together, outdoors in the slightly brisk fall air, to support the 25th anniversary of your free, useful and hopefully enjoyable local newspaper. **Contact Sandie by text or call at 828-280-8270 or email [sandie@fairviewtowncrier.com](mailto:sandie@fairviewtowncrier.com).**

## Root Cause Farm Wishlist

In addition to materials for scarecrows, Root Cause Farm is also looking for help from and collaboration with the community.



**Equipment** Are you a mechanic who can volunteer to fix the farm's walk-behind tiller? Get in touch!

The farm is also looking for donations of a used (but working) or new walk-behind tiller or—even better—a BCS walk-behind tiller, which can power many attachments, such as for mowing, landscaping, snow removal, and much more.

**Compost and Mulch** Do you not want to drive into Asheville to dump your compost? Shorten your trip and bring it to the farm! They also will take your mulch.

**Volunteering** *Individuals* The farm needs volunteers to help with weeding, bed preparation, sowing cover crops, mulching pathways, harvesting and planting. Get outdoors and get your hands dirty! (Those needing to do community service can also get in touch.)

*Groups* Is your school, club or work group looking to give back to the community? Schedule time to help the farm maintain its main production garden or the Sanctuary Garden, which is a place for people to find peace and rest or to have hard conversations. (You can also contact the staff if you want to use the sanctuary.)

**Grow Your Own** If you don't have access to growing space and/or tools, you can adopt a plot to grow whatever you want however you want, with the farm's support. Plots are available this fall and winter to prepare for spring growing. You'll need to mulch paths, weed beds, and cover beds in compost, a tarp, leaves or a cover crop. You can also plant winter crops such as garlic and onions.

**Business Collaborations and Meeting Space** The farm is looking to connect with local businesses. Perhaps you would like to feature something they grow in something you make and sell. Or if you have other ideas, get in touch!

There is also plenty of space at the farm for you to teach a workshop or class or to hold a business meeting outdoors.

To get in touch with the farm about any of the items listed above, email [community@rootcausefarm.org](mailto:community@rootcausefarm.org) or [garden@rootcausefarm.org](mailto:garden@rootcausefarm.org) or call 276-1156, extension 1. You can also find more info at [rootcausefarm.org](http://rootcausefarm.org).



### And then there's this...

Root Cause Farm uses scarecrows to shoo away wildlife that might eat the garden. Fact is, their scarecrows are looking mighty worn out. We thought this would be a great opportunity to help the garden and create a fun event, so we'll be holding a scarecrow-making contest. Supplies will be on hand, but we are counting on our wonderful community to please bring any old clothing, hats or aprons you may have around to dress up your scarecrow. You can even make a smaller scarecrow to bring home to decorate your own yard for Halloween and Thanksgiving!

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**ACRHS Class of 1982**  
**SEPTEMBER 17. Reunion**, 12–6 pm. In last month's issue, we listed this reunion as taking place in August. We regret the error. At Turgua Brewing, 3131 Cane Creek Rd., Fairview.

**Bethany United Methodist Church**  
**OCTOBER 1 Food for Fairview benefit**, 5:30 pm. High Top Mountain Harmony singing group will perform first, and then a fellowship meal, free for all, will be held. Admission is one or more stable food or paper products. For more info, call 669-7591. 212 Bethany Church Rd.

**Council on Aging**  
**SEPTEMBER 14 Medicare Info Webinar**, 2–3:30 pm, via Zoom. **SEPTEMBER 30 Medicare Info Class**, 2–4 pm, in person, Goodwill, 1616 Patton Ave., Asheville. To register, visit coabc.org or call 277-8288.

**Fairview Area Art League**  
**SEPTEMBER 12 Meeting**, even months at 6:30 pm and odd months at 11 am, every second Monday. Annual membership fee is \$25. For more info, email FaArtLeague@gmail.com or visit facebook.com/fairview-art. Meetings at Re.Imagine. See page 23 for next event. 15 Spivey Lake Dr., Fairview.

**Fairview Seventh-Day Adventist**  
**SEPTEMBER 9 Evangelical Meetings**, 6:30 pm. Meetings start this day and continue every night (except Thursdays) at the same time until October 1. **SEPTEMBER**

**BER 15 Plant-based Cooking Class & Health Lecture**, 6:30 pm. See ad on page 19. For more info, call 222-2042. 57 Cane Creek Circle, Fairview.

**Fairview Town Crier**  
**OCTOBER 15 25th Anniversary Party**, 2–5 pm. See page 1 for details.

**Food for Fairview**  
**MONDAYS Food Pantry**, 3–6 pm. Those needing food assistance and those looking to volunteer to help. (Volunteer shifts run from 1–6 pm.) **TUESDAYS Restocking**, 8:30–10:30 am. Volunteers restock the shelves. For more info, see page 7. Fairview Community Center, 1357 Charlotte Hwy., Fairview.

**Garren Creek Fire Department**  
**SEPTEMBER 8, Board Meeting**, 7 pm. At the main station (10 Flat Creek Rd.). All residents are invited. Masks and social distancing are requested. For more info, call or text Elizabeth Simmonds at 230-3986.

**Keep Fairview Clean**  
**Help Remove Roadside Litter**. Supplies provided. Follow the Facebook group (@keepfairviewclean) for information on cleanup locations, email keepfairviewclean@gmail.com or call 222-3659.

**Root Cause Farm**  
**Volunteer Days**. Sundays, 4–7 pm, Mondays & Thursdays, 8:30 am–12:30 pm. **Share Market**. Sundays, 4:30–6:30 pm. 26 Joe Jenkins Rd., Fairview. rootcausefarm.org.

**Signs for Hope**  
**SEPTEMBER 17 High Tea on the Green fundraiser**. See ad on page 24. 379 Old Charlotte Hwy., Fairview.

**Trinity of Fairview**  
**SEPTEMBER 24 Motors for Missions**. Car, truck, motorcycle and craft show. See ad on page 15. Register via donation. **TUESDAYS Food Pantry** Open Tuesdays, 9 am–12 pm at back of church grounds. For more info, call 628-1188. 646 Concord Rd., Fletcher. trinityoffairview.com.

**WNC Prostate Support Group**  
**SEPTEMBER 6 Free Meeting**, 6:30 pm. Medical professional speakers. First Baptist Church of Asheville, 5 Oak St. and via Zoom. wncprostate@gmail.com or 419-4565.

**COMMUNITY CENTERS**  
**Cane Creek Community Center**  
1370 Cane Creek Road, Fletcher  
**SEPTEMBER 17, Candidate Meet and**

**Greet**, 3–5 pm. Scheduled to attend are Sara Disher Ratliff, Reynolds School Board; Greg Parks, Erwin School Board; Kim Poteat, Enka School Board; Trey McDonald, Sheriff; Robert Pressley, County Commission; Warren Daniel, NC District 46 Senate; Everett Pittillo, NC House District 114; John Anderson, NC Senate District 49; and Pratik Bhakta, NC House District 115. The community is invited to come and meet the candidates. For more info, email promisedfreedom@yahoo.com.

**Spring Mountain Community Center** 807 Old Fort Rd., Fairview  
**SECOND TUESDAYS Quilting Bee**, 10 am–2 pm. Call Kay at 628-7900.  
**OCTOBER 1 Playground Workday**, 9 am. To seal all wooden structures. All volunteers old enough to use a brush are welcome. **Playground will be closed both Saturday and Sunday. OCTOBER 7 Red Cross Blood Drive**, 3–7 pm. **OCTOBER 17 Fish Fry Fundraiser**, 5–7 pm. **OCTOBER 31 Trunk or Treat**, 4–6 pm.

**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, NC.  
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Submissions: Announcements, community news, upcoming events, personal notices, letters, etc. will be published free as space allows. Email clark@fairviewtowncrier.com. For staff directory, contacts and additional information, please visit fairviewtowncrier.com or see page 31.

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# The Brown Mountain Lights

The Brown Mountain Lights of northern Burke County, NC, have been seen for centuries. The balls of light—white, yellow, red, blue and orange—appear to float and glow 15 to 20 feet above the ground and then disappear into the night air a short time later. People who say they have seen them describe them rising slowly and fading away slowly. Sometimes, they expand as they rise and then burst like a soundless firecracker. Visible at distance of up to 15 miles, the lights are most often seen on clear, dry nights in the autumn—but not on every night. They are easier to see after all the leaves are off the trees and on moonless nights.

The lights appeared nightly when the great 1916 flood washed away all the roads and railroad tracks.

### Spontaneous Combustion

Scientists have tried to explain them away for more than 100 years. In 1919, government scientists concluded that the lights came from the spontaneous combustion of marsh gases. The problem with that is that there are no marshes in the area.

Another theory is that the lights come from brush fires, but no one has found remains of those fires. I have never heard of any mountain having experienced a brush fire almost every night for hundreds of years. You would think the mountain

would have been burned to a bald if fires occurred that often.

Some claim the lights are a paranormal phenomenon that has no scientific explanation, but I have never been a fan of the paranormal.

The most common theory is that the lights are from trains and cars in the valley below. The problem here is that the lights were seen for hundreds of years before there were cars and trains. And if trains and cars cause the lights, then why aren't lights seen on all the other mountains in WNC?

### Carrying Torches

The Cherokee and Catawba natives date the lights back to around the year 1200. They claim the site as a major battle between the tribes. The natives said the lights were caused by native women carrying torches as they hunted for their lost sweethearts and husbands.

Tommie Tucker, a resident of Morganton, said he actually touched one of the balls of light on highway 181. He said it felt like he stuck his finger in a light socket.

The Brown Mountain lights are famous. Bluegrass musician Scotty Wiseman wrote a song about them called 'Legend of the Brown Mountain Lights'. National Geographic called Brown Mountain one of the three best places to experience a

natural wonder. Paranormal investigator Joshua Warren has been visiting Brown Mountain since his parents took him there as a kid.

### Buncombe County Lights

My grandfather, Henry Harrison Ingle Sr. (1884–1973), used to tell me about some similar type of lights here in Buncombe County. He was raised near the site of Clyde Erwin High School. His grandfather, A. Anderson Ingle Sr. (1824–1900), and grandmother, Jane A. Hayes Ingle (1829–1898), used to own the land where Erwin High is all the way to Leicester Highway. Bob Ingle told me that when he bought the land for the Ingles store on Leicester Highway (near Erwin High), he was told the land had been part of his family's home place.

My grandfather used to tell me there was a wet place near where he was raised where people could see what he called jack-o'-lantern lights. He said on dark, wet nights that balls or bubbles of lights would come out of the ground. He said they were blue, red, yellow and orange. They were round and about the size of a small wagon wheel. He said they would bounce around in the air a few minutes and then disappear.

I did not become interested in family history until about six months before my

grandfather died, and I sure am glad I got to ask him a lot of questions. His mind was clear as a bell. He was someone who would tell you exactly what he thought and did not care whether anyone liked it or not. My mother and grandmother were always getting on him for telling people exactly what he thought. I remember a big-shot woman came and sang at our church. When she asked grandpa what he thought of her singing, he told her he would rather hear a cow rub her backend on a fence post.

After he died, I visited as many of my grandfather's cousins as I could who were still alive and still had a good mind. None of them ever disagreed with anything he said. All were about as blunt as he was. They all backed him up about the jack-o'-lantern lights that would come out of the ground.

Every square inch of that area has been bulldozed over the last 50 years. I am sure that wet place where the colored lights were seen has been destroyed. But everyone I talked to who was born in the area remembered them.

Bruce Whitaker documents Fairview-area genealogy. To get in touch with him, contact the Crier at [clark@fairviewtowncrier.com](mailto:clark@fairviewtowncrier.com) or 828-771-6983 (call/text).





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## UPDATES

**Book Sale**

October 7, 10 am–5 pm  
October 8, 10 am–2 pm (all items half-price)  
*Hosted by the Friends of Fairview Library.*

**Carside Service**

Park in the carside service spot, give us a call, and we'll be happy to deliver your library materials to your car window.

**Community Room Rental**

The Library Community Room is available for organizations to rent. There is no longer a charge for non-profit organizations; the cost is \$50 for all other organizations. All events must be free to the public. Give us a call if you would like to use the space.

## PROGRAMS FOR KIDS

**Weekly Story Time at the Library**

Every Tuesday at 10:30 am for ages 3–6 years  
Every Thursday at 10:30 am for ages 18 month to 3 years

**Outdoor Story Time**

September 10, 10:30 am (Rain date: Sept. 17)  
Held exclusively outdoors, this story time will be geared to children ages 3 and up and their caregivers.

**Bubble Brigade**

September 3 at 1 pm  
So long, summer! There's nothing like a

fabulous, foamy Bubble Brigade party to end the summer. There will be music, beach balls and lots of foamy fun. Wear clothes and shoes you don't mind getting wet. Everyone is invited.

