



THE VOICE OF OUR COMMUNITY

The Fairview Town Crier

FEBRUARY 2018 VOL. 22, No. 2 | FAIRVIEW, NC | WWW.FAIRVIEWTOWNCRIER.COM

New Beginning Watercolor Workshops

We're thrilled to announce a series of art workshops in Fairview by accomplished artist and instructor Theresa Matregrano. Theresa enjoys the boundless medium of watercolor, although she works in a variety of mediums. The first series starts with "An Introduction to Watercolor" on Sunday afternoon, February 18, 3-5 pm (snow date 2/25) and is \$20 (includes materials) and the 6-week series will be \$150 (\$25 per 2-hour workshop).

This class is designed to release the potential within. Watercolor offers a fantastic opportunity for artistic expression for those with or without drawing experience. With step-by-step guidance and start-to-finish projects, you will master techniques that can turn your curiosity into passion for this wonderful and versatile medium. The class will explore color mixing, wet-in-wet techniques, spattering, lifting and masking. Join for lively conversation and camaraderie of like-minded people. Motivation is vision!

Attendees of the introductory class can have input as to day and time of the six-week series (either Monday afternoon or Wednesday afternoon or evening). Email thehuboffairview@gmail.com or call 628-1422 to register or for more information. **Registration before February 12 is mandatory.**



Join the Crier's Labeling Crew!



Did you know that a group of volunteers meets every month to help us mail the *Crier*? That's right. After the papers get delivered to the Fire Department (1586 Charlotte Highway), a mailing label needs to be placed on nearly 4,500 copies. After that, other volunteers carry the papers to the post office and different businesses in the area. We thank these dedicated folks for their time, and invite you to join them. For more info, please email Patti Parr at pattiparr@yahoo.com.

FUTURE LABELING DATES

February 27 at 10:30 am
March 30 at 10:30 am
May 1 at 10:30 am

Happy Valentine's Day!



On February 13 and 14, the Asheville **Land of the Sky Chorus**, a non-profit singing organization, invites you to give your loved one a **singing Valentine** they'll always remember. Call 866-290-7269 to reserve your quartet or visit AshevilleBarbershop.com. Act soon to get the best time.

This Valentine's Day, a snuggly puppy with a big red bow might get some serious points with that someone special, but if you're



not ready for the morning after, you can still **have a puppy from Brother Wolf deliver your Valentine's Day love with no strings attached**. For a donation, a rescue dog or puppy will stop by for a visit at your recipient's home or workplace February 14, with a rose or roses, personalized card, a 2018 BWAR calendar, and a locally made gourmet cupcake. Available within 20 miles of Asheville. Visit bwar.org/puppygrams.

Don't Miss "Loveworks" Art Show & Sale at the Hub



Fairview Area Art League was formed in March 2017 and has grown in membership and talent. The October Outdoor Art Show featured over 20 local artists and proved to be a great success, especially for a first-time fine art event in Fairview. The group is now putting on a smaller, three-day show to honor Valentine's Day and their love of art in all forms.

You are invited to attend **LOVEWORKS: Small Works of Art from the Heart** (with small prices as well, as everything is \$100 or less). The Opening Reception will be Friday, February 9, 5-7 pm at The Hub of Fairview Art Gallery. Refreshments will be served and artists will be on hand.

The show continues Saturday and Sunday afternoons, 1-5 pm. This is a great opportunity to meet local artists, discuss their work, find out about the new Art League and... go home with a piece of fine art for less than \$100. There are a variety of mediums in the show from paintings, alcohol ink, sculpture, photography and more. Please stop by to support this emerging group and the talent that lies within our community.



The Hub Gallery is located at 1185 Charlotte Highway in Fairview in the Americare shopping center just up from The Local Joint. For more information, call The Hub at 628-1422.

INSIDE Gardens of Fairview Tour Keeps Growing PAGE 28

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COMMUNITY EVENTS

FEBRUARY 1 (THURSDAY)

Embroiderers’ Guild Meeting
9:30 am-12 pm. The Laurel chapter’s monthly program is blackwork book-mark, a petite project, and will be taught by Cathie Barker. Cummings United Methodist Church, 3 Banner Farm Road Etowah/Horse Shoe. Contact Roberta Smith at 243-6537 or Janet Stewart at 575-9195.

FEBRUARY 3 (SATURDAY)

Benefit for Food for Fairview
5:30 pm. Featuring the gospel musical group Unshackled. Performance followed by a fellowship supper. Please bring one or more cans of food or paper products. Bethany United Methodist Church, 212 Bethany Church Road. For info, call 669-4992 or 699-3616.

Valentine Marketplace

10 am-2 pm. Cane Creek Community Center, 1370 Cane Creek Road, Fletcher. For more info, contact Gail Austin at 215-2004 or Donna Ludolph at 243-7977.

FEBRUARY 6 (TUESDAY)

Fairview’s Early History

7 pm. Local historian, and Crier columnist, Bruce Whitaker will present

a program at the Fairview Library on the early history of Fairview. For more info, see page 5.

FEBRUARY 8 (THURSDAY)

Stenosis Seminar
5:15 pm-6 pm. If you’ve been diagnosed with stenosis or are experiencing symptoms such as numbness, weakness, pain, or balance issues, you may want to attend. Learn about state-of-the-art treatments that may alleviate symptoms and help avoid spinal surgery. The seminar is free, but you must make reservations. Call 628-7800. Fairview Chiropractic Center, 2 Fairview Hills Dr.

FEBRUARY 9 (FRIDAY)

Citizen Academy Application Deadline
The Buncombe County Sheriff’s office presents an opportunity to learn more about law enforcement straight from experts in each division. Presentations will include interactive, hands-on sessions. The application process will close February 9 at 5 pm. The academy begins on March 6 and runs every Tuesday night from 6:30 pm-9 pm through May 22. It will be held at the Buncombe County Emergency Services Training Facility, 24 Canoe

Ln. in Woodfin. To apply, fill out the application at goo.gl/forms/TZ57YBO1UhVGGyhW1. For more info, call 250-4427 or email kimberly.mull@buncombecounty.org.

FEBRUARY 9 - 11

“Loveworks” Art Show & Sale
The Fairview Area Art League is putting on a three-day show to honor Valentine’s Day and their love of art in all forms. Opening reception is February 9, 5-7 pm. The Hub of Fairview, 1185 Charlotte Highway. See front cover for more info.

FEBRUARY 10 (SATURDAY)

FES Winter Bazaar
8 am-2 pm. A fundraiser for the Fairview Elementary Destination Imagination (DI) teams will feature local vendors, artists and crafters. You can also drop off new or gently used shoes – of any kind – for the shoe drive. There will be many arts, crafts, and food vendors. Fairview Community Center, 1357 Charlotte Hwy. See page 22 in last month’s Town Crier for more information on the DI teams.

Fire Dep’t Pancake Breakfast
8-11 am. Biscuits and gravy, eggs, sausage, pancakes. \$8 per plate. 1586 Charlotte Hwy.

Trackside Studios Reception
4-7 pm. An artist reception with refreshments. Four artists new to the studio – Anita Shwartz, Ray Byram, Ron Morecraft, and Ellen Moore – bring fresh interpretations of the world around us. Town Crier alum Lynn Stanley and Steve Fulgham exhibit at the studio and will be on hand. The gallery is open seven days a week from 11 am to 5 pm at 375 Depot Street, Asheville. For more information, please visit trackside studios375.com.

FEBRUARY 12 (MONDAY)

FAAL Monthly Meeting
The Fairview Area Art League will meet at 10 am at The Hub. Members and others interested in the arts are welcome. Questions? 704 975-0095. 1185 Charlotte Hwy, Suite G.

Stitches of Love
7-9 pm. A group of talented people who want to create and donate hand-sewn articles such as quilts of all sizes, fleece blankets, fleece hats and scarves and lap robes along with knitted and crocheted items. New Hope Presbyterian Church, 3070 Sweeten Creek Road, Asheville. All skill levels are welcome. For info, call Janet Stewart at 575-9195.

COMMUNITY EVENTS

FEBRUARY 13 AND 14

Singing Valentine’s Fundraiser
The Asheville Land of the Sky Chorus, a non-profit singing organization, invites you to give your loved one a singing Valentine they’ll always remember. See front page for info.

SMCC Garden Meeting
5:15 pm. Community members are invited to the Spring Mountain Community Center for a planning meeting for the center’s 2018 garden. See article on page 28 for further info.

Valentine’s Singers
The Celebration Singers, an auditioned community chorus for young singers from 2nd grade to high school, will give a special Valentine’s Day performance at StoneCreek Health & Rehabilitation, 455 Victoria Road. For more info, call 230-5778 or email celesingers@gmail.com.

Foot Pain Lecture
5:15 pm-6 pm. Different types of foot problems and DIY treatments will be discussed, as well as knowing when to get professional help. Pre-registered attendees can receive a free digital foot scan. Free but reservations required. Call 628-7800 for more information or to reserve your spot. Fairview Chiropractic Center, 2 Fairview Hills Dr.

FEBRUARY 16 (FRIDAY)

Cabaret Fundraiser for ACRHS Theatre Arts Department
“Showtunes and Sass.” 7 pm. Featuring hors d’oeuvres and a silent auction. Tickets \$15 (single), \$25 (couple), \$100 table for two - VIP Seating (6 total). Tickets available February 1 via the ACRHS website. Formal attire is suggested.

FEBRUARY 17 (SATURDAY)

Democratic Party Annual Meeting
9:30 am-12 pm. The annual meeting for the Fairview – Reynolds Precincts of the Buncombe County Democratic Party (precincts 60.2, 60.4, 38.2, 38.3, 39.2, 39.3, 57.1). Fairview Community Center, 1357 Charlotte Highway. For more information, email Michael Vavrek at vavmtntstop@gmail.com. To find your precinct number, visit vt.ncsbe.gov/ppkup/. See page 11 for more information.

FEBRUARY 18 (SUNDAY)

Ethical Humanist Society Meeting
“Accountability, Equity and Inclusion” will be presented by Deborah Miles, 2-3:30 pm, at Friends Meeting House, 227 Edgewood Road, Asheville. All

are welcome. For more information, call 687-7759 or email EHSAsheville@gmail.com.

FEBRUARY 22 (THURSDAY)

Avoid Knee Replacement Seminar
5:15 pm-6 pm. A discussion of how you might avoid drugs and avoid surgery with a lengthy recovery. Learn how you might avoid knee replacement surgery by utilizing state-of-the-art treatments. The seminar is free, but you must make reservations. Call 628-7800. Fairview Chiropractic Center, 2 Fairview Hills Dr.

FEBRUARY 23 (FRIDAY)

Red Cross Blood Drive at SMCC
The Red Cross will hold a blood drive from 3 pm-7:30 pm at the Spring Mountain Community Center, 807 Old Fort Road. You may drop in or call Bruce Whitaker at 280-9533 to reserve a time. See page 22 for more information.

FEBRUARY 24 (SATURDAY)

Low-cost Vaccine, Microchip Clinic
For your pets. 11 am-2 pm, Asheville Humane Society. Francis Asbury United Methodist Church, 725 Asbury Rd., Candler.

Animal Shelter Tour
1:30-3 pm. Take a tour of Asheville Humane Society and the Buncombe County Animal Shelter. Free and open to the public. Learn more about Asheville Humane Society’s programs and get a behind-the-scenes look at the Animal Care Campus.

FEBRUARY 24 AND 25

Beginning Bee School
Buncombe County Beekeeper’s Club is offering an intensive, hands-on, 2-day event. \$75 per person. Saturday 8 am-5 pm and Sunday 11 am-4:30 pm. 175 Bingham Rd, Asheville. wnc-bees.org. See the article on page 22 for more information.

FEBRUARY 27 (TUESDAY)


Spring Open House at ACRHS
5:30-7 pm. Current Reynolds High School students and Reynold Middle School and Cane Creek Middle School 8th grade students are invited to the high school for an open house and curriculum fair. This evening is a great opportunity to meet your child’s current teachers, to prepare for registration for next year, and to develop a plan based upon interests in particular content areas. All content areas will be on exhibit.

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COMMUNITY EVENTS

Neurofeedback Seminar

5:15 pm-6 pm. Learn how neurofeed-back may help you retrain your brain to break free of destructive behaviors. The seminar is free, but you must make reservations. Call 628-7800. Fairview Chiropractic Center, 2 Fairview Hills Dr.

FEBRUARY 28 (WEDNESDAY)

Americare iPad Giveaway

Americare Pharmacy will hold a drawing for a free iPad Mini. Stop by to enter. 1185 Charlotte Hwy. 628-3121.

MONTHLY EVENTS

Theater Tackles Social Issues

Different Strokes will kick off its season with "Alabama Story," running February 8 through 24 (Thurs., Fri., and Sat. evenings at 7:30 pm.). The play is based on a true story of an Alabama senator who tried to ban a children's book that portrays the marriage of a white and black rabbit. Tickets at tickettailor.com/checkout/view-event/id/115587/. BeBe Theatre, 20 Commerce St., Asheville.

COMMUNITY CENTER EVENTS

Spring Mountain CC

807 Old Fort Road
springmountaincc.com

Community Leadership Meeting: Usually the first Tuesday of each month, 6:30 pm.

Quilting Bee: Meets every second Tuesday, 10 am-2 pm. Call 628-7900 or 628-1938.

Berrypickers' Jam: Tuesday evenings at 7 pm.

Slow Flow and Yin Yoga with Anna: Mondays from 6:15-7:30 pm. \$5-\$10 suggested.

Yoga with Sabrina: Thursdays from 6:15-7:30 pm. \$5-\$10 suggested.

ONGOING EVENTS

Roots of Wisdom Exhibit

9 am-5 pm daily. The newest exhibit at the North Carolina Arboretum will showcase the relationship between indigenous peoples and cutting-edge science. Through the voices of elders and youth from four indigenous communities, including the Eastern Band of Cherokee Indians, video interactives, and hands-on games, visitors will gather resources, examine data and take part in the growing movement toward sustainability and the reclamation of age-old practices. Through May 6. 100 Frederick Law Olmsted Way, Asheville. For more information, go to ncarbo-retum.org.