The foam is bio-degradable, non-staining, non-toxic and hypoallergenic. It does not damage the environment. It is made from sodium lauryl sulfate, glycerol and water. These are the main ingredients used in things like shampoo, dish soap and even toothpaste but without the additional chemicals and perfumes.

*This program is sponsored by the Friends of Fairview Library.*

**CRAFTING AND CREATING  
Take Home Craft Kit: Doves**

To celebrate International Peace Day on September 21, the take-home craft is a paper doily peace dove. Take one doily, do a few folds and a couple of cuts and—voilà!—you've got a dove. Available while supplies last. Recommended for ages: Elementary and up

**In-House Craft Kits:  
Crayon Rubbings**

Join us this month as we make crayon rubbings from things with interesting textures: corrugated cardboard, plastic netting, bubble wrap, embossed paper, etc. Supplies for this project will be out and available for you to work on in the library any time we are open.

## AUTHOR TALK

**George Masa's Wild Vision:  
An Evening with Author Brent Martin**

September 27 6:30 pm

Author, poet and environmental organizer Brent Martin will discuss his new book, *George Masa's Wild Vision: A Japanese Immigrant Imagines Western North Carolina*.

Masa was a self-taught photographer who arrived in Asheville at the turn of the 20th century. His photographs from the '20s and '30s are stunning windows into an era when railroads hauled out the remaining old-growth timber, new roads were blasted into hillsides, and an activist community emerged to fight for a new national park.

In Martin's book, the locations Masa explored are visited, using first-person narratives to contrast, lament, and exalt the condition of the landscape.

*This program is sponsored by the Friends of Fairview Library. Copies of the book will be available for purchase.*



## PROGRAMS FOR ADULTS

**Fairview Online Book Club Returns**

*The Lacuna* by Barbara Kingsolver  
September 20 at 7pm via Zoom

The Fairview Evening Book Club meets via Zoom the third Tuesday of each month at 7 pm.

Email [jaime.mcdowell@buncombe-county.org](mailto:jaime.mcdowell@buncombe-county.org) if you would like more information or would like to attend one of our discussions.

**Future Books**

*Beautiful Ruins* by Jess Walter—October  
*The Naked Don't Fear the Water* by

Matthieu Aikins—November  
*Becoming Mrs. Lewis* by Patti Callahan—December  
*Circe* by Madeline Miller—January  
*The Vanishing Half* by Brit Bennett—February 21  
*Wise Blood* by Flannery O'Connor—March 21  
*Freedom at Midnight* by Larry Collins and Dominique Lapierre—April 18

*Jaime McDowell is the head librarian at Fairview Public Library. She can be reached at [Jaime.McDowell@buncombecounty.org](mailto:Jaime.McDowell@buncombecounty.org).*



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# The Friends of Fairview Library

*Helping to Celebrate and Boost Local Branch*



Some members of the Friends of Fairview Library (from left to right: Ira Sloan, Lina Evans, Marsha Mills, and Frances Johnson and Alan Johnson) stand in front of the book sale section in the library.

**When the Fairview Public Library** opened in 1999, it filled a huge hole in the needs of Fairview-area residents. The population had already been steadily growing, and the upcoming widening of Charlotte Highway promised to bring even more people. Until that year, the closest library to Fairview was in downtown Asheville.

The Internet was still fairly new to many people in 1999, and not everyone had a computer at home. If someone wanted to look something up online or send an email, they could freely access the Web at the library. If local parents were looking to entertain and educate their kids during the day, they could bring them to free reading sessions at the library. If volunteer and community organizations needed a place to meet, the library's public room was available. If a local author or expert wanted to give a talk, the library was a natural meeting spot. And did we mention free access to books, magazines and newspapers? It is a library, after all!

And all of those things are available today, in addition to a whole lot more.

The public libraries are overseen by the county government. Compared to other county services, such as education and public safety, the budget for "cultural and recreational," which includes the library, is small. Of the current \$399.2 million total county budget, 2%, or \$9.9 million, goes to "cultural and recreational." (The library gets \$6.6 million of that.)

So, how does our Fairview library make "a whole lot more" happen? Its budget

certainly has grown over 20 years. But a big reason for the expanded offerings is the Friends of Fairview Library (FOFL), a volunteer group whose goal is to increase funding for materials and programs outside of the library budget.

When FOFL started back in 1999, it raised money to help with the construction of the building and also did all the landscaping. And the group still pays for and does all the landscaping at the library. They raise money in many ways, including memberships and book sales at the library. There are three bookcases full of current books on many subjects (\$1 for hardbacks, 50¢ for softbacks and all kids' books) and four shelves of free CDs, DVDs and books. Their big book sale will take place October 7 and 8 (with all books half price on the latter date).

FOFL raises major funding for landscaping, the Fairview History project, the Children's Early Learning station, adult programs, children's programs (including summer programs), equipment for baby and toddler gym time, summer bingo, the Holiday Giving Tree program (free books for school kids), large-print books and other needs not covered by the library's budget.

Just in September alone, FOFL made possible the Bubble Brigade and Brent Martin's talk on George Masa (see facing page for more information).

Future plans call for more fun, interactive events for the whole family, especially outdoors, and more adult programming.

—Clark Aycock

## Join the Friends!

FOFL is an active group, but is always looking for new members who want to make a difference in the community and bring awareness and support to the library.

Individual (\$20) and business (\$50) memberships are available. (Donations always thankfully accepted.) Membership brochures are available at the library's front desk. Individual members can help gift wrap books at holiday time, provide refreshments for programs, attend business meetings, help with landscaping, and coordinate or assist with events—or let them know how you can help in other ways. Benefits to business sponsors include a decal to display on the window or door to show support for FOFL and inclusion on the sponsor list in the library and on flyers and signs for programs and special events. Community members are encouraged to support the sponsors.

For more information, email [fairviewlibraryfriends@gmail.com](mailto:fairviewlibraryfriends@gmail.com). To join (or donate), make your check out to "Friends of Fairview Library" and mail to 1 Taylor Road, Fairview, NC 28730 or bring it in person to the library.

## Meet a Friend: Betsy Milford

Betsy Milford retired from teaching kindergarten after 26 years at Fairview Elementary School. She has deep roots in the Fairview community and attended the groundbreaking ceremony for the Fairview Library. In 1999, the library was instrumental in educating the Pacolli family, a refugee family from Kosovo that she sponsored. After retirement, Milford did fundraising for The Lord's Acre (now Root Cause Farm) for many years. She was also actively involved with the Welcome Table for 10 years.



Milford became a member of the Friends of Fairview Library about 10 years ago. Her eyes sparkle when asked what she most enjoys about being a member. "I just love libraries," she said. "I firmly believe that books and reading open the world for children and adults. When I was teaching, I created programs that made it possible for students to get their library cards. We did field trips to other libraries, and there was always a special ceremony to celebrate the children receiving their cards. I am also an enthusiastic supporter of the diverse programs offered by the library and supported by the Friends."

Ask any regular participant in the library's programs and they will tell you that Milford is the lady who makes those coffee cakes for refreshments. But even more importantly, she works on FOFL's membership committee to recruit business sponsorships.



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~~was \$37,995~~

**\$35,995**



### 2013 CHEVY EXPRESS G2500 12-PASSENGER VAN

80K miles! Anti-lock Brakes, Aux Audio Input, Cruise Control, Stability Control, Third Row Seating, more!

~~was \$32,995~~

**\$27,995**



### 2019 CHEVROLET COLORADO

35K miles! Anti-lock Brakes, Aux Audio Input, Back-up Camera, Stability Control, Tinted Windows, more!

~~was \$29,995~~

**\$27,995**



### 2013 FORD E350 STEPVAN

48K miles! Anti-lock Brakes, Aux Audio Input, Bluetooth, CD/Changer, Leather Upholstery and more!

**\$34,995**



### 2017 CHEVROLET SILVERADO K1500 LT

52K miles! Anti-theft System, Back-up Camera, Bluetooth, Foglights, Keyless Entry, Tinted Windows, more!

~~was \$37,995~~

**\$34,995**



### 2012 FORD F350 4x4 FLATBED

62K miles! Anti-lock Brakes, Aux Audio Input, CD / Changer, Four Wheel Drive, Leather Upholstery, much more!

~~was \$32,995~~

**\$29,995**



### 2015 FORD TRANSIT T-250

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### 2015 FORD TRANSIT T-150

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**\$30,995**



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# End of Summer Outdoor To-Do List

Hang this list to check off as summer comes to an end. Get organized now so you are ready to take on school projects, bookbags, the onslaught of heavy clothes and all the other projects that come with the change of season.

### Furniture and Garden

- ☐ Clean, and wash lawn and deck furniture
- ☐ Remove and wash cushion covers
- ☐ Rinse, thoroughly dry, and store cushions
- ☐ Wash windows
- ☐ Remove/change seasonal lawn ornaments
- ☐ Rinse, dry, and store tomato cages
- ☐ Trim/remove overgrown plants

### Garden and Potting Tools

- ☐ Remove excess soil, rinse with soapy water, vinegar or bleach, and dry
- ☐ Inspect for rust or damage
- ☐ Store in a dry, shady place away from chemicals
- ☐ Perform routine lawn mower maintenance
- ☐ Review hoses for cracks and leaks; replace if necessary. If in good shape, drain and store
- ☐ Rinse dirty buckets, dry and store

### Pool

- ☐ Clean, dry, and store coolers
- ☐ Inspect pool toys for leaks and discard if not repairable. Clean with vinegar or bleach and water. Make sure they are completely dry before storing
- ☐ Examine beach towels; donate to animal shelters if worn

### Barbecue Grill

- ☐ Use a grill brush to thoroughly scrub grates. Google which solution to use.
- ☐ Use a stainless steel cleaner on the exterior
- ☐ Inspect and, if necessary, change drip tray
- ☐ Clean or replace grill cover

### Car

- ☐ Clean out trunk
- ☐ Remove everything, including clothes, trash, umbrellas, towels, etc.
- ☐ Vacuum
- ☐ Purchase box or organizer to prevent items from sliding and to store like items together.

### Garage Maintenance

- ☐ Sweep floor
- ☐ Put tools back in proper storage area
- ☐ Add hooks and shelves to store items that are currently on the ground
- ☐ Clean surfaces

Your garage is the largest and most ignored outdoor storage area of your house. It can be a huge project if you decide to tackle the entire garage. Don't do this alone. You also might need to break this job up over a few days, especially if you decide to review, purge and reorganize all of the shelves.

Diana Soll is a Certified Professional Organizer living in Fairview. For more information, you can email her at [diana@grandsolutions.net](mailto:diana@grandsolutions.net).

# Thresholds

The pantry recently received a call from a household with one person with income over the threshold. But there is still hope, as guidelines are revised in September. When those new guidelines are released, we will publish them in the Crier and, if that person's income has not increased, they should be eligible. The chart below shows the current guidelines.

This month's article is also a thank you. The pantry just completed its spring donation drive, and we want to extend thanks to all our generous donors. The pantry has many donors who contribute monthly, and we so appreciate their support. One church raises funds. Another has an every-other-week food drive and delivers donations in a full pickup truck. Still another donates financially to the pantry monthly. The pantry is very thankful for all the local support to assist the food-deficient of Fairview.

A thank you also goes to all the volunteers who donate their time to the pantry (and everyone involved is a volunteer). Last month, volunteer shifts ran from approximately 1 to 6 pm on Mondays, so the pantry could be open from 3:30 to 6 in the afternoon. The volunteers were back in the pantry Tuesday mornings from 8:30 to approximately 10:30 to restock the shelves with the items ordered from MANNA Foodbank and process the Emergency Food Assistance Program (TEFAP) delivery. The

## TEFAP Eligibility

Effective to 9/30/22

HOUSE-HOLD SIZE	PER YEAR	PER MONTH	PER WEEK
1	\$25,776	\$2,148	\$496
2	\$34,848	\$2,904	\$670
3	\$43,920	\$3,660	\$845
4	\$53,016	\$4,418	\$1,020
5	\$62,088	\$5,174	\$1,194
6	\$71,160	\$5,930	\$1,368
7	\$80,256	\$6,688	\$1,543
8	\$89,328	\$7,444	\$1,718

per each additional family member		
+\$9,096	+\$758	+\$175

volunteers then repackaged the TEFAP dry goods that came into the pantry in bulk so they could be distributed to the client families of the pantry.

The pantry now has three donation collection radio flyer wagons on Charlotte Highway: First Bank at 5 Olde Eastwood Village Boulevard, Asheville; Americare Pharmacy at 1356 Charlotte Highway, Fairview; and Re. Imagine Gallery & Studios, 15 Spivey Drive in Fairview (Friday through Sunday).

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](http://foodforfairview.org).

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2022

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\*The nomination period for the Out Of This World Educator Awards opens Monday, August 15 and closes Sunday, September 18. See awards terms and conditions for more details. Equal Housing Lender | Member FDIC.

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# KNEE PAIN? SHOULDER PAIN? FOOT PAIN? HIP PAIN?

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### DELAY OR AVOID KNEE OR HIP REPLACEMENT, BURSITIS/TENDONITIS, ITB SYNDROME

Since Dr. Reilly has been treating me, the pain I felt in my knee is gone. I wasn't able to straighten or bend my leg for any length of time. The Class 4 Laser Treatments and Graston Therapy has worked wonders. Within two weeks of starting treatment, I have more freedom of movement and less pain. -Kathy R.



### RELIEF FOR PLANTAR FASCIITIS, HEEL SPURS, SHIN SPLINTS, ACHILLES TENDONITIS

I have hip pain that got worse from driving for almost ten years. I tried Celebrex®, ibuprofen, physical therapy and other chiropractic treatments. Dr. Reilly has helped me quite a bit more than medical doctors, physical therapists or chiropractors. -Fred S.



### ROTATOR CUFF PAIN, FROZEN SHOULDER, SHOULDER BURSITIS, TENDONITIS RELIEF

When I started to experience a shoulder problem, it began gradually and eventually I couldn't lift my arm above my head. I was in constant pain and in an attempt to avoid surgery, I came to Dr. Reilly. He used the Graston technique and Class 4 laser. I felt relief after the first treatment. I 100% recommend trying this treatment before considering surgery. -Randy B.



*"Sometimes I forget I even have a problem"*

### FROM HAPPY PATIENTS



"I was told I needed an immediate knee replacement. I was desperate to avoid that surgery. The first treatment gave relief

to knee pain as well as back and elbows! By one month swelling was down in the mornings. I continue the daily at-home treatment and exercise as Dr. Reilly instructed. My life is back to normal." —Lynda G

'I came to Dr. Reilly with a foot problem no one else could fix. He diagnosed me with plantar fasciitis and a heel spur. He immediately started me on Graston and Laser therapies. In just a week or so it helped after looking for a fix for two years! —Mark H.



*"I was released after  
3 treatments with  
no symptoms"*



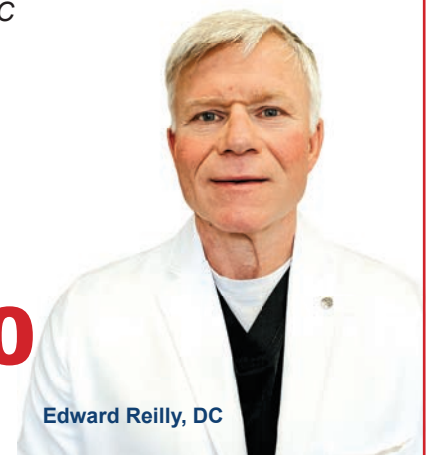
"I came to Dr. Reilly with a chronic shoulder problem that was interfering with my workout. He recommended the Graston technique and laser. After the first treatment, I felt better. I was aware that it was helping immediately. I was released after three treatments, with no

residual symptoms." —RC



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Edward Reilly, DC



# Cooling Temps, Hurricane Season, and the History of Lightning

A feature of September weather is the “end” of the summer. Actually, meteorological summer—which is defined by the three warmest months of the year: June, July and August—has already ended. The amount of solar radiation, hence the length of day, starts out at 12 hours 54 minutes on the first of the month and is down to 11 hours 50 minutes by month’s end, a decrease of an hour or so of daylight. The temperatures also show a marked decrease, with normal high and low temperatures starting out at 80 and 60 and dropping to almost 72 and 50 by the end of the month.

The official hurricane season for the Atlantic Basin (the Atlantic Ocean, the Caribbean Sea, and the Gulf of Mexico) is from June 1 to November 30. The peak of the season is from mid-August to late October, with the highest occurrence of storms around September 10. However, deadly hurricanes can occur anytime in the season. As stated last month, it’s not how many storms you have but how many make landfall. Tropical cyclones have affected North Carolina in every month between May and December. About 35 percent of the storms struck the state in September, and 80 percent affected the state between August and October. NOAA’s National Hurricane Center (nhc.noaa.gov) is the organization responsible

## QUESTION of the MONTH

**How much water is contained in the average summertime cumulus cloud?**

*Find the answer in October’s Weather Wonder!*

for keeping us all informed.

Our dry June was followed by abundant moisture in July and August. This was mainly due to the action of summer thunderstorm activity. An estimated 2,000 thunderstorms are in progress at any given moment somewhere on the earth—around 44,000 per day and 16 million per year. Lightning strikes the earth approximately 100 times per second. A summer thunderstorm can bring a gully washer of several inches of rain to one side of town while areas close by get little or nothing, depending on the size and movement of the storm. A thunderstorm with a diameter of three miles contains approximately 500,000 tons of water, and its potential energy equals 10 atomic bombs.

The lightning and thunder generated by storms have always aroused fear and curiosity, and appear frequently in many myths and legends of ancient civilizations. One of the most picturesque beliefs

of medieval Europe, which lasted until the recent past, was that the presence of a bell protected against lightning, and its chime repelled them. It so happens that in most villages, the church or chapel was the tallest building, and the belfry that housed the bell was very exposed to lightning.

The bell, for this reason, actually protected the village, as it received most of the lightning strikes, but the belief that these were repelled by the tolling of the bells ended up victimizing hundreds of unsuspecting monks. This belief was so ingrained that many bells bore an engraving on their bodies with the following phrase, in Latin: *Vivos voco, mortuos plango, fulgura frango*. The phrase means:

I summon the living, I mourn the dead, I break the lightning. It’s a nice motto, but it has little basis in fact. In any given year, between 100 to 300 people in the US are killed by lightning and 1,500 are injured. Fatalities from lightning usually, but not always, exceed those from tornadoes, hurricanes and floods combined. For more on weather safety, see NOAA’s Safety page for information at [weather.gov/safety](http://weather.gov/safety).



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

## WEATHER WONDER

### Have we ever had temperatures at or below freezing on a September morning?

By early September, we have had many months of summer weather, and the idea of a cold snap or a return to frosty temperatures then followed by winter still seems far away. However, in September, temperatures can dip quite low, especially as we lose some of that solar heating of mid-summer. In fact, record lows were in the 40s in the first half of the month and then dropped into the 30s by month’s end. The record low for September occurred on the 30th in 1967, when the temperature dipped to 30.

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**REDUCED BY \$25K 3.26 ACRES** on Top of the World! Spectacular views, overlooking Reynolds, East Asheville! Close up views of Cedar Cliff Mountain. Site Evaluation for 4 BR home. Call Allen 828-329-8400. **\$150K**

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Now is the time to prepare your home for sale. Small projects can bring more money for your home. Call one of our expert agents today to find out what you should do to be ready to sell now! **CALL TODAY! 628-3088**

### UNDER CONTRACT



**GARREN CREEK ROAD** 3bed/2bath 1,800sq ft 3.01 acres. Beautiful well maintained one-level living with open floor plan on 3.01 acres. **\$500,000 UNDER CONTRACT WITHIN 8 DAYS.**

### NEW LISTING



**FAIRVIEW** 29+ acres 3BR/2BA. Cottage hidden in landscaped gardens. Mix of quaint w/ modern amenities. Cleared, level, mtn view. Property could be multifam or comm w/ zoning change. **\$1.95M**

### NEW LISTING!



**FLETCHER**.52 acres 2BR/1.5BA 1987 single wide. Nice mobile home on 1/2 acre. Open floor plan with bedrooms on each side of home. Level property. **\$150,000**

### 14 ACRES!



**PRIVATE LOG LODGE ESTATE** in Cane Creek Valley. Wraparound covered porch on 3 sides w/ open deck in rear, creek w/falls. 2 car gar w/ apt above & private deck. Call Allen (828) 329-8400. **\$1.95M**

### NEW LISTING



**CANTON** 3BR/1BA Full basement. Fenced-in backyard. Cozy cottage built 1954 on .17 acres. Close to shopping and restaurants. Call Sophia 828-691-0311 **\$240,000**

### NEW LISTING



**GROUSE TERRACE, FAIRVIEW** 72 acres. Ideal property for a very private homesite, nestled in lush woods with spectacular view potential. **\$100K**



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**UNDER CONTRACT** with Sara McGee  
\$475,000 | MLS ID 3884596

## ACTIVE LISTINGS

### Asheville



3 BR | 4 BA | 2,645 SF

600 Old Toll Road  
\$1,250,000 | MLS 3859813

### Asheville



**UNDER CONTRACT**

3 BR | 2 BA | 1,656 SF

2405 Riceville Road  
\$595,442 | MLS 3881872

### Old Fort



3 BR | 4 BA | 1705 SF

140 Longview Lane  
\$594,000 | MLS 3891844

## FAIRVIEW REAL ESTATE JUNE 2022

LISTING PRICE	NUMBER SOLD	AVERAGE SALE PRICE	AVERAGE DAYS ON MKT	AVERAGE % LIST-SALE PRICE
UNDER \$300K	1	\$190K	39	100
\$300K-599K	6	\$478K	9.6	104.13
\$600K-899K	2	\$655K	14.5	83.25
\$900+	1	\$1.795M	12	100

Data is sourced from Canopy MLS and compiled by Greybeard Realty Broker Sara McGee.

## Agent Spotlight ALI WHITMAN



“

Ali was wonderful to work with. Always friendly, quick to respond, very informative, and helpful. We would definitely recommend her to everyone! Great experience!

—Megan and Joey.

”

### CONTACT ALI TODAY!

828-768-2545 | ali@greybeardrealty.com



Buffet (n.): A French word for ‘get it yourself’

You can tell an ant's gender by  
putting it in water.  
If it sinks, girl ant  
If it floats, buoyant.

Yesterday I saw a guy spill all his  
Scrabble letters on the road.  
I asked him, “What’s the word on  
the street?”

“The only place success  
comes before work is in  
the dictionary.”  
—Vince Lombardi

Dear Optimist, Pessimist  
and Realist,  
While you guys were busy arguing  
about the glass of water, I drank it!  
Sincerely, The Opportunist  
Q: When is a door no longer  
a door?  
A: When it's ajar.

“I always wanted to be  
somebody, but now I realize  
I should have been  
more specific.”  
—Lily Tomlin

Sarah Koors:  
A man on a park bench is talking to a  
woman, admiring the dog at her feet.  
Man: Does your dog bite?  
Woman: No.  
The man pats the dog and is bitten.  
Man: You said your dog didn't bite!  
Woman: It's not my dog.  
A guy tells his friend that he and his wife  
had a serious argument the night before.  
“But it ended when she came crawling to  
me on her hands and knees.”  
“What did she say?” asked the friend.  
The husband replies, “She said, ‘Come  
out from under that bed, you coward!’”  
Blaine Greenfield is  
publisher of the BLAINES  
WORLD blog and host of a  
podcast with the same  
name. Send items for  
possible inclusion in a future  
issue to bginbc@aol.com.



Tech Tips for September

As AI (artificial intelligence) is used  
more and more on the internet,  
here is an interesting use: trans-  
lating jargon into more understandable  
English. There is an extension Chrome  
titled Jargon. It appears to have a “limited  
free trial offer” —no indication if or when  
that will change. Visit explainjargon.com.  
If you like to choose a book by reading the  
first page, try recommendmeabook.com. It  
gives you a random first page, and if you like  
it, you can click to reveal the title and author.  
Screen protectors and MacBooks don't  
really play well together. The screens have an  
invisible anti-glare coating that will likely be  
damaged if you try to peel off the protector.  
Also, many of the glass screen protectors are  
too thick, preventing you from fully closing  
the lid. And depending on the thickness of  
a keyboard cover or protector, you might be  
leaving marks on your screen.  
It seems like Microsoft is tired of their  
Windows 10 forever, already broken with  
Windows 11. They have strongly hinted that  
they will be returning to releasing a major  
new version every three years or so. So,  
Windows 12 in the fall of 2024?  
I hope that anyone using Amazon Drive  
has learned that the service is closing by the  
end of 2023. You do have alternatives—for  
example, Amazon Photos. Prime members  
get free photo storage, and non-Prime  
members can store up to 5 GB of photos.  
Find webcams, some with music, others

with live ambient sound at montereybaya-  
quarium.org/animals/live-cams.  
Find the most notable person at a specific  
place on the globe at tjukanovt.github.  
io/notable-people, with data pulled from  
Wikipedia and Wikidata.  
Old laptops and over 400 different  
systems are now officially supported to run  
ChromeOS Flex, converting old hardware  
into, essentially, Chromebooks. This might  
be the best way to “make” a cheap travel  
laptop out of an older laptop. You can even  
run ChromeOS Flex from a USB installer  
stick to see if you like it before you install  
it. You can get more info at chromeenter-  
prise.google/os/chromeosflex.  
If you haven't tried text-to-speech on  
your smartphone, you may be surprised to  
learn that you can have many things read to  
you out loud. I wish both iOS and Android  
didn't bury that accessibility feature so well,  
as it is a wonderful way to have articles and  
books read to you when the audio version  
isn't there. It will sound mechanical, but you  
may find it useful. The iOS and Android  
have different instructions, so Google to  
find out how to get to it on your phone.