Us TOO of WNC

A prostate cancer support forum for men, caregivers and family members. Tuesday, February 6, 7 pm. First Baptist Church, 5 Oak Street, Asheville. Dr. Matthew Young, Chief of Urology with Mission Medical, will speak. No fee to attend. For info, call 242-8410 or email wncprostate@gmail.com.

UR Light Center Events

Thursdays 10:30 to 11:30 am. Traditional Gentle Hatha Yoga with Karen Barnes. \$10

Sundays from 10 to 11 am. Yoga with Catiana Bello. \$10

For info, call 669-6845 or email dome@URLight.org.

SAVE THE DATE

Fire Department BBQ Fundraiser



March 23 and 24, 10 am-6 pm each day, Smokey and The Pig, 913 Charlotte Hwy.

15th Annual Dine To Be Kind

Tuesday, March 20. Dine out at participating restaurants who are donating a portion of their proceeds on this day to Asheville Humane Society! Visit ashevillehumane.org for more info.

IDENTIFICATION STATEMENT

The Fairview Town Crier is a 501 (3) (c) company that publishes a monthly community newspaper. Twelve issues per year are delivered free on or about the first of every month to 8,600+ households. Distribution is limited to Fairview, Gerton, and contiguous parts of Reynolds and Fletcher, North Carolina. The Fairview Town Crier is located at 1185G Charlotte Highway, Fairview, North Carolina 28730; mailing address is PO Box 1862, Fairview, North Carolina 28730. Subscriptions may be purchased for \$30 per year and will be mailed First Class postage on or about the first of each publication month. Visit fairviewtowncrier.com for details or to order online.

Editorial Policy: The Fairview Town Crier reserves the right to refuse any advertising or editorial submission deemed inappropriate for the tone and style of the publication. A best effort has been made to verify legitimacy of information received and published. Views expressed in columns and/or articles do not represent those of The Fairview Town Crier.

Submissions: Announcements, community news, upcoming events, personal notices, letters, etc. will be published free as space allows. Email to copy@fairviewtowncrier.com. For staff directory, contacts and additional information, please see page 30.

FRIENDS OF THE LIBRARY JAMIE McDOWELL

PROGRAMS AND EVENTS FOR KIDS

Lego Club

LEGO Club is back Friday, February 2 at 3:30. Join us for special builds, creative challenges, and a whole lot of fun. You bring your creativity; we'll provide the blocks!

Maker Space

Creative opportunities abound in our Maker Space! Self-directed activities will be available for children and teens. Past activities have included black-out poetry, book cover selfies, and grown-up coloring. The station is always changing, so make sure to check out the latest project next time you are in the library.

Storytimes

Mother Goose – Tuesdays at 11
Bounce n' Books – Wednesdays at 11
Preschool Storytime – Thursdays at 11

ADULT PROGRAMS

Fairview's Early History

Friends of the Fairview Library are pleased to present historian Bruce Whitaker on Tuesday, February 6 at 7 pm at the Fairview Library. Bruce will present a program on the early history of Fairview, from its native people through settlement and up to the Civil War. Topics will include what it was like before settlers came, relations with the Cherokee, the culture and living conditions, slavery in Fairview and the role of the church and many more.

Bruce has written the monthly column "Days Gone By" in the Fairview Town Crier for many years. We are happy to host him in person so residents can ask questions and learn more about Fairview's history directly from him.

Refreshments will be served courtesy of Friends of the Fairview Library.

Used Book Donations

Your donation of books in good condition benefit both children's and adult programs throughout the year. Shop for used books just inside the library on the right.

Book Club

Fairview Evening Book Club will be reading *Love in the Time of Cholera* by Gabriel Garcia Marquez for the month of February and will be discussing it on Tuesday, February 20 at 7 pm.

Set in a country on the Caribbean coast of South America, this is a story about a woman and two men and their entwined lives. "Garcia Marquez beautifully reveals true love's soil not in the convention of marriage but in the simple, timeless rituals that are its cement." – *Publishers Weekly*

No sign up or registration is required to be a part of Evening Book Club, and you can join anytime.

Neighborhood History Project

The North Carolina Room and the Fairview Public Library are embarking on a mission to engage residents in preserving neighborhood history.

Exploring Fairview's Early History



Don't miss Fairview historian Bruce Whitaker's lecture on Tuesday, February 6. Bruce will present a program on the early history of Fairview, from its native people through settlement and up to the Civil War. Details under "Adult Programs."

We will be collecting oral histories, photographs, maps, family histories, yearbooks and the like for archiving and preservation in the library. We want to collect the history of Fairview as told through its people.

How can you be involved?

Tell us your story! Your story is important. How did you end up in Fairview? What was it like to grow up here, work here? What changes have you seen? We want to preserve the stories of our community for future generations.

Show us your stuff! We are interested in photographs, architectural plans, maps, yearbooks, family histories, church directories, and many other types of ephemera. Donate or loan these items to the library for preservation. We can even scan copies of most items so you don't have to part with the originals.

Volunteer! Would you be interested in conducting an oral history interview or helping to transcribe one? We would love your help.

New Books in the Library

Feel Free by Zadie Smith
A Time of Love and Tartan by Alexander McCall Smith
Fifty Fifty by James Patterson
Death of an Honest Man by M.C. Beaton
The Tuscan Child by Rhys Bowen

Teachers and Homeschool Parents

The Fairview Library is here to support you! Be sure to check out the Teacher Subject Request Form on the Library website. Our librarians will pull books and other materials relating to any area of classroom study (e.g., ancient Egypt, seasons, emotions, or families) and then email you when they are ready to be picked up.

Book Sale at the Library!

Visit the Friends of the Fairview Library Book Store, located just inside the library doors. All funds raised from the sale go directly to the Friends, which supports library programming and much more!

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FEATURED LISTINGS See all available listings at greybeardrealty.com



5-bedroom, 3.5-bath Swannanoa home in Alpine Mountain.
\$639,000 MLS 3318219



3-bedroom, 3.5-bath Canton Luxury Log Home on 4.87 acres.
\$577,000 MLS 3292128



Private 3-bedroom, 3.5-bath Swannanoa home with a waterfall and stream on site.
\$394,000 MLS 3343186



3-bedroom, 2-bathroom Swannanoa home on 14 acres of land.
\$334,900 MLS 3311302



3-bedroom, 3-bathroom Swannanoa home with an acre of land.
\$299,000 MLS 3320739



3-bedroom, 1-bathroom Swannanoa home.
\$194,500 MLS 3329559



1-bedroom, 1-bathroom Biltmore Forest Home with 1.64 acres of land.
\$899,900 MLS 3330312

LOTS AND LAND

Byers Park Lot with .61 Acres
\$55,000 MLS 3277895

10 Acres on Copperhead Cove
\$57,500 MLS 3300178 **CLOSED**

.92 Acres in Briar Ridge
\$86,000 MLS 3296442

Four Parcels on Emmas Grove Road
3.25 acres \$269,750 MLS 3264823
3 acres \$249,000 MLS 3264859
10 acres \$500,000 MLS 3309046
2.85 acres \$750,000 MLS 3305323

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FOOD FOR FAIRVIEW JEFF COLE

What Makes Us Volunteer?

Food for Fairview is an all-volunteer organization. This includes the board of directors, the pantry manager, and the people assisting clients on their way through the pantry. Others help load pantry items in clients' vehicles, set up tables, and pick up items from MANNA, Food Lion, and storage. We have volunteers checking in clients at the pantry and others helping clients sign in for the Emergency Food Assistance Program (TEFAP). There are high school volunteers who divide 50-pound bags of dog food and smaller bags of cat food into smaller bags for clients' pets.

One volunteer remembers going to a pantry as a child, and it was dismal and depressing. Ours wasn't much better, so the volunteer worked very hard to upgrade our pantry. Another volunteer remembers the somewhat humiliating experience of going to the grocery checkout as a child with his family's Food Stamps and being told by the cashier that an item was not covered. My father died in a car accident when I was 11, and most of these programs did not exist in 1960. We were poor, but I was fortunate to receive three meals a day. Before I met my wife, after she had moved to my hometown and was living on her own, she would have to choose between gas and groceries. My wife and I, and the other volunteers, are all in a better place today than we were as children and young adults. That's what brings us together to volunteer one afternoon and/or

morning a week. That's what makes me volunteer for other duties, as well, such as being executive director and writing this article.

All financial donations go toward rent, pantry items from MANNA and Food Lion, and space and storage rental. If you've been in the pantry recently, you may have noticed heat is not something donations pay for. To donate canned goods, pasta, soups, rice, or pet food, the best time is 2-5:30 pm Mondays when the pantry is open. When schools are closed, the pantry tries to open Tuesday afternoons if schools are reopened.

Correction

In last month's article. I stated that the number of children who do not receive three meals a day nationally is one in four. The actual number is one in five, and MANNA FoodBank states in WNC that number is one in four. I incorrectly thought the number was one in three. This changes the number of affected children under 17 in Fairview from 201 to 151. Using the number of children under 18 years of age, this changes the number of affected children in Fairview to a total of 227. I apologize for the error. Still, these numbers mean that one in four children in your child's classes is not getting the proper nutrition to be able to do his or her best.

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

FIRE DEPARTMENT ROBIN RAMSEY

Frozen Roads and Warm Hearts

New Year's Eve started off the year as "nonstop emergency operations central," with stranded visitors staying at the station as well as multiple wrecks and ambulance calls.

Every area of Buncombe County was hit with glass-like frozen fog that paralyzed highways and roadways. It made traveling treacherous, even on the simplest stretch of road. In the midst of all of the emergencies, two angels of mercy arrived with Brunswick stew: Tim and Becky Brewer of Smokey and The Pig BBQ. They provided a much needed treat for weary travelers and, finally, dinner for our crew at 11 pm.

Tim and Becky are always there to support the fire department, and we love them for that.

February seems to be the month synonymous with love, and what better way to show love than through appreciation. We certainly want to show our appreciation for our department and the great work they do, so we ask you to join us for these fun, upcoming events. In fact, we would love for you to attend.



UPCOMING EVENTS

Pancake Breakfast

February 10
8 am-11 am
\$8 per plate
Biscuits and gravy, eggs, sausage, pancakes

Smokey and The Pig BBQ Fundraiser

March 23 and 24
10 am-6 pm each day

Red Cross Blood Drive

April 28
10 am-2 pm

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

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HELPING
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Failed Back Surgery
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HELPING
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Knee, Hip, Ankle,
and Shoulder
Replacement

HELPING
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Were Jacob Reed and Johnson Ashworth Brothers? Part 2

Part 1 of this article ran in January's Crier, and may now be found online at [fairviewtowncrier.com](#)

Jacob Reed remarried several years later to Mary "Polly" Williams. I do not know for sure that she was a Williams and may never know. The information about her I received from Nelia Morgan Merrill (1882-1977) makes me feel this is true. She said Henry Casey and his wife Dicie were very close to Polly Reed. She said they were at Polly Reed's home very often and were somehow related. Jacob Reed and Henry Casey were the administrators of George Williams's estate and his sons-in-law. Mary "Polly" Reed was born in Broad River, Rutherford (now Buncombe) Co., North Carolina on November 13, 1804. Jacob Reed made a bad choice when he married her.

Wicked Stepmother

Reed ruled the household with an iron fist. Jacob could not make any purchase at the store without Polly giving him permission first. Jesse Garren and his wife Mariam Whitaker Garren both testified in court that if Jacob bought anything, no matter how small, without getting Polly's approval first, she would force him to take it back.

Mary Reed was the storybook wicked stepmother. She detested Jacob's son



From left to right, Morgan Ashworth, J. D. Miller, John Moore, William Alexander and Mays Ashworth

Ramie Reed. Everyone in the neighborhood who testified in court said Polly never once had anything good to say about Ramie. Ramie left home at a very young age and went to Henderson County. Jacob's son Abner Reed was treated little better than his brother. Occasionally Polly would

say something nice about Abner but she soon took it back.

Jacob and Polly Reed had one child together, named Jesse Reed. Jesse was born in Fairview on March 20, 1837. He was the apple of Polly Reed's eye. He was everything and Abner and Ramie Reed

Jacob Reed and Johnson Ashworth worked out a deal. Jacob Reed deeded Johnson Ashworth everything he had – land, livestock, etc. – in return for Ashworth taking care of Jacob and Polly Reed as long as they lived.

were nothing. Abner remained in Buncombe County. He married Mary Matilda "Tilde" Clements. Abner and Matilda Reed moved to Johnson Ashworth's farm, where they lived in a shack and worked for him. Abner Reed constantly moved around. He lived in Swannanoa in 1860, listed as a renter. He lived in the Flat Creek section of Broad River in McDowell County (now Buncombe). He was still a renter. Reed was still living on Flat Creek in the 1880 census. He was still renting and was listed as being

blind. Jacob Reed owned 475 acres of land on Hollywood Road but Polly would never let Abner live on their property.

Jesse Reed was forced to go off and fight in the Civil War. He stayed in the army a few months and was sent home to die. Jesse told his parents that since he was going to die, and thus not receive any part of his parent's estate, that his parents must promise not to give his brothers Abner and Ramie anything either. Jacob Reed did not want to do what his son requested, but Polly Reed did and her opinion was all that mattered. She insisted that Jacob carry out Jesse Reed's.

Making a Deal

Jacob Reed went to see Johnson Ashworth (1818-1895). Johnson Ashworth was one of the most well-off men in Fairview. Jacob Reed and Johnson Ashworth worked out a deal. Jacob Reed deeded Johnson Ashworth everything he had – land, livestock, etc. – in return for Ashworth taking care of Jacob and Polly Reed as long as they lived. Jacob and Polly were allowed to live on their farm and in their house until both died. This deed will agreement was signed and recorded around 1864. Johnson Ashworth was not allowed to tell Abner and Ramie Reed about this agreement until after their father's death.