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Whitney Emrick, Services Coordinator

“I am a native of Charleston, SC and have been in the Asheville area for about six years. I graduated from the University of South Carolina with a BA in Psychology and Master's in Social Work. I feel very blessed to help aging adults/family members navigate resources to have more fulfilling lives.

I am passionate about supporting others, easing worries and being a positive influence in the community. In my free time I enjoy hiking, dancing, yoga, crafting with dried flowers or spending time with my husband and our two cats.”

Special thanks to a gift from the estate of Edwina Varner to the Foundation through Mercy UrgentCare to aid the elderly and homebound in the Fairview Community

Follow us! facebook.com/coabc

For more information  
Call 828-277-8288 or visit coabc.org

THE FAIRVIEW TOWN CRIER September 2022 | 11



# Monkeypox Explained

**D**o you have bumps on your arm? A rash? Not sure if you have monkeypox? Let's learn more about this virus and how to distinguish it from other rashes or bumps.

Monkeypox is from the same family of viruses as smallpox and is a viral zoonotic disease, meaning the transmission can move between species (human to animal or vice versa). The CDC reports that the first case in humans occurred in 1970. There are two types of monkeypox, West African and Congo Basin. In 2022, the case reports have only been the West African type.

### Signs and Symptoms

People with monkeypox may present with a rash that will look different depending the stage. Symptoms include fever, chills, swollen lymph nodes, exhaustion, headache, sore throat, nasal congestion, or cough. A standout clinical sign is often a rash comprised of pimples or blisters. These can look different during the various stages. The lesions can be painful until they are in the final stage of a scab.

### Stages of Monkeypox:

- **Enanthem.** First sign of lesions or bumps, after the incubation period (anywhere from three to 17 days), in which a person did not have any symptoms but had contact with another person with monkeypox.

- **Macules.** Flat lesions begin to appear and stay in this stage for one to two days.
- **Papules.** Lesions go from flat to raised and stay in this stage for one to two days.
- **Vesicles.** Lesions start to fill with a clear fluid and stay in this stage for one to two days.
- **Pustules.** Clear fluid in the lesions starts to change to a cloudy, non-transparent color, then becomes firm, and eventually will look like a crater with a lower center. This stage lasts for five to seven days.
- **Scabs.** The pustules will begin to crust over and will start to fall off over the course of two weeks.

### How Do I Get It?

Monkeypox can transfer when a person comes into contact with the rash, scab or fluid of a person with monkeypox. This can happen during skin-to-skin contact including hugging, kissing or sex. A scab can still spread the virus. A patient can spread the virus until a new layer of skin has formed. If you are diagnosed with monkeypox, it is recommended to isolate until the scabs have disappeared.

### Should I Get Tested?

If you have a new rash or unexplained lesions, avoid contact with others, including pets, until you are able to see a healthcare provider. If you have been

## Meet Monkeypox

In May 2022 new cases of a rare infection, typically limited to Africa, began spreading within Europe and North America. Known as **monkeypox**, this infection is a milder form of smallpox that has seen a gradual increase in cases over the last decade.

Here, we explain what's currently known about monkeypox.

### What is it?

Monkeypox is a rare disease caused by infection from the **monkeypox virus**. It is characterized by the following symptoms:

**Swollen Lymph Nodes**  
This is a key symptom that distinguishes monkeypox from other pox diseases.

**Muscle Aches**

**Fever**

**Headache**

**Rash**  
Within 1-3 days after fever, monkeypox is characterized by a rash of pustules that begin on the face and spread to other regions of the body.

**pustule**  
an engorged section of skin filled with pus

VISUAL CAPITALIST [visualcapitalist.com/explainer-what-to-know-about-monkeypox/](https://visualcapitalist.com/explainer-what-to-know-about-monkeypox/)

in contact with an individual who has monkeypox, please contact a healthcare provider so they can help you decide about next steps.

### Can I Get Vaccinated?

Currently, two vaccines that were developed for smallpox have been approved to prevent monkeypox. The vaccines are only recommended for people who have been in contact with someone with monkeypox or people who have been in contact with a sexual partner who has been diagnosed with monkeypox in the last two weeks. Ask your healthcare provider if you think you may be eligible for a vaccine.

### Am I at Risk If I Get It?

People with a weakened immune system,

children under 8, people with a history of eczema, and people who are pregnant or breastfeeding are at higher risk of becoming seriously ill. There is less than a 1% fatality rate with the West African type of monkeypox. Typically symptoms last two to four weeks.

Cases continue to rise in the United States. As of August 10, nearly 1,400 cases had been reported. If you have any concerns about monkeypox, call your local healthcare provider for an appointment.

*Olivia Caron, PharmD, BCACP, CPP, is a clinical pharmacist who works with chronic disease management, including substance use, hepatitis C, diabetes, and more. She works at MAHEC Family Health Center at Cane Creek.*

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**30 ACRES ON 5 LANE HWY 74A**, water, sewer, gas, electric, cable w adorable cottage & acres of gardens **\$1,950,000** MLS# 388748

**10 ACRES ON 5 LANE HWY 74A**, 900' on Hwy74A, 60' on Cedar Mountain Rd, 300' on Atherton. Water, sewer, gas, electric, cable on property, 3 miles to I-40. Commercial or multi-family w zoning variance. **\$950,000.** MLS# 3644935.

**THE CROSSINGS AT CANE CREEK**, .67 acre lot in gated community. Booming of area of exclusive new homes. Community spaces w playgrounds, gazebos & trout fishing Cane Creek. **\$98,000.** MLS# 3868520.



# Mind Your Feet to Stand Up Straight

**H**ow many of you have come home from work to complain of how bad your feet, knees and back ache?

Posture communicates plenty, but what posture communicates about your health is one of the most important things you should be aware of. And science tell us that when it comes to posture, we should worry about our feet.

The first physical therapy song, "Head, shoulders, knees, and toes," taught children that everything should be in alignment. Poor posture of a forward head, rounded shoulders and a slumped back can have a dramatic effect on muscles and ligaments, increasing pain throughout the upper body and even causing difficulty with breathing. Poor alignment in the hips, knees and ankles can lead to lower body pain. Poor posture is typically caused by an imbalance of strength and tightness in muscles, and the muscles in your feet play a critical role.

## The Orthotics Option

Since our feet carry all of our weight, we may develop different foot conditions. And orthotics might be the solution. Wearing orthotics can have a tremendously positive impact on good posture, due to how the feet absorb and distribute weight impacts from the rest of the body. Often seen as just a solution for heel pain, orthotics can also be used as a simple at-home solution for improving

posture by correcting gait abnormalities, improving balance and foot alignment, and distributing weight more effectively.

Every time you run, walk, jump or stand, a great amount of strain is placed on the heel and arch of the foot. Over time, as the body tries to compensate for this strain and pain, gait abnormalities can develop that result in poor posture.

Often, people do not realize that walking on the inside or outside of their foot impacts their posture. Pronation of the foot is walking on the inside of your foot, causing the arch to flatten excessively. Pronation is associated with increased incidences of plantar fasciitis, heel pain and genu valgum (knock-knees). If the foot is pronated during walking, the individual may be trying to adjust for a leg length discrepancy; shortening the leg to even out the pelvis and decrease low back pain.

Supination of the foot is walking on the outside of your foot. Supination is associated with genu varum (bow-leggedness). Supination may be an attempt to lengthen a leg if there is a leg length discrepancy. Orthotics can help adjust the length of the leg by using different insole thicknesses and can also be adjusted to correct foot malalignment.

Since orthotics help lift the arch to an optimal height and cushion the heel, the feet (and therefore the ankles, legs, hips, etc.) are balanced, which can improve

poor posture. Orthotics cushion and support the arch, and your body is able to effectively distribute and bear the weight of walking, running and jumping. When your arch is able to do its job effectively, you'll feel fewer aches and strains in your hips, back and legs.

## Consider Your Whole Body

For postural correction, it is important to consider every aspect of your body, from the position of your feet to the tilt of your head, even while sitting and standing. When sitting, keep both feet flat on the ground, or use a stool if your feet don't reach. Your knees should be at a 90-degree angle and rest right above the ankles. Your back and hips should be against the chair and shaped with lumbar support. Your neck should also be supported and your shoulders should be relaxed, with the shoulder blades pulled across and down the back. If using a computer, keep your forearms parallel to the floor and place the computer screen slightly above eye level to avoid tipping the head forward. Your posture while standing should look like a straight line from the ankle to the hip to the shoulder. Slightly bend your knees to prevent cutting off circulation to the legs, and hold the weight of your body mostly on the balls of your feet if standing in one position for an extensive amount of time. Your feet should also be about shoulder-width apart. Engage your core to protect your back, lift your

chest, and pull your shoulder blades back.

Another great way to improve your posture from the feet up is by using simple stretches to make sure that your muscles and tendons are not too tight. Taking a few minutes every day to stretch your calves, plantar fascia and other muscles and tendons in your feet and legs can make a world of difference. When your muscles are limber, you'll avoid a situation where one group of muscles is pulling another forward or backward subtly, throwing off your stride.

As your overall posture improves, don't neglect the posture of your feet. Improving your overall posture is hard to do when your feet are not in the correct position. As you properly support your feet and stretch your muscles, you should find that your feet align more properly, and that physical activity becomes more comfortable as well. By correcting your posture from the feet up, not only will you look better, but you'll feel better and avoid future injuries.



Allison Fender is the co-owner of Unified Therapies, 145 Charlotte Hwy, Suite 40, Asheville. She has a Doctorate of Science in Physical Therapy with a concentration in

Neurology. Visit [unifiedtherapies.com](http://unifiedtherapies.com) or call 414-2368.

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# Helping Deaf People Communicate Fully

by Becky Lloyd

*Note: My use of deaf, with a lower case “d,” denotes the audiological loss of hearing. This encompasses all those with hearing loss, whatever level, who are limited in their communication within the speaking and hearing world without assistance. Deaf, with an upper case “D,” refers to the world’s population who use sign language as their chosen mode of communication or would if given the opportunity to be exposed to it.*

Is American Sign Language (ASL) universal? This is a question we are asked repeatedly in The Signs for Hope Marketplace. The answer is that ASL is not a universal language.

Humans are all born with an innate desire to communicate with one another through language. Language acquisition actually begins in utero. The research that surrounds this discovery is fascinating. In fact, Gallaudet University, the only liberal arts college for the Deaf, offers a course entitled “Learning Language by Eye or by Ear” created by Dr. Deborah Chen-Pichler. What ears do for learning language in utero, the eyes and vibrations do for learning sign language following birth.

Sign languages can and do emerge naturally among multiple deaf children if they are granted enough time together. The most notable occurrence of this took place in the late 1970s and early ’80s in Managua, Nicaragua. Hundreds of deaf children were placed in two “special needs” vocational schools with very limited resources. The plan was to teach the deaf students written Spanish and lipreading to communicate with their hearing families. Historically and unfortunately, this is the hearing world’s most common thinking and their best solution for a child’s deafness. Instead, the students began creating their own language with their hands and bodies to communicate with each other, and Nicaraguan Sign Language was birthed.

Sign systems, not sign languages, are most often taught by well-meaning hearing people to deaf people, young and old, usually in a classroom-like setting. These sign systems are created to represent the native spoken/written/read language of the majority hearing culture around them. When sign systems are taught in place of a true sign language, the visual,

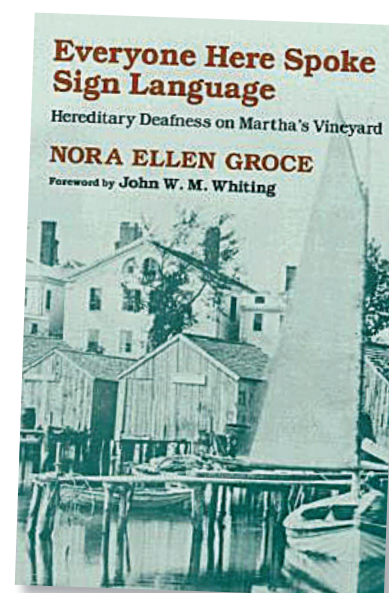
gestural qualities of a true sign language are jeopardized, thus limiting the majority of a learner’s full comprehension of what is being communicated, especially when daily interactions with Deaf folks outside of the classroom are minimal to non-existent. Natural emerging sign languages incorporate the visual representations of things occurring in the environment, often replicating what something looks like and/or how it functions.