The agreement never made any sense to

me. Jacob Reed had a brother, James Reed, still alive and living in Fairview at this time. He had many nieces and nephews as well, the children of his brother James as well as the children of his deceased sister Susanna Reed Wright. Susanna's husband John Wright was still alive and living a few miles away on Ballard's Creek. Why would he leave everything he had to Johnson Ashworth, one of the wealthiest men in Fairview. This all makes sense if Johnson Ashworth was his brother.

"No Tell What You Will Find..."

I went to visit Morgan Ashworth on several occasions. He was Johnson Ashworth's grandson. He had heard about the Jacob Reed/Johnson Ashworth deal and unlike his Freeman first cousins, he did not get mad and run me off. He just smiled and thought the whole thing was funny. He made a statement at the time that made no sense because I thought he misspoke. He said, "There is no telling what you will find with all that old Ashworth blood following in your veins." Maybe he knew Jacob Reed and Johnson Ashworth were brothers and was giving me a little hint.

Jacob Reed died November 20, 1875. Abner and Ramie Reed found out what their father had done and they were not happy. Polly Reed soon fell out with

continued on page 28

Ad Blockers, Security Questions, Spam and SEO

The ad blockers are coming! Google will activate its built-in ad blocker for its Chrome web browser on February 15.

This is great news if you use Chrome – yet I would pay attention to what might happen with third-party ad blockers like Ad Block Plus or uBlock Origin. There may be issues.

One small but potentially useful trick for all those extra security questions you have to set up with many online services is to make up answers to questions such as "What is your mother's maiden name?" Those services don't check that your answer is correct for you, just that you type in the same thing. You could set up the answer to all those questions with something like "purple," if you want.

If you are feeling a little annoyed about spam and have wondered how to "punish" those who send it, try wasting their time by replying through the services of Spamnesty. All you need to do is forward a spam email to sp@mnesty.com. Their service strips out your email address before their bot tries to engage the spammer in a time-wasting back-and-forth exchange. Read more at spa.mnesty.com. They do remind you to strip out personal information from any email you forward to them.

There are so many different places on your computer and on the Internet for you to hear security advice, but not all may apply to

you. You might find it useful to look at the Security Planner put out by the University of Toronto's Citizen Lab at securityplanner.org. It is comforting to see that they continue to update their advice as best practices change.

Email tracking can be made more difficult by turning off loading of tracking images and resources. Many email senders use the display of tracking images or even a one-pixel dot with a custom file name to determine if you have looked at an email. Most email programs let you turn off that display of tracking images, which are images loaded off the web. My credit card company keeps telling me that they need me to update my email address even though their emails are getting to me. That's because they don't "see" me reading their emails as I don't allow the "loading" of tracking images.

I may have mentioned Google's Search Engine Optimization Starter Guide before. It's finally been updated, and has wonderful info. Google that name or visit: support.google.com/webmasters/answer/7451184. You'll still need to keep interesting content frequently updated.



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LOT 3	0.5	UNDER CONTRACT
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LOT 5	0.482	UNDER CONTRACT
LOT 6	0.51	\$59,000
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LOT 3	0.57 ACRES	\$45,000
LOT 4	SPEC HOUSE	\$500,000
LOT 5	0.86 ACRES	\$75,000
LOT 6	0.83 ACRES	\$69,000
LOT 7	1 ACRE	\$75,000

MOUNTAIN MAGIC GREG PHILLIPS

Getting Squirrely about a Local Mascot

Besides chilly temperatures, February brings Valentine's Day, Presidents Day and family birthdays – especially my grandson Landon's birthday, which falls on Groundhog Day. That gives me an idea.

Follow along. I do yearly shows in Punxsutawney, Pennsylvania, home of Phil, the weather-telling groundhog. I visit Gobbler's Knob, where Phil makes his annual prediction. I check out the 32 groundhog-shaped statues sponsored and decorated by local businesses. Fireman Phil outside the firehouse; Pizzeria Phil, outside the Italian Restaurant; Healthy Phil, outside the hospital. People travel from around the world to take their pictures next to one of these larger-than-life, whimsical statues. All this because of a groundhog named Phil.

I think we need a mascot for Fairview's own brand of tourist kitsch. The likely candidate? The gray squirrel. I see them everywhere. I know what you're thinking. ("What a nut job?") People tell me you can't make friends with a squirrel. They're just rats with cuter outfits. Hear me out.

We'll call him Fairview Filbert. Filbert, like the nut. We create 6-foot fiberglass



statues decorated by themes and placed around town for people to visit like a scavenger hunt. Fireman Filbert, Pharmacy Filbert, Engineer Filbert, Physician Filbert, Farmer Filbert, Finance Filbert. We make a special day for him, and get a place for a live version to reside, maybe Hickory Nut Gap. (Get it?) Then we make up some rules, such as giving squirrels the right of way when

it comes to traffic regulations.

We create a Fairview Filbert newsletter, the Squirrel Gram. We make souvenirs like coffee mugs, stuffed animals, and \$6 jars of Squirrel Poop (Milk Duds, of course!).

That all sounds good, but wait: gray squirrels carry deadly squirrel pox to which they are immune, but native red squirrels are vulnerable. Grays eat seven times more food than their scarlet cousins, crowding out any competitors. I guess we can take comfort, though; my neighbor Keith just told me they hunt gray squirrels regularly and says they are "the ultimate ethical meal." I guess our slogan should be: "Eat a gray and save a red."

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



GREG'S MAGIC TRICK



Watch the Ring! This is a slightly spooky trick. A ring is placed on a rubber band stretched flat. Very slowly, the ring moves along the rubber band from one end to the other – by itself!

Materials A round finger ring and a long, thin rubber band

Step 1 The trick is very simple but needs practice to make it look good. Hold the rubber band between the forefinger and thumb of each hand. Be sure to leave an extra bit of elastic at each end, although the middle part between the hands should be stretched fully.

Step 2 Tip the ring to one end so it touches the left fingers and thumb.

Step 3 Slightly relax your grip on the band with the left finger and thumb. The tightness of the band will pull the extra elastic from the left, making the band move. The ring, which is hanging from the band, will move with it.

Step 4 Relax the right finger and thumb. The ring will appear to move back in the opposite direction!



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Fairview Community Center
Check-in 9:30am Meeting 10am-12pm

All are welcome; must be a registered Democrat in Buncombe County to vote on precinct issues.

AGENDA

Propose and vote on resolutions. Plan for supporting Democratic candidates.

RESOLUTIONS

Approved resolutions will also be discussed at the County convention in March. Resolutions passed by the convention will be sent to the district and state conventions with the goal of becoming part of the national party platform. Visit ncdp.org to read current NC Party Platform and resolutions.

To propose a resolution, contact your precinct chair before February 9.

LEARN MORE
Buncombedems.org/county-organization

QUESTIONS? email buncombedems@gmail.com (put FAIRVIEW-REYNOLDS in subject line)



Preparing for February's Cold Weather

According to the National Weather Service, the way to avoid frostbite and hypothermia is to plan for extreme cold before it arrives. Don't get caught unprepared.

Check the forecast at weather.gov or your favorite weather app or TV station. If possible, adjust your schedule to avoid being outside during the coldest part of the day, typically the early morning. Try to find a warm spot for your children while waiting for the school bus outside. Dress for the outdoors even if you don't think you'll be out much.

Frostbite First Aid

Frostbite can happen in minutes, especially with fingers, toes, noses and ears, but can affect any area of exposed skin.

If you suspect frostbite, immediately move inside to a heated location and begin warming the affected areas using warm water or body heat.

Here are some things you can do (and not do) if you suspect frostbite:

- Don't rub or massage cold body parts.
- Put on extra clothes and blankets.
- Get in a warm – not hot – bath and wrap your face and ears in a moist, warm – not hot – towel.
- Don't get near a hot stove or heater or use a heating pad, hot water bottle, or a hair dryer. You could burn yourself before feeling returns.

Hypothermia

When your body temperature sinks below 96, you have hypothermia, a serious health hazard that occurs when body temperature is lowered too much. Get medical attention immediately.

Of the approximately 1,300 people killed by hypothermia each year, most are seniors, but some are children and young adults.

To avoid hypothermia, you should:

- Dress in layers
- Wrap up well when going outside.
- Wear a warm hat.
- Ask your doctor if any medicine you're taking increases your risk of hypothermia. Drugs that may cause a problem include barbiturates, benzodiazepines, chlorpromazine, reserpine, and tricyclic antidepressants.

If your temperature is 96 or less, you feel cold and sluggish, or are having trouble thinking clearly, see your doctor immediately or go to the nearest emergency room.

If you are trying to help someone who may have hypothermia, first call an ambulance. Then lie close to the person and cover both of you with thick blankets.



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

Brain Training's Secret Weapon

Have you ever imagined doing something before it happens? Running across the finish line at your first 5K? Asking someone out that you really liked? Delivering an acceptance speech after receiving a well-deserved award? Or simply getting off the couch on a lazy Sunday?

While we have all done this to a certain degree, many are unaware of how the brain actually prepares for real-life situations by simply thinking about them. Focus increases, muscles become engaged, specific hormones and brain chemicals circulate. It's all based on what you are thinking about doing (visualizing).

Techniques like neuro-linguistic programming harness the power of visualization to change the brain, decrease anxieties, improve performance, etc. For those who are not high-level athletes, CEOs, or visiting a mental health specialist for anxiety or other mental health concerns, visualization isn't used all that much in normal life.

There's not a successful athlete, musician, or actor out there that hasn't run their game, concert, or movie through their head 1,000 times to ensure, to the highest degree possible, that the outcomes are in their favor. This type of behavior, or brain therapy, almost always ensures success for these individuals, which is why

they are masters of their craft.

However, this same "technology" applies to anyone, in any situation. Visualization has been an important tool for many years to help people rehabilitating from a stroke. Thinking about steps before taking them, imagining words coming out of their mouth before trying to speak them. All the necessary components of these actions come alive, just by thinking about them. If fact, studies have shown that simply thinking about lifting weights increases strength in muscles (Disclaimer: This is NOT an excuse to avoid the gym!)

We see this routinely with folks who have challenges with the way they walk, rise from a chair, or any number of simple life tasks. Having them concentrate and visualize the perfect steps or standing up with ease – and doing this repetitively – begins to build nerve connections and muscle memory that starts to change how they function. This also works with how people think and feel, not just with movement.

Visualization can be an incredibly valuable tool for building a better brain, and living a better life. And it's free!



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

Persistent Dizziness

Persistent Postural-Perceptual Dizziness (PPPD or 3PD) was formerly called Chronic Subjective Dizziness and Phobic Postural Vertigo before that. While "dizziness" is in the name of the condition, some people may not experience dizziness as a symptom. Symptoms of 3PD include a persistent sensation of rocking or swaying type of unsteadiness and/or dizziness without vertigo lasting greater than three months. The unsteadiness or dizziness tends to be worse with upright postures, such as when walking, standing, or sitting; head or body movements; and exposure to complex or motion-rich environments. Symptoms tend to be present at least 15 out of every 30 days, but can often occur daily. 3PD typically starts shortly after an event that causes acute vertigo, unsteadiness, dizziness or instability.

3PD can develop spontaneously in people that may have a history of motion sensitivity, anxiety or depression; how-



ever, more commonly there is a triggering event that initially caused disequilibrium, vertigo, or dizziness. 3PD is not a psychiatric disorder, but patients may begin to avoid socialization, become reclusive or go to extreme measures to avoid provoking symptoms, resulting in abnormal psychological behaviors. The pathways from the inner ear to the brain have been shown to overlap with those that deal with anxiety, depression and migraine. Because of this overlap, one system can "drive" the other. For example, if a person feels unsteady, they may become easily anxious, which

continued on page 28

Nothing in This Life Is Simple

Complications

Over the previous months I've chronicled my journey into Medicare. I turned 65 in September, my wife in October, and both of us had been automatically enrolled in Part A. With my wife deciding to remain on her employer group plan, we opted out of Part B to save the premiums. It was more involved than I expected, but at least we were all set – or so we thought! Along came the BCBS/Mission Hospital fiasco, which blew up everything.

The October 5 deadline for Mission and BCBS to make nice came and went. It appeared that Mission was not going to be in network. This was crucial, since I had my heart surgery there. We didn't have time to reassess our decision because the deadline for her 2018 group plan enrollment was November 19. If we didn't reenroll, we'd have no coverage next year.

Our Options

It turns out that enrolling in Part B was our only option. Since we had already opted out, how do we opt back in? Social Security told us that we each had to submit a "Request for Employment Information Form" (CMS-L564) signed by the employer to document a loss of our health insurance coverage on December 31. Form CMS-40B enabled us to enroll in Part B with a special enrollment. This form is

available from your employer, SSA.gov or the local SSA office.

We walked into the Social Security office on November 17, form in hand, and since Marilyn was 65 in October, the Initial Enrollment Period rules allowed her to easily get a Part B effective date of January 1. Then things really got complicated.

Shock and Awe

I was 65 in September and thought the same rules applied to me. All my years of Medicare experience and accumulated common sense told me it should have been that way. Not so! I was told that if I applied any time before January, my earliest Part B effective date would be the first of February. I wouldn't have doctor's coverage at all in January. You've got to be kidding! The solution: apply in January for Part B when Medicare's rules allowed me to back-date the effective date to January 1.

I dare you to figure this out by yourself. I couldn't, at least not without the help of the wonderful folks at our local SSA office. God bless them.



Mike Richard is president of Prime Time Solutions. If you prefer a trusted local agent, feel free to call for a no-obligation consultation: 628-3889 or 275-5863.

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What a Way to Start the Year

remember looking out the window on the first day of 2018 and being greeted by an inch of snow on top of a glaze of freezing drizzle that played havoc and cancelled many New Year's eve activities. Actually, only a tiny bit of precipitation fell across the area – only a hundredth or two of an inch – but the form in which it fell is one of the most dangerous. What actually happened on New Year's Eve was that we had a moist,

low-level flow from the east, which causes the air to flow uphill across the Carolinas and get lifted and moistened. This results in widespread low cloudiness and precipitation. In this case, surface temperatures were well below freezing and we had four to eight hours of light, freezing drizzle and freezing mist. The upslope flow then turned more to a west-northwesterly flow and we went into a more typical light snow event

that brought a dusting across the region. In retrospect, these local or “mesoscale” events, especially the ones that bring freezing drizzle or freezing rain, can be the most dangerous. In the New Year's Eve event we were also “bone cold” with temperatures in the mid 20s, which made for excellent conditions for icy roads. In this case, it only took a trace of precipitation to cause many car accidents across the region.

I think we will see a fair amount of changeable weather for February 2018. We are starting to see more daylight, as there is an increase in the amount of solar radiation received each day in February. The sunrise and sunset times for February 1 are 7:30 am and 5:57 pm, but by month's end they will be 7:01 am and 6:24 pm. That's almost an hour of additional sunshine. However, the average high and low temperatures for the beginning of the month are 49 and 28, respectively, and they will rise about four to five degrees by month's end. We also have to deal with the “seasonal lag of temperature,” which will be discussed more later in 2018. Basically, though, bodies of water and the ground have a certain heat capacity, which is the amount of energy it takes to change the temperature of an object by a given amount. In fact, water takes much longer to heat up than land. Since our earth is around 71 percent water, our tempera-

tures on land are highly dependent on the temperatures of the bodies of water near it. Water also tends to absorb and release heat at a slower rate than the land does, and causes the seasonal lag we see in our temperature record. This is the main reason why the coldest and warmest days do not occur on the winter and summer equinoxes in mid-December and mid-June but lag or occur later in the season.

In July, terrestrial radiation (outgoing radiation from Earth) is still reaching its peak based on the large heat capacity of the oceans and, to a lesser extent, land masses. This added terrestrial radiation allows air temperature to continue to rise even though energy from the sun is decreasing.

Finishing up on a lighter note, when I worked at the National Climatic Data Center, now the National Center for Environment Information (NCEI), one of the most popular webpages I did was checking out our furry friend, the groundhog, and its relatively poor weather-predictive skills. You can read all about Groundhog Day at ncei.noaa.gov/news/groundhog-day-forecasts-and-climate-history.



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

WEATHER WONDER



Which flower or flowers can bloom in our area in February?

There are a variety of flowers that bloom in our area in mid- to late winter. Some of the most cold-hardy are the Lenten or Christmas rose, which is a perennial flower that does well in a woodland garden in part shade. Two bulbs that bloom in the winter are snowdrops and winter aconite. They are both tiny bulb

bloomers – white snowdrops actually bloom and push through the snow. The winter aconite tops out at 6 inches and its yellow blooms are earlier than the crocus. In our region the green tips of various daffodils and narcissus bulbs actually emerge in late January or early February and should already be visible.

QUESTION of the MONTH



What are a few of the reliable folklore sayings related to spring weather?

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“The World’s Most Beautiful Voyage”

That's how Hurtigruten, the Norwegian ferry line, describes its classic 12-day, round-trip coastal voyage. I traveled this route from Bergen to Kirkenes and back this past November. This was my first solo trip abroad, so when the Hurtigruten agent told me they were waiving the single supplement for my cruise, I had no excuse not to sign on. So how did it turn out? Perfect! I encountered a lot of friendly people, made two good friends from the Netherlands and Australia, saw some spectacular scenery, ate a lot of fish and some roast reindeer, and learned a lot about the Norwegian way of life and love of the out-of-doors. Their word for it is “friluftsliv,” literally “free air life.”



Arctic Circle crossing ceremony

We crossed the Arctic Circle on the third day of our cruise. King Neptune appeared at the Arctic Circle Crossing ceremony and then passengers lined up for the Arctic Circle baptism: a ladle of ice water down the back of the neck administered by the ship's captain followed by a glass of cloudberry wine to restore circulation! After crossing the Arctic Circle, we began to see northern lights on clear, cold nights. They bloomed over the ship in dancing ribbons and sheets like silk. You need a camera with a slow exposure and preferably a tripod to get just the right picture.



Kirkenes & the Russian border crossing

Kirkenes is the turnaround point for the Hurtigruten voyage and the only town in Norway that borders Russia. On a snowy excursion to Storskog, the Russian border crossing, we were warned not to step beyond the border sign. Not only would we get in trouble with Russia, but Norway would levy a hefty fine. A small Russian-themed gift shop included commemorative bottles depicting Vladimir Putin and Donald Trump. Residents of Kirkenes can obtain permanent visas allowing them to travel a certain number of miles into Russia. There is a fair amount of cross-border shopping on both sides.



Bergen

Bergen is Hurtigruten's southernmost port and starting point for the classic roundtrip voyage. Founded in 1070 A.D., it has an ancient history of commerce and seafaring. The Bryggen, with its iconic wooden buildings stretching along the waterfront, now houses museums, shops, and restaurants. The fish market is full of the day's fresh catch, and you can ride a funicular to the top of Mount Floyen for an overview of it all.



Village below snow-dusted mountains

Norway's coastal scenery is dramatic and beautiful. As you travel north, the mountains grow taller and trees disappear. Tiny villages cluster below snow-dusted mountains. Ships don't travel into narrow fjords in the winter because of the danger of avalanching snow.



Small fishing village



MS Kong Harald docked in Honningsvåg

In addition to its tourism business, Hurtigruten continues to be a working ferry line serving Norwegian coastal towns since 1893. On the roundtrip voyage, a ship will visit 34 ports along the way, sometimes stopping for only 15 minutes for passengers or cargo. On longer stops, cruise itineraries offer excursions of all sorts and levels of difficulty led by local guides or you can walk into town on your own. Just be back before departure because they won't wait for you!



Walrus skeleton in the Polar Museum

Tomso is known as the capital of the Arctic and has been the starting point for many Arctic expeditions. The Polar Museum, which houses this walrus skeleton, has exhibits detailing the area's history of trapping, hunting, and exploration.



While Norway's top exports are oil and gas, fish and fish products are next. People in tiny fishing villages along the coast catch fish and crabs, which are exported all over the world. Populations in these villages are declining and most inhabitants rely on services provided by the nearest large city. By 2:30 pm across the Arctic Circle, night begins to fall. By November 26, it's polar night – two months without sun! How do people survive? Larger cities have recreation centers with indoor pools, some areas have lighted ski trails, and there are social groups everywhere. When the sun comes back in January, there is a holiday and schools are closed. The sun comes up for five minutes and then sets, increasing its appearance each day. In the summer there are two months of midnight sun.

Valentine’s Day: Sacred & Secular Traditions Through Time

The Ides of February, 269 A.D. In a dank, claustrophobic dungeon cell sat a Roman Priest called Valentine. His inner turmoil calmed by personal conviction, he awaited his fate: the death sentence. In the wake of Emperor Claudius II’s recent edict, which prohibited young Roman soldiers from marrying, Valentine surreptitiously performed marriages, upholding his belief in the sanctity of Christian marriage. The Emperor opined that unwed soldiers would march more willingly into battle; thus the edict, and Valentine’s subsequent imprisonment for violating it. So, as the light of the pale afternoon sun filtered in through a roof opening in his cell, he feverishly composed a letter to the jailer’s daughter who had supposedly paid visits to Valentine during his imprisonment. Legend goes that Valentine miraculously healed the blind young maiden, who would receive the letter following Valentine’s torture and execution. Three words, “From your Valentine,” were signed at the bottom of the page. These were the last words Valentine would ever write, making it the first “valentine” ever to be sent. This expression (coupled with Valentine’s conviction) gave birth to both legend and enduring tradition.

Who Was Valentine?

Despite its modern popularity, no one can quite pin down the exact origins of the holiday’s namesake. We don’t know much about Valentine, and what we do know is often convoluted. What with cupid, hearts, flowers, and love in the air, it’s easy to get swept away by the tides of passionate verse and forget the holiday’s origins. To add to the confusion, there are least two separate accounts of a “Valentine” being martyred in Rome around the same time under the same emperor. What we do know is that Valentine was a man with a legitimate identity, no longer venerated by the Roman Catholic Church, but still recognized as a saint.

Rich in religious undertones and pagan symbolism, the origins of Valentine’s Day date as far back as ancient Rome. Imagine as the multi-day, ancient Roman fertility festival of Lupercalia (held in mid February, and dedicated to the Roman god of agriculture) begins. Inebriated Roman men offer animals for sacrifice and then whip young townswomen with their hides (a ritual that is believed to increase their fertility). A raucous celebration ensues, and matchmakers match. While still in line with overarching themes of love and lust, it’s not quite the romantic celebration we know today, which didn’t emerge until the Middle Ages, when poet Geoffrey Chaucer linked the feast of Saint Valentine to “courtly love” in his poem “Parliament of Foules.” Jump ahead to the end of the 5th century, and pagan practices merge with Christian traditions when Pope Gelasius I dedicates February 14 to St. Valentine.

Growing Traditions

In between Chaucer’s poem and present day, other modern Valentine’s Day traditions manifested. By the 15th century, young lovers exchanged frilly, handmade paper valentines decorated with ribbons and lace. In wistful poetic verse, William Shakespeare mentioned Valentine’s Day in Hamlet, written at the dawn of the 17th century. In addition to valentines, flowers, confectionary, and other small tokens of affection were swapped among couples in England by the 18th century. Surely enough, Valentine’s Day traditions hitched a ride across the Atlantic with scores of European immigrants, permeating culture in the United States.

A Hallmark Holiday

Throughout the next century, the religious underpinnings of Valentine’s Day came undone, and the holiday was recast to fit the modern mold. Seeing a niche in the market for Valentine’s Day greeting cards, Hallmark began to mass produce valen-



“Cupid in a Tree”

Valentine may have worn a ring depicting an inscription of Cupid, a mythological symbol of love commonly worn by Roman bishops.

tines in 1914, and in turn commercialized the holiday. Historic representations of the holiday (match-making, courting, and wooing with gifts of flowers, cards, and candy) were absorbed by the modern consumer market. Even Cupid, the charming little cherub who symbolizes love and dates back to classical mythology, evolved to become a pop culture icon.

3rd-Largest US Consumer Holiday

Today, the numbers speak to the enduring popularity and influence of this holiday. According to History.com, over one billion Valentine’s Day cards are purchased each year; over 220 million roses are sent; and an upward of \$20 billion dollars is spent. Next to Christmas and Halloween, it is the largest consumer holiday in the United States. We can expect somewhere in the vicinity of 6 million couples to become engaged on the day, and recently History.com reported that “more than 35 million heart-shaped boxes [of chocolate] are sold” each year. Online dating services such as eHarmony and Match.com revolutionized the way we meet our mates, making it easier to find the “right one.” The advent of e-cards transformed the greeting card industry, at the same time making the holiday less personal. Add to that the ability

to send gifts online with a single click, and Valentine’s Day increasingly seems to be losing its intimate touch. More recently, however, folks have attempted to reconnect with the holiday’s palpable side. For example, the popularity of the Pinterest website provides inspiration and ideas for personalizing any project, including Valentine’s Day projects. Pinterest and other similar social-media networks have allowed us to tap into our creative energies and make tangible the holiday that’s slipped away into cyberspace.

Local Valentine’s Traditions

In our locale, special events and fond reminiscences keep Valentine’s Day traditions alive. Students at Fairview Elementary still exchange valentines, and the 3rd grade is hosting a party. Sponsored by the PTO at A.C. Reynolds Middle School, students purchase Orange Crush soft drinks, valentines attached, delivered to their “crushes” on Valentine’s Day. One local resident expresses that, to her, Valentine’s Day is a day to “convene with family and loved ones.” Countless others voice similar sentiments. It’s a day dedicated to pausing amid the frenzy of life, taking time to show loved ones how much we care. One Fletcher resident states that “it’s how we



“To My Valentine”

This 1909 pre-Hallmark Valentine represents a style of Valentine that was popular at the time, and depicts Cupid.

choose to spend Valentine’s Day that counts, and I choose to spend my time [rather than money].”

Valentine’s Evolution

Rooted in the boisterous pagan Roman festival of Lupercalia, Valentine’s Day has evolved over the course of a millennia. That we lack a consensus regarding the exact origins of this holiday doesn’t diminish its meaning. School children still anticipate the thrill of exchanging simple valentines with their classmates; even today, high school sweethearts convene discreetly to steal kisses at the Valentine’s Day dance; and secret admirers continue to deliver mysterious gifts. And despite its commercialization –with consumers trading in its religiosity for candy hearts inscribed with cliché sentiments – for some, it remains a day of sacred observation, remembering a man who gave his

life for his convictions. However the holiday evolved, one thing remains evident: it’s meaningful. In ways both secular and sacred, Valentine’s Day affords us an opportunity to honor one another and the memory of St. Valentine by uniting to celebrate a timeless, universally human condition – love.

Conversation Hearts

Daniel Chase, the brother of the inventor of the modern candy-making machine (for NECCO wafers), came up with the idea of putting words on candy in 1866. Heart shapes became available in 1902, and the rest is history.



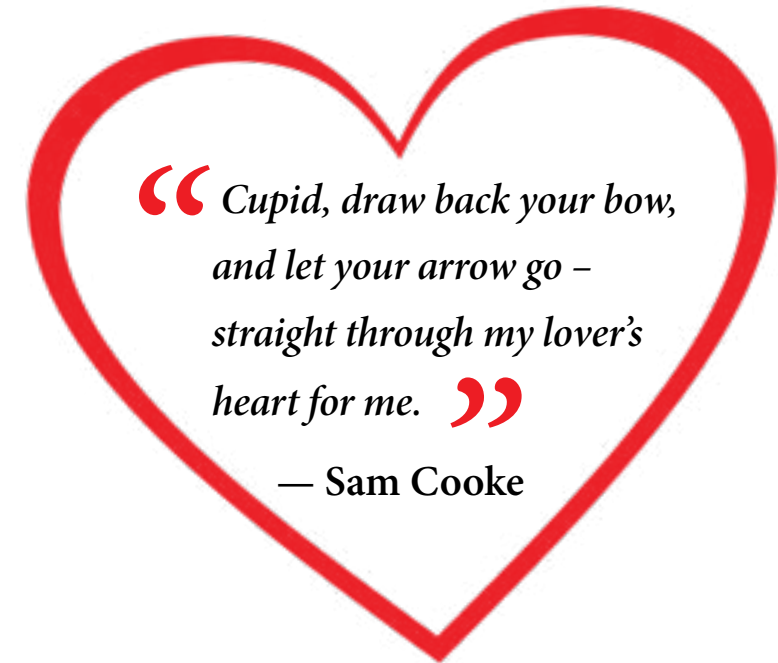
“St. Valentine”

The exact identity of the holiday’s namesake St. Valentine remains a mystery, but most accounts point to a Roman Priest martyred around 270 A.D.