This is one reason why The Signs for Hope Marketplace’s resources for sale for learning ASL are so limited. Trying to learn sign language from a book is like trying to smell a rose through the Internet. Language learning must involve people—and preferably people in the flesh. Keep in mind when searching for ways to learn ASL, the language learned from another will match the level of that person’s language.

When a child or adult is not allowed intentionally or unintentionally to be exposed to a full language, it is called language deprivation. The impact of language deprivation encompasses the whole person, especially the emotional and social aspects, as you might imagine. The research and study surrounding language deprivation and its impact are still in the early stages. The tools and strategies for possibly reversing the life-long implications of language deprivation have yet to emerge. I know of none, outside of Signs for Hope, even in process.

ASL has evolved from a rich and diverse history over the past 200 years. Most would assume, since this country was mainly colonized by the British in the 1600s, our sign language would have been directly influenced by British Sign Language (BSL). ASL, however, has its roots in French Sign Language, beginning in the early 1800s. Dr. Thomas Hopkins Gallaudet convinced a highly skilled Laurent Clerc, a Deaf professor teaching Deaf students in France, to accompany

him back to America to establish the first school for the Deaf here. The American School for the Deaf, the first public free school in the US for the Deaf, was established in 1817 in Hartford, Connecticut and is still educating Deaf students.



Other influences on the development of ASL include the homemade signs deaf children brought with them to school, Native American signs and Martha’s Vineyard Sign Language (MVSL). MVSL was created between the 18th century and 1950, when an entire village, Chilmark, devised their own sign language to communicate with one another since their Deaf population was so high. In one area, Squibnocket, 25% of the population was Deaf.

Research conducted by William Stokoe, a professor at Gallaudet University, in the 1960s accredited ASL as satisfying all the necessary requirements by linguists for being a complete language, separate from English, with its own grammatical structure, morphology and syntax. This means ASL is on the same level as all spoken languages around the world.

There is a Universal Sign Language



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(USL) more recently created mostly for international conferences of the Deaf, but very few Deaf folks in their native countries learn USL for their everyday life communication. As a matter of fact, more Deaf folks around the globe have never been exposed to sign language than those who have. To help think about this realistically, it might be similar to thinking about the number of hearing folks around the globe who still cannot read or write their spoken language even semi-fluently.

More than 95% of deaf children are born into hearing families. It is also sad, but true, that fewer than 10% of immediate hearing family members learn sign language to communicate with their Deaf family member. This statistic comes from Deaf schools, where hearing families have accepted that their deaf child will grow up using a different language and ascribe to a different culture than theirs. I am part of that above statistic. I have had nine Deaf family members spread across three generations, beginning with my maternal grandparent's generation. I did not learn to communicate in sign with them as a child or even as a young adult. When God called me back to school in 2000, I learned ASL in the classroom, as well as in the Deaf world, and have thankfully had wonderful, effortless conversations in sign with my Deaf family members who are still alive.

To date, according to the World Federation of the Deaf, only 71 countries across the globe have officially recognized



the right of their Deaf populations to learn and be granted access to their hearing world through their indigenous sign language. And the United States is not one of those 71. While that number does represent progress, the sad truth remains that the resources for actually providing sign language exposure in an immersion-like setting, replicating the natural environment where hearing children learn spoken language, remains non-existent for deaf children and their hearing families.

Signs for Hope maintains hope—it's in our name!—and envisions that reality will change. We are committed to creating an immersion-type setting for families with Deaf children, whether birthed or adopted, and granting them the opportunity to

learn ASL together in an actual home environment. We are continually keeping our eyes and hearts open to whomever might help us find and secure an available home ready to transform into this vision or property on which to build anew with everything structured to meet the needs of these families.

The ASL Home we have designed incorporates Universal Design and Deaf Space-friendly features, granting full access and equity for all. This ASL home would be an addition to those resources I have shared with you in the Fairview Town Crier in previous articles that we already provide to families we serve (Trust-based Relational Intervention and Executive Function Skills training), which will help

to minimize and reverse the effects of early childhood developmental trauma, which encompasses language deprivation, as soon as possible.

Signs for Hope is involved in these resources with our partners, the Karyn Purvis Institute of Child Development (at Texas Christian University) and Gallaudet University. This is pioneer work at its finest, and we are humbled and honored to be a part of it.

Becky Lloyd is the founder of Signs for Hope and the owner of the Signs for Hope Global Marketplace. 379 Old Charlotte Highway, Fairview. For more information, go to [facebook.com/SignsforHopeMarketplace](https://facebook.com/SignsforHopeMarketplace) or call 222-2180.

American Sign Language has evolved from a rich and diverse history over the past 200 years. Surprisingly, its roots are not British but in French Sign Language.



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# Simon Gurdal: a Full and Eventful Life

“Never!” the 95-(and a half)-year-old photographer said when asked about his employment at the *Fairview Town Crier*. “I was just a volunteer.” He laughed heartily and shrugged his shoulders, his hands open as if offering a gift.

Simon Gurdal and his wife, Gilberte (Gil), found Fairview somewhat by accident. Nearing retirement, they were traveling from their home in New York to visit friends in Florida and decided to take the back roads. Gurdal remembers reaching WNC. “My God, it’s beautiful!” I said to Gil. “Look at these mountains!” Following that first stopover, they visited multiple times before moving to Joe Jenkins Road in Fairview nearly 30 years ago. Right away, Gurdal began taking photos and offering them to the *Crier* for publication.

“It has been my hobby since 13 or 14 years old. My father gave me the first camera,” he paused, then snapped his fingers, remembering. “A Brownie, it was called.” Though he hasn’t lived in Belgium, the country of his birth, since 1961 when he emigrated to Canada, Gurdal’s lovely native accent still highlights his speech.

## Prize Winners

“Ah, you know, you learn by yourself, you take lots of pictures,” he said. And, according to Gurdal, you join your local camera club. “When I moved to a new city, I asked, ‘Do they have a camera club?’ If they say yes, then Simon is there!” When he lived in New York, for example, Gurdal belonged to multiple camera clubs. Members shared tips and advice, helping each other fine-tune the craft. They also held contests. “Ah, and I won a few prizes myself,” Gurdal nodded, smiling. “It was an honor to win,” he said, a faint blush on his cheeks. “We had some prestigious judges—from the *New York Times*, even.”



Above: Gilberte (Gil) and Simon both worked for airlines and still have with their original caps from, respectively, Iberia and Sabena (the former national airline of Belgium).

Right: Simon, home from the war after Belgium was liberated, with Annie, the little girl his parents hid during the Nazi occupation.



These days, camera clubs are hard to find. “You know what killed the camera club?” he asked, then answered his question. “The iPhone. Now everyone is a photographer.” He has a point. But even in this age of 24/7 photo documentation of daily life, few have been as proficient as him in documenting the community.

## A Life in Snapshots

Still, as remarkable as his photography is, it is the snapshots of Gurdal’s full and eventful life that captivate listeners who lean in to hear more. From hiding from the Gestapo, to serving in the Belgian Brigade of the British army during World War II, to meeting his beloved Gil on a cargo ship when they both traveled from

Belgium to Montreal, Gurdal moves seamlessly from one story to the next.

“My mother was fantastic,” he remembered. “She spoke six languages.” Gurdal’s parents, astute and clever, kept both him and his older sister from being forced to work in German factories. “They sent me to a farm, my godmother’s farm—oh, was that some hard work. You better believe it! I’ve never worked so hard.” Gurdal waved away the thought of it, then made the understatement of the century. “But the Gestapo didn’t find me and that was good.”

## Remembering Annie

“Do you know who this is?” Gurdal asked, holding a photo taken in the 1940s. It’s of Gurdal in military uniform crouching down next to a little girl. “This is Annie,” he said, his voice breaking. He swatted at the moisture in his eyes. “I never knew it,” Gurdal said, “Kids, you know, they talk, so my father he never told us about her.” As it turns out, in addition to redirecting the Gestapo’s efforts to find Gurdal and his sister, his parents also kept them from finding little Annie, a Jewish girl they kept hidden until the end of the war. “Someone showed up at our home with this little girl and asked that the family hide her.” Once the war ended, a relative returned to reclaim Annie. “We never know what happened to her. But she survived the war because my parents; they hid her.”

When he was old enough—at least that’s what he told the recruiter—he joined the Belgian Brigade. “That’s when I started smoking. In the army.” He pulls out a photo of a young soldier with a cigarette. “I quit 40 to 50 years ago, though.”

Pictures of soldiers fan out on the desk. Uniformed battalions, a couple of guys on leave, another staged group shot. “When you come back from war, you have seen

many, many bad things,” he said.

Gurdal’s time in the military included some of the most significant battles of World War II: Operation Market Garden and the Battle of the Bulge, for example. When it was over, Gurdal traveled with his brigade through several of the devastated areas of Germany. “I know for four years, Germany was really bad. But afterward, when you see people who are trying to say hello—only women and children, no men anywhere—it’s sad. We were forbidden to speak to them. They were the enemy, and we were not allowed.” Gurdal shook his head. “Maybe a few weeks before they were saying ‘Heil Hitler,’ but then we saw them starving, every home leveled . . .” his voice trailed off. And then he added, “We were forbidden, you know, but we were giving our rations to little kids. They were the enemy, yes, but they were hungry.” War. It makes the simplest of choices so confusing.

After his military service ended, Gurdal took classes and was trained in the art of hand engraving on copper rolls used for printing on fabric. His skills evolved with the technology, from copper engraving to photo engraving to silk screen printing. Over time, he moved into supervisory roles, retiring as a quality control manager.

“But I was always taking pictures,” Gurdal said. “And when I came to Fairview, I took some of them to the *Crier* and they put them in the paper.” Again, the hearty laughter and self-deprecating shrug. “And that,” Gurdal said, “was that.”



The staff that kept the *Crier* humming along in the early years: (clockwise from left) photographer Simon Gurdal, art director Ricki Cochran, ad sales rep Sandra LoCastro, editor Michael Cochran and bookkeeper Julie Paeplow.



Rev. Dr. Aileen Mitchell Lawrimore is the pastor of Ecclesia Baptist, which meets at 607 Fairview Road. She blogs regularly at [aileengoeson.com](http://aileengoeson.com).



During his time as the volunteer photographer for the *Crier*, Simon Gurdal captured many aspects of Fairview. His photos are a slice of life of the area in the late 1990s and early 2000s. At the *Crier*'s 25th anniversary celebration on October 15 at Root Cause Farm, we will display more of Gurdal's photos for the community to identify and/or take home. (All photos by Simon Gurdal)



Penelope the Python made her annual appearance at the library.



Ira Sloan (aka Mr. Balloonman) delighted kids and adults alike at community events.



The original publisher of the *Crier*, Mike Patterson, and his wife.



The widening of Charlotte Highway sparked the growth of Fairview.



Becky and Pat Stone during one of the many theatrical productions of FATS (Fairview Amateur Theatrical Society).



Elsbeth McClure receiving the official plaque designating Charlotte Highway as a scenic Byway.



Fairview Community Center turned the gym into a haunted house every Halloween.



Carol Holcombe's delightful old cabin/Florist/gardening center was a focal point at the top of Mine Hole Gap (where Day Moon and Signs for Hope are now).



Spring Mountain Community Center decided to go all out for an entry into the Asheville Christmas Parade...and won best in show.



A Fairview Volunteer Fire Department fundraiser.



Simon never missed the annual Fairview Elementary Fall Fest.



Construction of Fairview's public library.



# New Faces At Fairview Elementary

As staff and students returned to Fairview Elementary School this year, they noticed several new smiling faces in the hallways. Each one plays a very important role, and each one is a welcome addition to the FES family.

Joining the kindergarten teaching team this year is **Michelle Luff**. After living in Arizona for several years, Luff and her family are very excited to be back in North Carolina. Luff began her 16-year teaching career in Charlotte and has worked with many grade levels. She has always enjoyed working with kids and being part of the excitement as they learn and grow. She loves to observe their curiosity and appreciates the many things they teach her every day: like to take time to enjoy the little things, always laugh and smile, and happily welcome each new day. Another new addition to the team is **Stephanie Garrett**, a new kindergarten classroom assistant.