“Life is Like a Box of Chocolates ...”

According to History.com, more than 35 million heart-shaped boxes of chocolate are sold each year.



“Cupid, draw back your bow,
and let your arrow go –
straight through my lover’s
heart for me.”
— Sam Cooke

EVERY LOVE, TEEN REPORTER

Fostering Puppies

There're only a few things I love more than writing, and one of them is puppies. Yes, those small floof-balls with the wagging tails and that unmistakable smell of puppy-breath. This month's article is about a subject very near to my heart. I'm trying to raise awareness about fostering puppies and what it could mean for your family. And if you've always wanted a dog but your parents won't let you, fostering is the perfect compromise! You're doing community service, learning responsibility, and you'll get some serious puppy therapy, without the commitment involved in adoption.

The first step to becoming a foster family in most cases is to sign up, or you can volunteer with the shelter of your choice. My family always volunteers with Brother Wolf Animal Shelter, but there are many other options, such as the Humane Society or Charlie's Angels. I will warn you in advance, however, that becoming a foster family is a process. Go to the shelter website of your choice to find out more about what's involved. Different shelters have different requirements.

Let me tell you about one of our most recent fostering stories. We took a nursing mom and her seven babies over winter break, and it was amazing! The mom was sweet, and really mild-mannered, and the puppies were so small and funny. But here's the sad thing: She was used to being around



Fostering helps to learn responsibility, plus you get serious puppy therapy without the commitment of adoption.

humans and was obviously housebroken, so we guessed that her owner turned her out because she was pregnant. And that's awful. Still, it felt really good to help these dogs that couldn't help themselves.

If this article can convince even one person (one teenager?) to take in a dog, even for a little while, then this will be worth it. Puppies are the solution to all life's pain, so let's protect them from pain and take them in.

The contact info for local animal charities can be found on page 20.



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

STUDENT OF THE MONTH: KAYLEE FLANNIGAN



Kaylee Flannigan is the A.C. Reynolds student of the month for February.

Principal Doris Sellers nominated her, saying, "Kaylee and her family moved here this summer, with Kaylee as a senior. She has become involved in Journalism/Broadcast and Student Council. We did the Hurricane Relief for her Texas high school in August. Her family left just three days before Hurricane Harvey hit her home town. She

is a very kind, generous, and thoughtful young woman."

What does Rocket Pride mean to Kaylee? She said it's "having dignity and joy in everything you do. Whether it's doing well in the classroom, or on the softball field, or even just respecting your teachers and peers."

Her fondest memories of high school (so far!) "would have to be playing softball," she said. "I have played many sports but softball has my heart. All the time and effort put into practice is worth it, not only when I get a great hit or the winning catch but the bonds with teammates and the memories that I have made are what I will carry with me forever."

If she could choose anything to do after college, she would be a missionary. "I have always had a heart for helping people," she said. "Being able to make someone's life better in anyway – whether emotional or physical – is a blessing in itself."

From all of us here at The Fairview Town Crier, congratulations Kaylee! We wish you all the very best!

News from Cane Creek Middle School

By Karen Wallace-Meigs

The temperature dipped in January but students and staff at Cane Creek Middle School (CCMS) kept things toasty with a dizzying schedule. Students and teachers are preparing for academic competitions, including Battle of the Books and the Western North Carolina Mathematics Competition.

The Battle of the Books, open to sixth through eighth graders, is sponsored by the North Carolina School Library Media Association. Cane Creek's coaches are Media Coordinator Wayne Stone and eighth grade English-Language Arts teacher Jessica Henry.

The Western Carolina Mathematics Competition will be held at Western Carolina University. Cane Creek is in the process of identifying five Math I students to represent the school.

Mock Trial Team Takes 2nd Place

The CCMS Mock Trial team took second place at the Justice Iredell Middle School Mock Trial tournament in Durham in December. Chuck Palmer, teacher and team coach, recently received notification of individual awards. Congratulations to the following students for their individual recognitions:

Round 1

Plaintiff against Holy Trinity Charlotte - Best Attorney: Ava Meigs

Round 2

Defense against Carnage Magnet of Raleigh - Best Attorney: Ansley Whitaker; and Best Witness: Ashley Dowdney

Round 3

Plaintiff against Carnage Magnet: Co-Best Attorneys - Ava Meigs and Hasaan Shakil; and Best Witness: Ashley Dowdney

Many programs at Cane Creek Middle School, such as mock trial, receive support from the Parent-Teacher Organization (PTO). Teachers also apply for PTO mini-grants to support innovative learning opportunities for all students. To support classroom needs or student field trips, send your tax deductible check to: CCMS Parent-Teacher Organization, 570 Lower Brush Creek Road, Fletcher, NC 28732.

Spring sports heat up this month. Visit the Cane Creek Middle School website and click on "Athletic Schedules" to find out when our track, baseball, softball, girls' soccer, and golf teams are competing.

Karen Wallace-Meigs is the PTO Communications Coordinator for Cane Creek Middle School.



Congrats to Fairview UNCA Chancellor's List and Dean's List Students

The following students from Fairview made UNCA's Chancellor's List or Dean's List:

Chancellor's List

Luke Baunack Sara Williams

Dean's List

Andrew Allen Noah Bijesse
Eric Chisdock Corey Hart
Vanessa Jones Aaron Kohatsu
Shane Myers-Bennett Connor Ryon
Alaina Smith

The Chancellor's List is made up of full-time students who have achieved a 4.0 grade point average. The Dean's List is made up of full-time students who have achieved between 3.5 and 3.99 grade point average.

Cycles of Community Excellence: Career & Technical Education

We all know that top-notch public education is about showing up and doing the hard work, day in and day out. That daily commitment leads to excellent results for our students but is often taken for granted. Now and then, however, our educators get recognized for this daily effort, and it's a good opportunity for the larger community to stop and recognize how lucky we are in Buncombe County. In December, that moment came in the form of an award for Christy Cheek, Director of Career and Technical Education (CTE) Programs.

On December 7, Cheek was recognized by the national Association for Career and Technical Education (ACTE) as one of only five regional finalists from across the United States for the prestigious Carl Perkins Community Service Award. This award recognizes individuals who have used CTE to make a significant impact on their community and have demonstrated leadership in programs and activities that promote student involvement in community service.

Cheek has done so in spades.

In her 30 years with Buncombe County Schools, Cheek has created learning as well as employment opportunities for students by building partnerships among schools, employers, and the local community. She and her team coordinate Students@Work Week, a four-day event that exposes more than 800 middle school students to 45 local businesses. Cheek has also provided leadership for the "Virtual Job Shadowing" initiative, which partners with local businesses to film short videos that give students a glimpse into possible careers.

Innovation and Creativity

Superintendent Tony Baldwin pointed to Cheek's most public labor of love, saying, "A significant criteria for achieving this prestigious national honor is demonstrated evidence relative to innovative programs." He continue, "Our Nesbitt Discovery Academy is a prime example of innovation and creativity. Christy's leadership and curriculum expertise were paramount to the successful development and subsequent launch of this STEM-



Christy Cheek, Director of Career and Technical Education (CTE) Programs.

Reynolds' entry in the Playhouse Showdown, themed "Barns," features a green and gold barn quilt square.



themed high school."

What's the source of Cheek's ongoing commitment to CTE and to Buncombe County Schools? "I see it as a cycle of career awareness and community service," Cheek said. "Our students need to know what's out there for them in the future, the business community needs to embrace them, and then the students in turn will stay and work in Buncombe County, giving back to this cycle and helping our community to keep thriving. This cycle keeps us alive as a community," she added.

Food Lab Coming

And what is she most proud of in the Reynolds district? "I'm very excited that the food lab renovation is underway at Reynolds High School, and will be done by the end of the summer. And the CNA students! They do such good work."

Cheek is particularly excited about the Playhouse Showdown, offered in partnership with the Asheville Homebuilders Association (AHBA). The theme this year is "Barns," and while of course Cheek can't play favorites among the five participating

Buncombe high school teams, she raved about the Reynolds entry and its green and gold barn quilt square.

Now in its sixth year, the Playhouse Showdown has already raised over \$16,400 for Buncombe CTE programs since the start of the Playhouse Showdown in 2013.

AHBA member companies generously donate all materials for the high schools to design and build playhouses to be raffled on location at the Build & Remodel Expo at the WNC Ag Center February 3rd and 4th. Each school will receive \$2 from each raffle ticket sold to utilize within their local construction classrooms. Remaining proceeds will go directly to the schools in the form of scholarships for their local CTE programs. Check it out! You can buy tickets at buildandremodelasheville.com/playhouseshowdown.



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

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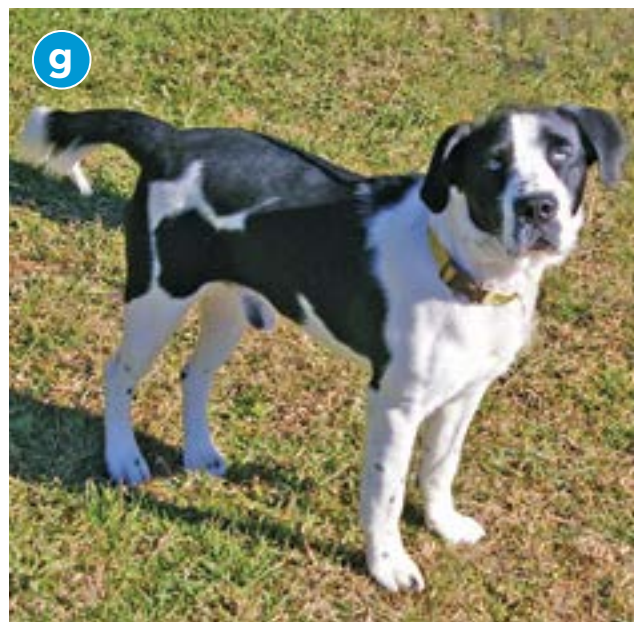
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a. Beaucatcher was born in February 2017. She was born and raised in a loving foster home so she is well socialized. She loves her brother Patton and would like to be adopted with him, or go to a home with another rabbit. *Brother Wolf*

b. Jackson is a handsome, 7-year old, 50-pound Labrador mix. He likes playful dogs, so if you have one a dog already, a meet-and-greet is recommended. Jackson doesn't like to share toys or food, so no young children. Jackson just loves people's love and company! *Brother Wolf*

c. BeBe is a social and talkative two year old. She knows no strangers and loves to make biscuits in your lap! This playful girl is waiting for a family who will provide her with plenty of attention and love. *Humane Society*

d. Joplin is a beautiful flame point Siamese mix. She's about 4.5 years old, loves all toys and her scratching post, and has lived with other cats. She's friendly and social and loves to chat back to you. *Brother Wolf*

e. CoCo, a little domestic Short-Haired girl, was left on our doorstep, so we can only estimate her birthday as February 11, 2017. She is very quiet, doesn't seem to know how to play, but is gentle and sweet. We believe CoCo is deaf and it's not uncommon for this to happen for white cats. She is a love and will make someone a very special companion. *Charlie's Angels*

f. Sara is a lovely 4-year old yellow-bellied slider looking for a new home. Sliders can live to 20 years old, and Sara's people could no longer care for her. *Brother Wolf*

g. Buddy, a handsome 11-month old boy, is a Border Collie/Spaniel Mix with dark eyes rimmed in blue. He has been through obedience training, but because of his very high energy, needs an active family. He is very sweet, smart, and loves to play with other dogs and lots of toys. *Charlie's Angels*

h. Picolette is a sweet little mouse born around April 4, 2016. She must be adopted with a companion mouse or go to a home that already has a mouse in residence. *Brother Wolf*

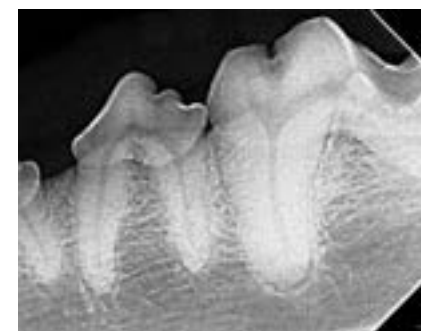
i. Mia is a sweet 7-year-old Bulldog mix. She loves meeting new people and especially enjoys getting belly rubs! Mia can be picky with her doggie friends, so if you have dogs at home, please bring them to a meet and greet so we can see how everyone gets along. *Humane Society*

Veterinary Dental Month: Be Sure to Have Your Pet's Teeth Checked

February is Dental Month in the veterinary profession, and dental health is something we value at Cedar Ridge-Animal Hospital.

Instead of the usual article this month, I thought I would share with you some of what we see during routine dental x-rays and cleanings. If you have concerns about your pet's teeth, be sure to call your vet to schedule an evaluation. From the smallest pocket pets to the largest horses, all of our pets benefit from healthy teeth and gums!

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



Healthy lower premolars on a young adult Labrador retriever.



Tooth root abscess (black round area at arrow tip) on an older adult dog. Once root abscesses like this form, the tooth needs to be removed.



Crown fractured off with roots still in place in an adult cat. Without an X-ray, this appeared to just be a missing tooth.



Healthy lower premolar teeth on a young adult cat.



Bone recession on the lower back molars of an adult dog. The line marks where the bone should be. This was caused by the buildup of calculus on the tooth that grew under the gum line and caused the jaw bone to recede.



Restorative lesion on an adult cat premolar. The arrow shows the spot where the enamel is being destroyed and the tooth root is about to be exposed. The roots are also being destroyed. These lesions are extremely painful.



Large piece of calculus removed from a dog's tooth. Notice the fur that has gotten stuck in it and encapsulated as it grew. Calculus like this causes destruction of the tooth and the surrounding bone.