**Cindy Ayers** has joined the second-grade teaching team. She just started her 30th year of teaching, and has taught at elementary, middle, and high school levels. Ayers hopes to be a source of encouragement to her students, just as many of her teachers were to her. She strives to build a classroom environment where students grow in confidence and skills, learn to make good choices, and push themselves

to always do their best. Several years ago, Ayers spent a short period teaching fifth grade at Fairview Elementary, and she is so excited to return to FES. She said FES is one of those rare schools that feels like home the first time you walk in because the people are so warm and inviting.

Third grade teachers have welcomed **Kameron Moebes** to their team. She just started her 13th year of teaching elementary students, the first 10 of which were in Charlotte. When Moebes was a senior at A.C. Reynolds High, she had the opportunity to work in a second-grade classroom at FES. It was at that time when she fell in love with the idea of teaching, and she has never looked back. It has always been a dream of hers to return to FES as a teacher, and she now has great pride to call herself a Fairview Cardinal. Moebes loves giving students the tools and support they need to achieve something on their own and watch them be successful. She is inspired to make sure her students never forget the way she made them feel and that she has a lasting impact as they learn and grow.

**Taylor Sanders** has joined the faculty as the new music teacher. She has been teaching for 10 years and has experience working with all grade levels, kindergarten through high school. Sanders was inspired by her eighth-grade band director who taught her the value of hard work,



Christen Davidson (pictured with her family) returns as the new assistant principal.

consistency and a passion for music. He is also who inspired her to become a teacher, which she finds very rewarding. Sanders enjoys watching students lose themselves in music and become enveloped in their performances. When students leave her classroom, she wants them to know how to sing, move and play in a harmonious and artful way and to find joy in music in some way.

**Amanda Ogle** is the school's new instructional coach. She has worked for Buncombe County Schools since 2004. She spent nine years as a fifth-grade teacher, two years as a media specialist and just began her eighth year as an instructional

coach. Ogle loves to watch teachers grow and perfect their craft and see how that leads to their students' successes. Ogle grew up in Fairview and attended FES as a student, and she said getting to work at FES feels like coming home.

A very familiar face has also returned to FES. **Christen Davidson** has returned as the new Assistant Principal. Davidson has worked for Buncombe County Schools for 17 years, working in a variety of schools teaching first, second, and fifth grades and then serving as an instructional coach at FES. Most recently, Davidson served as the Lead Literacy Coach for grades K to sixth. Davidson is very excited to return to FES to serve the students and staff and support efforts to grow every child, every day.

Other new faces at FES include **Carrie Hopper**, who will teach an extra music class; **Karissa Blout**, who will teach an extra art class; **Cindy Koerber**, the new AIG specialist; and **Rebecca Hamer**, a new Title 1 assistant.

If you would like to be part of the incredible team at FES as a substitute teacher or bus driver, call Kim Reynolds at 628-2732.

*In addition to having a child who attends Fairview Elementary, Kenya Hoffart is also a staff member and PTA Communications Chair at the school.*

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# Handling School with Less Stress

by CHRISTI W. HURD

School has just begun, and I bet you and your children are beginning with new routines and rhythms—and probably some anxiety. You are not alone. One of the parents I coached recently said she “hoped it would not be a chaotic year because it seemed like every day last year there was some kind of crisis. Like my son would forget his device or my daughter would dilly dally in the morning and make us late...it was a nightmare!”

For this particular parent, she and I co-created some steps to help her family lay the foundation for a successful school year. And I'd like to share some of these with you. Remember that cognitive development in a child's brain is underdeveloped until age 25, so you should expect them to lag in organization. However, you can help them organize their minds so there are fewer distractions.

### The Importance of a Family Meeting

Our children can sense when we're out of control, so even just 10 minutes of productive time during a family meal is very grounding for a child. It relieves tension and stress for the whole family. Let this be a time of curiosity and listening instead of it being about trying to “fix” or “remove” problems. When your kids share how they would solve an issue, consider how your family can implement the suggestions. This reinforces their personal value and belongingness in your family and brings increased security, trust and satisfaction over time.

Create a system of organization in your home. Post a visual planner in a high-traffic area of your home and ask each family member to contribute to it (perhaps a different color for each person). List deadlines, due dates, preferred family meal times, outside activities, assigned chores, etc. This helps you stay in the loop with everyone and builds family connection.

Ask your child/teen to come up with different checklists to keep them on track, such as “The Best Routine for Getting Homework Done without Stress,” or “Three Things I Must Do Each Night Before Bed So I'm Ready to Leave on Time in the Morning.” When you empower kids to solve their own problems, it helps them grow in self-confidence. When you swoop in and fix it for them, it doesn't.

Make the morning as predictable as possible. Try not to be rushed and follow your child's lead. Your commitment to model flexibility and adaptability will be noted by them.

### Create a Workspace

Do each of your children have their own spaces for reading and doing homework? Let them design a place that is theirs—quiet and free from distractions. These spaces should be separate from bedrooms and where they prefer to relax. It needs to include a desk or tabletop, which helps them stay focused with the task at hand.

Create a docking station where devices are housed and notifications silenced in the

## TIPS FOR STUDENTS

When I was a classroom teacher, I always wanted more time to teach and reinforce organization/time management tips. Below are some good ones for students to consider.

- Get your own weekly planner so you are “in charge” and know at a glance when assignments are due. It can be digital or paper, but it must be something you see on a daily basis and have available to show your parents when asked.
- When assignments are given in each class, immediately write it down in your calendar. You may want to use a different color for each class. Make it visual and easy to check off when that assignment/activity is completed.
- When possible, grab extra moments at the end of class or other times during the school day to work on assignments so you have less to do later.
- Ideally, assignments should be completed a few days before the due date to allow more flexibility. If it is a longer assignment, do it in 20- to 30-minute chunks so your mind is fresh and you're doing your best work each day.
- Use a timer when working at home to stay on track. If a distracting thought comes to mind, write it down and physically move the paper away so you can return to the task at hand.
- Prepare for the next school day by getting folders organized and in your bookbag before you go to bed. If your school device needs charging, put it in your bookbag, place the bag near an outlet and plug in the device overnight. In the morning, just unplug and know your device is ready to go.
- Have you decided what you will wear for the next day or what you want to pack for lunch? Making these decisions ahead of time helps.

evenings for a predetermined amount of time. Lead by example in showing your kids that you don't need your phone all the time.

I like to say that together everyone achieves more—and so teamwork matters. I hope these tips will let you have a more enjoyable, less stressful school year.

Christi Hurd, a retired ELA teacher who worked at Cane Creek Middle School, is a Parent Coaching Institute-certified Parent Coach. For more information on her and her services, visit [sites.google.com/view/christihurd-parentcoach/home](https://sites.google.com/view/christihurd-parentcoach/home).

# SIGNS FOR HOPE

ANNOUNCING...

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**September 17, 4:30 pm**

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MAGIC WITH GREG

## OH, SUGAR!

This is a great trick you can perform at home or the next time you are in a restaurant.

### THE SET-UP

Before you do the trick and without anyone seeing, take one sugar packet and write the number "3" on one side. Then place it back in the tray with the other packets.



### THE PERFORMANCE

Grab a handful of at least six sugar packets. Write a number on each sugar packet, starting with 1. Make sure to write a "3" on the back of the packet that already has the "3" written on the other side. Don't let your audience see that you've already written the first one.

Tell everyone that you will begin eliminating the packets and that you will predict the packet that will be the last to remain. Write "3" on the piece of paper, fold it up and place it on the table.

Ask a spectator to grab all of the packets in their hands, mix them up and toss them up lightly. The ones that land with their numbers facing down will be eliminated. Only the ones with their numbers facing up may remain.

Ask another spectator to repeat the action with the remaining packets. As the packets land, more are eliminated. Repeat this until only one packet remains.

Eventually, only one packet will remain. Ask a spectator to open the slip of paper with your prediction. A perfect match!

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

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**FLASHBACK!** With our 25th anniversary party coming up (see front page), I've been looking through old issues. In August 2002, the instructions for this puzzle stated that the bold clues had a Fairview connection. But none of the clues were bold! Can you figure out which were supposed to be bold and what their Fairview connection is (or was)? Let me know and I'll give you a mention in our next issue. Good luck! (Finished puzzle at [fairviewtowncrier.com/links](http://fairviewtowncrier.com/links).)—Clark Aycock [clark@fairviewtowncrier.com](mailto:clark@fairviewtowncrier.com)

# The Fairview Town Crier

## Crossword Puzzle

The answers to the bold clues all have a Fairview connection. What is it?



Constructed using Crossword Weaver

### ACROSS

1 Then  
5 Fish hook  
9 Remain  
13 Article for sale  
17 Bend  
18 Twice  
20 Large pebble  
21 Eager  
22 Don  
23 Controlling device  
24 Needs  
25 Flute  
26 Island nation  
28 Was looked at  
29 Recommend  
30 A lucky number  
31 Baby eating apparel  
33 Francisco  
35 Remote  
36 Winter sport  
39 Carpet  
41 Pretend  
43 Aspire  
44 Reverence  
47 Mr. Downs  
49 Guard  
51 Teen disease  
53 Old  
54 Bored  
55 Nightly TV show  
56 Black  
57 Buck  
58 6-pocket game  
59 Epoch  
60 Airport abbr.  
62 NJ's neighbor  
64 Dreadful  
65 Juan's hat  
68 Large land mass  
70 Single  
72 Greek goddess

73 Behind  
75 Pot  
76 Grassy areas  
79 Judicial  
80 Loved  
85 Apple type  
86 Serving of corn  
88 Grain  
90 Head motion  
91 Completed  
93 Seaweed substance  
94 Not there  
96 Mince  
98 South  
99 Dole out  
100 Food choices  
101 Fear  
103 Body cover  
104 Bard's before  
105 Cram  
106 Herd animal  
108 Total  
110 Eastern Stand. Time  
111 Struggle  
112 Nada  
113 Total  
115 Cupid's dart  
118 Fan  
121 Cinch  
125 Challenges  
129 Dock  
130 Falter  
131 Slid on the snow  
133 Asian dress  
134 Canned meat brand  
135 Representative  
136 Stupid  
137 Egg-shaped  
138 Spy  
139 Smart person  
140 No  
141 Bird's home

### DOWN

1 Animal feet  
2 Location  
3 Fraud  
4 Pound  
5 Car fuel  
6 Gets older  
7 Ticket amount  
8 Quintet  
9 Sky light  
10 Chinese secret society  
11 Stake  
12 Yea  
13 Biscuit  
14 Tel  
15 Abundant  
16 Eve's garden  
19 Drivel  
20 Swayed  
27 Atmosphere  
30 Surface to air missile  
32 Unfold  
34 Assist  
35 Goes with fee and fum  
36 Liner  
37 Praise  
38 Ice house  
40 Literary compositions  
41 Some  
42 Catch  
43 Green Gables dweller  
44 Active  
45 Tire  
46 Advance  
48 Steering gear  
50 Phobia  
52 Musical repeat  
53 U.S. Agriculture Dept.  
56 Move carefully  
59 Uneven  
61 Ragged  
63 Baited  
66 Tv lawyer Matlock

67 Canoe propeller  
69 Wrath  
71 Between N and NE  
74 Shoot  
75 Ideal place  
76 Type of gun  
77 Multi-colored rock  
78 Metal thread  
79 Small bird  
81 Prig  
82 Swabs  
83 Provoke  
84 Cafes  
85 Honor  
87 Excuse me!  
89 Unrepeated  
92 Buying alternative  
95 Abrade  
97 Term of affection  
100 Damage  
101 Inflation measure  
102 Spots  
105 Unfinished  
107 Unresponsive  
109 Failure  
111 Full of worms  
114 Brick worker  
115 Church part  
116 Holes  
117 Glean  
118 Earnings  
119 Declare  
120 Hawk  
122 Similar  
123 Farm building  
124 Bark in pain  
126 Praise enthusiastically  
127 Time periods  
128 River dirt  
130 Ashy  
132 Imbue

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# Funds Raised, but Needs Remain

**T**hank you to everyone who attended the Fairview Volunteer Fire Department's 9th annual BBQ fundraiser hosted by Smokey & The Pig. More than 500 people came through the line to get a plate of BBQ and sides. Women in the community, the Support Operations Team and First Bank made desserts to sell. The Support Operations Team sold t-shirts, desserts and raffle tickets all day. And we are happy to announce that the grill was won by one of our very own firemen. The Joyful Sound Trio sang for everyone. Kids enjoyed the inflatables. The dunk tank was hilarious to watch. (Thank you to those who signed up to be dunked). I think Chief Jones stayed in the tank for almost an hour! But the best part of the whole day was that the community was able to come together once again in person. I heard over and over that they were so happy to see their neighbors in person. It's been a long two years since we've been able to do that.