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Bill Thompson

IN MEMORIAM

Bill Thompson, longtime resident of Fairview, went home to heaven on January 16. He fought a courageous battle, typical of his never-give-up spirit.

A native of Gainesville, Florida, he was a civil engineering graduate of Vanderbilt University, also playing as a lineman for the infamous Vandy football team. He might have enjoyed flattening an opponent or two, but he was well known for his sweet and gentle nature. The zenith of his program management career was to oversee the building of the Georgia Aquarium in Atlanta, the largest in the world. Starting the first scout troop in Fairview, Troop 75, led to many fun and hair-raising adventures hiking and camping.

Raising the Thompson ruffians, Tara, Billy, David, Luke, and Arial, was his heart. He was so proud of each one of his kids. When David married Amy, daughter-in-law, he was eventually blessed with the world's greatest grandchildren, Sophia and Ethan. Putting up with his wife, Kim, for 51 years, was his challenge. Teaching Sunday School at Grace Community Church for a number of years was his great joy, enabling him to see the boys in his class grow up into fine young men. They could quote Scripture and make paper airplanes with the best of them.

Bill's best friend, his beloved dog Cletus Earl, accompanied him everywhere, from Home Depot to church to McDonald's.

The Thompson family has been blessed to be a part of this amazing community and is grateful for the outpouring of love and support received. A celebration service will be held at Grace Community Church on February 10 at 1 pm for happy remembrances and thanksgiving for God's great mercy and love.



Become a Buncombe Beekeeper

The Buncombe County Beekeeper's Club (BCBC) is offering an intensive, hands-on, two-day event that lets participants handle equipment, try on protective gear, light a smoker, and attend lectures and classes with experienced area beekeepers to help those interested better understand bees.

The event takes place Saturday, February 24 (8 am-5 pm) and Sunday, February 25 (11 am-4:30 pm) at the Nesbitt Discovery Academy, 175 Bingham Road, Asheville.

For an entry cost of \$75 per person, registrants will receive hands-on guidance by experienced beekeepers, a course book and materials, and a one-year membership to the BCBC and the North Carolina State Beekeepers Association. A box lunch will be included on Saturday.

To register or for more information, go to wnbees.org/event/2018-bcbc-beginners-bee-school.



Habitat for Humanity Also Does Home Repairs



Habitat for Humanity not only builds new houses; it also has a program that allows low-income Buncombe residents to make home improvements, including installing ramps and accessible shower and tubs; installing new doors and windows; and fixing water damage or installing a new heating system. Projects are heavily subsidized, and Habitat offers no-interest loans.

To learn more, attend the info session, February 8, 11 am, at the Senior Opportunity Center, or call 210-9370 or visit ashevillehabitat.org.

Red Cross Blood Drive at Spring Mountain CC



American Red Cross

Are you going to donate blood at the Spring Mountain Community Center this month? Many people would respond to this with, "No, because no one ever asked me."

According to the American Red Cross, one of the most common reasons that people give for not donating blood is that they've never been asked. So we're asking!

Here's your opportunity. The Red Cross will hold a blood drive on Friday, February 23 from 3 to 7:30 pm at the Spring Mountain Community Center, 807 Old Fort Road. You may drop in or call Bruce Whitaker at 280-9533 to reserve a particular time.

The American Red Cross supplies about 40% of the blood used in the U.S., making it the nation's largest blood collection organization. Donors are people just like you – high school students, office workers, salesmen, farmers, factory workers, parents, and grandparents – who are different in their daily lives, but share generous spirits and a desire to give back to their community and help others.

The Red Cross states, "If you already donate blood, thank you! You are making a lifesaving contribution that benefits accident victims, cancer patients, surgical candidates, children with blood disorders, and many others. If you have never donated blood, please consider doing so. Your donations are always in constant demand."

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Golden Eagle Wintering Grounds in Western North Carolina

The Golden Eagle may not be the first species that springs to mind when you think about migratory avian visitors to the southern Appalachians. Thanks to a series of regional research studies, we are gaining new understanding about the presence of these majestic raptors in Western North Carolina.

Recent research conducted by the NC Wildlife Resources Commission (NCWRC) reveals that the Southern Appalachians may be an important wintering ground for Golden Eagles, once considered rare visitors to the mountains of WNC. As part of the Eastern Golden Eagle Working Group, NCWRC set up camera trap stations across WNC through the winters of 2013, 2014 and 2015. They also captured and released five Golden Eagles fitted with GPS transmitters. Their



At Unaka Mountain alone some 1,200 Golden Eagle photos were captured.

research casts an intriguing new light on these magnificent birds.

“This is a very shy, secretive bird,” says Christine Kelly, Wildlife Diversity Biologist with the NCWRC. “Although large, the Golden Eagle is reclusive and dwells in remote areas — such that we didn’t have a good idea of its behavior and occurrence in our area until now.”

Following a standardized survey format so their research could be combined with others in the Eastern Golden Eagle Working Group, the NCWRC set up 26 camera trap stations across WNC to study the occurrence and distribution of migrating Golden Eagles. They used fresh roadkill as bait for the birds to scavenge, secured to the ground by steel rebar so that motion-activated cameras could capture clear photos. Over the course of three winters of data collection, the team documented Golden Eagles at 17 camera trapping stations in 16 counties and collected tens of thousands of images. At Unaka Mountain alone they captured 1,200 Golden Eagle photos!

“For the camera stations, we chose small clearings on hilltops, surrounded by trees where the birds could perch,” explains Kelly. “They need to have enough space to swoop down and take off. Some of these stations were in very remote wooded areas, places difficult to access in the winter. We were hopeful we’d get one bird on camera, and it turned out we saw a lot more.” The camera trap study demonstrates that the WNC mountains may be an important over-wintering area for Golden Eagles.

In conjunction with the camera trap

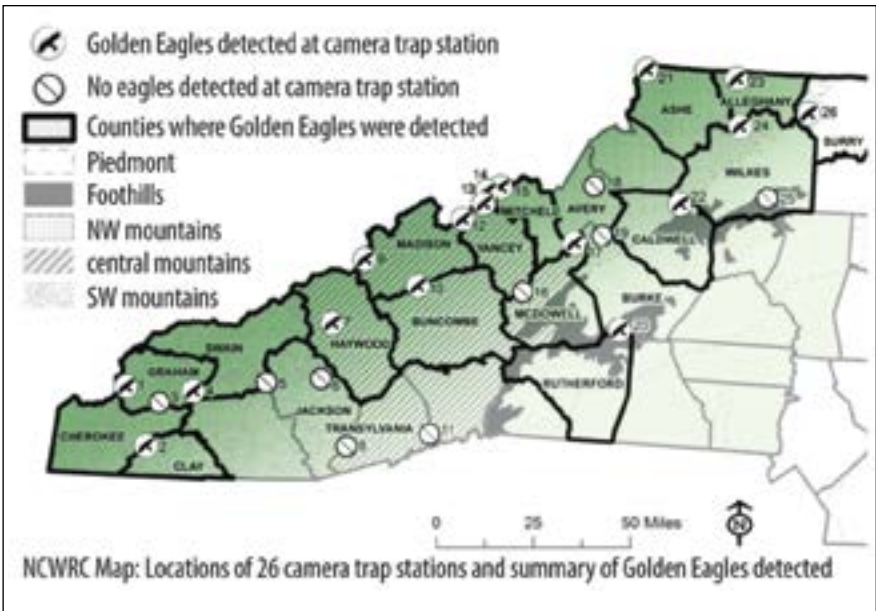
project, consulting research biologists Trish Miller and Mike Lanzone captured five eagles. The two male and three female birds were fitted and released with lightweight GPS trackers that reveal greater detail about their movements.

“For example, in Southern Appalachian Highlands Conservancy’s (SAHC) service area, we can tell that all the GPS-tagged birds spent time in Mitchell County, and one male spent a lot of time in the Roan and Unaka,” says Kelly. “They often roost on a forested hilltop above an open area like a farm.”

Back to Canada

After winter, the Golden Eagles return to nesting grounds in Canada, as far away as northern Quebec. The primary threats they face include collision with ridge-top wind turbines in their migratory path; lead poisoning from scavenging animals killed with lead shot; and accidental capture in foothold traps used by fur trappers.

With the data-collection process complete, efforts now focus on the monumental task of analyzing and looking for patterns to inform conservation, public education, and habitat management efforts. As a result of this regional camera trapping effort, seven more eastern states have now listed the Golden Eagle as priority species in their State Wildlife Action Plans.



“We are analyzing the results and trying to determine how we can use this information to help the species,” continues Kelly. “It’s great to fill in the knowledge gaps – the biology and distribution of the group. But then what do we do with what we learned? We want to use these collected data to benefit the species. One way is to protect the forested areas where the birds roost in the winter, and

this is where conservation organizations like SAHC come in — looking at priorities for land protection.”

Angela Shepherd is Communications Director of the Southern Appalachian Highlands Conservancy in Asheville. She can be reached at 253.0095 ext. 200 or by email at sahc@appalachian.org. To join in saving the places you love, visit Appalachian.org.



Cherokee — An Eagle’s Tale

Captured and tagged near dusk at Unaka Mountain in 2015, Cherokee (at right) broke the record for the largest Golden Eagle captured in the Eastern US (13.6 pounds). The very next day, the NCWRC team broke that record again, with the capture of a 14.3-pound female nicknamed “Cheoh” (above) in southwestern NC.

Since then, four of the GPS units on birds tagged by the team have stopped transmitting; only Cherokee’s unit continues to send data — and it paints an impressive picture. She winters in the mountains of

North Carolina and Tennessee, spending a lot of time in Cherokee National Forest and down by the Nolichucky River. She has even been tracked on SAHC’s Lost Cove property (which is now part of Pisgah National Forest). In spring, she migrates north along the Appalachians to the Adirondack Mountains before crossing into Quebec and winging north to her nesting grounds in northern Labrador & Newfoundland.

Cherokee particularly favors a portion of Cherokee National Forest land managed by prescribed burning, prompting researchers to ask, “What



is she doing there? What draws her to this place?”

Analyzing GPS data from the transmitters, researchers hope to gain better understanding about the behavior of Golden Eagles and find ways to benefit the species. For example, knowing more about what they are hunting and where could lead to management activities that help their prey.

Can You Afford to Retire Early?

Some people dream of retiring early. Are you one of them? If so, you’ll need to plan ahead – because a successful early retirement can’t be achieved through last-minute moves.

So, if you’re determined to retire early, consider taking the following steps:

Pick a date. Early retirement means different things to different people. But it’s important to pick an exact age, whether it is 60, 62, 64, or whatever, so you can build an appropriate retirement income strategy.

Think about your retirement lifestyle. You may know that you want to retire early – but have you thought about what you want to do with your newfound time? Will you simply stay close to home and pursue your hobbies? Do you dream of spending two months each winter on a tropical island? Or are you thinking of opening your own small business or doing some consulting? Different retirement lifestyles can have vastly different price tags. Once you’ve envisioned your future, you can develop a saving and investment plan to help you get there.

Boost contributions to your retirement plans. If you want to retire early, you may well need to accelerate your contributions to your retirement accounts, such as your IRA and your 401(k) or other employer-sponsored plan. You may need to cut back in other areas of your life to maximize the amounts you put into your retirement plans, but this sacrifice may be worth it to you.

Invest for growth. Your investment strategy essentially should be based on three key factors: your goals, risk tolerance and time horizon. When you change any one of these variables, it will affect the others. So, if you shorten your time horizon by retiring early, you may well need to reconsider your risk tolerance. Specifically, you may need to accept a somewhat higher level of investment risk so you can invest for greater growth potential.

Keep a lid on your debt load. It’s easier said than done, but try to manage

your debt load as tightly as possible. The lower your monthly debt payments, the more you can contribute to your retirement plans.

Life is unpredictable. Even if you take all the steps described above, you may still fall short of your goal of retiring early. While this may be somewhat disappointing, you might find that adding just a few more years of work can be beneficial

...even if you’re not able to retire early... contributing as much as you can afford to your IRA and 401(k), controlling your debts, and so on – may pay off during your retirement – whenever it begins.

to building resources for your chosen retirement lifestyle. For one thing, you can continue contributing to your IRA and your 401(k) or similar employer-sponsored plan.

Plus, if you’re still working, you may be able to afford delaying your Social Security payments until you’re closer to your “normal” retirement age, which, as defined by the Social Security Administration, likely will be 66 or 67. The longer you put off taking these benefits, the bigger your monthly checks, although they will max out once you reach 70.

And even if you are not able to retire early, some of the moves you took to reach that goal – such as contributing as much as you could afford to your IRA and 401(k), controlling your debts, and so on – may pay off for you during your retirement – whenever it begins.



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.

DECEMBER FAIRVIEW REAL ESTATE STATISTICS

		Max \$	Lowest \$	Average \$
Homes Listed	5	\$860,000	\$67,500	\$300,100
Homes Sold	10	\$435,000	\$110,000	\$316,890
Land Listed	2	\$695,000	\$49,000	\$372,000
Land Sold	4	\$650,000	\$12,000	\$306,200

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

The Special Session

Since my grandsons’ basketball games were cancelled, I took off for Raleigh on the night of the Georgia/Alabama college football championship. The excitement of the game helped the time to fly by, and I arrived just as Alabama scored the winning touchdown. (Full disclosure: I was pulling for the Bulldogs.)

The next day was spent at a meeting of our party caucus of NC House members, and we heard a variety of speakers that mostly focused on the elections of 2018. It began with a talk from Governor Cooper. Our state elections are unusual in 2018 as there are no governor or US Senate state-wide races, which tend to dominate voter interest. Our day ended with a strong message from Deborah Ross, who lost her Senate race in 2016.

The Gerrymandering Game

During the day, an important decision was announced by three federal judges in a case involving the drawing of US Congressional seats by the North Carolina General Assembly. The judges unanimously agreed that our current districts were unconstitutional and would have to be redrawn by January 29. Filing for elections begins on February 12., It was the first time that any court had ruled that you could not draw districts to gain a partisan advantage. The practice is known as gerrymandering. Common Cause and the League of Women Voters were the plaintiffs. The ruling stated, “On its most fundamental level, partisan gerrymandering violates ‘the core principle of republican government...that the voters should choose their representatives not the other way around.’” You only have to notice that our Fairview district (#10, represented by Patrick McHenry) goes all the way to Gastonia to see how the gerrymandering game is played.

There is a similar case from Wisconsin before the US Supreme Court, and this North Carolina case will be appealed to that body as well. There is a strong possibility that the filing period will have to be changed until the districts are finalized. These districts were already declared unconstitutional for the 2016 election on racial grounds, and some of them had to be redrawn and a primary election date changed. The North Carolina General Assembly has already spent almost \$7 million defending their districts, and the \$500-an-hour lawyers have a lot of billing left to do.

There is one other case regarding our North Carolina districts that should be resolved by the time the Town Crier is sent out. Another panel of judges hired a “special master” to remedy North Carolina House and Senate Districts. The court found that the new districts drawn by the General Assembly did not adequately resolve the racial gerrymandering of these districts.

All of the litigation could stop if North Carolina would end once and for all letting politicians draw the districts and set

up a non-partisan commission to do this work. Other states have found ways to get this done. It would be an important first step in rebuilding some credibility with our citizens.

The first Special Session of 2018 opened with little information about the agenda. We were originally scheduled to vote on several North Carolina constitutional amendments, one of which would have ended citizen voting for judges. For this vote, protesters from all over the state, including a busload from Buncombe County, were on their way to Raleigh to stand up to the various efforts by the General Assembly to gain more control over the state’s judicial system. The general outcry from citizens and judges, on both political sides, scuttled that effort for the time being.

One pressing issue should have been on the agenda. There is a mandate in place requiring smaller class sizes in K-3 in our public schools. While a laudable goal, it can only be accomplished at present by replacing music, art and P.E. teachers. Moreover, many more classrooms will have to be created. The General Assembly has refused to fund this initiative. School boards, superintendents and principals in the process of planning budgets for the 2018-19 school year are unsure about whether they will have to comply or not. More protesters came to put pressure on legislators on this issue. It was a lively day in the halls of government!

DEQ and GENx

The House did try to solve an emergency problem regarding GENx in the drinking water of the Cape Fear River. Emerging chemicals being dumped into our rivers is a looming crisis across the state. Our Department of Environment Quality (DEQ) has been stripped of much of its funding over the past six years, laying off large numbers of water quality staff. Discharge permits were about 40 percent expired, including the Chemours plant that produces GENx (a compound used to make Teflon). The House was ready to pass a rather weak bill to deal with this problem, but without an appropriation. Money was found, the Appropriations committee met, and \$2.3 million was authorized to hire staff to work down the permitting backlog and to purchase technology so that DEQ could test chemicals in house. That bill passed the House unanimously in late afternoon on Wednesday, but the Senate refused to take it up and adjourned. It was a disappointing outcome.

The Short Session continues in a ghost-like manner, so I may be called back to Raleigh when least expected. For now, I am glad to be back in Fairview with my family.



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

New Martial Arts Studio in Fairview

Warriors of Ash is a new martial arts studio in Fairview, but with a twist. It is a Historical European Martial Arts (HEMA) school, says Lochlan Koulouris, the president and head instructor, which means they teach medieval sword fighting and Viking-era combat reconstruction.

The nonprofit trains students in various weapon types, including German Longsword, Sword and Buckler, Montante, Dane Ax, Viking Round Shield and Sword, and Hand Ax. Training is done at full speed and the weapons are real. Thankfully, safety gear is required.

Koulouris and Mike Erbach, assistant instructor, are disabled combat veterans, and they offer special services to their fellow veterans, including discounted membership and customized training for disabled vets from all branches of military service.



If you'd like to visit, the studio is located in a converted workshop at 56 Fox Road, Fairview. For more info, class schedules and open gym times, call Lochlan at 312 566-6753 or Mike at 828 577-5057, or visit warriorsofash.com.



Nancy Nehls Nelson Running for BC Commission



Nancy Nehls Nelson, a Democrat, has announced that she will run for the District 2 seat (including Fairview) on the Buncombe County Commissioners. The District 2 seat is currently held by Ellen Frost, a Democrat, who is not seeking re-election.

Nelson, a retired AT&T Bell Labs project manager, lives in Reems Creek (Weaverville). She is committed to excellence in public education, simplified access to public services, land use that entices job growth, and support of crucial public health issues. She is a member of the Land Conservation Advisory Board and a non-scientific member of the VA Hospital's Institutional Review

Board. She has also served as a Board of Elections Precinct Judge and a Member of the Weaverville Planning Board and has worked on several non-profit boards, including Blue Ridge Public Radio. She teaches studio art at UNCA's OLLI College for Seniors and has coached elementary school age girls in the Girls on the Run program.

"Local government is an extension of community," says Nelson. "It needs input from residents, and not just in three minutes at a county meeting. The frustration of folks who feel their voice is not heard has not changed these past two years. I want to address that concern and continue to make Buncombe County even better."

BUSINESS SHORTS

In honor of Valentine's Day, we thought we'd give a shout out to **Janet Peterson's** pretty amazing heart-shaped tub (for two) in her luxury vacation rental, **Silver Lining Cabin on Cloud 9 Farm**. Janet's got a bit of the background on how this tub came to be posted in her blog on her website. It's worth reading, starting with Janet's idea to put this retro-shaped tub in her new cabin. Check it out at cloud9farm.com and click on Blog.



Ran into **Barbara Bergerson of Hilltop Ice Cream** the other day. She's not open yet but plans on it in April. We'll know spring is here when we can get her amazing homemade ice cream once again.

New hours in 2018 for the **Fairview Town Crier** and **The Hub**. The *Crier* and **The Hub** will be open Monday-Friday, 11 am-5 pm and by appointment for other hours. If you have a special request, please call 628-2211 for the *Crier* and 628-1422 for The Hub.

HUB HANDMADE

Anyone who has stopped in The Hub recognizes firsthand it's all about "Local"... all the gifts, edibles like honey, jams, etc., fine art, even the office of *The Crier*, all come from Fairview, Fletcher, Reynolds and Gerton (the *Crier's* news and delivery area). While we have an incredible amount of talent right here, sometimes something quite unusual (handmade but not local) strikes our fancy and we want to share it with our community. Before Christmas we found these very cool bookmarks handcrafted from antique spoons and had them for sale, and we have sold out of those. We've also been aware (yes, personally) of the new craze for an unusual drink called a Moscow Mule; made with ginger beer, fresh lime juice and vodka (there are even non-alcoholic variations), these are refreshing, light and quite the rage. An authentic "mule" is served in copper mugs to keep the drink ice cold. We sourced a beautiful handmade set of two copper mugs, copper straws and a copper shot glass (to keep you honest) plus a recipe book all packaged in an elegant box. We've only got a few of these, so if you're interested, stop by soon.



And of course, Valentine's Day is Wednesday, February 14. If you're looking for something other than chocolate and flowers (nothing wrong with those, mind you), we've got some lovely jewelry like Sabrina Miller's hand-forged silver LOVE pendants and Beth Hodge's LOVE bracelets with Swarovski crystals and beads.



And Valentines aren't just for the ladies. We've got some great gift ideas for the man in your life. How about a handmade pocket wallet made of English bridle leather in dark or light brown or British tan? This is a minimalist wallet to hold cash



and a few credit cards. Besides the beautiful leather, a bicycle spoke forms the "bar" to hold bills. Personalization of up to three initials is available. It's made by Fairview leather master Stan Starika. Want to have a staff lunch, social gathering, workshop, etc. in a beautiful setting with privacy and room to spread out? The Hub Meeting Room

is only \$25 per hour and you'll be surrounded by spectacular local art. There is a kitchen and seating for 30. Call 628-1422 to book. The Hub is located at 1185 Charlotte Highway in Fairview, next to Americare Pharmacy and Elena The Groomer.

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About the FBA

The Fairview Business Association has grown and evolved over the many years since it was founded. We've taken a try at different business projects, such as doing a trade show, having a coffee "Meet & Greet," etc., and what we've found is that networking and socializing with local business folks works best for actually bringing new customers to our members. When folks can put a face to the name, they remember you. And our community is made up of mostly people who want to support each other and who will choose a neighbor business before a "Yellow Pages" business every time.

And that's the value of attending a meeting now and then. We have them on different days and even different times. To get the most for your membership, you should pop in once in a while and let everyone recognize your face and get to know you and what you do.

February Member Meeting

It's just been since July 2017 that Devin Walsh has been single-handedly caffeinating Mountain Mojo to a business that is gaining in popularity (as witnessed by the many cars every morning) and reaching out to the Fairview Business Association to be a helpful part of the Fairview community.

Devin, from Austin, TX, grew to love Asheville as a student at UNCA, where he met his wife, Arielle (who now works at Keller Williams and is a commercial appraiser). He has an undergraduate degree in Literature, a graduate degree in Play Writing, has lived in three different states and was working at South College when Mountain Mojo came up for sale. He loved his job selling coffee as a teenager so the time seemed right to take the plunge as an entrepreneur.

Devin will host the first FBA meeting of 2018 on **Thursday, February 8 at 6 pm** and he'll have door prizes. He'll serve drip decaf and regular coffee along with some freshly baked goodies. Bring a snack to share if you want something salty. He invites you to come back during regular hours to get a specialty coffee or tea drink. Devin would like to open his off-hour event space in the evenings to the community and would like to brainstorm with us about what is needed. Bring your "What's New" information and business cards. Plenty of parking at 381 Old Charlotte Hwy. Right at the base of the Mine Hole Gap/Cedar Cliff Mountain across from Cool Mountain Realty on Highway 74.

Membership

Your \$60 yearly membership includes:

- Listing in the Directory at right printed every month in the *Town Crier*.
- Displaying business cards on the bulletin board outside of the Fairview Post Office.
- Listing on fairviewbusiness.com (logo, photo and link to email and/or website).
- Networking events throughout the year.
- Opportunity to host a member meeting.

Visit fairviewbusiness.com to join online via Pay Pal or your credit card. Be sure the email you use to set up your profile is one which will reach the correct person in your business for future communications.

You can also mail your \$60 check payable to FBA to: Fairview Business Association, PO Box 2251, Fairview, NC 28730 or drop it by the The Hub/Town Crier's office at 1185-G Charlotte Highway, Monday-Friday, 1 pm-5 pm (cash/check only). A fourth option is to join at a members' meeting.

TIME TO RENEW OR JOIN NOW FOR 2018!

Join at FairviewBusiness.com or send \$60 check to FBA, PO Box 2251, Fairview, NC 28730.

Or join at the Town Crier office, 1185F Charlotte Hwy, Monday-Friday, 1-5 pm or at a meeting.
FBA Voicemail – 585-7414

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Trouble in Paradise: Compost, Manure, Straw and Hay

Over the past few years you've noticed mysteriously poor germination rates; twisted, cupped or elongated leaves; misshapen fruit; and even the death of young plants; you may want to investigate your offsite inputs. Small farmers here in Western North Carolina have experienced these issues and have traced many of these incidences back to persistent herbicide residue that can last for years and that was present in the compost, hay, straw, manure and grass clippings brought onto their farms.

Picloram, clopyralid and aminopyralid are part of a class of herbicides known as pyridine carboxylic acids, which are used to control broadleaf weeds in crops such as hay or grain. Such herbicides can remain active for years in hay fed to animals and in their resulting manure, in compost made with these crops or with that manure, and in the grain crops (hay, straw, grass) used for mulch.

While beans and peas are most susceptible, carrots, eggplant, strawberries, peppers, potatoes, tomatoes, grapes, as well as most flowers are also among the most affected.

To avoid bringing in offsite herbicides that can kill or maim crops, start by asking as many questions as you can before

purchasing or accepting free inputs. Sadly, most folks will either tell you their hay is safe because their animals ate it and are "fine" (animals can ingest many herbicides without any outward signs of ill health) or that they have no idea what the original farmers of those crops or animal ingredients used.

Washington State University and the Washington State Department of Ecology have published a paper (which can be found at goo.gl/LybtLq) on a very simple way to conduct a bioassay (a method to determine the concentration or potency of a substance) in any material you suspect might be tainted with herbicides in the pyridine carboxylic acid family. You basically grow beans in pots using both suspected mediums and a control group to see if any are adversely affected.

As for long-term solutions, we'd all do better to grow our own compost material (cover crops and any parts of plants we're not eating) and/or know the farm of origin for offsite inputs.

Here's to a productive 2018 in all our gardens.

Susan Sides is Executive Director of The Lord's Acre, www.thelordsacre.org, susan@thelordsacre.org



SMCC Community Garden Meeting

Community members are invited to the Spring Mountain Community Center on Thursday, February 15, for a planning meeting for the center's 2018 garden.

The meeting will begin at the garden site at 5:15 pm and then move indoors for a potluck dinner at 5:45 pm. The previous year's garden will be reviewed, and plans will be made for any new directions the garden might take this year. On-hand will be Barbara Grace, the new garden coordinator, who has a long background in gardening and is a certified Permaculture instructor.

For more information, contact Jim Smith at jimsmith1945@gmail.com or 864 313-5106.

Gardens of Fairview Tour Keeps Growing

Jim Smith is once again organizing the Gardens of Fairview tour, which this year will take place on June 9. Now in its third year, the tour keeps evolving. In addition to showcasing the potential and beauty of our diverse community gardens and inspiring others to see more opportunities for their land and homes, Jim hopes to focus on new things, such as:

Homesteading. This is a setup that provides more diversity in foods. Some people even make a business out of it by raising chicken or other animals, growing herbs and flowers, or selling small fruits.

Water. Can we conserve more and keep our springs and creeks clean? Jim is interested in hearing from anyone catching rainwater or doing other such activities.

How we feed ourselves. With beauty, sharing, and increased fruit and food production.

How we feed others. This includes any way we can help the work of The Lord's Acre and Food for Fairview. Jim also will show off the Spring Mountain Community Center's new land along Cane Creek.

Lastly, says Jim, "I want to give back more of the funds raised. Gardens of Fairview is a for-profit venture, but it barely pays expenses. This year I hope to share more with the community and support those ideas that keep us moving forward in expanding and in appreciation for the gardens of Fairview."