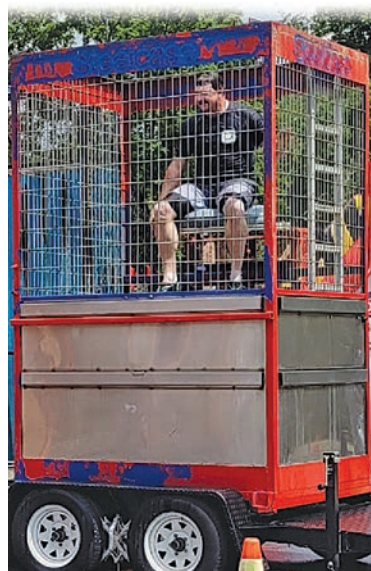
We would also like to thank the sponsors for the BBQ: Smokey & The Pig, Rhinehart Fire Services, First Citizens Bank, The Cove at Fairview-Asheville, NC, Hilltop Ice Cream Shop, Steam Master WNC Carpet & Upholstery Cleaning, Southlight Builders, The Garden Spot & Blacksmith Landscaping, First Bank, Southern Building and Maintenance, All-In Dumpster Rentals, Alisha Nesbitt-Noble & Company Realty, and Blue Ridge Banner Supply for the banners.



The kitchen at the station has some serious issues. Doors do not close, part of the ceiling is falling in, the floor is a disaster and the island that the staff sits at for lunch and quick meetings does not allow your legs to go under it. The Support Operations Team has been asked to help raise money to upgrade and fix the kitchen. With the blessing of Smokey & The Pig and the board at the FVFD, part of the money from the fundraiser will go toward these upgrades. But it is going to take a lot more, and fundraising from next year will be needed as well.

We hope to have another pancake breakfast this fall, so keep an eye out for the signs around Fairview.

*Robin Ramsey is vice president and treasurer of the Support Unit Group of the Fairview Volunteer Fire Department. For more information and updates, go to [fairviewfire.com](http://fairviewfire.com) and Facebook—search for "Fairview VFD (Buncombe County)".*



**NOW YOU SEE HIM, NOW YOU DON'T!** Chief Scott Jones was a popular target in the dunk tank (left). Many desserts were served (far left). And an info tent was staffed by FVFD personnel (below).



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DR. ASHLEY LUCAS

## Say Goodbye to Type 2 Diabetes

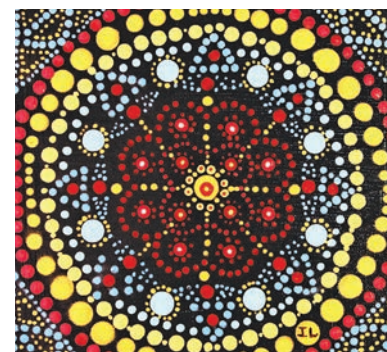
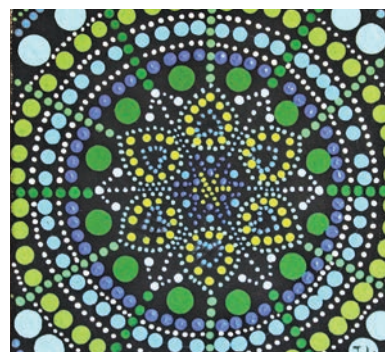
Putting Type 2 diabetes into remission is possible. Most often, this goes hand in hand with losing weight, especially when you do it through shifting what you eat rather than simply restricting calories. The reason why is because changing your nutrition rather than just eating less allows you to regulate (and reduce) blood sugar levels.



By eating in a specific way (and not by restricting calories or simply watching portions), you will experience dramatic shifts in elevated blood sugar levels. Your body, and particularly your pancreas, gets to take a breather. Ultimately, you will increase insulin sensitivity as weight loss continues, which allows the body to recognize insulin and its actions a bit more easily. As a result, most insulin-dependent Type 2 diabetics will no longer need insulin or, at the very minimum, will see a big reduction in the amount of insulin required. This is exciting, as excess insulin promotes inflammation, which is the basis of most diseases as well as metabolic syndrome.

So, there is hope! Remission can happen quickly for people who are willing and ready to make some dietary and lifestyle changes.

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



### ► Fairview Area Art League Class

September 24, 12–2 pm, \$45

Re.Imagine Studio, 15 Spivey Lake Drive, Fairview

#### Mandala Dot Painting

The Fairview Area Art League, in conjunction with Re.Imagine Studio, presents "Mandala Dot Painting" with artist Janet Link.



Learn dot painting techniques by creating a mandala design using this painting technique. Mandala dot painting is a fun and meditative type of painting. All supplies will be provided. No experience necessary. Pre-registration required.

Visit [re-imagine.corsizio.com](http://re-imagine.corsizio.com) to sign up or ask questions.



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Avoid These Estate-Planning Mistakes

When many people hear the words “estate planning,” they assume it’s just for the wealthy. But that’s not the case because everyone can benefit from an estate plan. And when you’re creating one, you’ll want to avoid some common mistakes.

Before we look at those mistakes, let’s go over what estate planning is designed to accomplish. Essentially, an estate plan allows you to pass on your assets in the way you desire. But it can also specify other actions, such as naming someone to care for your minor children if you were no longer around. In creating an estate plan, several key documents are involved, including a will, a trust, a financial power of attorney and a medical power of attorney or a health care directive.

Now, let’s consider a few estate-planning mistakes:

• **Not communicating your plans.** You’ll need to inform your family about whom you’ve chosen as executor—the individual who will administer your estate—and whom you’ve named as the trustee—the person who will manage your trust’s assets. (You can also choose a trust company to handle this duty.) And to help avoid unpleasant surprises when your estate is being settled, consider letting your children or other close relatives know who will be receiving what.

• **Not reviewing your plans periodically.** Once you create your estate plans, don’t forget about them. Over time, your personal situation may change—you may experience a remarriage or bring in new children. Your interests may change, too—perhaps you’ll become deeply involved in supporting a favorite charitable organization. Given these and other potential changes, you’ll want to review your estate plans once in a while to see if they need to be modified.
   
 • **Not updating beneficiary designations.** Every so often, you may want to review the beneficiary designations on your life insurance policies, investment accounts and retirement assets. As mentioned, changes in your life, such as remarriage and the addition of new children, may affect your beneficiaries. Beneficiary designations are powerful and can even supersede your will, so you’ll want to update them as needed. Also, if you have a 529 education savings plan, you’ll want to name a successor owner—someone who can take over your 529 if you were to pass away.
   
 • **Not re-registering assets placed in a trust.** A living trust offers you many potential benefits, such as the ability to bypass the time-consuming and highly public process of probate when it’s time to settle your estate. However, just establishing the trust, by itself, may

be insufficient—you likely also need to re-register assets, such as your investments, so they are officially owned by the trust, not by you. This is essential for the trust to work as you intended.
   
 Here’s one other mistake—not getting the help you need. Estate planning can be complex, so you’ll want to work with an attorney, and possibly with your financial advisor and tax professional, too.
   
 By avoiding key mistakes and working

with a qualified team of professionals, you can create and maintain an estate plan that will help you leave the legacy you desire.



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.

JULY 2022 FAIRVIEW REAL ESTATE STATISTICS				
PRICE RANGE	NO. OF SALES	AVG PRICE	% LIST-SALES PRICE	AVG DAYS ON MARKET
190,000-299,999	1	190,000	100	39
200-299,999	0	0	0	0
300-399,999	3	379,333	120	8
400-499,999	2	464,500	98	17
500-599,999	1	590,000	107	4
600-699,999	1	610,000	75	22
700-799,999	1	700,000	88	7
800-899,999	0	0	0	0
900-999,999	0	0	0	0
1M-1.49M	0	0	0	0
1.5M-1.9M	1	1,795,000	100	12
<b>TOTAL:</b>	<b>10</b>	<b>595,200</b>		<b>11</b>

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# Property Tax Options, Voting and Oversight

**H**ello, Fairview! It is that time of year for property tax bills to reach your mailboxes. There are several ways to help address your concerns about payments. The county commissioners recently approved a new initiative aimed at helping qualified homeowners. You may qualify for up to \$300 from the Homeowner Grant Program. If eligible, grantees may, at their option, choose to have grant funds applied to their property tax bill or applied to other housing-related obligations such as housing costs, utilities, mortgage or insurance. You can learn more by visiting [buncombecounty.org/homeownergrant](http://buncombecounty.org/homeownergrant).

North Carolina offers property tax exclusion or deferment plans for the elderly, disabled, veterans and families that meet certain income requirements. Call the Property Assessor's office to see if you might qualify at 50-4915 or visit [buncombecounty.org/taxrelief](http://buncombecounty.org/taxrelief).

I hear from many Buncombe County residents each fall who have concerns about their tax bills becoming past due. But did you know you can break up your tax bill into smaller payments? Buncombe County Tax Collections wants to work with you to develop a payment schedule that makes paying your bill manageable. Remember that the sooner you start a payment plan arrangement, the smaller

your payments can be.

There are two payment options available. The Casual Payment Plan allows you to send in a predetermined amount every month; it will not be automatically drafted from your bank account. If you have a bill from 2022, you must finish monthly payments by April 2023. The Preauthorized Debit Plan automatically withdraws a predetermined amount from your bank account every month. If you have a bill from 2022, you must finish monthly payments by May 2023. Please call 250-4910 for more information or to be set up on one of these plans.

## Your Vote, Your Voice

Finally, I hope each one of you is registered to vote. I have loved Election Day since I was a small child. I have such wonderful memories of going with my mother to take my great-grandfather to vote in what would be his last election in 1984. I was only seven years old at the time, and I still vividly remember that, despite failing health, it was vital to him to exercise his right to vote. I have not missed an election since I became eligible to vote, and I thank my pawpaw Wade for instilling that responsibility in me. My son, Wade, who is 16, just pre-registered to vote in 2024. Pre-registration has been available for teenagers under NC

legislation for several years. It is an easy way to ensure our teens are ready to participate in our democracy when they turn 18.

I hope your voice will be heard, too, on November 8. The 2022 ballot features federal and state candidates, including your NC House and Senate representatives and local county commission races. Local government and its policy-making impact your daily life, so be sure to research your local candidates and vote all the way down the ballot, including the judges.

You will also have the opportunity to vote on two bonds: open space and housing. If approved, the two bonds will support the conservation of open space and greenways and increase the number of housing units for people of low to moderate income in Buncombe County.

## Community Oversight Committee

I continue to focus on transparency and accountability to residents of Buncombe County. To that end, I recently supported the creation of a Community Oversight Committee to review the investments made from the bond revenues to confirm that 100% of bond funds are invested in accordance with the law and for the purposes indicated on the ballots. Committee members will serve until all bond

funds have been committed. In addition, transparency webpages will be created and updated so that you can also follow exactly how the funds are spent. For more information about the housing and open space bonds, go to [buncombecounty.org/2022bonds](http://buncombecounty.org/2022bonds).

The Buncombe County Board of Elections, Election Services and Buncombe County Public Libraries are teaming up to offer a voting Question & Answer session on September 29 from 5-6 pm at the East Asheville Public Library. If you have questions about the voting process, our staff has answers. You'll get answers to your questions and learn about how elections work, how to exercise your right to vote and tips to make the process faster and easier.

I hope everyone enjoys the fall. As always, Fairview, it is a pleasure to serve as your county commissioner.



Amanda Edwards is one of the District 2 representatives, along with Jasmine Beach-Ferrara, on the Buncombe County Board of Commissioners.

Reach her at [amanda.edwards@buncombecounty.org](mailto:amanda.edwards@buncombecounty.org)

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# State Budget Protects Parks, Air and Water

**R**ecent news in the state and the nation provides welcome support for land and water resources, which are important to both our economy and quality of life.

The North Carolina governor and legislators' 2022 state budget prioritizes land and water conservation. Funding of \$48.4 million to the state's conservation trust funds will benefit people and nature for generations.

"Our state's conservation needs are not one-and-done," said Carl Silverstein, executive director of the Southern Appalachian Highlands Conservancy (SAHC). "We join the Land for Tomorrow coalition in sending thanks to our state leadership for building on the foundation of conservation funding established in 2021. By securing recurring funding in 2022, every generation now has a chance to have clean air and water, as well as beautiful places to play."

Land and water are NC's most important economic assets. The four engines of our state's economy—agriculture, tourism, forestry and the military—depend on land and water conservation. Therefore, protecting these vital natural resources is essential to NC's bottom line—boosting spending and providing jobs.

The conservation trust funds ensure that the NC Land and Water Fund (NCLWF) and the Parks and Recreation Trust

Fund (PARTF) are fully funded to be the safeguards for our state. In addition, these funds enable conservation groups to continue working with state agencies to protect the state's valuable natural resources, ensuring that both current and future generations will continue to benefit from all our state has to offer.