If you would you like to join this year's tour, let Jim know by the end of the month. He will come see your place and talk over ideas and potentials. Get in touch with him at 864 313-5106, jimsmith1945@gmail.com, or gardensoffairview.com.

Were Jacob Reed and Johnson Ashworth Brothers?

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Johnson Ashworth and sued him. Abner and Ramie sued him as well. Polly Reed would not work with Abner and Ramie. She wanted the land back from Johnson Ashworth but she still did not want Abner and Ramie to get anything. Working against each other, they had no chance to win against Ashworth. Abner Reed's and Johnson Ashworth's families were enemies from then on. Yet Abner Reed's children would still use Johnson Ashworth's son Rufus to draw up their legal papers after all this. This all made no sense to me until I found that Johnson Ashworth's father, John Ashworth, fathered a bastard child the same year Jacob Reed was born.

I belong to Ancestry.com. I listed John Ashworth Jr. as Jacob Reed's father. It wasn't very long before I received a notice

that a descendent of John Ashworth Jr. was my cousin. A short time later I was listed as a member of the John Ashworth circle. I belong to many DNA circles – William Whitaker, Lot Harper, John Nicholson, etc. A circle is made up of a group of people whose DNA shows they descend from a common ancestor. My DNA shows that I am related to a group of descendants of John Ashworth. Our DNA is similar enough that the database says we all descend from a common ancestor – in this case, it John Ashworth. This makes a lot of things fit together.

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

Persistent Dizziness

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subsequently makes the unsteadiness worse and results in a perpetual cycle of escalating symptoms. It can be very common to have overlapping conditions and symptoms.

Computerized testing and scans are often normal, unless an underlying condition is discovered. The diagnosis is made based on presentation and ruling out other possible causes. When present, anxiety needs to be addressed, whether through counseling, relaxation exercises, meditation, yoga, acupuncture or, when necessary, medication. Selective Serotonin Reuptake Inhibitors (SSRI) and Serotonin Norepinephrine Reuptake Inhibitors (SNRI) have been trialed with moderate success when medication is tolerated. Vestibular suppressants, such as Benzodiazepines, have not shown to be an effective primary treatment for 3PD. Patients with 3PD can be desensitized to the hypersen-

sitivity of visual and body motion through proper vestibular rehabilitation. Recovery times vary but can be prolonged in some patients as long as three to 12 months, especially when multiple conditions are present. However, a consistent and gradually progressive program can result in a full recovery.

3PD, often resulting from a prior vertiginous event or disturbance in balance, can be successfully treated with vestibular rehabilitation when done properly. To optimize successful outcomes, when anxiety, migraine or depression coexists, all sources of symptoms must be addressed.

Kim Fox, DPT, is the clinical director and founder of AVORA Health. For more info about the diagnosis and treatment of balance and vestibular disorders, contact the AVORA Balance & Dizzy Center in Asheville at 505-2664.

Winter Chills and Edible Thrills Part 1

seem to be in the minority but I have always been a fan of winter, as it is a necessary part of the four-season cycle that completes the whole picture for me. And, yes, I do love snow but can do without treacherous ice. But even with ice, there is an exceptional beauty to the mountains that is nothing short of magical and awe-inspiring (providing one is not on the road). One of the gifts of living here in WNC is that winters are not that long in duration and there are many warmer days and sunshine, which I missed deeply while living in the constant overcast and rain in the Pacific Northwest. So far, this winter has been exceptionally cold and arctic and we are grateful for our abundant wood supply and wonderful woodstove that keeps our cabin toasty and warm.

Even though the trees are all in dormancy, the earth is a remarkable living being and new life is always growing.

I am always amazed at the resilience of plant and animal life. Even though the trees are all in dormancy, the earth is a remarkable living being and new life is always growing. When it gets down to zero even the hardiest of wild things gets frozen, but they come back with renewed vigor as soon as the weather warms. We put up a lot of produce and wild mushrooms in the freezer each year but we love to augment our greens with a little bit from the wild.

Even in winter's deepest chills, dandelions, wild onions, rosehips, burdock root, wild mustards and watercress can all be found.

Dandelions

Dandelions (*Taraxacum officinale*) are indestructible common wildflowers introduced by the colonists to North America. Until the truly bitter cold spells, they can still be found blooming in our fields. The greens from these wildflowers become less bitter in winter and they were among my Italian grandmother's favorite greens; she prized these common plants so much so that she guarded and protected them in our suburban landscape. The flowers can be nibbled on but are not my favorite, but I do love the greens, especially when sautéed with a small amount of bacon and herbs and mixed into mashed potatoes for a special nutritious treat. The leaf and root are used in traditional medicines throughout the world. And most of us have heard of or perhaps tasted the traditional dandelion wine, made only with the freshest flowers.

Wild Onions

Wild onions (*Allium canadense*) are prolific plants in these parts and are easy to identify. If the grassy, chive-like leaves and



Left: It's fun to be on a hike and grab a few of the softened small fruits of rose hips and pop them into your mouth for a mildly sweet treat.

Below: The leaves of wild onions are an excellent substitute for chives, and the tiny bulbs dwelling under the surface are extremely strong and flavorful.

Bottom: The greens from dandelions become less bitter in winter, and the flowers can be nibbled on.

bulbs smell like strong garlic and onion, it is an onion and not one of the poisonous members of the lily family also found in these parts. The leaves are an excellent substitute for chives, and the tiny bulbs dwelling under the surface are extremely strong and flavorful and a great addition to stir fries or soups. I tend to mostly use the greens as it's easy to just snip them.

Rose Hips

Wild fruits are rare in the winter, one exception is rose hips; these tiny fruits grow in abundance throughout our mountains. And after many hard frosts, they become much sweeter. Their bright-red berries will dull down over the winter but enough color remains. And it is always fun to be on a hike and grab a few of the softened small fruits and pop them into your mouth for a mildly sweet treat. Rose hips are loaded with vitamin C and minerals, and they also make a great addition to tea.

During WWII, rose hips were utilized throughout Great Britain due to rationing, and citizens were advised to harvest wild and cultivated rose hips throughout the country to make a Vitamin C-rich syrup for children and adults. It's not hard to make this: gather a few cups of rosehips, cook them for a few minutes in boiling water, mash them down with a wooden spoon, and run the rose hip mess through a sieve; sweeten if desired with honey and enjoy! When making tea, gather a handful of the fruits, add them to water that has come to a boil, and let them steep for a few minutes or until cool and strain. I really like them mixed with spearmint or lemon balm.



Contact Roger at rogerklinger@charter.net.



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Free Medicare Choices Program

Are you new to Medicare? Are you confused about which benefits are right for you? Do you need more information?

The Council on Aging of Buncombe County, in conjunction with Seniors' Health Insurance Information Program (SHIIP), announces "Medicare Choices Made Easy." Running through April, these classes will explain how Medicare works, the enrollment process, how to avoid penalties, and ways to save money.

The classes are free and open to the public. People new to Medicare, caregivers and others who help senior citizens with their Medicare insurance should consider attending. The information presented is unbiased and accurate. No products will be sold, recommended or endorsed.

To register for the class please visit the Council on Aging of Buncombe County (coabc.org) website, or call the Council on Aging at 277-8288 for information about times and locations of the Information Sessions and to reserve your place.

Medicare Class Dates, Times and Locations	
FRI, FEB 2	2-4 pm, Goodwill Training Center, 1616 Patton Ave., Asheville
TUES, FEB 6	2-4 pm, Black Mountain Library, 105 Dougherty Street, Black Mountain
TUES, FEB 13	6-8 pm, Skyland/So. Buncombe Library, 260 Overlook Road, Asheville
TUES, FEB 20	2-4 pm, Leicester Library, 1561 Alexander Road, Leicester
WEDS, FEB 28	5:30-7:30 pm, Blue Ridge Community Health Services, 2579 Chimney Rock Road, Hendersonville
FRI, MAR 2	2-4 pm, Goodwill Training Center, 1616 Patton Ave., Asheville
TUES, MAR 20	5:30-7:30 pm, Weaverville Library, 41 North Main Street, Weaverville
THUR, MAR 29	2-4 pm, Blue Ridge Community Health Services, 2579 Chimney Rock Road, Hendersonville
FRI, MAR 30	2-4 pm, OLLI/Reuter Center, UNCA, One University Heights, Asheville
FRI, APR 20	2-4 pm, Goodwill Training Center 1616 Patton Ave., Asheville

The Fairview Town Crier

The voice of our community since 1997

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Submissions

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

Editorial Policy

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

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

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COMMERCIAL BUILDING right on Charlotte Hwy in Fairview. 1300 sq ft. \$1295. Potential for restaurant, brewery, many possibilities, nice outdoor space along the creek, additional parking available. Up fit to suit. Cool Mountain Realty, 779-4473.

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ART

ART CLASSES — Age 14 to Adult. Beginner to Advanced Instruction in various mediums, styles and subjects taught by nationally recognized artist, Bob Travers in Fairview location. For more information on classes, visit bobtraversart.com or call 776-6376.

WATERCOLOR WORKSHOP AT THE HUB Taught by accomplished artist and instructor Theresa Matregnano, the first series starts with "An Introduction to Watercolor" on Sunday afternoon, February 18, 3–5 pm (snow date 2/25) and is \$20 (includes materials) and the 6-week series will be \$150 (\$25 per 2-hour workshop). Attendees of the introductory class can have input as to day and time of the six-week series (either Monday afternoon or Wednesday afternoon or evening). Email thehuboffairview@gmail.com or call 628-1422 to register or for more information. Registration before February 14 is mandatory.

YOGA

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

NOTICES

NEW SONS OF CONFEDERATE VETERANS CAMP (Cane Creek Rifles) meeting at Fletcher Fire Department, Tuesday, February 6 at 6 pm. Find out about your Confederate ancestors and southern heritage. For more information, call 628-1376.

I love your paper and feel like it keeps me in touch with activities and volunteer opportunities I'm interested in. I love the naturalist articles too.

– Florence Henry

Thank you FOR YOUR SUPPORT!

The Fairview Town Crier is a non-profit newspaper in its 21st year of publication. It brings community news and events **FREE** to every mailbox and post office box in Fairview and Gerton and part of Fletcher and Reynolds every month — that's over 8,500 households. Public support is critical to maintaining our office, which in turn supports other non-profits, community and civic organizations, as well as our non-profit mailing permit. This makes postage affordable for mailing. We appreciate your support, when you can, with whatever you're able to give. We love our community and want to hear from you so drop us a line from time to time. Or call, Monday–Friday, 1–5 pm, 628-2211. **THANK YOU!**

CUT HERE

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FAIRVIEW RESIDENT SINCE 1992



WEST IN COUNTY! Need lots of space? 3 BR, 3.5 bath, brick, private 2+ acres, HOME WARRANTY, fam rm, 2 FPs, bonus rm, cov front deck, patio, 3-car gar on main, add'l gar in bsmt, **MLS#3336635, \$559,900!**



FAIRVIEW! 4.78 flat acres on Cane Creek Rd in the heart of Cane Creek Valley, property is not in the flood zone, has a well & septic tank - buyer to verify, 330 ft of road frontage, **MLS#3296048, \$425,000!**



LEICESTER! New home, 3 BR, 2.5 bath on .64 acres, kitch w/SS appliances, granite countertops, HW and tile, cov front porch, large open rear deck, 2-car gar, full bsmt, 2 ht pumps, **MLS#3320486, \$355,000!**



RICEVILLE! Immaculate brick home on level .84-acre lot, 3 BR, 2.5 baths, full unfinished bsmt, wonderful kitch w/dual ovens, den w/FP, heated sunroom, HOME WARRANTY, **MLS#3324002, \$354,000!**



WEAVERVILLE! 3 BR/3.5 bath, office, cov rear deck, patio, in-ground pool, fenced yard, HOME WARRANTY, 2-car gar on main + gar in bsmt, den w/FP, fam room in bsmt, tons of storage, **MLS#3273008, \$299,900!**



ARDEN! 2 BR on 1.38 level acres zoned R-3, perfect for multiunit, HOME WARRANTY, fenced yard, cvred porch, back deck, carport, near Ingles & Mission Pardee, **MLS#3321190, \$299,000!**



WEST! 3 BR/2.5 bath, 1.5-story home, master on main, FP in spacious living room, den in bsmt, cov front porch & rear decks, quiet subdivision close to schools, **MLS#3342836, \$275,000!**



SOUTH-ROYAL PINES! Charming 2 BR, 2 bath, level .32 acre lot, lg living rm, rock FP, updated kitch w/bfast bar, HOME WARRANTY, huge patio, fenced back, outbldg, **MLS#3341756, \$220,000!**



OAKLEY! 3 BR 2 bath manufactured home, FP, vaulted ceilings, includes detached older home that needs total renovation, detached garage, fenced-in yard, convenient location, **MLS#3346271, \$157,000!**



SOUTH! Wonderfully private 9.54 acres in Hoopers Creek, close to AVL & Hendersonville, wooded, quiet, cascading creek w/waterfalls. Surveyed into 4 lots or suitable for mini estate, **MLS#3186397, \$137,000!**

828-771-2310

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RESULTS!

Timberwood	Pending in 13 days
Winding Way	Pending in 34 days
Ridgeway Dr	Pending in 14 days
Bramblewood	Pending in 27 days
Blalock Ave	Pending in 35 days
Campground Rd	Pending in 4 days
Oregon Ave	Pending in 1 day
Mitchell Ave	Pending in 2 days
Mtn. Meadow Circle	Pending in 8 days
Rotunda Circle	Pending in 28 days
Fairfax Ave	Pending in 7 days
Liberty Rd	Pending in 39 days
Melody Ln	Pending in 29 days
Richmond Ave	Pending in 3 days
Lakewood Dr	Pending in 7 days

The Fairview Town Crier

2018 Advertising Rates

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

COLOR DISPLAY ADVERTISING RATES

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

BLACK AND WHITE DISPLAY ADVERTISING RATES

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

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

CLASSIFIED ADVERTISING RATES

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