## Increases in conservation funding in the 2022 state budget include:

- \$11 M in recurring funding for the NCLWF, taking the total recurring funding from \$13.2 to \$24.2M.
- \$8M in recurring funding for the PARTF, taking the total recurring funding from \$16.2 to \$24.2M.

With continued reports of increased visitation across the state, and particularly to our parks and public lands, this funding provides critical support to preserve the places people love to enjoy and protect the natural resources that sustain us.

To learn more about the impact of the NC state conservation trust funds and see your tax dollars in action, check out Land for Tomorrow's social media channels.

Federal legislation passed in August also

provides a welcome boost for critical conservation and land management initiatives across the nation.

"The recently passed Inflation Reduction Act includes sorely needed funding for forest health and climate-friendly farming practices," says Jay Leutze, SAHC's senior advisor to the board. "Forests are crucial to meeting any meaningful carbon reduction goals, and to see their health tied to national climate policy is long overdue and very welcome."

Alongside funding to manage and protect public lands, the federal legislation provides incentives for landowners and farmers to manage land, including fencing cattle out of streams to protect water quality, removing invasive plant species, promoting forest health and habitat, and more.

The Department of Agriculture said it "welcomed the passage of the Inflation Reduction Act, which will deliver \$19.5 billion in new conservation funding to support climate-smart agriculture. Alongside the Bipartisan Infrastructure Act and American Rescue Plan, the Inflation Reduction Act provides once-in-a-generation investment in rural communities and their infrastructure needs, while also responding to the climate crisis. The bill invests \$40 billion into existing USDA programs promoting climate smart agriculture, rural energy efficiency and reliability, forest conservation, and more.

Approximately \$20 billion of this investment will support conservation programs that are oversubscribed, meaning that more producers will have access to conservation assistance that will support healthier land and water, improve the resilience of their operations, support their bottom line, and combat climate change."

## The bill includes funding for these USDA programs that benefit farmers and landowners:

- \$8.45 billion for the Environmental Quality Incentives Program (EQIP).
- \$4.95 billion for the Regional Conservation Partnership Program (RCPP).
- \$3.25 billion for the Conservation Stewardship Program (CSP).
- \$1.4 billion for the Agricultural Conservation Easement Program (ACEP).

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



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## From a Picnic to a Farm

The annual FBA member picnic, held last month at The Pond Retreat Center on 18 Garren Mountain Lane, was a relaxing way for our members to spend a Friday after work. We didn't do much "meditating," but we all saw why over 32 groups have enjoyed this safe and inspiring retreat. Most of the members stayed in the Swallow Garden, soaking in the artistic endeavors of founder and owner Lee Pantas, such as giant flowers made out of former basketball goals. It was a great time to network with fellow business owners, as our community is still challenged during this recession. We help each other.

### September Meeting

Our next meeting will take place on September 8 at 6 pm at Flying Cloud Farm (1860 Charlotte Highway, Fairview).

Annie Louise and Isaiah Perkinson lovingly tend family land where they grow vegetables, berries and flowers that they bring to the community through their CSA (serving about 75 families), tailgate markets, u-pick flower days, and the cutest farm stand ever going east from Fairview along Charlotte Highway.

How do they do it all? FBA members will get a behind-the-scenes tour after the business meeting.

Not to be confused with another FBA



member, Cloud 9 Farm (vacation rentals and weddings), Flying Cloud Farm was named after the "luxurious" stage coach back in the mid-1800s that traveled Drovers Road (now Charlotte Highway) and made a stop at the historic Sherrill's Inn, which was purchased in 1916 by Annie Ager's great-grandparents.

The meeting will be outdoors, so dress accordingly and wear appropriate shoes for walking the farm. Look for signs showing you where to park along the driveway as you cross the bridge.

For more information on the farm, visit [flyingcloudfarm.net](http://flyingcloudfarm.net).

### Join the FBA

Membership in the FBA is \$60 a year (and \$25 a year for service and nonprofit organizations). Fill out the membership application online at [fairviewbusiness.com](http://fairviewbusiness.com) and then either pay via credit card or send a check to the Fairview Business Association, PO Box 2251, Fairview, NC 28730.

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## Common, but Magical, Mugwort

**A**lmost 50 years ago, my best friend introduced me to a rather nondescript, prolific green plant that had whitish tinges underneath. It was growing en masse in the carpet on the side of the trail in suburban Maryland, and my friend called it “mugwort.”

It’s very aromatic—people dry it and put it in sachets in their pillows, as apparently it gives you good dreams.

And these days, we could all use a good dream. It’s hard to believe we’ve been living during a pandemic for so long and, personally, I’ve been recovering well from nine months of cancer treatments and surgery. But as my partner and I say over and over again, if we’re going to be in isolation or recuperating, how fortunate are we to be doing it in paradise—that’s what WNC is to both of us.

I tried mugwort inside my pillowcase after drying it thoroughly. I’m not sure that it really impacted my dreams, but it sure smelled good.

Most people know this plant as a rather invasive weed in their gardens. Its flowers are nondescript and tiny, but it puts out an abundance of seeds and most of them seem viable. And like all living things, it has its place in the world.

Mugwort, *Artemisia vulgaris*, is a member of the Aster family, which is enormous. Mugwort has a very long history

of being used for food and medicine. Many people call it “wild wormwood,” but wormwood is white and silver on top and bottom and much showier. Native to Europe, mugwort has spread around the world. Mugwort is wind pollinated in summertime and seems highly adaptive in its growth habits. It loves disturbed soils and often frequents roadsides, and it is beyond happy when it finds itself in fertile garden soils. It is closely related to ragweed and chrysanthemums but looks quite different, and its unique aroma is pleasing and distinctive.

The young leaves can be eaten raw or cooked, and they are a little bit bitter. The young spring shoots can also be eaten, and the leaves, flowers and roots can be used as a tea. Mugwort became very popular and common throughout many parts of the world, as it was a major flavoring in beer until hops were developed.

Mugwort is a magical plant and is considered sacred by many cultures. Like



sage and other aromatic herbs, people have dried and bundled it and burned it as incense and ingested it in rituals for its healing. Some historians believe it is one of the first plants ever cultivated by humans both for its edibility and sacred properties in rituals. The genus name, *Artemisia*, refers to the

goddess Artemis, representative of mother earth and fertility in ancient Greece and throughout the Mediterranean.

Mugwort also has an extensive and fascinating medicinal history. In China, Ho Hsien Ku is the Asian equivalent of the goddess Artemis, and she appears frequently in fertility rituals, cloaked in mugwort leaves. In Japan, mugwort is also associated with the goddess of life, death and progeny. It is often used ceremoniously in both countries in full moon rituals.

Mugwort has also been used as a decongestant, insect repellent, and an antibacterial and anti-viral agent. It is

also used as a painkiller and a stimulant. It has been used for the treatment of pneumonia, tuberculosis, and parasites; it has strong antioxidant properties and is being researched for its potential in treating cancer.

In ancient times, in a number of cultures, mugwort was hung in a doorway to ward off evil, and sometimes the leaves were strapped onto a traveler’s foot to provide protection from harm and stamina in their travels. In 17th century England, young women would dig up the roots and place them under their bed with the belief that this would induce prophetic dreams about a future husband. The Plains Indians in North America often used mugwort for smudging in prayer ceremonies.

The world of plant-based medicine is amazingly complex, which is why it is important to work with a good herbalist—one who is competent, seasoned and well trained—or a medical botanist.

Mugwort is such a common wild plant, but it is amazing in its own right and well worth discovering.



Contact Roger at [rogerklinger@charter.net](mailto:rogerklinger@charter.net).




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## Changing with the Seasons

It's the middle of August as I write these words. I have just had my first week back with students, and we are just beginning to peek into what the long school year holds in store. This week, there was the ever-so-slightest of cooling in the air. Like fall peeking over the edge of Little Pisgah. I know that there are a wide variety of opinions about this, but I think I am always ready for fall a little earlier than most.

Though I will surely miss the lush growth of summer in these mountains and certainly our flowers that have finally come into their fullness, somehow fall reminds me of settling into a chilly creek in the middle of a scorcher. There's always an initial shock where it feels too cold, but then, inevitably, your body realizes just how sweet it actually is. Fall, I am ready whenever you are.

### Flower Beds Flowing

In the garden, we have come to the time of year where the main job is to try to stay ahead of it all. I spend a fair amount of time clipping away (deadheading) flowers that I didn't catch at their peak. This process is important for the energy of the plant, so that it can be put to new growth and not wasted on something that is already past. I often do this while I am cutting bouquets.

Additionally, I have been continuing to add stakes to the dahlias that have finally had enough rain to shoot up to four to five feet high. Many of them had fallen over, which can make it precarious to prop them up. Sometimes the base of the plant, in an effort to support the weight, has become rigid, so when you lift it gently from horizontal to vertical it is not uncommon to hear a snap. This can be disconcerting and often detrimental to the plant. That break often opens up the inside of the stalk, which is hollow, to pests or fungus. Some would recommend cutting away the stem that has been damaged so that the plant can be safe from the pests. I, in my ongoing studies as the Semi-Serious Gardener, have elected to leave it and see what happens.

So far, the leaves have wilted but not died outright and the plant does not seem to be flagging beyond that. A telltale sign would be for some parts to turn brown or black and, as of yet, it's all clear.

### Mad Scientists

Elsewhere in the land of garden experimentation, my grandmother and I have gone all in on an attempt to propagate rooted cuttings. I was at a farm recently that had a cut your own bouquet option. Instead of cutting flowers, I cut parts of the stem that are healthy for propagating



The most recent bouquet from our garden.

roots. Essentially, they are bits of the middle of the stalk that have a few good leaves. Stick that into some healthy soil and make sure that soil stays moist. This will eventually grow roots and, if the season allows, a small tuber that can be saved for the spring.

We have been observing these plants that haven't died but aren't exactly thriving for a little more than a month now. When I talked about it with my grandmother, we tentatively decided that we would

transport these little possibilities into the ground, around the time of the first frost, to be buried under leaf mulch for the winter. If it works as we imagine it will, we will add six to eight new varieties to our garden at a minimal cost. It's one of the things I've come to love most about dahlias—that is, starting with a handful and cultivating that into abundance.

I hope that this season has given you the opportunity to soak up some coolness in the scorches and to find abundance in the meager.



Nate Barton is an artist who teaches art. He lives with his wife and two sons in Fairview, where he maintains a flower garden with his mom and grandmother, who are also his

neighbors. You can find him on Instagram (@etannotrab).

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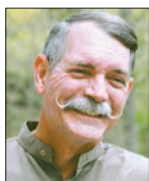
**A**nxiety can be high when crossing the great age 65 divide. For many, the familiar job, with its benefits and work schedule, will be left behind. The unknowns of Medicare, Social Security, a fixed income, and creating a new schedule looms ahead. Insurance solicitations crowding the mailbox and on TV feed the anxiety. Uncertainty about when and how or should one enroll in Medicare, a supplement, Advantage plan or Prescription drug plan prompts the question: "Are we there yet?"

**When?** In North Carolina, Medsup applicants qualify for Open Enrollment during the first six months of eligibility for Medicare Part B. The Initial Enrollment Period (IEP) for Advantage plans is seven months, beginning three months before the month of entitlement and including the entitlement month and the three following months. Being entitled for both Parts A & B is a requirement for a Medsup or Advantage plan. Part D only requires entitlement for either Part A and/or Part B. Most people will be automatically enrolled in Part A on the first of their 65th birthday month or the month prior if born on the first. When the Medicare number is received, an application can be taken before the 65th birthday month to be effective on that entitlement date. Enrollment in Part B is optional. If employment with creditable health benefits will continue, enrollment in Part B

can be delayed until the retirement date to save the Part B premium and to conserve the open enrollment period until then. Tip: Obtain a certification of creditable health/drug coverage from your employer to supply if requested.

**How?** Contact Social Security by phone two months prior to the requested initial coverage date. The local number is 866-588-5276. Social Security will determine the date of eligibility and can offer counseling as to when the best time to enroll would be if you are still employed. A "Welcome to Medicare" package containing your Medicare card should arrive in about two weeks. Ask the representative if a card number can be provided before receipt of the card to speed up the enrollment process for a Medsup, Advantage plan or Part D.

**Why?** The open enrollment period is the best time to consider Medsup and Advantage plans. They are both a guaranteed issue with no health questions. Coverage is immediate on the initial eligibility date, facilitating a smooth, no-gap transition in insurance coverage.



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

YOUR NONPROFIT, COMMUNITY NEWSPAPER SINCE 1997



## The Fairview Town Crier

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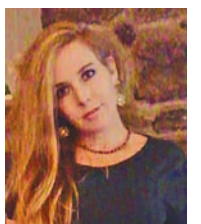
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